



Spicy Chicken Drumsticks with Couscous

with fragrant labneh sauce & vegetables

Total time: 35 - 45 min.



African-inspired spice mix



Red onion



Carrot



Bell pepper



Wholewheat couscous



Fresh flat leaf parsley & mint



Labneh



Ginger paste



Garlic



Chicken drumsticks in Baharat marinade



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

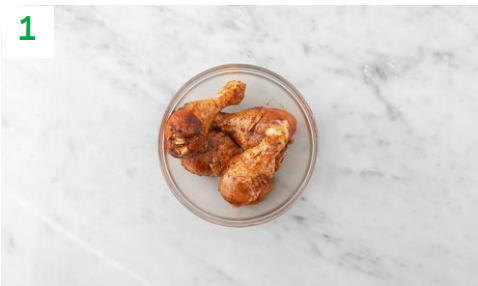
	1p	2p	3p	4p	5p	6p
African-inspired spice mix (sachet(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1	2	2	3
Carrot* (unit(s))	1	1	2	2	3	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Wholewheat couscous (g)	75	150	225	300	375	450
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
Labneh* (g)	40	80	120	150	200	230
Ginger paste* (g)	5	10	15	20	25	30
Garlic (unit(s))	1	2	3	4	5	6
Chicken drumsticks in Baharat marinade* (unit(s))	2	4	6	8	10	12
Not included						
Low sodium vegetable stock (ml)	200	400	600	800	1000	1200
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
Extra virgin 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)	3816 /912	483 /116
Total fat (g)	45	6
of which saturated(g)	15,4	2
Carbonhydrates (g)	67	9
of which sugars (g)	18,5	2,3
Fiber (g)	18	2
Protein (g)	51	6
Salt (g)	3,6	0,5

Allergens

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



Prepare

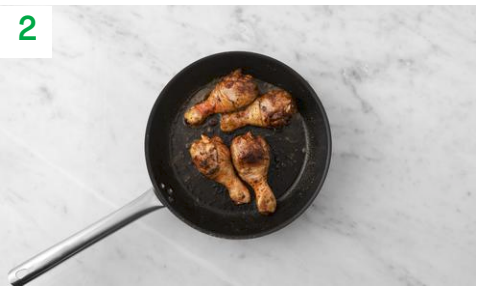
- Prepare the stock.
- Make two incisions into the chicken drumsticks, making sure to cut to the bone.
- Transfer the chicken drumsticks to a bowl and drizzle with olive oil, then toss well to coat.



Prepare the couscous

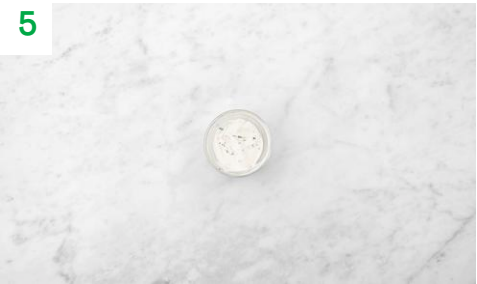
- Transfer the couscous to a large bowl (see Tip).
- Add the rest of the stock and the African-inspired spices, along with the honey and the extra virgin olive oil.
- Cover the bowl and allow to stand for at least 10 minutes.

Tip: if you're watching your calorie intake, prepare all of the couscous but serve just two thirds. You can keep the rest in the fridge to use another time.



Fry the drumsticks

- Melt a generous knob of butter in a large deep frying pan over high heat.
- Fry the drumsticks for 5 - 6 minutes until evenly browned.
- In the meantime, chop the onion and crush or mince the garlic.
- Slice the carrot into thin crescents and cut the bell pepper into strips.



Make the sauce

- Finely chop the fresh herbs.
- In a small bowl, combine the labneh with half of the fresh herbs.
- Season to taste with salt and pepper.
- Stir the rest of the fresh herbs into the couscous.



Add the vegetables

- Lower the heat and add the vegetables to the pan, along with the ginger paste, the garlic and half of the African-inspired spices.
- Add 25ml stock per person, then cover with the lid.
- Cook for 15 - 18 minutes, or until the vegetables are done and the chicken is no longer pink inside.
- Turn the chicken regularly, seasoning with salt and pepper.



Serve

- Remove the chicken drumsticks from the pan.
- Transfer the couscous to the vegetables and mix well to combine, then serve on plates and top with the drumsticks.
- Dollop over the labneh sauce to finish.



Crispy Fish Tacos

with crunchy vegetables & smoky mayonnaise

Total time: 25 - 35 min.

Family

Quick



Mini tortillas



Basa fillet



Panko breadcrumbs



Red onion



Tomato



Cucumber



Radish



Radicchio & iceberg lettuce



Mexican-style spices



Smoked paprika



Mayonnaise



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Mini tortillas (unit(s))	4	8	12	16	20	24
Basa fillet* (unit(s))	1	2	3	4	5	6
Panko breadcrumbs (g)	15	25	40	50	65	75
Red onion (unit(s))	½	1	1	2	2	3
Tomato (unit(s))	½	1	2	2	3	3
Cucumber* (unit(s))	½	1	2	2	3	3
Radish* (bunch)	½	1	1½	2	2½	3
Radicchio & iceberg lettuce* (g)	25	50	75	100	125	150
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Smoked paprika (tsp)	½	1	1½	2	2½	3
Mayonnaise* (g)	35	75	100	150	175	225
Not included						
Sugar (tbsp)	¾	1½	2¼	3	3¾	4½
White wine vinegar (tbsp)	1½	3	4½	6	7½	9
[Plant-based] butter (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)	3929 /939	601 /144
Total fat (g)	51	8
of which saturated(g)	12,8	2
Carbonhydrates (g)	84	13
of which sugars (g)	19,4	3
Fiber (g)	8	1
Protein (g)	36	6
Salt (g)	2,2	0,3

Allergens

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



Prepare

- Preheat the oven to 180°C.
- Slice the onion into half-rings and the cucumber into thin crescents.
- Discard the radish leaves and then thinly slice the radishes.
- In a bowl, combine the sugar with the white wine vinegar, a pinch of salt, the radish, the onion and the cucumber. Set aside until serving, stirring occasionally.



Make the sauce

- Meanwhile, wrap the tortillas in aluminum foil and heat in the oven for 3 - 4 minutes.
- In a small bowl, combine the smoked paprika with the rest of the mayonnaise. Season to taste with salt and pepper.
- Dice the tomato.



Fry the fish

- On a deep plate, combine the panko with the Mexican-style spices* and season with salt and pepper.
- Pat the fish dry with kitchen paper and then cut into chunks.
- Coat the fish with a third of the mayonnaise and then coat it with the panko.
- Melt a generous knob of butter in a frying pan over medium-high heat and fry the fish for 3 - 5 minutes until evenly golden-brown.

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



Serve

- Spread the tortillas with the smoky mayonnaise.
- Serve all the toppings separately at the table and allow everyone to assemble their own tacos.



Orzo with Greek-Style Cheese, Aglio e Olio Drizzle & Basil

in tomato sauce with courgette & pumpkin seeds

Total time: 20 - 30 min.

Veggie

Quick

Health Conscious Choice



Orzo



Aglio e olio



Garlic



Passata



Fresh basil



Sicilian-style herb mix



Pumpkin seeds



Mix of carrot, onion and celery



Courgette



Greek-style cheese



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Orzo (g)	75	150	225	300	375	450
Aglio e olio* (g)	25	50	75	100	125	150
Garlic (unit(s))	½	1	1½	2	2½	3
Passata (g)	100	200	300	390	500	590
Fresh basil* (g)	2½	5	7½	10	12½	15
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Pumpkin seeds (g)	10	20	30	40	50	60
Mix of carrot, onion and celery* (g)	100	200	300	400	500	600
Courgette* (unit(s))	½	1	1½	2	2½	3
Greek-style cheese* (g)	40	75	115	150	190	225
Not included						
Low sodium vegetable stock (ml)	200	400	600	800	1000	1200
Olive oil (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
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)	3330 /796	485 /116
Total fat (g)	42	6
of which saturated(g)	11,6	1,7
Carbonhydrates (g)	77	11
of which sugars (g)	17,9	2,6
Fiber (g)	7	1
Protein (g)	24	3
Salt (g)	2,9	0,4

Allergens

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



Boil the orzo

- Prepare the stock and set aside 25ml per person to use later.
- Crush or mince the garlic.
- Heat a drizzle of olive oil in a pot or saucepan over medium heat and fry the garlic with the orzo for 1 minute.
- Pour in the majority of the stock and cover with the lid. Cook for 10 - 12 minutes over low heat, stirring regularly. Add a splash of water if necessary.



Make the sauce

- Remove the lid and fry for 4 - 6 more minutes, seasoning with salt and pepper.
- Deglaze with the the balsamic vinegar, the passata and the reserved stock, then stir in the Sicilian-style herbs and the honey.
- Transfer the orzo to the sauce and mix well to combine. Season to taste with salt and pepper.
- Meanwhile, tear or roughly chop the basil.



Fry the vegetables

- Slice the courgette into crescents.
- Heat a clean wok or deep frying pan over high heat and toast the pumpkin seeds until they start to pop. Remove from the pan and set aside.
- Heat a drizzle of olive oil in the same pan over medium-high heat. Fry the courgette with the vegetable mix for 5 minutes, covered.



Serve

- Serve the orzo on deep plates.
- Drizzle with the aglio e olio* and crumble over the cheese.
- Garnish with the basil and the pumpkin seeds to finish.

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



Shrimp over Giant Couscous in Cherry Tomato Sauce

with Greek-style cheese, lemon & Romano pepper

Total time: 25 - 35 min.

Quick

Health Conscious Choice



Giant couscous



Shrimp



Onion



Tinned cherry tomatoes



Romano pepper



Lemon



Fresh flat leaf parsley



Greek-style cheese



Sicilian-style herb mix



Ground paprika



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
Shrimp* (g)	80	160	240	320	400	480
Onion (unit(s))	½	1	1	2	2	3
Tinned cherry tomatoes (can)	½	1	1½	2	2½	3
Romano pepper* (unit(s))	½	1	2	2	3	3
Lemon* (unit(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Greek-style cheese* (g)	25	50	75	100	125	150
Sicilian-style herb mix (sachet(s))	½	1	2	2	3	3
Ground paprika (tsp)	1½	3	3	6	6	9
Not included						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Balsamic vinegar (tsp)	1	2	3	4	5	6
Sugar (tsp)	1	2	3	4	5	6
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)	2711 /648	485 /116
Total fat (g)	21	4
of which saturated(g)	6,8	1,2
Carbonhydrates (g)	79	14
of which sugars (g)	23,1	4,1
Fiber (g)	10	2
Protein (g)	32	6
Salt (g)	2,1	0,4

Allergens

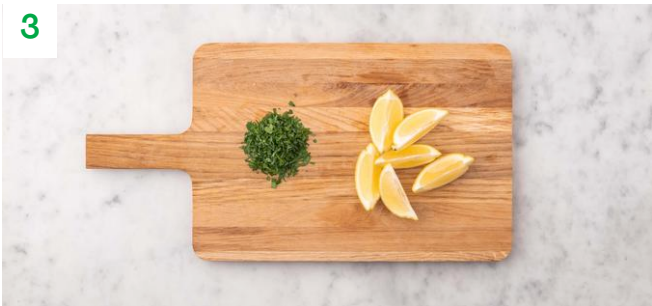
Always remember to check the ingredient label for the most accurate information regarding allergens and traces.



Chop the vegetables

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cook the giant couscous for 12 - 14 minutes, then drain and set aside.
- Meanwhile, chop the onion and cut the Romano pepper into strips.

Did you know... *the Romano pepper in this recipe contains vitamin C, a nutrient that is important for normal collagen formation, supporting normal bone composition and skin function.*



Prepare the aromatics

- Finely chop the parsley.
- Quarter the lemon.
- Transfer the giant couscous to the tomato sauce, then add the Sicilian-style herbs.
- Mix well to combine and season to taste with salt and pepper.



Fry the vegetables

- Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the onion and Romano pepper for 4 - 6 minutes, then deglaze with the balsamic vinegar.
- Add the sugar and the cherry tomatoes, then bring to a boil and allow to simmer until futher use.
- Season to taste with salt and pepper.



Serve

- Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the shrimp with the paprika for 3 minutes until done. Season to taste with salt and pepper.
- Serve the giant couscous on deep plates. Top with the shrimp and crumble over the Greek-style cheese.
- Garnish with the parsley and serve with the lemon wedges.



Tomato Risotto with Chicken Sausage

with mascarpone, Romano pepper & parsley

Total time: 45 - 55 min.

Family

Health Conscious Choice



Risotto rice



Chicken sausage



Passata



Romano pepper



Mini Roma tomatoes



Onion



Garlic



Mascarpone



Sicilian-style herb mix



Fresh flat leaf parsley



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Risotto rice (g)	75	150	225	300	375	450
Chicken sausage* (unit(s))	2	4	6	8	10	12
Passata (g)	100	200	300	390	500	590
Romano pepper* (unit(s))	½	1	2	2	3	3
Mini Roma tomatoes* (g)	125	250	375	500	625	750
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Mascarpone* (g)	25	50	75	100	125	150
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Not included						
Low sodium chicken stock (ml)	400	800	1200	1600	2000	2400
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)	2883 /689	304 /73
Total fat (g)	26	3
of which saturated(g)	11,5	1,2
Carbonhydrates (g)	88	9
of which sugars (g)	17,4	1,8
Fiber (g)	9	1
Protein (g)	28	3
Salt (g)	3,3	0,3

Allergens

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



Prepare

- Prepare the stock in a saucepan, then add the passata and bring to the boil.
- Chop the onion and crush or mince the garlic.
- Cut the Romano pepper into thin strips.
- Halve the tomatoes and finely chop the parsley.

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



Finish the risotto

- Gradually add the stock one ladle at a time and allow to slowly incorporate, stirring regularly.
- When you've added around two thirds of the stock, stir in the tomatoes and then continue gradually adding the rest of the stock.
- The risotto is done when the rice is soft but still al dente, which should take around 18 - 20 minutes. Add extra water and cook longer if you'd prefer the risotto to be less al dente.



Make the risotto

- Cut open the sausages and squeeze the meat out of the skin.
- Heat a drizzle of olive oil in a wok or deep frying pan over medium-high heat. Fry the garlic and the onion for 2 minutes, then add the Romano pepper, the Sicilian-style herbs and the sausage meat.
- Fry for 4 - 5 minutes over medium-high heat, separating the meat as you do so, then lower the heat.
- Stir in the risotto rice and fry for 1 more minute.



Serve

- Remove from the heat, then stir in the mascarpone and half of the parsley.
- Taste, then season with salt and pepper as needed.
- Serve the risotto on deep plates.
- Garnish with the rest of the parsley.



Fusion Orzo in Curry Sauce with Thai Basil

with crispy chickpeas & roasted vegetables

Total time: 30 - 40 min.

Plant-Based

Health Conscious Choice



Wholewheat orzo



Broccoli



Cauliflower florets



Carrot



Chickpeas



Yellow curry paste



Green curry spices



Nasi-bami spice mix



Oaty organic cream alternative



Thai basil



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Wholewheat orzo (g)	75	150	225	300	375	450
Broccoli* (g)	125	250	360	400	610	650
Cauliflower florets* (g)	75	150	200	300	350	450
Carrot* (unit(s))	½	1	1½	2	2½	3
Chickpeas (pack)	¼	½	¾	1	1¼	1½
Yellow curry paste* (sachet(s))	½	1	1½	2	2½	3
Green curry spices (sachet(s))	½	1	1½	2	2½	3
Nasi-bami spice mix (sachet(s))	½	1	1½	2	2½	3
Oatly organic cream alternative (ml)	125	250	375	500	625	750
Thai basil* (g)	5	10	15	20	25	30
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
[Reduced salt] ketjap manis (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)	3368 /805	560 /134
Total fat (g)	40	7
of which saturated(g)	4,8	0,8
Carbonhydrates (g)	79	13
of which sugars (g)	19,3	3,2
Fiber (g)	23	4
Protein (g)	23	4
Salt (g)	2,8	0,5

Allergens

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



Prepare

- Preheat the oven to 220°C.
- Cut the head of the broccoli into florets and dice the stem.
- Slice the carrot into crescents.
- Transfer both to one side of a parchment-lined baking sheet. Add the cauliflower and scatter over the nasi-bami spice mix (see Tip).

Tip: if you'd prefer the vegetables to be more tender, parboil for 3 - 5 minutes before roasting them.



Finish

- Heat a clean saucepan over medium heat and fry the curry paste with the green curry spices for 1 minute.
- Add the cream and bring to the boil, then allow to simmer gently over low heat until serving.
- In the meantime, finely chop the Thai basil.



Roast the vegetables

- Drain the chickpeas and transfer to the other side of the baking sheet.
- Drizzle everything generously with olive oil, then season with salt and pepper. Roast for 15 - 20 minutes.
- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cook the orzo for 10 - 12 minutes, stirring regularly. Drain and set aside.



Serve

- Transfer the orzo to the curry sauce, then add the ketjap and mix well to combine. Cook for 1 more minute.
- Serve the orzo on deep plates, topped with the roasted vegetables and the chickpeas.
- Garnish with the Thai basil to finish.



Cheesy Meatball Sub with Potato Wedges

with basil crème & Sicilian-style herbs

Total time: 40 - 50 min.

Family



Hotdog bun



Beef-pork meatballs with Spanish-style seasoning



Passata



Sicilian-style herb mix



Grated Gouda



Grana Padano flakes DOP



Potatoes



Red onion



Basil crème



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
Hotdog bun (unit(s))	1	2	3	4	5	6
Beef-pork meatballs with Spanish-style seasoning* (unit(s))	4	8	12	16	20	24
Passata (g)	100	200	300	390	500	590
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Grated Gouda* (g)	15	25	40	50	65	75
Grana Padano flakes DOP* (g)	10	20	30	40	50	60
Potatoes (g)	200	400	600	800	1000	1200
Red onion (unit(s))	½	1	1½	2	2½	3
Basil crème (ml)	10	15	24	30	39	45
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	1	2	3	4	5	6
Balsamic vinegar (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise	to taste					
Salt and pepper	to taste					

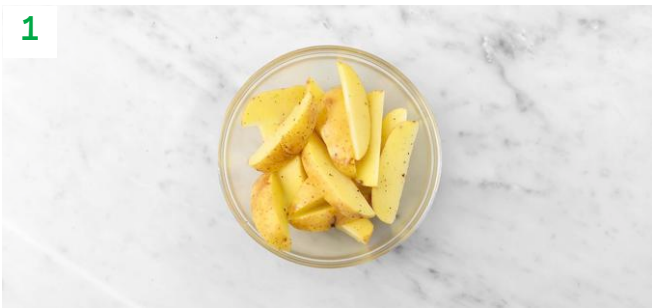
* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3594 /859	653 /156
Total fat (g)	42	8
of which saturated(g)	16,7	3
Carbonhydrates (g)	88	16
of which sugars (g)	17,7	3,2
Fiber (g)	8	1
Protein (g)	35	6
Salt (g)	2,5	0,5

Allergens

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



Prepare

- Preheat the oven to 210°C.
- Thoroughly wash or peel the potatoes and cut them into wedges of no more than 1cm thickness.
- Transfer to a bowl and drizzle with olive oil.
- Season with salt and pepper, then toss well to coat.



Make the sauce

- Add the onion and fry for 1 - 2 more minutes, then deglaze with the balsamic vinegar.
- Stir in the passata, the Sicilian-style herbs and the sugar.
- Bring to the boil, then reduce the heat to medium-low.
- Cover with the lid and allow to simmer for 7 - 9 minutes. Season to taste with salt and pepper.



Fry the meatballs

- Transfer the wedges to a parchment-lined baking sheet.
- Bake in the oven for 30 - 35 minutes or until golden brown, tossing halfway.
- In the meantime, chop the onion.
- Melt a knob of butter in a frying pan over medium-high heat. Fry the meatballs for 3 - 4 minutes until evenly browned.



Serve

- Cut open the hotdog bun and spread with 2 tbsp tomato sauce. Fill with the meatballs and top with both cheeses.
- Bake in the oven for 3 - 4 minutes until the cheese has melted.
- Serve the meatball subs on plates and drizzle with the basil crème.
- Serve the potato wedges with mayonnaise as preferred alongside.



Mango-nificent Shrimp Bowl with Peanuts & Salsa

over rice with lime, mint & coconut

Total time: 25 - 35 min.

Quick

Health Conscious Choice



Shrimp



White long grain rice



Mango



Tomato



Garlic



Salted peanuts



Desiccated coconut



Fresh mint



Persian cucumber



Korean-style spice mix



Lime



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Shrimp* (g)	80	160	240	320	400	480
White long grain rice (g)	75	150	225	300	375	450
Mango* (unit(s))	½	1	1	2	2	3
Tomato (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	½	1	1½	2	2½	3
Salted peanuts (g)	10	20	30	40	50	60
Desiccated coconut (g)	5	10	15	20	25	30
Fresh mint* (g)	5	10	15	20	25	30
Persian cucumber* (unit(s))	½	1	2	2	3	3
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Not included						
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
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)	3130 /748	639 /153
Total fat (g)	32	7
of which saturated(g)	6,9	1,4
Carbonhydrates (g)	89	18
of which sugars (g)	21,3	4,3
Fiber (g)	7	1
Protein (g)	24	5
Salt (g)	1,6	0,3

Allergens

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



Prepare

- Boil plenty of salted water in a pot or saucepan and cook the rice for 12 - 15 minutes, then drain and set aside.
- Finely chop the mint in the meantime.
- Dice the mango, the tomato and the cucumber.
- In a bowl, combine the tomato, the cucumber and the mint with two thirds of the mango. Season to taste with salt and pepper.



Fry the shrimp

- Pat the shrimp dry with kitchen paper.
- Heat a drizzle of olive oil in the same pan over medium-high heat. Fry the shrimp with the garlic for 3 minutes until done.
- Transfer the mayonnaise, the Korean-style spices and the rest of the mango to a tall container.
- Process with an immersion blender until smooth. Season to taste with salt and pepper.



Toast the nuts

- Roughly chop the peanuts and crush or mince the garlic.
- Cut the lime into wedges.
- Heat a clean frying pan over medium-high heat.
- Toast the peanuts with the desiccated coconut for 2 - 3 minutes, then remove from the pan and set aside.



Serve

- Serve the rice on deep plates and arrange everything else on top.
- Garnish with the peanut-coconut topping and serve the lime wedges alongside.



Brandt & Levie Sausage Pasta Bake

with tomato-mushroom sauce & fresh basil

Total time: 40 - 50 min.

Family



There is a special ingredient in your box! This pork sausage is from Brandt & Levie, where they prioritize quality. The pigs are reared with friendly farmers on Dutch soil. Scan the QR code to learn more about this supplier!



Onion



Garlic



Mushrooms



Penne



Passata



Italian seasoning



Fresh basil



Pork sausage with marjoram & garlic



Grated Gouda

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	¾	1	1½	1¾	2
Garlic (unit(s))	½	1	1½	2	2½	3
Mushrooms* (g)	125	250	400	500	650	750
Penne (g)	90	180	270	360	450	540
Passata (g)	100	200	300	400	500	600
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Pork sausage with marjoram & garlic* (unit(s))	1	2	3	4	5	6
Fresh basil* (g)	2½	5	7½	10	12½	15
Grated Gouda* (g)	15	25	40	50	65	75
Not included						
Balsamic vinegar (tsp)	1	2	3	4	5	6
Low sodium beef 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)	3711 /887	755 /181
Total fat (g)	44	9
of which saturated(g)	16,2	3,3
Carbonhydrates (g)	84	17
of which sugars (g)	12	2,4
Fiber (g)	8	2
Protein (g)	35	7
Salt (g)	2	0,4

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Boil plenty of water in a pot or saucepan and cook the pasta for 8 - 10 minutes.
- Reserve a cup of the pasta water, then drain and set aside. The pasta shouldn't be done yet, as it will finish cooking in the oven.
- Meanwhile, chop the onion and crush or mince the garlic. Quarter the mushrooms. Finely chop the basil.



Fry the sausage

- Heat a drizzle of olive oil in a frying pan over medium-high heat. Cut open the skin of the sausage and squeeze the meat directly into the pan.
- Fry for 3 - 5 minutes, separating it as you do so. The meat doesn't need to be done yet, as it will finish cooking in the oven.
- Transfer the sausage meat to the sauce, along with any residual cooking juices.



Make the sauce

- Heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the onion with the garlic and mushrooms for 3 - 5 minutes, then crumble in the stock cube (see pantry for amount).
- Stir in the passata, the Italian seasoning and the reserved pasta water, then allow to simmer gently for 4 - 6 minutes (see Tip).

Tip: increase the heat if the sauce is still too watery.



Serve

- Add the pasta, the balsamic vinegar and half of the basil. Mix well and season to taste with salt and pepper.
- Transfer to an oven dish and scatter over the majority of the cheese, then bake in the oven for 10 - 15 minutes.
- Serve the pasta bake on plates. Garnish with the basil and the rest of the cheese.



BBQ Chicken Burger with Crispy Onions

with rainbow baby potato salad in honey-mustard dressing

Total time: 10 - 20 min.

Quick



Hamburger bun with sesame seeds



Baby potatoes



BBQ Sauce



Grated cheddar



Tomato



Honey-mustard dressing



Crispy fried onions



Rainbow slaw mix



Butter lettuce



Chicken burger from Oranjevoen



Fresh dill



There is a special ingredient in your box! This burger is made with Oranjevoen chicken. These chickens eat locally sourced, sustainable feed, and their CO2 emissions are 22% lower than 1-star 'Beter Leven' chickens. Scan the QR code to learn more about this supplier!



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
Hamburger bun with sesame seeds (unit(s))	1	2	3	4	5	6
Baby potatoes (g)	200	400	600	800	1000	1200
BBQ Sauce (g)	25	50	75	100	125	150
Grated cheddar* (g)	15	25	40	50	65	75
Tomato (unit(s))	1	2	3	4	5	6
Crispy fried onions (g)	15	30	45	60	75	90
Honey-mustard dressing* (g)	20	40	60	80	100	120
Rainbow slaw mix* (g)	50	100	150	200	250	300
Butter lettuce* (head)	½	1	1½	2	2½	3
Fresh dill* (g)	2½	5	7½	10	12½	15
Chicken burger from Oranجهoen* (unit(s))	1	2	3	4	5	6
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Water (ml)	30	60	90	120	150	180
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3950 /944	549 /131
Total fat (g)	47	6
of which saturated(g)	16	2,2
Carbonhydrates (g)	91	13
of which sugars (g)	17,2	2,4
Fiber (g)	15	2
Protein (g)	35	5
Salt (g)	3	0,4

Allergens

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



Fry the burger

- Heat a drizzle of sunflower oil in a frying pan over medium-high heat.
- Fry the burger for 4 minutes, then flip and top with the cheese.
- Fry for 3 - 4 more minutes.



Prepare the burger toppings

- Meanwhile, slice the tomato.
- Set aside some lettuce leaves to use later for the burger, then roughly shred the rest.
- In a bowl, combine the slaw mix with the mayonnaise. Season to taste with salt and pepper.
- Finely chop the dill.



Microwave the potatoes

- In the meantime, halve the baby potatoes and transfer to a large microwave-safe bowl, making sure the potatoes do not overlap.
- Add a pinch of salt, a knob of butter and the water (see pantry for amount). Cover the bowl with plastic wrap and pierce the surface several times.
- Microwave on high for 8 minutes or until soft when tested with a fork.
- Remove the plastic wrap and allow to cool.



Serve

- Cut open the burger bun and top with the burger, the BBQ sauce, the crispy onions and the reserved lettuce leaves, along with some of the slaw and the tomato.
- In a large salad bowl, combine the shredded lettuce with the dill, the potatoes, the honey-mustard dressing and the rest of the tomato and the slaw. Season to taste with salt and pepper, then toss well to combine.
- Serve the burger with the salad alongside.



Venison Meatballs in Orange Sauce with Shaved Almonds

over bulgur with bell pepper & Romano beans

Total time: 15 - 25 min.

Quick

Health Conscious Choice



Provençal venison meatballs



Bulgur



Garlic



Red onion



Bell pepper



Pre-cut Romano beans



Orange



Ginger paste



Mango chutney



Peruvian-style spice mix



Shaved almonds



Recipe Developer Fabienne: "This recipe is inspired by both Southeast Asian and Scandinavian cuisines. In Northern Europe, a sweet element like jam is often served with meatballs. In this dish, the orange glaze adds freshness and a hint of acidity, which pairs beautifully with the earthiness of the Romano beans."



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
Provençal venison meatballs* (unit(s))	6	12	18	24	30	36
Bulgur (g)	75	150	225	300	375	450
Garlic (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1	2	2	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Pre-cut Romano beans* (g)	50	100	150	200	250	300
Orange* (unit(s))	½	1	1½	2	2½	3
Ginger paste* (g)	2½	5	7½	10	12½	15
Mango chutney* (g)	20	40	60	80	100	120
Peruvian-style spice mix (sachet(s))	½	1	1½	2	2½	3
Shaved almonds (g)	15	30	40	60	70	90
Not included						
Low sodium chicken stock cube (unit(s))	¼	½	¾	1	1¼	1½
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Water (ml)	20	40	60	80	100	120
Salt and pepper	to taste					
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2837 /678	544 /130
Total fat (g)	21	4
of which saturated(g)	2,6	0,5
Carbonhydrates (g)	90	17
of which sugars (g)	16,2	3,1
Fiber (g)	17	3
Protein (g)	34	6
Salt (g)	1,2	0,2

Allergens

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



Prepare

- Transfer the bulgur to a pot or saucepan and cover with water.
- Crumble in the stock cube (see pantry for amount) and bring to a boil.
- Cook for 10 minutes or until done, then drain and set aside.
- In the meantime, heat a light drizzle of olive oil in a frying pan over medium-high heat and fry the meatballs for 8 - 9 minutes or until evenly browned.



Make the sauce

- Juice the orange into a small bowl (see Tip).
- Add the mango chutney, orange juice, white wine vinegar and ginger paste to the meatballs. Stir and allow to reduce over high heat for 1 minute.
- Add the bulgur and Peruvian-style spice mix to the vegetables and mix well to combine. Season to taste with salt and pepper.

Tip: for a more intense orange flavour, you can zest the orange before juicing it and add some of the zest to the bulgur.



Fry the vegetables

- Chop the onion and crush or mince the garlic.
- Cut the bell pepper into strips.
- Heat a light drizzle of olive oil in a wok or deep frying pan over medium-high heat. Fry the bell pepper with the Romano beans for 2 - 3 minutes.
- Add the onion, the garlic and the water (see pantry for amount). Cook for 3 - 4 more minutes.

Did you know... the bell pepper in this recipe contains vitamin B6, a nutrient that supports the immune system.



Serve

- Serve everything on deep plates.
- Drizzle with the orange sauce and garnish with the shaved almonds.



Shrimp Udon in East Asian-Style Sauce

with peanuts, fresh herbs & stir-fried vegetables

Total time: 15 - 25 min.

Quick



Shrimp



Fresh udon noodles



East Asian-style sauce



Vegetable mix with cabbage



Garlic



Fresh coriander & mint



Nasi-bami spice mix



Lime



Unsalted peanuts



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Shrimp* (g)	80	160	240	320	400	480
Fresh udon noodles (g)	220	440	660	880	1100	1320
East Asian-style sauce* (g)	35	70	105	140	175	210
Vegetable mix with cabbage* (g)	200	400	600	800	1000	1200
Garlic (unit(s))	½	1	1½	2	2½	3
Fresh coriander & mint* (g)	5	10	15	20	25	30
Nasi-bami spice mix (sachet(s))	½	1	1½	2	2½	3
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Unsalted peanuts (g)	10	20	30	40	50	60
Not included						
Flour (tsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	1	2	3	4	5	6
Water for the sauce (tbsp)	1½	3	4½	6	7½	9
[Reduced salt] soy sauce (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)	2778 /664	450 /107
Total fat (g)	20	3
of which saturated(g)	2,5	0,4
Carbonhydrates (g)	86	14
of which sugars (g)	15,2	2,5
Fiber (g)	12	2
Protein (g)	32	5
Salt (g)	3,8	0,6

Allergens

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



Prepare

- Crush or mince the garlic.
- Finely chop the fresh herbs.
- Cut the lime into six wedges.



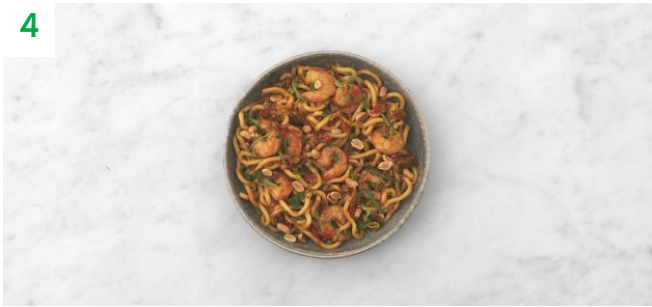
Add the noodles

- Add the udon noodles and the sauce to the wok.
- Toss well and stir-fry for 3 minutes.
- Squeeze 1 lime wedge per person directly into the noodles and toss well to combine.
- Season to taste with salt and pepper.



Stir-fry the vegetables

- Heat a generous drizzle of sunflower oil in a wok or deep frying pan over medium-high heat.
- Stir-fry the vegetable mix with the nasi-bami spices for 4 - 6 minutes.
- Add the shrimp and the garlic, then fry for 3 more minutes.
- In a small bowl, combine the East Asian-style sauce with the soy sauce, the flour, the water for the sauce and some sambal as preferred.



Serve

- Serve the noodles in bowls or deep plates.
- Garnish with the fresh herbs and the peanuts.
- Serve with any remaining lime wedges.



Bulgogi Beef Bowl with Gochujang Sauce

over rice with pickled cucumber, sesame seeds & scallions

Total time: 15 - 25 min.

Quick

Health Conscious Choice



Beef mince with East Asian spices



Jasmine rice



Scallions



Cucumber



Radish



Fresh chives



Bulgogi sauce



Gochujang



Sesame oil



Sesame seeds



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Beef mince with East Asian spices* (g)	100	200	300	400	500	600
Jasmine rice (g)	75	150	225	300	375	450
Scallions* (g)	62½	125	125	250	250	375
Cucumber* (unit(s))	½	1	1½	2	2½	3
Radish* (bunch)	½	1	2	2	3	3
Fresh chives* (g)	2½	5	7½	10	12½	15
Bulgogi sauce (g)	35	70	105	140	175	210
Gochujang* (g)	5	10	15	20	25	30
Sesame oil (ml)	5	10	20	20	30	30
Sesame seeds (g)	5	10	10	20	20	30
Not included						
Water for the rice (ml)	175	350	525	700	875	1050
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	1	2	3	4	5	6
Sugar (tsp)	1	2	3	4	5	6
[Plant-based] mayonnaise	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)	3125 /747	437 /104
Total fat (g)	32	4
of which saturated(g)	12,4	1,7
Carbonhydrates (g)	91	13
of which sugars (g)	22,4	3,1
Fiber (g)	4	1
Protein (g)	32	4
Salt (g)	2,6	0,4

Allergens

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



Boil the rice

- Boil the water for the rice in a pot or saucepan (see pantry for amount).
- Cook the rice for 10 - 12 minutes, covered, then turn off the heat and allow to stand until serving, still covered.
- Meanwhile, finely chop the scallions and separate the white part from the greens.
- Slice the cucumber into thin crescents.

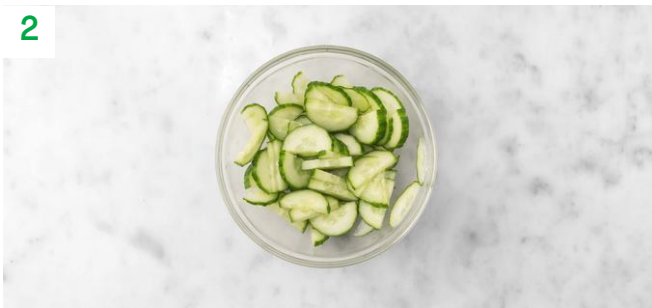
Did you know... *the cucumber in this recipe contains vitamin K, a nutrient that helps to keep bones strong.*



Make the sauce

- Quarter the radishes.
- Finely chop the chives.
- In a small bowl, combine the gochujang* with the mayonnaise and the water for the sauce.

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



Fry the mince

- In a bowl, combine the white wine vinegar with the sugar and the cucumber, then set aside.
- Melt a knob of butter in a frying pan over medium-high heat. Fry the mince with the white part of the scallions for 3 minutes, separating it as you do so.
- Lower the heat and add the bulgogi sauce. Stir-fry for 1 minute so as to coat the mince.



Serve

- Serve the rice in bowls and arrange everything else on top.
- Drizzle the vegetables with the sesame oil.
- Garnish with the sesame seeds, the chives and the scallion greens.
- Drizzle with the gochujang mayonnaise to finish.



Naan Pizza with Veggie Mince & Pesto

with tomato, bell pepper & lamb's lettuce

Total time: 15 - 25 min.

Family

Veggie

Quick

Health Conscious Choice



Onion



Fresco spalmabile - cream cheese



Green pesto



Lamb's lettuce



Tomato



Bell pepper



Garlic



Naan with herbs



Italian seasoning



Plant-based 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
Onion (unit(s))	½	1	2	2	3	3
Fresco spalmabile - cream cheese* (g)	25	50	75	100	125	150
Green pesto* (g)	20	40	60	80	100	120
Lamb's lettuce* (g)	30	60	90	120	150	180
Tomato (unit(s))	1	2	3	4	5	6
Bell pepper* (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Naan with herbs (unit(s))	1	2	3	4	5	6
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Plant-based mince* (g)	75	150	225	300	375	450
Not included						
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Balsamic vinegar (tsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Water (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)	2853 /682	546 /130
Total fat (g)	31	6
of which saturated(g)	9,2	1,8
Carbonhydrates (g)	68	13
of which sugars (g)	14,6	2,8
Fiber (g)	14	3
Protein (g)	27	5
Salt (g)	2	0,4

Allergens

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



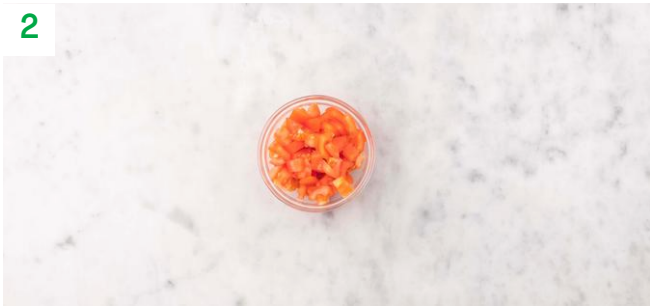
Prepare

- Preheat the oven to 200°C. Slice the onion into half-rings and cut the bell pepper into strips.
- Heat a light drizzle of olive oil in a frying pan over medium-high heat. Fry the bell pepper and onion for 3 - 4 minutes.
- Crush or mince the garlic and add half of it to the pan, along with the mince and the Italian seasoning.
- Fry for 4 - 5 minutes, seasoning with salt and pepper.



Assemble

- Turn up the heat under the frying pan and add a knob of butter, then deglaze with the water (see pantry for amount).
- Fry for 1 minute or until the liquid has evaporated.
- In a small bowl, combine the cream cheese with the pesto, then spread this over the naan.
- Top with the vegetable mixture from the frying pan.



Make the salad

- Bake the naan for 4 - 6 minutes.
- In a salad bowl, combine the extra virgin olive oil with the balsamic vinegar and the rest of the garlic.
- Season to taste with salt and pepper.
- Dice the tomato and add it to the bowl, then mix well.

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



Serve

- Serve the pizzas on plates.
- Add the lamb's lettuce to the tomato and toss well to combine.
- Top the pizza with some of the salad and serve the rest alongside.



Venison Meatballs in Fusion BBQ-Curry Sauce

with potato wedges & green beans

Total time: 15 - 25 min.

Family

Quick

Health Conscious Choice



Provençal venison meatballs



Potato wedges



Green beans



BBQ Sauce



Curry sauce



BBQ spice rub



Recipe developer Babette: "The sweetness of the BBQ, the tanginess of the curry, the spiciness of the mustard and the saltiness of the beef stock combine to create a flavour bomb of a sauce - perfect with the venison meatballs, the star of this dish!"



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
Provençal venison meatballs* (unit(s))	6	12	18	24	30	36
Potato wedges* (g)	200	400	600	800	1000	1200
Green beans* (g)	200	400	600	800	1000	1200
BBQ Sauce (g)	25	50	75	100	125	150
Curry sauce* (ml)	20	40	60	80	100	120
BBQ spice rub (sachet(s))	½	1	1½	2	2½	3
Not included						
Sunflower oil (tbsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Low sodium beef stock (ml)	75	150	225	300	375	450
Olive oil (tbsp)	½	1	1½	2	2½	3
Flour (tsp)	1	2	3	4	5	6
Mustard (tsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise	to taste					
Salt and pepper	to taste					
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2732 /653	417 /100
Total fat (g)	30	5
of which saturated(g)	7,3	1,1
Carbonhydrates (g)	58	9
of which sugars (g)	13,2	2
Fiber (g)	14	2
Protein (g)	28	4
Salt (g)	1,6	0,2

Allergens

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



Fry the wedges

- Heat a drizzle of sunflower oil in a frying pan over medium-high heat.
- Fry the potato wedges for 13 minutes, then stir in the BBQ rub* and drizzle with sunflower oil.
- Fry for 1 more minute, seasoning with salt and pepper.
- Prepare the stock in the meantime.

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



Make the sauce

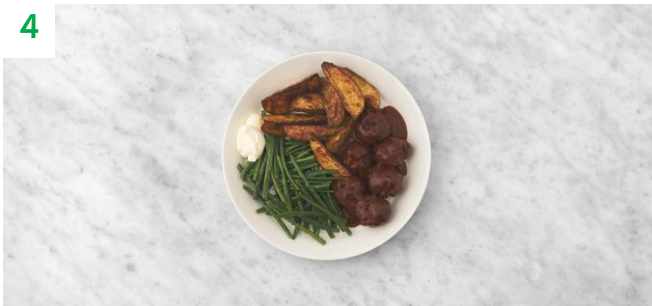
- Melt a knob of butter in a frying pan over medium-high heat and fry the meatballs for 8 - 9 minutes until evenly browned.
- Remove from the pan and set aside under aluminum foil.
- In the same pan, fry the flour for 1 minute over medium-high heat until lightly browned, stirring constantly.
- Add the BBQ sauce, the curry sauce and the mustard, then pour in the stock.



Prepare the green beans

- Meanwhile, discard the tips of the green beans.
- Transfer to a pot or saucepan and cover with a shallow layer of water.
- Add a pinch of salt, then cover with the lid and bring to the boil. Allow to cook for 6 - 8 minutes, then drain if necessary.
- Drizzle with olive oil and season to taste with salt and pepper.

Did you know... *the green beans in this recipe contain vitamin A, a nutrient that supports the maintenance of your skin.*



Serve

- Mix well to combine, then lower the heat. Allow to thicken and reduce for 2 minutes, adding a splash of water as necessary if it seems too thick.
- Return the meatballs to the pan and toss well to coat with the sauce.
- Serve the potatoes, green beans and meatballs on plates. Drizzle over the sauce and serve with mayonnaise as preferred.



BBQ Shrimp Tacos with Apricot Chutney

with red cabbage slaw, corn & parsley

Total time: 15 - 25 min.

Quick

Health Conscious Choice



Bell pepper



Mini tortillas



Shrimp



Corn



Apricot chutney



Shredded red cabbage



Mexican-style spices



BBQ spice rub



Fresh curly parsley



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Bell pepper* (unit(s))	½	1	2	2	3	3
Mini tortillas (unit(s))	4	8	12	16	20	24
Shrimp* (g)	80	160	240	320	400	480
Corn (g)	70	140	140	285	280	425
Apricot chutney (g)	25	50	75	100	125	150
Shredded red cabbage* (g)	100	200	300	400	500	600
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
BBQ spice rub (sachet(s))	½	1	1½	2	2½	3
Fresh curly parsley* (g)	5	10	15	20	25	30
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	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)	3021 /722	596 /143
Total fat (g)	30	6
of which saturated(g)	4,3	0,8
Carbonhydrates (g)	81	16
of which sugars (g)	22,2	4,4
Fiber (g)	12	2
Protein (g)	27	5
Salt (g)	3,1	0,6

Allergens

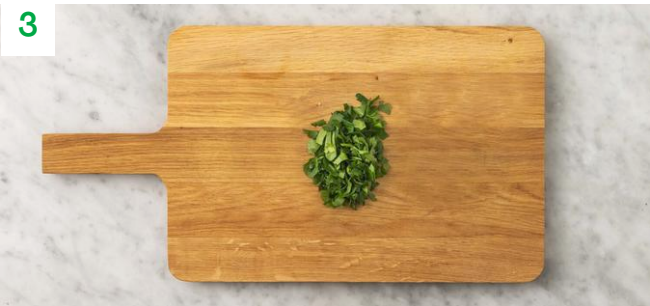
Always remember to check the ingredient label for the most accurate information regarding allergens and traces.



Prepare

- Preheat the oven to 180°C.
- Cut the bell pepper into strips.
- Heat a drizzle of olive oil in a frying pan over medium high-heat and fry the bell pepper for 3 - 4 minutes.
- Add the shrimp, the BBQ rub* and the Mexican-style spices*. Mix well and fry for 2 - 3 more minutes.

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



Heat the tortillas

- Transfer the tortillas to a parchment-lined baking sheet (see Tip).
- Heat the tortillas in the oven for 2 - 3 minutes.
- Finely chop the parsley in the meantime.

Tip: if you'd like the tortillas to be crispy, drizzle with olive oil and heat for a few more minutes.



Make the slaw

- Drain the corn in the meantime.
- In a salad bowl, combine the red cabbage with the corn, the mayonnaise and the white wine vinegar.
- Season to taste with salt and pepper.

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



Serve

- Serve the tortillas on plates.
- Serve all of the toppings separately at the table and allow everyone to assemble their own tacos as preferred.



Smoky Chipotle Pulled Chicken Bowl

over brown rice with tomato salsa, yogurt & Romano pepper

Total time: 10 - 20 min.

Quick

Health Conscious Choice



Pulled chicken



Lime



Organic full-fat yogurt



Quick-cook brown rice



Tomato



Romano pepper



Chipotle paste



Tomato paste



Red onion



Fresh coriander



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pulled chicken* (g)	100	200	300	400	500	600
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Organic full-fat yogurt* (g)	25	50	75	100	125	150
Quick-cook brown rice (g)	75	150	225	300	375	450
Tomato (unit(s))	1	2	3	4	5	6
Romano pepper* (unit(s))	½	1	1½	2	2½	3
Chipotle paste (g)	10	20	30	40	50	60
Tomato paste (can)	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1½	2	2½	3
Fresh coriander* (g)	5	10	15	20	25	30
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium chicken stock (ml)	50	100	150	200	250	300
Extra virgin olive oil (tsp)	2	4	6	8	10	12
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)	2979 /712	565 /135
Total fat (g)	30	6
of which saturated(g)	6,9	1,3
Carbonhydrates (g)	80	15
of which sugars (g)	19,1	3,6
Fiber (g)	8	1
Protein (g)	29	5
Salt (g)	1,5	0,3

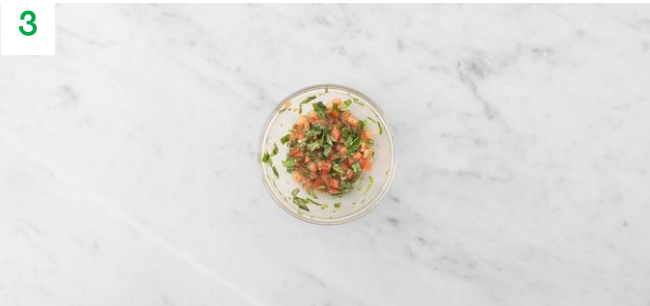
Allergens

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



Boil the rice

- Boil plenty of water in a pot or saucepan. Cook the rice for 10 minutes until done, then drain and set aside.
- Cut the Romano pepper into strips.
- Slice the onion into half-rings.
- Prepare the stock.



Make the salsa

- Dice the tomato and roughly chop the coriander.
- Cut the lime into wedges.
- In a small bowl, combine the tomato with the extra virgin olive oil, half of the coriander and the juice of 1 lime wedge per person.
- Season to taste with salt and pepper.

Did you know... the tomato in this recipe contains vitamin C, a nutrient that contributes to the normal function of the immune system.



Prepare the chicken

- Heat a drizzle of olive oil in a frying pan over medium heat. Fry the Romano pepper and the onion for 2 - 3 minutes.
- Add the pulled chicken, the tomato paste, the stock, the chipotle paste* and the sugar.
- Mix well and allow to simmer for 3 - 4 minutes.

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



Serve

- Serve the rice in bowls or deep plates with everything else alongside.
- Drizzle with the yogurt and garnish with the rest of the coriander.
- Serve the rest of the lime wedges alongside.



Tonnato-Style Tuna Salad with Garlicky Panko

with capers, lemon & fresh herbs

Total time: 15 - 25 min.

Quick

Health Conscious Choice



Potatoes



Tuna packed in water



Garlic



Little gem



Mini Roma tomatoes



Pre-cut green beans



Capers



Lemon



Worcestershire sauce



Panko breadcrumbs



Italian seasoning



Fresh chives, dill & flat leaf parsley



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Tuna packed in water (can)	1	1	2	2	3	3
Garlic (unit(s))	½	1	1½	2	2½	3
Little gem* (unit(s))	1	2	3	4	5	6
Mini Roma tomatoes* (g)	125	250	375	500	625	750
Pre-cut green beans* (g)	50	100	150	200	250	300
Capers (g)	15	30	45	60	75	90
Lemon* (unit(s))	½	1	1½	2	2½	3
Worcestershire sauce (g)	10	15	25	30	40	45
Panko breadcrumbs (g)	15	25	40	50	65	75
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Fresh chives, dill & flat leaf parsley* (g)	5	10	15	20	25	30
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	2	4	6	8	10	12
Water (tbsp)	1	2	3	4	5	6
Salt and pepper	to taste					

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3134 /749	459 /110
Total fat (g)	43	6
of which saturated(g)	5,7	0,8
Carbonhydrates (g)	66	10
of which sugars (g)	13,4	2
Fiber (g)	12	2
Protein (g)	23	3
Salt (g)	2,1	0,3

Allergens

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



Boil the potatoes

- Boil plenty of water in a pot or saucepan.
- Thoroughly wash the potatoes, then finely dice them.
- Boil the potatoes for 5 minutes, covered.
- Add the green beans and boil for 6 - 8 more minutes, then drain and return to the pot.



Chop the herbs

- Finely chop the fresh herbs in the meantime.
- Drizzle the potatoes and the green beans with the extra virgin olive oil.
- Add the fresh herbs and toss well to coat.
- Season to taste with salt and pepper.

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



Toast the panko

- Crush or mince the garlic.
- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the garlic with the panko and the Italian seasoning for 4 - 5 minutes, or until golden-brown.
- Season to taste with salt.



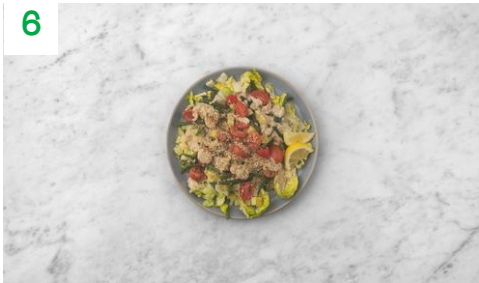
Make the tonnato

- Quarter the lemon.
- Drain the tuna and transfer to a tall container.
- Add the Worcestershire sauce, the mayonnaise and the water (see pantry for amount). Add half of the capers and some extra virgin olive oil to taste.
- Squeeze a quarter lemon per person directly into the container, then use an immersion blender to process until smooth. Season to taste with salt and pepper.



Make the salad

- Meanwhile, halve the tomatoes.
- Cut the lettuce into smaller pieces and transfer to a salad bowl.
- Transfer half of the tonnato mixture to the salad bowl and toss well to combine with the lettuce.



Serve

- Serve the lettuce on plates, topped with the potatoes and the green beans.
- Top with th tomatoes and the rest of the tonnato.
- Garnish with the garlicky panko and the rest of the capers.
- Serve the rest of the lemon wedges alongside.



Beef Udon in Mascarpone-Teriyaki Sauce

with mushrooms, leek & Thai basil

Total time: 15 - 25 min.

Quick



Fresh udon noodles



Mascarpone



Teriyaki sauce



Vegetable mix with mushrooms



Garlic



Soy sauce



Beef mince with East Asian spices



Salted peanuts



Mint, coriander & Thai basil



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 udon noodles (g)	110	220	330	440	550	660
Mascarpone* (g)	25	50	75	100	125	150
Teriyaki sauce (g)	25	50	75	100	125	150
Vegetable mix with mushrooms* (g)	200	400	600	800	1000	1200
Garlic (unit(s))	½	1	1½	2	2½	3
Soy sauce (ml)	10	20	30	40	50	60
Beef mince with East Asian spices* (g)	100	200	300	400	500	600
Salted peanuts (g)	10	20	30	40	50	60
Mint, coriander & Thai basil* (g)	5	10	15	20	25	30
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)	2837 /678	575 /137
Total fat (g)	38	8
of which saturated(g)	15,9	3,2
Carbonhydrates (g)	48	10
of which sugars (g)	11,5	2,3
Fiber (g)	8	2
Protein (g)	33	7
Salt (g)	4,2	0,8

Allergens

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



Prepare

- Crush or mince the garlic.



Finish

- Stir in the mascarpone, the teriyaki sauce and the soy sauce, then add the udon noodles and cook for 3 more minutes.
- Season to taste with salt and pepper.
- Roughly chop the fresh herbs in the meantime.



Fry the mince

- Heat a drizzle of olive oil in a large wok or deep frying pan over medium-high heat and fry the garlic for 1 minute.
- Add the mince and fry for 3 more minutes, separating it as you do so.
- Stir in the vegetable mix and fry for 4 - 6 more minutes.



Serve

- Serve the udon noodles on deep plates.
- Garnish with the peanuts and the fresh herbs.



5-Minute Chicken Meatballs with Mash & Sauerkraut

fresh & tasty in a flash!

Total time: 5 - 15 min.

Quick



Get a head start by boiling a full kettle of water.

Happy cooking!



Sauerkraut



Mashed potato



Chicken meatballs with Mediterranean herbs



East Asian-style sauce



Crispy fried onions



Fresh flat leaf parsley



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Sauerkraut* (g)	125	250	375	500	625	750
Mashed potato* (g)	250	500	750	1000	1250	1500
Chicken meatballs with Mediterranean herbs* (unit(s))	3	6	9	12	15	18
East Asian-style sauce* (g)	17½	35	52½	70	87½	105
Crispy fried onions (g)	15	30	45	60	75	90
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium beef stock (ml)	75	150	225	300	375	450
Mustard	to taste					
Salt and pepper	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2469 /590	412 /99
Total fat (g)	27	5
of which saturated(g)	9,3	1,6
Carbonhydrates (g)	52	9
of which sugars (g)	5,9	1
Fiber (g)	12	2
Protein (g)	28	5
Salt (g)	5,4	0,9

Allergens

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



Microwave the mash

- Get started by boiling a full kettle of water for the sauerkraut.
- Use a knife to pierce several holes across the surface of the packaging, then microwave the mashed potatoes for 4 minutes.



Finish

- Prepare the stock directly in the frying pan, then add the East Asian-style sauce and some mustard as preferred.
- Mix well and simmer for 1 minute.
- Season to taste with salt and pepper.



Boil the sauerkraut

- Heat a drizzle of olive oil in a frying pan over high heat.
- Transfer the meatballs to the pan and break them into quarters using a spatula, then cover with the lid and fry for 4 minutes.
- Meanwhile, transfer the boiled water to a saucepan and cook the sauerkraut for 4 minutes.
- Drain and set aside.



Serve

- Serve the mashed potatoes on deep plates with everything else alongside.
- Pour over the gravy and tear the parsley directly over each portion.
- Garnish with the crispy onions to finish.



5-Minute Pork Tagliatelle in Creamy Red Wine Sauce

fresh & tasty in a flash!

Total time: 5 - 15 min.

Quick



Get a head start by boiling a full kettle of water.

Happy cooking!



Pork tenderloin tips



Fresh tagliatelle



Mix of carrot, onion and celery



Demi-glaze



Red wine jus



Cooking cream



Garlic & herb seasoning



Grana Padano flakes DOP



Fresh basil



Recipe Developer Sarah: "To serve a delicious meal in just 5 minutes, you need flavourful ingredients. The base of this sauce comes from French cuisine, combining a demi-glaze with a red wine reduction. Top it off with Grana Padano and fresh basil to complete the dish!"



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 tenderloin tips* (g)	100	200	300	400	500	600
Fresh tagliatelle* (g)	125	250	375	500	625	750
Mix of carrot, onion and celery* (g)	100	200	300	400	500	600
Demi-glaze (g)	25	50	75	100	125	150
Red wine jus (g)	30	60	90	120	150	180
Cooking cream (g)	75	150	225	300	375	450
Garlic & herb seasoning (sachet(s))	½	1	1½	2	2½	3
Grana Padano flakes DOP* (g)	10	20	30	40	50	60
Fresh basil* (g)	5	10	15	20	25	30
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)	3130 /748	655 /156
Total fat (g)	27	6
of which saturated(g)	12,7	2,7
Carbonhydrates (g)	82	17
of which sugars (g)	10	2,1
Fiber (g)	4	1
Protein (g)	41	9
Salt (g)	2,6	0,5

Allergens

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



Cook the tagliatelle

- Get started by boiling a full kettle of water for the tagliatelle.
- Transfer the boiled water to a pot or saucepan and cook the tagliatelle with the vegetable mix for 3 - 4 minutes.
- Reserve some of the pasta water, then drain and set aside.
- Meanwhile, heat a drizzle of olive oil in a frying pan over high heat. Fry the pork tenderloin tips for 2 minutes.



Finish

- Transfer the tagliatelle and the vegetables to the sauce.
- Add the garlic & herb seasoning and toss well to combine, adding a splash of pasta water as necessary if it seems too thick.
- Season to taste with salt and pepper.



Fry the pork

- Add the cream, the demi-glaze and the red wine jus to the frying pan.
- Mix well to combine and cook for 1 more minute.



Serve

- Serve the tagliatelle on plates.
- Tear the basil directly over each portion.
- Garnish with the cheese to finish.



Signature Cheeseburger with Loaded Tortilla Chips

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

Total time: 10 - 20 min.

Quick



Hamburger from Meatier



Charcoal burger bun



Tomato



Red onion



Guacamole



Grated cheddar



Corn



Mexican-style spices



Tortilla chips



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
Hamburger from Meatier* (unit(s))	1	2	3	4	5	6
Charcoal burger bun (unit(s))	1	2	3	4	5	6
Tomato (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	½	1	1½	2	2½	3
Guacamole* (g)	40	80	120	160	200	240
Grated cheddar* (g)	15	25	40	50	65	75
Corn (g)	35	70	105	140	175	210
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Tortilla chips (g)	40	75	115	150	190	225
Not included						
[Plant-based] butter (tbsp)	¼	½	¾	1	1¼	1½
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
White 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)	3502 /837	786 /188
Total fat (g)	47	11
of which saturated(g)	16,1	3,6
Carbonhydrates (g)	65	15
of which sugars (g)	13,6	3,1
Fiber (g)	8	2
Protein (g)	32	7
Salt (g)	3,8	0,8

Allergens

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



Fry the burger

- Slice the onion into half rings.
- Melt a small knob of butter in a frying pan over medium-high heat. Fry the onion with the burger for 3 - 4 minutes on one side.
- Flip the burger and top with the cheddar. Cover the pan with the lid so as to allow the cheese to melt.
- Reduce the heat and allow to cook for 3 - 4 minutes or until done.



Prepare the tortilla chips

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

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



Make the avocado dip

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

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



Serve

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



Pork Meatballs in Sweet Soy Sauce

with udon salad & sesame seeds

Total time: 25 - 35 min.

Quick



Pork mince



Fresh ginger



Soy sauce



Fresh udon noodles



Sesame seeds



Mesclun



Persian cucumber



Garlic



East Asian-style sauce



Lemon



Rainbow slaw mix



Tomato



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pork mince* (g)	100	200	300	400	500	600
Fresh ginger* (tsp)	1¼	2½	3¾	5	6¼	7½
Soy sauce (ml)	10	20	30	40	50	60
Fresh udon noodles (g)	110	220	330	440	550	660
Sesame seeds (g)	5	10	15	20	25	30
Mesclun* (g)	40	60	90	120	150	180
Persian cucumber* (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
East Asian-style sauce* (g)	20	35	55	70	90	105
Lemon* (unit(s))	½	1	1½	2	2½	3
Rainbow slaw mix* (g)	100	200	300	400	500	600
Tomato (unit(s))	½	1	1½	2	2½	3
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1½	3	4½	6	7½	9
Salt and pepper	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3423 /818	587 /140
Total fat (g)	50	9
of which saturated(g)	10,1	1,7
Carbonhydrates (g)	62	11
of which sugars (g)	23,9	4,1
Fiber (g)	8	1
Protein (g)	30	5
Salt (g)	4,2	0,7

Allergens

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



Make the meatballs

- Grate the ginger and crush or mince the garlic.
- In a bowl, combine the mince with the ginger and a third of the mayonnaise.
- Shape the mince into four or five meatballs per person (see Tip).

Tip: pack the mince tightly so as to prevent the meatballs from falling apart.



Make the salad

- Meanwhile, boil plenty of water in a pot or saucepan and cook the noodles for 1 - 2 minutes until al dente.
- Drain and rinse under cold water, then set aside.
- Juice the lemon into a small bowl.
- Slice the cucumber into crescents and cut the tomato into wedges.



Fry the meatballs

- Heat a drizzle of sunflower oil in a frying pan over medium-high heat and fry the meatballs for 5 minutes until done.
- Add the soy sauce, the garlic, the East Asian-style sauce and the honey (see Tip).
- Mix well and fry for 2 more minutes, then take the pan off the heat and set aside, covered.

Health Tip: if you're watching your salt intake, omit the soy sauce and add some later while serving as preferred.



Serve

- In a salad bowl, combine the rest of the mayonnaise with 1.5 tbsp lemon juice per person. Season to taste with salt and pepper.
- Add the mesclun, cucumber, tomato, slaw mix and noodles, then toss well to combine.
- Serve the salad on plates and top with the meatballs in their sauce. Garnish with the sesame seeds.



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



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.



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.



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.



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.



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.



Athlete's Choice: Karahi-Inspired Chicken with Coriander Salsa

with min. 115g carbohydrates per person

Total time: 30 - 40 min.



Chicken thigh strips



Naan



Garlic



Garam Masala



Chopped tomatoes



Fresh coriander



Organic full-fat yogurt



Lime



Onion



Tandoori paste



White long grain rice



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken thigh strips* (g)	100	200	300	400	500	600
Naan (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	1	2	2	3	3
Garam Masala (sachet(s))	½	1	1½	2	2½	3
Chopped tomatoes (pack)	½	1	1½	2	2½	3
Fresh coriander* (g)	5	10	15	20	25	30
Organic full-fat yogurt* (g)	25	50	75	100	125	150
Lime* (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Tandoori paste* (g)	15	30	45	60	75	90
White long grain rice (g)	37½	75	112½	150	187½	225
Not included						
Low sodium chicken stock (ml)	25	50	75	100	125	150
Water for the rice (ml)	175	350	525	700	875	1050
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tsp)	½	1	1½	2	2½	3
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4079 /975	495 /118
Total fat (g)	39	5
of which saturated(g)	11,2	1,4
Carbonhydrates (g)	119	14
of which sugars (g)	21,9	2,7
Fiber (g)	12	1
Protein (g)	36	4
Salt (g)	2	0,2

Allergens

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



Prepare

- Preheat oven to 200°C and prepare the stock.
- Boil the water for the rice in a pot or saucepan (see pantry for amount).
- Boil the rice for 10 - 12 minutes, covered, then turn off the heat and allow to stand for 5 minutes, still covered.
- Chop the onion and crush or mince garlic.



Prepare the toppings

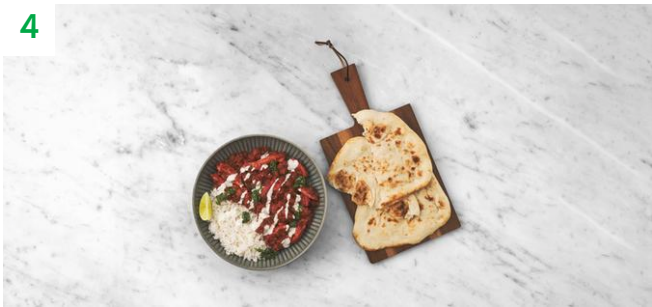
- Meanwhile, finely chop the coriander.
- Juice half of the lime and cut the rest into wedges.
- In a small bowl, combine the garlic with the coriander and the extra virgin olive oil. Season to taste with salt and pepper.
- In another bowl, combine the yogurt with the lime juice. Season to taste with salt and pepper.



Make the curry

- Heat a drizzle of olive oil in a large frying pan over medium-high heat. Fry the chicken with the onion, the garam masala* and the tandoori paste for 5 minutes.
- Deglaze with the stock and the tomatoes, then stir in the sugar and a knob of butter.
- Simmer for 4 - 5 minutes over medium-low heat.

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



Serve

- Transfer the naan to a parchment-lined baking sheet and heat for 2 - 3 minutes.
- Serve the rice on deep plates and top with the curry.
- Drizzle with the yogurt sauce and the coriander salsa.
- Serve the naan and the lime wedges alongside.



Signature Dahl with Crispy Chickpeas & Naan

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

Total time: 35 - 45 min.

Veggie

Health Conscious Choice



Onion



Carrot



Tomato paste



Coconut milk



Red split lentils



Spinach



Naan with herbs



Lime



Yellow carrot



Chickpeas



African-inspired spice mix



Fresh coriander



Fresh ginger



Curry powder



Organic full-fat yogurt



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)	50	100	150	200	250	300
Naan with herbs (unit(s))	½	1	1½	2	2½	3
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Yellow carrot* (unit(s))	1	1	2	2	3	3
Chickpeas (pack)	½	1	1½	2	2½	3
African-inspired spice mix (sachet(s))	½	1	1½	2	2½	3
Fresh coriander* (g)	5	10	15	20	25	30
Fresh ginger* (tsp)	1¼	2½	3¾	5	6¼	7½
Curry powder (sachet(s))	½	1	1½	2	2½	3
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

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3339 /798	399 /95
Total fat (g)	37	4
of which saturated(g)	17	2
Carbonhydrates (g)	79	9
of which sugars (g)	19,7	2,4
Fiber (g)	30	4
Protein (g)	27	3
Salt (g)	1,9	0,2

Allergens

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



Prepare

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

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



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.



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.

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



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.



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.*



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.



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



Basil crème



Fresh chives



Chicken meatballs with Mediterranean herbs



Pre-cut green beans



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
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
Pre-cut green beans* (g)	100	200	300	400	500	600
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					

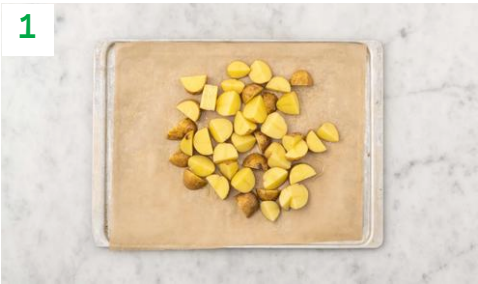
* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3301 /789	469 /112
Total fat (g)	48	7
of which saturated(g)	20,7	2,9
Carbonhydrates (g)	58	8
of which sugars (g)	9,8	1,4
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.



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.



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.*



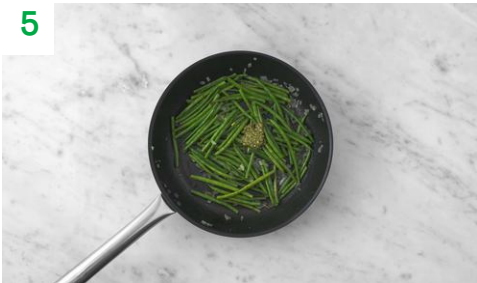
Fry the mushrooms

- 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.



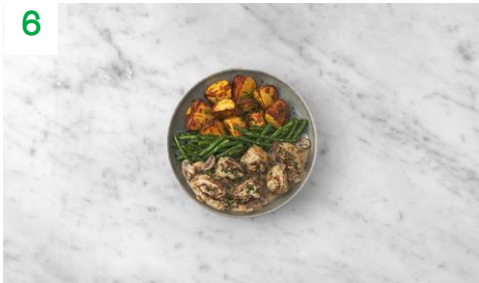
Fry the meatballs

- 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.



Prepare 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.



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.