



# Chicken Noodles in East Asian-Style Sauce

with courgette, bell pepper & cashews

Family Quick Calorie Smart

Total time: 20 - 25 min.



Courgette



Bell pepper



Red chili pepper



Seasoned chicken mince



East Asian-style sauce



Soy sauce



Roasted cashew nuts



Shallot



Wholewheat noodles



Garlic



Ginger paste



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

Technically, the cashew is not a nut, as it doesn't grow inside a fruit. Rather, cashews grow on the outside of a fruit: the cashew apple.



Tear me out!

Before you start

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

Equipment

Lidded pot or saucepan, wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Courgette* (unit(s))	½	1	1	2	2	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Seasoned chicken mince* (g)	100	200	300	400	500	600
East Asian-style sauce* (g)	35	70	105	140	175	210
Soy sauce (ml)	5	10	15	20	25	30
Roasted cashew nuts (g)	10	20	30	40	50	60
Shallot (unit(s))	1	2	3	4	5	6
Wholewheat noodles (g)	50	100	150	200	250	300
Garlic (unit(s))	1	2	3	4	5	6
Ginger paste* (g)	5	10	15	20	25	30
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2377 /568	481 /115
Total fat (g)	18	4
of which saturated(g)	3,9	0,8
Carbonhydrates (g)	68	14
of which sugars (g)	18,3	3,7
Fiber (g)	10	2
Protein (g)	32	6
Salt (g)	3,4	0,7

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan for the noodles.
- Chop the shallot and crush or mince the garlic.
- Slice the courgette into thin crescents and cut the bell pepper into strips.
- Deseed and finely chop the **red chili pepper**.\*

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



Boil the noodles

- Add the East Asian-style sauce, ginger paste and soy sauce. Mix well to combine.
- Meanwhile, boil the noodles for 3 - 4 minutes, covered, stirring occasionally.
- Drain and transfer to the vegetables, then stir-fry for 1 minute.



Fry the vegetables

- Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat.
- Fry the shallot with the garlic and mince for 2 minutes, separating the mince as you do so.
- Add the courgette, bell pepper and **chili pepper** and fry for 6 - 8 more minutes.
- Season to taste with salt and pepper.



Serve

- Serve the noodles on plates and garnish with the cashews.

Enjoy!





# Creamy Courgette Lasagne

with fresh pasta sheets & spinach

Family Veggie

Total time: 55 - 65 min.



Courgette



Onion



Garlic



Fresh oregano



Spinach



Cooking cream



Grana Padano flakes DOP



Fresh lasagne sheets



Italian seasoning



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

Do your teeth feel gritty after eating spinach? To avoid this, be sure to include a calcium-rich component in the meal. For example, in this dish we've included cream and cheese!



Tear me out!

Before you start

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

Equipment

Parchment-lined baking sheet, bowl, oven dish, whisk, wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Courgette* (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	2	3	4	5	6
Fresh oregano* (g)	2½	5	7½	10	12½	15
Spinach* (g)	100	200	300	400	500	600
Cooking cream (g)	50	100	150	200	250	300
Grana Padano flakes DOP* (g)	20	40	60	80	100	120
Fresh lasagne sheets* (g)	100	200	300	400	500	600
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	250	500	750	1000	1250	1500
[Plant-based] butter (g)	15	30	45	60	75	90
Flour (g)	10	20	30	40	50	60
Salt and pepper (totaste)	0	0	0	0	0	0
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3084 /737	425 /102
Total fat (g)	36	5
of which saturated(g)	19,5	2,7
Carbonhydrates (g)	78	11
of which sugars (g)	10,3	1,4
Fiber (g)	13	2
Protein (g)	25	3
Salt (g)	1,3	0,2

Allergens

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



Slice the courgette

- Preheat the oven to 220°C and prepare the stock.
- Slice the courgette into rounds of 0.5cm thickness.
- Transfer the courgette to a bowl and drizzle with olive oil.
- Season with salt and pepper, then toss well to coat (see Tip).

Tip: to save time washing up, you can also do this directly on the baking sheet.



Finish the sauce

- Stir the oregano, Italian seasoning and spinach into the sauce. Allow the spinach to wilt and reduce.
- Add the cream and a third of the cheese, then season with salt and pepper and cook for 2 - 3 more minutes.
- Grease an oven dish with butter or olive oil.
- Cut the lasagne sheets as necessary according to the size of the oven dish.



Roast the courgette

- Transfer the courgette to a parchment-lined baking sheet and roast in the oven for 10 minutes.
- In the meantime, chop the onion and crush or mince the garlic.
- Pull the oregano leaves off the stems and finely chop the leaves.



Assemble the lasagne

- Transfer a shallow layer of sauce to the oven dish. Top with lasagne sheets and press down.
- Top with a layer of sauce, then arrange some of the courgette on top.
- Repeat until you have used up all of the sauce, being sure to finish with a layer of sauce on top (see Tip).

Tip: if you have extra lasagne sheets, keep them in the fridge to use another time.



Make the roux

- Melt the butter in a wok or deep frying pan over medium-high heat.
- Fry the garlic and onion for 2 minutes, then whisk in the flour.
- Pour in a third of the stock and whisk continuously to incorporate, then repeat twice more with the rest of the stock so as to make a smooth sauce.
- Bring to a boil, then allow to thicken and reduce for 1 - 2 minutes. Season the sauce taste with black pepper.



Serve

- Scatter over the rest of the cheese.
- Bake the lasagne for 30 - 35 minutes.
- Allow to stand for 3 minutes before serving.

Enjoy!





# Creamy Eggplant Penne with Parmigiano Reggiano

with sundried tomatoes, fresh basil, arugula & lamb's lettuce

Veggie Quick

Total time: 20 - 25 min.



Onion



Garlic



Eggplant



Sundried tomatoes



Penne



Cooking cream



Fresh basil



Parmigiano Reggiano DOP



Sicilian-style herb mix



Arugula & lamb's lettuce



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

This pasta is full of delicious flavours from the sundried tomatoes, basil and arugula. Better yet, you can have this dish on the table in just 20 minutes!

Tear me out!



Before you start

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

Equipment

Deep frying pan, microplane, pot or saucepan, salad bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	1	2	2	4	4	6
Garlic (unit(s))	½	1	1½	2	2½	3
Eggplant* (unit(s))	½	1	2	2	3	3
Sundried tomatoes (g)	30	50	70	100	120	150
Penne (g)	90	180	270	360	450	540
Cooking cream (g)	50	100	150	200	250	300
Fresh basil* (g)	5	10	15	20	25	30
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Arugula & lamb's lettuce* (g)	30	60	90	120	150	180

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3155 /754	596 /142
Total fat (g)	34	6
of which saturated(g)	11	2,1
Carbonhydrates (g)	87	16
of which sugars (g)	16,6	3,1
Fiber (g)	11	2
Protein (g)	21	4
Salt (g)	1,2	0,2

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 for the pasta.
- Prepare the stock (see Tip).
- Boil the pasta for 10 - 12 minutes, then drain and set aside.

**Tip:** if it's inconvenient to prepare a small amount of stock, you can prepare 500ml instead (using 1 stock cube) and then measure out the amount you need for the recipe. You can freeze the rest of the stock to use another time.



Make the sauce

- In the meantime, heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the onion with the garlic and sundried tomatoes for 3 - 4 minutes.
- Add the Sicilian herbs and fry for 1 minute, then deglaze with the stock and half of the balsamic vinegar. Add the cream and cook for 4 - 5 minutes over low heat.
- Cut the basil into ribbons and grate the Parmigiano Reggiano.



Fry the eggplant

- Chop the onion and crush or mince the garlic.
- Give the eggplant a 1 - 2 cm dice and roughly chop the sundried tomatoes.
- Coat the eggplant with the flour.
- Heat a generous drizzle of olive oil in a frying pan over medium-high heat. Fry the eggplant for 8 - 10 minutes until evenly browned.



Serve

- In a salad bowl, combine the mixed leaves with the extra virgin olive oil and the rest of the balsamic vinegar. Season to taste with salt and pepper.
- Stir the pasta and the eggplant into the sauce, along with half each of the Parmigiano Reggiano and the basil. Season to taste with salt and pepper.
- Serve the pasta and the salad on deep plates. Garnish with the rest of the Parmigiano Reggiano and basil.

Enjoy!





# Yellow Fish Curry with Wholewheat Noodles

with carrot, broccoli & gomashio

Family Quick Calorie Smart

Total time: 25 - 30 min.



Pollock



Garlic



Carrot



Broccoli



Yellow curry spices



Coconut milk



Fish sauce



Wholewheat noodles



Red onion



Gomashio



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

Fish sauce is a salty condiment common in South-East Asian cuisine. It won't make your food taste noticeably fishy - instead, it provides a subtle savoury, umami taste.



Tear me out!

Before you start

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

Equipment

Large deep frying pan with lid, kitchen paper

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pollock* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
Carrot* (unit(s))	½	1	1	2	2	3
Broccoli* (g)	100	200	360	400	560	600
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Coconut milk (ml)	90	180	250	360	430	540
Fish sauce (ml)	5	10	15	20	25	30
Wholewheat noodles (g)	50	100	150	200	250	300
Red onion (unit(s))	½	1	2	2	3	3
Gomashio (sachet(s))	⅓	⅓	1	1⅓	1⅓	2
Not included						
Low sodium vegetable stock (ml)	225	450	675	900	1125	1350
Sunflower oil (tbsp)	1	2	3	4	5	6
Sugar (tsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2628 /628	375 /90
Total fat (g)	32	4
of which saturated(g)	16	2,3
Carbonhydrates (g)	52	7
of which sugars (g)	12,2	1,7
Fiber (g)	14	2
Protein (g)	30	4
Salt (g)	3,1	0,4

Allergens

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



Prepare

- Prepare the stock.
- Chop the onion and crush or mince the garlic.
- Cut the head of the broccoli into very small florets and then finely dice the stem. Slice the carrot into thin crescents.
- Pat the fish dry with kitchen paper and cut it into uniform pieces of around 2cm. Season with salt and pepper.



Make the curry

- Pour in the stock and the coconut milk, then add the sugar, fish sauce\* and white wine vinegar.
- Add the carrot and broccoli, then mix well and cover with the lid. Allow to stew for 5 minutes. The broccoli doesn't need to be done yet, as it will finish cooking later.
- Weigh the noodles in the meantime. Remove the lid and add the noodles, then cook for 3 - 4 minutes, uncovered.

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



Fry the aromatics

- Heat a generous drizzle of sunflower oil in a large deep frying pan over medium heat.
- Fry the onion with the garlic and curry spices for 2 - 3 minutes.
- Move the aromatics to one side of the pan and then transfer the fish to the other side.
- Fry the fish for 2 minutes per side, then remove from the pan and set aside.



Serve

- Stir the noodles so as to separate them, adding a splash of water or stock as necessary if the curry is too dry. Season to taste with salt and pepper.
- Transfer the fish to the curry and heat briefly, then serve.
- Garnish with the gomashio.

Enjoy!





# No-Fish Burger on a Carrot Bun with Avocado

with apple slaw, smoky potatoes & herb mayo

Quick Plant-Based

Total time: 20 - 25 min.



Lemon



Rainbow slaw mix



Diced potato



Apple



Smoked paprika



Fresh chives, dill  
& flat leaf parsley



Carrot bun



Plant-based fish burger



Red onion



Avocado



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

Avocados are rich in unsaturated vegetable fats. Eating avocado promotes good cholesterol levels and helps keep your heart and arteries healthy!



Tear me out!

Before you start

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

Equipment

2x bowl, 2x frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Lemon* (unit(s))	½	1	1½	2	2½	3
Rainbow slaw mix* (g)	100	200	300	400	500	600
Diced potato* (g)	150	300	450	600	750	900
Apple* (unit(s))	½	1	2	2	3	3
Smoked paprika (tsp)	1½	3	4½	6	7½	9
Fresh chives, dill & flat leaf parsley* (g)	5	10	15	20	25	30
Carrot bun (unit(s))	1	2	3	4	5	6
Plant-based fish burger* (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	½	1	1	2	2	3
Avocado (unit(s))	½	1	1	2	2	3
Not included						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
[Plant-based] mayonnaise (tbsp)	1½	3	4½	6	7½	9
Sugar (tsp)	1	2	3	4	5	6
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4088 /977	627 /150
Total fat (g)	54	8
of which saturated(g)	9,8	1,5
Carbonhydrates (g)	96	15
of which sugars (g)	22,6	3,5
Fiber (g)	18	3
Protein (g)	21	3
Salt (g)	1,8	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 and heat the bun for 4 - 6 minutes.
- Heat a light drizzle of olive oil in a frying pan over medium-high heat and fry the potatoes for 15 minutes, until golden-brown.
- Turn off the heat and season with the smoked paprika, along with salt and pepper.



Make the sauce

- Finely chop the onion and the fresh herbs.
- In a bowl, combine the mayonnaise with the onion, the sugar and the fresh herbs.
- Add some lemon juice as preferred, then season to taste with salt and pepper.
- Halve and pit the avocado, then remove the skin and slice the flesh.



Fry the burger

- Melt a knob of butter in a frying pan over medium-high heat. When the butter is nice and hot, fry the burger for 2 minutes per side until evenly golden-brown.
- Cut the lemon into wedges. Core and slice the apple.
- In a bowl, combine the slaw mix with the apple and some lemon juice as preferred. Season to taste with salt and pepper.



Serve

- Cut open the carrot bun and spread both sides with some of the herb sauce, then top with the avocado and the burger.
- Add the rest of the sauce to the slaw and mix well. Top the burger with some of the slaw.
- Serve with the potatoes, the rest of the slaw and the lemon wedges. Serve with extra mayonnaise as preferred.

Enjoy!





# Caesar-Style Salad with Crunchy Chickpeas

with homemade dressing, Parmigiano Reggiano & croutons

Veggie Quick

Total time: 25 - 30 min.



Chickpeas



Cucumber



Tomato



White ciabatta



Garlic



Egg



BBQ spice rub



Parmigiano Reggiano DOP



Butter lettuce



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

The Caesar salad actually originated in Mexico! It was created by Caesar Cardini at his restaurant in Tijuana, when the kitchen was overwhelmed and short on ingredients.



Tear me out!

Before you start

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

Equipment

Parchment-lined baking sheet, 2x bowl, lidded saucepan, microplane, kitchen paper, salad bowl, sieve

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chickpeas (pack)	½	1	1½	2	2½	3
Cucumber* (unit(s))	½	¾	1	1½	1¾	2
Tomato (unit(s))	1	2	3	4	5	6
White ciabatta (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Egg* (unit(s))	1	2	3	4	5	6
BBQ spice rub (sachet(s))	½	1	1½	2	2½	3
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Butter lettuce* (head)	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Mustard (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3046 /728	581 /139
Total fat (g)	51	10
of which saturated(g)	9,3	1,8
Carbonhydrates (g)	39	7
of which sugars (g)	6,3	1,2
Fiber (g)	11	2
Protein (g)	24	5
Salt (g)	1,9	0,4

Allergens

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



Prepare the chickpeas

- Preheat the oven to 220°C.
- Drain the chickpeas and pat them dry with kitchen paper, then transfer to a bowl.
- Add the **BBQ rub**\* and drizzle lightly with olive oil, then season with salt and pepper.
- Toss well to coat, then transfer to a parchment-lined baking sheet.

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



Chop the vegetables

- Dice the tomato and cucumber.
- Crush or mince the garlic and set aside.
- Discard the core of the lettuce and then roughly chop the leaves.
- Finely grate or dice the Parmigiano Reggiano in the meantime.



Make the croutons

- Roast for 10 minutes, or until golden-brown and crunchy.
- Tear the bread into chunks.
- Transfer to a bowl and drizzle with olive oil. Season with salt and pepper, then toss well to coat.
- Place the bread next to the chickpeas and return the baking sheet to the oven for another 10 minutes (see Tip).

Tip: use an extra baking sheet if you're cooking for more than two people.



Make the salad

- In a salad bowl, combine the garlic with the mayonnaise, mustard and extra virgin olive oil, along with half of the cheese.
- Season to taste with salt and pepper, then add the lettuce, tomato and cucumber and toss well to combine.



Boil the egg

- Meanwhile, transfer the egg to a saucepan and submerge with water.
- Cover with the lid and bring to a boil, then cook for 6 - 8 minutes.
- Peel the egg and then cut it in half.



Serve

- Serve the salad on plates and top with the chickpeas, croutons and boiled egg.
- Garnish with the rest of the cheese to finish.

Enjoy!





# Tortelloni Al Forno in Creamy Blue Cheese Sauce

with courgette, leek & Italian seasoning

Veggie

Total time: 50 - 60 min.



Courgette



Onion



Blue cheese cubes



Cooking cream



Leek



Mushroom tortelloni



Italian seasoning



There is a new ingredient in your box! These mushroom tortelloni are made by the Rana family in Italy. Authentic and delicious, the way pasta should be.

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



Before you start

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

Equipment

Deep frying pan, oven dish, saucepan, whisk

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Courgette* (unit(s))	½	1	2	2	3	3
Onion (unit(s))	½	1	1½	2	2½	3
Blue cheese cubes* (g)	25	50	75	100	125	150
Cooking cream (g)	75	150	225	300	375	450
Leek* (unit(s))	½	1	1	2	2	3
Mushroom tortelloni (g)	150	300	450	600	750	900
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Not included						
Low sodium vegetable stock (ml)	250	500	750	1000	1250	1500
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (g)	20	40	60	80	100	120
Flour (g)	20	40	60	80	100	120
Black pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4017 /960	503 /120
Total fat (g)	54	7
of which saturated(g)	28	3,5
Carbonhydrates (g)	86	11
of which sugars (g)	17,1	2,1
Fiber (g)	11	1
Protein (g)	28	3
Salt (g)	3,2	0,4

Allergens

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



Prepare

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



Combine

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



Make the sauce

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



Serve

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

Enjoy!





# Pasta Pesto with Parmigiano Reggiano & Courgette

with parsley, basil & tomato

Veggie Quick

Total time: 25 - 30 min.



Onion



Garlic



Conchiglie



Fresh flat leaf  
parsley & basil



Green pesto



Courgette



Parmigiano  
Reggiano DOP



Tomato



Italian seasoning



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

While courgettes are often treated as vegetables, they're actually fruits.  
They're low in calories and rich in vitamin C and fiber, making them a  
healthy choice for a variety of meals!



Tear me out!

Before you start

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

Equipment

Bowl, microplane, lidded pot or saucepan, frying pan

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
Conchiglie (g)	90	180	270	360	450	540
Fresh flat leaf parsley & basil* (g)	5	10	15	20	25	30
Green pesto* (g)	40	80	120	160	200	240
Courgette* (unit(s))	¾	1½	2	2¾	3½	4
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Tomato (unit(s))	1	2	3	4	5	6
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Not included						
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Red wine vinegar (tbsp)	½	1	1½	2	2½	3
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 (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3460 /827	759 /181
Total fat (g)	47	10
of which saturated(g)	8,3	1,8
Carbonhydrates (g)	78	17
of which sugars (g)	12	2,6
Fiber (g)	10	2
Protein (g)	22	5
Salt (g)	1	0,2

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan for the pasta.
- Chop the onion and crush or mince the garlic.
- Boil the pasta for 11 - 13 minutes, covered, then drain and set aside.
- Finely chop the fresh herbs.



Fry the vegetables

- Heat a generous drizzle of olive oil in a frying pan over medium-high heat. Fry the garlic and onion for 2 - 3 minutes.
- Add the courgette, tomato and Italian seasoning and fry for 3 - 4 more minutes.
- Crumble in the stock cube (see pantry for amount).
- Add the pasta and the pesto. Mix well to combine, seasoning to taste with salt and pepper.



Make the sauce

- In a bowl, combine the pesto with the red wine vinegar, extra virgin olive oil and half of the fresh herbs.
- Season to taste with plenty of salt and pepper.
- Thinly slice the courgette. Dice the tomato.

Did you know... 🥒 courgettes are technically classified as a fruit, as are cucumbers, pumpkins and tomatoes. Courgettes are high in iron, vitamin C and calcium.



Serve

- Grate the Parmigiano Reggiano.
- Serve the pasta on plates.
- Garnish with the Parmigiano Reggiano and the rest of the fresh herbs.

Enjoy!





# Orzo Salad with Crispy Salami Ribbons

with zesty lemon cream cheese & mini Roma tomatoes

Quick

Total time: 25 - 30 min.



Orzo



Salami



Garlic



Red onion



Courgette



Fresh celery leaves



Parmigiano  
Reggiano DOP



Fresh basil



Lemon



Cream cheese



Mini Roma tomatoes



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

Salami is originally from Italy. Something that's incorporated into almost all types of salami is garlic, which accounts for its strong smell.



Tear me out!

Before you start

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

Equipment

Microplane, pot or saucepan, kitchen paper, plate, salad bowl, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Orzo (g)	75	150	225	300	375	450
Salami* (slice(s))	3	6	9	12	15	18
Garlic (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1½	2	2½	3
Courgette* (unit(s))	½	1	1	2	2	3
Fresh celery leaves* (g)	5	10	15	20	25	30
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Fresh basil* (g)	5	10	15	20	25	30
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Cream cheese* (g)	25	50	75	100	125	150
Mini Roma tomatoes (g)	50	100	200	200	300	300
Not included						
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Balsamic vinegar (tsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
White wine vinegar (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
Salt and pepper (totaste)	0	0	0	0	0	0
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2966 / 709	701 / 168
Total fat (g)	36	9
of which saturated(g)	11,4	2,7
Carbonhydrates (g)	70	17
of which sugars (g)	16	3,8
Fiber (g)	9	2
Protein (g)	22	5
Salt (g)	1,7	0,4

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cook the orzo for 10 - 12 minutes, then drain and rinse under cold water.
- Meanwhile, cut the salami into ribbons. Chop the onion and crush or mince the garlic.
- Quarter the courgette lengthways and then thinly slice it. Finely chop the celery leaves.



Prepare the toppings

- Grate the Parmigiano Reggiano with a microplane.
- In a salad bowl, combine the extra virgin olive oil with the honey and white wine vinegar. Season to taste with salt and pepper.
- Finely chop the basil and cut the lemon into six wedges.
- In a small bowl, combine the cream cheese with the basil and the juice of one lemon wedge per person. Season to taste with salt and pepper.



Fry the vegetables

- Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the salami for 3 - 4 minutes until done, then transfer to a plate lined with kitchen paper.
- In the same pan, fry the onion with the garlic and courgette for 4 minutes.
- Add the celery leaves and fry for 1 more minute.
- Deglaze with the balsamic vinegar, then season to taste with salt and pepper.



Serve

- Halve the tomatoes and transfer to the salad bowl, along with the vegetables and the orzo. Toss well to combine, then serve on deep plates.
- Top with the cream cheese and scatter over the salami.
- Garnish with the Parmigiano Reggiano and serve the rest of the lemon wedges alongside.

Enjoy!





# DIY Burrito Bowl with Tortilla Chips

pick 'n' mix toppings: avocado, cheese, tomato & more!

Family Veggie Quick

Total time: 25 - 30 min.



Basmati rice



Red onion



Garlic



Black beans



Mexican-style spices



Passata



Grated Gouda



Fresh coriander



Tomato



Avocado



Corn



Sweet chilli tortilla chips



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

Fibers, proteins, B vitamins and minerals - these are all abundant in black beans. Because they're so healthy, they help to keep your energy levels up for a long time!



Tear me out!

Before you start

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

Equipment

Deep frying pan, lidded pot or saucepan, sieve

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Basmati 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
Black beans (pack)	½	½	1	1½	1½	2
Mexican-style spices (sachet(s))	1	2	3	4	5	6
Passata (g)	100	200	300	400	500	600
Grated Gouda* (g)	25	50	75	100	125	150
Fresh coriander* (g)	5	10	15	20	25	30
Tomato (unit(s))	½	1	1½	2	2½	3
Avocado (unit(s))	½	1	2	2	3	3
Corn (g)	140	285	425	570	710	855
Sweet chilli tortilla chips (g)	25	50	75	100	125	150
Not included						
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (totaste)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3740 /894	614 /147
Total fat (g)	32	5
of which saturated(g)	8,4	1,4
Carbonhydrates (g)	122	20
of which sugars (g)	21,2	3,5
Fiber (g)	21	3
Protein (g)	28	5
Salt (g)	3,5	0,6

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan for the rice, then crumble in the stock cube (see pantry for amount).
- Cook the rice for 10 - 12 minutes, covered, then drain and set aside.
- Chop the onion and crush or mince the garlic.
- Drain and rinse the black beans.



Chop the vegetables

- Finely chop the coriander and dice the tomato.
- Halve and pit the avocado, then remove the skin and slice the flesh.
- Drain the corn.

Did you know... 🌱 this recipe provides more than 250g vegetables per serving. This is thanks in part to the passata, which contains around the same amount of vitamins, minerals and fibre as fresh vegetables.



Make the tomato rice

- Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat.
- Fry the garlic and onion for 2 - 3 minutes. Add the black beans, **Mexican-style spices**\* and passata, then fry for 6 - 8 minutes, stirring regularly.
- Stir in the rice and the cheese and cook for 2 more minutes. Season to taste with salt and pepper.

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



Serve

- Serve the rice on deep plates. Serve all the other elements in separate bowls: the tomato, avocado, corn, coriander and tortilla chips.
- Add some extra virgin olive oil to the tomato and avocado as preferred, then season to taste with salt and pepper.
- Allow everyone to build their own burrito bowl as preferred.

Enjoy!





# Cheesy Chicken Caprese Loaded Fries

with basil mayonnaise, cherry tomatoes & bell pepper

Family

Total time: 40 - 50 min.



Chicken mince with  
Mediterranean herbs



Potatoes



Onion



Bell pepper



Red cherry tomatoes



Shredded mozzarella



Basil crème



Fresh basil



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

These fries really are loaded with toppings! Today, you'll make a version  
inspired by the flavours of Italy.



Tear me out!

Before you start

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

Equipment

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken mince with Mediterranean herbs* (g)	100	200	300	400	500	600
Potatoes (g)	250	500	750	1000	1250	1500
Onion (unit(s))	½	1	1	2	2	3
Bell pepper* (unit(s))	½	1	1½	2	2½	3
Red cherry tomatoes (g)	65	125	250	250	375	375
Shredded mozzarella* (g)	50	100	150	200	250	300
Basil crème (ml)	10	15	24	30	39	45
Fresh basil* (g)	2½	5	7½	10	12½	15
Not included						
Olive oil (tbsp)	¾	1½	2½	3	3¾	4½
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tsp)	1	2	3	4	5	6
Extra virgin olive oil (totaste)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3351 /801	514 /123
Total fat (g)	46	7
of which saturated(g)	13,8	2,1
Carbonhydrates (g)	56	9
of which sugars (g)	11,2	1,7
Fiber (g)	14	2
Protein (g)	39	6
Salt (g)	2,5	0,4

Allergens

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



Prepare

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



Make the loaded fries

- Top the fries with the bell pepper mixture.
- Scatter over the cheese and bake in the oven for 2 - 3 minutes, or until the cheese has melted.
- In a small bowl, combine the mayonnaise with the basil crème. Season to taste with salt and pepper.



Fry the mince

- Chop the onion and dice the bell pepper.
- Heat a light drizzle of olive oil in a deep frying pan over medium-high heat. Fry the onion for 2 minutes.
- Add the mince and fry for 3 - 4 minutes, separating it as you do so.
- Add the bell pepper and fry for 3 more minutes. Season to taste with salt and pepper.



Serve

- Halve the cherry tomatoes and transfer to a bowl.
- Add the balsamic vinegar and some extra virgin olive oil as preferred. Season to taste with salt and pepper.
- Top the loaded fries with the cherry tomatoes and drizzle with the basil mayonnaise. Tear the basil into small pieces directly over the fries.

Enjoy!





# Roasted Vegetables with Fried Egg

over coconut rice with curry sauce

Veggie

Total time: 35 - 45 min.



Jasmine rice



Coconut milk



Courgette



Bell pepper



Chestnut mushrooms



Shallot



Apple



Yellow curry spices



Egg



Crispy fried onions



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

Shallots are slightly more delicate and have a more refined flavour than regular onions. So you can use them in much the same way as you would onions - and, with very little effort, take your dish to the next level!



Tear me out!

Before you start

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

Equipment

Parchment-lined baking sheet, bowl, deep frying pan, lidded pot or saucepan, small frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Jasmine rice (g)	75	150	225	300	375	450
Coconut milk (ml)	90	180	250	360	430	540
Courgette* (unit(s))	½	1	1	2	2	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Chestnut mushrooms* (g)	65	125	185	250	310	375
Shallot (unit(s))	½	1	1½	2	2½	3
Apple* (unit(s))	½	1	1½	2	2½	3
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Egg* (unit(s))	1	2	3	4	5	6
Crispy fried onions (g)	15	30	45	60	75	90
Not included						
Low sodium vegetable stock (ml)	275	550	825	1100	1375	1650
Olive oil (tbsp)	2	4	6	8	10	12
Flour (tsp)	1	2	3	4	5	6
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3992 /954	434 /104
Total fat (g)	55	6
of which saturated(g)	22,8	2,5
Carbonhydrates (g)	95	10
of which sugars (g)	20,7	2,3
Fiber (g)	14	2
Protein (g)	23	3
Salt (g)	1,7	0,2

Allergens

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



Prepare

- Preheat the oven to 220°C and prepare the stock.
- Slice the courgette into 1cm thick crescents. Dice the bell pepper into 1.5cm chunks and halve the mushrooms.
- Transfer the vegetables to a bowl, along with ½ tsp yellow curry spices per person.
- Drizzle generously with olive oil and season with salt and pepper, then toss well to coat.



Make the sauce

- Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the shallot with the apple for 3 - 4 minutes.
- Add the rest of the yellow curry spices and fry for 1 more minute.
- Add the flour and fry for another minute, then add the reserved coconut milk and stock.
- Bring to a boil and allow to reduce for 3 - 4 minutes. Season to taste with salt and pepper.



Roast the vegetables

- Transfer the vegetables to a parchment-lined baking sheet and roast in the oven for 15 - 18 minutes.
- In the meantime, chop the shallot and finely dice the apple.
- Set aside (per person) 25ml coconut milk and 100ml stock to use later for the sauce.
- Transfer the rest of the coconut milk and stock to a pot or saucepan.



Fry the egg

- In the meantime, heat a drizzle of olive oil in a small frying pan and fry the egg.
- Season to taste with salt and pepper.



Make the coconut rice

- Bring to a boil and then reduce the heat to medium-low, before adding the rice to the pan.
- Boil the rice for 10 - 12 minutes, covered, then drain if needed and set aside (see Tip).

Health Tip 🌱 this recipe is high in calories. Are you watching your calorie intake? Prepare just two thirds of the rice. You can keep the rest of it to use another time.



Serve

- Serve the coconut rice on deep plates with the roasted vegetables and curry sauce.
- Top with the fried egg and garnish with the crispy onions.

Enjoy!





# Mushroom Udon Soup with a Jammy Egg

with kimchi sauce, corn & scallions

Veggie Express

Total time: 15 - 20 min.



Egg



Pre-cut mushroom mix



Corn



Scallions



Kimchi sauce



Sesame oil



Ginger paste



Garlic



Carrot



Hello Umami



Reduced salt soy sauce



Fresh udon noodles



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

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

Tear me out!



Before you start

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

Equipment

Grater, pot or saucepan, saucepan, sieve

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Egg* (unit(s))	2	4	6	8	10	12
Pre-cut ¼mushroom mix* (g)	90	175	350	350	525	525
Corn (g)	70	140	140	285	280	425
Scallions* (bunch)	½	1	1½	2	2½	3
Kimchi sauce (g)	20	40	60	80	100	120
Sesame oil (ml)	5	10	15	20	25	30
Ginger paste* (g)	5	10	15	20	25	30
Garlic (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	1½	2	2½	3
Hello Umami (sachet(s))	½	1	1½	2	2½	3
Reduced salt soy sauce (ml)	5	10	15	20	25	30
Fresh udon noodles (g)	110	220	330	440	550	660
Not included						
Low sodium vegetable stock (ml)	300	600	900	1200	1500	1800
Sunflower oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	½	1	1½	2	2½	3
[Reduced salt] ketjap manis (tbsp)	1	2	3	4	5	6
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2527 /604	294 /70
Total fat (g)	27	3
of which saturated(g)	5,7	0,7
Carbonhydrates (g)	60	7
of which sugars (g)	21	2,4
Fiber (g)	16	2
Protein (g)	28	3
Salt (g)	4,1	0,5

Allergens

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



Boil the noodles

- Boil plenty of water in a saucepan for the eggs and noodles.
- Boil the eggs for 5 minutes, then add the noodles and cook for 1 - 2 minutes until al dente. Drain, then return the noodles to the pan and set aside.
- Rinse the eggs under cold water, then peel and halve them.
- Meanwhile, prepare the stock.



Finish the soup

- Meanwhile, drain the corn and grate the carrot.
- When the mushrooms are done, add the sesame oil, Hello Umami, white wine vinegar, soy sauce, **kimchi sauce**\* and stock.
- Mix well to combine, then bring to the boil and remove from the heat.

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



Fry the vegetables

- Heat a drizzle of sunflower oil in a pot or saucepan over medium-high heat and fry the mushroom mix for 2 - 3 minutes.
- In the meantime, crush or mince the garlic and finely chop the scallions. Set aside half of the scallion greens to use later as garnish.
- To the mushrooms, add the garlic, the ginger paste and the ketjap, along with the rest of the scallions. Mix well and fry for 4 more minutes.



Serve

- Serve the noodles in bowls.
- Pour over the mushroom broth, then top with the corn, the carrot and the eggs.
- Garnish with the reserved scallion greens.

Enjoy!





# Venison Meatballs in Fusion BBQ-Curry Sauce

with potato wedges & green beans

Calorie Smart Express

Total time: 15 - 20 min.



Babette's favorite

**Our recipe developer Babette says:**

*"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 - combined with the venison meatballs, the star of this dish!"*



Provençal  
venison meatballs



Potato wedges



Green beans



BBQ Sauce



Curry sauce



BBQ spice rub



Before you start

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

Equipment

Aluminum foil, lidded pot or saucepan, 2x frying pan

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 (totaste)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

\* 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)	10,4	1,6
Fiber (g)	16	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.



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.

Enjoy!





# Hoisin Steak Strips with Green Vegetables

over rice with salted peanuts

Quick Calorie Smart

Total time: 15 - 20 min.



Steak strips



Hoisin sauce



Green Romano pepper



Gomashio



Broccoli



White long grain rice



Salted peanuts



Onion



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

Romano peppers have a particularly sweet flavour. They also have a slightly thinner skin compared to the regular bell pepper, so you'll barely be able to notice it when eating this dish!



Tear me out!

Before you start

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

Equipment

Lidded frying pan, lidded pot or saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Steak strips* (g)	100	200	300	400	500	600
Hoisin sauce (g)	50	100	150	200	250	300
Green Romano pepper* (unit(s))	½	1	2	2	3	3
Gomashio (sachet(s))	½	1	1½	2	2½	3
Broccoli* (g)	150	300	360	600	660	900
White long grain rice (g)	75	150	225	300	375	450
Salted peanuts (g)	5	10	15	20	25	30
Onion (unit(s))	½	1	1½	2	2½	3
Not included						
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Water (tbsp)	½	1	1½	2	2½	3
[Reduced salt] soy sauce (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	½	1	1½	2	2½	3

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2678 /640	526 /126
Total fat (g)	15	3
of which saturated(g)	2,7	0,5
Carbonhydrates (g)	86	17
of which sugars (g)	18,4	3,6
Fiber (g)	12	2
Protein (g)	37	7
Salt (g)	3,3	0,6

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 and crumble in the stock cube (see pantry for amount).
- Boil the rice for 10 - 12 minutes, then drain and allow to stand, covered.
- Cut the head of the broccoli into florets and dice the stem.

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



Fry the steak strips

- Remove the lid and add the steak strips, the hoisin sauce, the soy sauce, the white wine vinegar and the water (see pantry for amount).
- Fry for 1 - 2 minutes or until the steak strips are done.
- Meanwhile, roughly chop the peanuts.



Fry the vegetables

- Fill a frying pan with a shallow layer of water and place over medium-high heat. Parboil the broccoli for 2 - 3 minutes, covered.
- Meanwhile, chop the onion and cut the Romano pepper into thin strips.
- Drain the broccoli, then return to the pan and drizzle with sunflower oil.
- Add the onion and the Romano pepper, then fry for 4 - 5 minutes, covered.



Serve

- Serve the rice in bowls.
- Top with the stir-fry in its sauce.
- Garnish with the gomashio and the peanuts to finish.

Enjoy!





# Pasta Salad with Chicken & Avocado

with Greek-style cheese & honey-mustard dressing

Family Quick

Total time: 15 - 20 min.



Penne



Radicchio & iceberg lettuce



Roma tomato



Greek-style cheese



Chicken breast with Mediterranean herbs



Avocado



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

Pasta salads are a versatile classic - great warm or cold, they're perfect for picnics, packed lunches, or easy dinners. Plus, they're super customizable with all kinds of veggies, herbs, or proteins!



Tear me out!

Before you start

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

Equipment

Pot or saucepan, salad bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Penne (g)	90	180	270	360	450	540
Radicchio & iceberg lettuce* (g)	100	200	300	400	500	600
Roma tomato (unit(s))	1	2	2	4	4	6
Greek-style cheese* (g)	25	50	75	100	125	150
Chicken breast with Mediterranean herbs* (unit(s))	1	2	3	4	5	6
Avocado (unit(s))	½	1	2	2	3	3
Not included						
Mustard (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3586 /857	738 /176
Total fat (g)	41	8
of which saturated(g)	12,4	2,6
Carbonhydrates (g)	77	16
of which sugars (g)	14,6	3
Fiber (g)	7	1
Protein (g)	42	9
Salt (g)	2,4	0,5

Allergens

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



Cook the pasta

- Boil plenty of salted water in a pot or saucepan.
- Cook the pasta for 9 - 11 minutes, then drain and rinse under cold water.
- Set aside until further use.



Make the dressing

- In a salad bowl, combine the mayonnaise with the honey, mustard and white wine vinegar.
- Season to taste with salt and pepper.
- Transfer the lettuce, tomato and pasta to the salad bowl and toss well to combine with the dressing.



Chop the vegetables

- Meanwhile, melt a knob of butter in a frying pan over medium-high heat and fry the chicken for 2 minutes per side.
- Lower the heat and fry for a further 4 minutes per side, or until done.
- Dice the tomato. Halve and pit the avocado, then remove the skin and slice the flesh.
- Slice the chicken.



Serve

- Serve the pasta salad on plates and arrange everything on top.
- Crumble over the Greek-style cheese to finish.

Enjoy!





# Miso-Glazed Eggplant with Fried Egg

Japanese-inspired, over sesame rice with cashews & cucumber

Veggie

Total time: 40 - 50 min.



Eggplant



Garlic



Scallions



Sesame oil



Jasmine rice



White miso paste



Sesame seeds



Egg



Cucumber



Roasted cashew nuts



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

Did you know that cucumbers can lower blood and body temperature? That's where the saying "cool as a cucumber" comes from!

Tear me out!



Before you start

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

Equipment

Aluminum foil, deep frying pan, oven dish, lidded pot or saucepan, small bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Eggplant* (unit(s))	½	1	2	2	3	3
Garlic (unit(s))	½	1	1½	2	2½	3
Scallions* (bunch)	½	1	1	2	2	3
Sesame oil (ml)	5	10	15	20	25	30
Jasmine rice (g)	75	150	225	300	375	450
White miso paste (g)	15	25	40	50	65	75
Sesame seeds (sachet(s))	¼	½	¾	1	1¼	1½
Egg* (unit(s))	1	2	3	4	5	6
Cucumber* (unit(s))	½	1	1½	2	2½	3
Roasted cashew nuts (g)	20	40	60	80	100	120
Not included						
Low sodium vegetable stock (ml)	250	500	750	1000	1250	1500
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	1¼	2½	3¾	5	6¼	7½
Sugar (tsp)	1	2	3	4	5	6
Sambal (totaste)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3632 /868	462 /111
Total fat (g)	46	6
of which saturated(g)	10,6	1,3
Carbonhydrates (g)	91	12
of which sugars (g)	17,8	2,3
Fiber (g)	12	1
Protein (g)	25	3
Salt (g)	2,5	0,3

Allergens

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



Prepare

- Prepare the stock.
- Crush or mince the garlic.
- Finely chop the scallions and separate the white part from the greens.
- In a small bowl, combine the miso paste\* with the honey and the sugar, along with some sambal as preferred.

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



Roast the eggplant

- Add the miso sauce to the eggplant and fry for 1 minute or until the sauce has thickened and reduced.
- Coat the eggplant with the sauce, then transfer face-up to an oven dish.
- Top with the sauce and scatter over half of the sesame seeds.
- Cover with aluminum foil, then roast in the oven for 10 - 12 minutes.



Cook the rice

- Melt a knob of butter with the sesame oil in a pot or saucepan over medium-high heat.
- Fry the garlic with the white part of the scallions for 2 - 3 minutes, then add the rice and the stock.
- Bring to a boil, then cover with the lid and cook for 12 - 15 minutes until done.
- Drain if necessary and set aside until serving.



Fry the egg

- Heat a light drizzle of sunflower oil in the same pan you used for the eggplant over medium heat.
- Fry the egg, seasoning to taste with salt and pepper.
- Slice the cucumber.
- Stir the rest of the sesame seeds into the rice.



Fry the eggplant

- Preheat the oven to 200°C.
- Halve the eggplant lengthways and score the flesh in a criss-cross pattern, being sure not to cut all the way through.
- Heat a generous drizzle of sunflower oil in a deep frying pan over medium-high heat.
- Fry the eggplant face-up for 4 minutes, then turn and fry for 4 more minutes or until golden-brown.



Serve

- Serve the rice on plates and top with the eggplant and the fried egg.
- Garnish with the scallion greens and the cashews.
- Serve the cucumber alongside.

Enjoy!





# Burger with Potato Wedges

with mushrooms & mesclun salad

Calorie Smart

Total time: 35 - 45 min.



Potatoes



Red onion



Mushrooms



Tomato



Mesclun



Beef-pork burger



Fresh rosemary



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

Mesclun is a French salad mix that originates from the Provence region. Its name means “mixture” in the Provençal dialect, and as it only includes young salad leaves, it’s typically very tender.



Tear me out!

Before you start

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

Equipment

Lidded deep frying pan, salad bowl, 2x frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Red onion (unit(s))	½	1	1	2	2	3
Mushrooms* (g)	125	250	400	400	650	650
Tomato (unit(s))	½	1	2	2	3	3
Mesclun* (g)	20	40	60	90	100	130
Beef-pork burger* (unit(s))	1	2	3	4	5	6
Fresh rosemary* (sprig)	½	1	1½	2	2½	3
Not included						
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
Mustard (tsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2858 /683	457 /109
Total fat (g)	39	6
of which saturated(g)	12,5	2
Carbonhydrates (g)	56	9
of which sugars (g)	10,5	1,7
Fiber (g)	12	2
Protein (g)	28	4
Salt (g)	1,5	0,2

Allergens

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



Prepare

- Take the burger out of the fridge and allow it to reach room temperature (see Tip).

Tip: for the best result, do this 30 - 60 minutes before you start cooking.



Fry the vegetables

- Melt a small knob of butter in a frying pan over medium-high heat.
- Fry the onion with the mushrooms for 7 - 9 minutes, seasoning to taste with salt and pepper.

Did you know... 🍄 mushrooms are high in phosphorus, which works with calcium to strengthen bones and teeth.



Chop the vegetables

- Thoroughly wash the potatoes and cut them into wedges.
- Slice the onion into half rings.
- Discard the rosemary stalks and roughly chop the leaves.



Fry the burger

- Melt a small knob of butter in another frying pan over medium-high heat.
- Fry the burger for 4 minutes per side, seasoning to taste with salt and pepper.



Fry the wedges

- Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat.
- Fry the potato wedges with the rosemary for 20 - 25 minutes, covered, tossing regularly.
- Remove the lid and season to taste with salt and pepper, then continue frying for 10 more minutes until done.
- Meanwhile, slice the mushrooms.



Serve

- Cut the tomato into wedges.
- In a salad bowl, combine the extra virgin olive oil with the white wine vinegar, the honey and the mustard. Season to taste with salt and pepper. Add the mesclun and tomato, then toss well to combine with the dressing.
- Serve the burger with the potato wedges. Serve the fried vegetables and the salad alongside.

Enjoy!





# Cod in Sage Butter Sauce

with curried potato wedges, courgette & carrots

Calorie Smart

Total time: 45 - 55 min.



Potatoes



Garlic



Fresh sage



Carrot



Courgette



Cod fillet



Curry powder



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

You'll give this dish an extra-delicious flavour with homemade sage butter! You'll make this by combining softened butter with fresh sage and garlic.



Tear me out!

Before you start

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

Equipment

Parchment-lined baking sheet, bowl, large bowl, kitchen paper, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Garlic (unit(s))	1	2	3	4	5	6
Fresh sage* (g)	2½	5	7½	10	12½	15
Carrot* (unit(s))	1	2	3	4	5	6
Courgette* (unit(s))	½	1	1½	2	2½	3
Cod fillet* (unit(s))	1	2	3	4	5	6
Curry powder (sachet(s))	¼	½	¾	1	1¼	1½
Not included						
Olive oil (tbsp)	1½	3	4½	6	7½	9
[Plant-based] butter (g)	20	40	60	80	100	120
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2661 /636	418 /100
Total fat (g)	36	6
of which saturated(g)	13,8	2,2
Carbonhydrates (g)	51	8
of which sugars (g)	13,7	2,2
Fiber (g)	13	2
Protein (g)	27	4
Salt (g)	0,6	0,1

Allergens

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



Prepare

- Preheat the oven to 200°C. Take the butter out of the fridge and allow to soften.
- Peel or thoroughly wash the potatoes and cut into wedges.
- Transfer to a large bowl and drizzle with olive oil, then add the curry powder. Season with salt and pepper, then toss well to coat.
- Transfer to one side of a parchment-lined baking sheet and roast in the oven for 10 - 15 minutes.



Make the sage butter

- Meanwhile, finely chop the sage.
- In a small bowl, use a fork to combine the butter with the sage and the rest of the garlic.
- Pat the fish dry with kitchen paper.
- Melt half of the sage butter in a frying pan over medium-high heat and fry the fish for 1 - 2 minutes per side.



Roast the vegetables

- Cut the carrot and courgette into batons, then transfer to a bowl and drizzle generously with olive oil.
- Crush or mince the garlic and add half of it to the bowl.
- Season with salt and pepper, then toss well to coat.
- Transfer the vegetables to the other side of the baking sheet and return to the oven for 20 - 25 minutes, or until done.



Serve

- Season the fish with salt and pepper, then add the rest of the sage butter and fry for 1 more minute.
- Serve the fish with the potato wedges and roasted vegetables.
- Drizzle with the rest of the sage butter.

Enjoy!





# Goat's Cheese & Beetroot Flammekueche

with pear, lemon thyme & arugula salad

Veggie Quick Calorie Smart

Total time: 25 - 30 min.



Red onion



Pear



Pre-cooked beetroot



Fresh lemon thyme



Flammekueche



Organic sour cream



Arugula & lamb's lettuce



Honeyed goat's cheese pearls



Pumpkin seeds



Roma tomato



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

No regular thyme in your box this week - instead, you'll cook with lemon thyme! A cousin of regular thyme, this variety has a bright, citrusy flavour that will add complexity to this dish.



Tear me out!

Before you start

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

Equipment

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red onion (unit(s))	½	1	1	2	2	3
Pear* (unit(s))	½	1	2	2	3	3
Pre-cooked beetroot* (g)	125	250	375	500	625	750
Fresh lemon thyme* (g)	2½	5	7½	10	12½	15
Flammekueche* (unit(s))	1	2	3	4	5	6
Organic sour cream* (g)	25	50	75	100	125	150
Arugula & lamb's lettuce* (g)	20	40	60	90	100	130
Honeyed goat's cheese pearls* (g)	25	50	75	100	125	150
Pumpkin seeds (g)	10	20	30	40	50	60
Roma tomato (unit(s))	½	1	1½	2	2½	3
Not included						
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Red wine vinegar (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Sugar (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (totaste)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

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

Allergens

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



Prepare

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



Make the salad

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



Make the flammekueche

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



Serve

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

Enjoy!





# Mexican-Inspired Shrimp

with fragrant coriander-lime rice & tortilla chips

Quick

Total time: 25 - 30 min.



Shrimp



White long grain rice



Garlic



Onion



Tomato



Fresh coriander



Mexican-style spices



Chopped tomatoes



Lime



Tortilla chips



There is a new ingredient in your box! Tortilla chips originate from Mexico, where they're made from corn. This variety is deliciously crunchy and has an authentic flavour.  
Scan the QR code to let us know what you thought of the ingredient!



Before you start

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

Equipment

Bowl, microplane, lidded pot or saucepan, kitchen paper, wok or deep frying pan

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
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	1	2	3	4	5	6
Fresh coriander* (g)	5	10	15	20	25	30
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Chopped tomatoes (pack)	¼	½	¾	1	1¼	1½
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Sweet chilli tortilla chips (g)	40	75	115	150	190	225
Not included						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Water for the rice (ml)	200	400	600	800	1000	1200
Olive oil (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tsp)	1	2	3	4	5	6
Sugar (tsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3217 /769	677 /162
Total fat (g)	28	6
of which saturated(g)	7,1	1,5
Carbonhydrates (g)	104	22
of which sugars (g)	14,6	3,1
Fiber (g)	8	2
Protein (g)	22	5
Salt (g)	2,2	0,5

Allergens

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



Make the rice

- Melt a knob of butter in a lidded pot or saucepan over medium-low heat.
- Add the rice and half of the sugar, then toast for 1 minute, stirring well so as to coat the grains.
- Pour in the water (see pantry for amount).
- Boil the rice for 12 - 15 minutes over low heat, covered. Allow to stand until serving, still covered.



Make the sauce

- Heat another drizzle of olive oil in the same pan over medium-high heat and fry the onion for 2 minutes.
- Stir in the fresh tomato and fry for 2 more minutes, then deglaze with the balsamic vinegar.
- Add the chopped tomatoes and the rest of the sugar, then simmer gently for 5 minutes over low heat.



Prepare the shrimp

- Meanwhile, crush or mince the garlic.
- Pat the shrimp dry with kitchen paper and transfer to a bowl, along with the **Mexican-style spices\*** and the garlic.
- Season with salt and pepper, then toss well to combine.

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



Finish the rice

- Meanwhile, zest the lime and then cut into quarters.
- Roughly chop the coriander.
- Shortly before serving, squeeze a quarter lime per person directly into the rice.
- Add some lime zest and coriander as preferred, then fluff through the rice with a fork. Taste and season with salt as needed.



Fry the shrimp

- Heat a drizzle of olive oil in a wok or deep frying pan over medium-high heat.
- When the pan is nice and hot, fry the shrimp for 3 minutes, then remove from the pan and set aside.
- Chop the onion and dice the tomato in the meantime.

**Did you know...** 🍋 onion is a good source of vitamin C, which aids with iron absorption.



Serve

- Stir the shrimp into the tomato sauce and season to taste with salt and pepper.
- Serve the rice on plates and top with the shrimp. Garnish with any remaining lime wedges.
- Serve the tortilla chips on the side.

Enjoy!





# Chicken Breast with Mediterranean Herbs

with potato wedges, courgette & salad

Family Calorie Smart

Total time: 45 - 55 min.



Potatoes



Courgette



Gomashio-herb mix



Fresh dill & chives



Butter lettuce



Red onion



Chicken breast with Mediterranean herbs



Radish



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

Small but mighty! Radishes are an excellent source of vitamin C, full of fiber and low in calories.



Tear me out!

Before you start

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

Equipment

Parchment-lined baking sheet, 3x bowl, frying pan or grill pan, salad bowl, frying pan

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
Gomashio-herb mix (sachet(s))	½	1	1½	2	2½	3
Fresh dill & chives* (g)	5	10	15	20	25	30
Butter lettuce* (head)	¼	¾	1	1½	1½	2
Red onion (unit(s))	½	1	1	2	2	3
Chicken breast with Mediterranean herbs* (unit(s))	1	2	3	4	5	6
Radish* (bunch)	½	1	1	2	2	3
Not included						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Extra virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½
Mustard (tsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2209 /528	352 /84
Total fat (g)	23	4
of which saturated(g)	7,2	1,1
Carbonhydrates (g)	47	8
of which sugars (g)	11,2	1,8
Fiber (g)	10	2
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.



Make the wedges

- Preheat the oven to 200°C.
- Wash or peel the potatoes and cut into wedges, then transfer to a bowl.
- Drizzle with olive oil and season with salt and pepper, then toss well to coat (see Tip).
- Transfer to a parchment-lined baking sheet and bake in the oven for 30 - 40 minutes, tossing halfway.

Tip: to save time washing up, you can also do this directly on the parchment-lined baking sheet.



Make the salad

- In a salad bowl, combine the mustard with the honey, the extra virgin olive oil and the rest of the white wine vinegar.
- Season to taste with salt and pepper, then add more extra virgin olive oil as preferred.
- Add the lettuce, the radish and the fresh herbs, then toss well to combine with the dressing.
- Garnish the salad with the rest of the gomashio-herb mix.



Fry the courgette

- Meanwhile, thinly slice the courgette and transfer to a bowl.
- Add half of the gomashio-herb mix and drizzle lightly with olive oil.
- Season with salt and pepper, then toss well to coat.
- Heat a frying pan or grill pan over high heat and fry the courgette for 2 minutes per side, then set aside.



Fry the chicken

- Melt a knob of butter in a frying pan over medium-high heat.
- Fry the onion with the chicken for 2 minutes per side until evenly browned.
- Reduce the heat and fry for 4 more minutes per side or until done.
- Serve the chicken on plates and top with the fried onion.



Chop the vegetables

- Thinly slice the radish and transfer to a bowl.
- Add half of the white wine vinegar and season to taste with salt and pepper, then toss well to combine.
- Finely chop the fresh herbs.
- Separate the lettuce leaves and cut into smaller pieces. Finely chop the onion.



Serve

- Transfer the potato wedges and courgette to the plates.
- Serve the salad alongside.

Enjoy!





# Linguine with Wild Boar Ragu

with Gouda & Italian herbs

Total time: 35 - 45 min.



Garlic



Red onion



Carrot



Wild boar burger



Linguine



Tinned cherry tomatoes



Italian seasoning



Bay leaf



Grated Gouda



Tomato paste



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

Ragù and “ragout” may sound similar, but they differ in origin and style! Ragù is an Italian meat sauce, often served with pasta. Ragout, on the other hand, is a French slow-cooked stew, usually enjoyed on its own.



Tear me out!

Before you start

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

Equipment

Lidded deep frying pan, pot or saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	½	1	1	2	2	3
Carrot* (unit(s))	½	1	1	1	2	2
Wild boar burger* (unit(s))	1	2	3	4	5	6
Linguine (g)	90	180	270	360	450	540
Tinned cherry tomatoes (can)	½	1	1½	2	2½	3
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Bay leaf (unit(s))	1	1	2	2	3	3
Grated Gouda* (g)	15	25	40	50	65	75
Tomato paste (can)	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium beef stock cube (unit(s))	¼	½	¾	1	1¼	1½
Sugar (tsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3535 /845	652 /156
Total fat (g)	35	7
of which saturated(g)	13	2,4
Carbonhydrates (g)	92	17
of which sugars (g)	23,7	4,4
Fiber (g)	13	2
Protein (g)	38	7
Salt (g)	1,9	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 for the linguine.
- Chop the onion and crush or mince the garlic.
- Quarter the carrot lengthways, then thinly slice it.
- Boil the linguine for 9 - 11 minutes, then reserve some of the pasta water before draining and set aside.



Make the sauce

- Add the cherry tomatoes, bay leaf and sugar, then crumble in the stock cube (see pantry for amount). Mix well to combine.
- Add 2 - 3 tbsp pasta water per person, then cover with the lid and allow to cook gently for 12 - 14 minutes. Season to taste with salt and pepper.
- Take the bay leaf out of the sauce when finished.



Fry the vegetables

- In the meantime, heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the garlic, onion and carrot for 4 minutes, then add the tomato paste and fry for 1 more minute.
- Add the burger and Italian herbs and fry for 3 - 4 minutes, breaking the burger apart as you do so.



Serve

- Serve the linguine on plates and top with the ragu.
- Garnish with the cheese to finish.

Enjoy!





# Tuna Salad with Baked Sweet Potato

with crunchy cucumber slaw, dill & chives

Calorie Smart

Total time: 50 - 60 min.



Sweet potato



Apple



Red onion



Rainbow slaw mix



Organic sour cream



Cucumber



Tuna packed in water



Fresh dill & chives



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

When chopping chives, hold them against your chopping board in a tight bundle with one hand. With the other, chop them using your knife. This ensures even cuts and stops them from flying around the kitchen.

Tear me out!



Before you start

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

Equipment

Aluminum foil, parchment-lined baking sheet, 2x bowl, sieve

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Sweet potato (g)	300	450	600	900	1050	1350
Apple* (unit(s))	½	1	2	2	3	3
Red onion (unit(s))	½	1	1	2	2	3
Rainbow slaw mix* (g)	50	100	200	200	300	300
Organic sour cream* (g)	50	100	150	200	250	300
Cucumber* (unit(s))	½	1	1	2	2	3
Tuna packed in water (can)	1	1	2	2	3	3
Fresh dill & chives* (g)	5	10	15	20	25	30
Not included						
Mustard (tsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Olive 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 (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2310 /552	345 /83
Total fat (g)	19	3
of which saturated(g)	5	0,7
Carbonhydrates (g)	70	10
of which sugars (g)	28,9	4,3
Fiber (g)	10	2
Protein (g)	21	3
Salt (g)	0,8	0,1

Allergens

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



Prepare

- Preheat the oven to 210°C.
- Wash or peel the sweet potato and then dice it. Prepare a 30cm square of aluminum foil per person.
- Transfer the sweet potato to the foil and drizzle with olive oil. Season with salt and pepper, then toss well to coat.
- Fold up the foil so as make parcels, then transfer to a parchment-lined baking sheet.



Make the tuna salad

- Drain the tuna. Finely dice the apple and finely chop the chives. Finely chop the onion.
- In a bowl, combine the honey with the mustard.
- Add the onion, sour cream, tuna and apple, along with two-thirds of the chives.
- Mix well to combine, seasoning to taste with salt and pepper. Set aside until serving.



Make the slaw

- Bake in the oven for 35 - 40 minutes (see Tip).
- Dice the cucumber and chop the dill.
- In a bowl, combine the white wine vinegar with the extra virgin olive oil.
- Add the cucumber, the dill and the slaw mix, then toss well to combine. Season to taste with salt and pepper.

Tip: use a fork to check the sweet potatoes after 30 minutes and bake for more or less time as necessary.



Serve

- Take the sweet potato parcels out of the oven when they're done. Take care, as the parcels may release hot steam.
- Serve the sweet potato on plates and top with the tuna salad.
- Scatter the rest of the chives over the tuna salad and sweet potato.
- Serve the cucumber slaw on the side.

Enjoy!





# Salami & Courgette Tart

with Greek-style cheese & cucumber-pear salad

Total time: 35 - 45 min.



Pear



Red onion



Courgette



Puff pastry



Crème fraîche



Salami



Greek-style cheese



Persian cucumber



Fresh flat leaf parsley  
& mint



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

Puff pastry is a light, flaky dough made by layering butter and dough through repeated rolling. When baked, it puffs up into crisp, airy layers - perfect for a whole range of dishes, like this tart!



Tear me out!

Before you start

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

Equipment

Baking sheet, peeler or cheese slicer, salad bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pear* (unit(s))	½	1	2	2	3	3
Red onion (unit(s))	1	1	2	2	3	3
Courgette* (unit(s))	¼	½	1	1½	1½	2
Puff pastry* (roll(s))	½	1	1½	2	2½	3
Crème fraîche* (g)	25	50	75	100	125	150
Salami* (slice(s))	3	6	9	12	15	18
Greek-style cheese* (g)	25	50	75	100	125	150
Persian cucumber* (unit(s))	½	1	1	2	2	3
Fresh flat leaf parsley & mint* (g)	10	20	30	40	50	60
Not included						
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Olive oil (totaste)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4130 /987	789 /189
Total fat (g)	66	13
of which saturated(g)	33,3	6,4
Carbonhydrates (g)	74	14
of which sugars (g)	17,8	3,4
Fiber (g)	10	2
Protein (g)	22	4
Salt (g)	2,4	0,5

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Use a peeler or cheese slicer to shave the courgette into thin ribbons.
- Roll the puff pastry out onto a parchment-lined baking sheet (see Tip).

**Health Tip** 🍏 *this recipe is high in calories. If you're watching your calorie intake, use just a third of the pastry roll per person. You can use the rest for another recipe tomorrow.*



Make the salad

- In a salad bowl, combine the extra virgin olive oil with the white balsamic vinegar and season with salt and pepper.
- Shave the cucumber into thin ribbons and add to the dressing, along with the rest of the pear.
- Toss well to combine with the dressing.
- Finely chop the fresh herbs and add to the salad.



Make the tart

- Spread the crème fraîche over the pastry and season with plenty of pepper. Top with the courgette ribbons and drizzle with olive oil as preferred.
- Core and dice the pear, then top the tart with two thirds of it and set the rest aside.
- Slice the onion into half rings and arrange over the tart, along with the salami.
- Crumble over the cheese and then bake the tart in the oven for 20 - 25 minutes.



Serve

- Serve the tart with the cucumber-pear salad.

Enjoy!





# Sweet Potato Soup with Greek-Style Cheese

with a crispy courgette-cashew topping

Veggie

Total time: 35 - 45 min.



Garlic



Onion



Sweet potato



Courgette



Peruvian-style spice mix



Fresh coriander



Greek-style cheese



Roasted cashew nuts



Potatoes



Wholegrain ciabatta



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

This dish is inspired by loco de papa, a thick soup from Ecuador made using potato (papa) and cheese.



Tear me out!

Before you start

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

Equipment

Lidded soup pot, immersion blender, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	2	2	3	3
Sweet potato (g)	100	200	300	400	500	600
Courgette* (unit(s))	1	2	3	4	5	6
Peruvian-style spice mix (sachet(s))	½	1	1½	2	2½	3
Fresh coriander* (g)	2½	5	7½	10	12½	15
Greek-style cheese* (g)	50	100	150	200	250	300
Roasted cashew nuts (g)	10	20	30	40	50	60
Potatoes (g)	100	200	375	500	575	700
Wholegrain ciabatta (unit(s))	1	2	3	4	5	6
Not included						
Balsamic vinegar (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	350	700	1050	1400	1750	2100
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3226 / 771	326 / 78
Total fat (g)	34	3
of which saturated(g)	12,5	1,3
Carbonhydrates (g)	82	8
of which sugars (g)	18,2	1,8
Fiber (g)	22	2
Protein (g)	29	3
Salt (g)	3,8	0,4

Allergens

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



Chop the vegetables

- Preheat the oven to 180°C and prepare the stock.
- Chop the onion and crush or mince the garlic.
- Weigh and peel both types of potatoes and cut them into rough chunks of around 2cm.
- Finely dice two thirds of the courgette and roughly chop the rest.



Fry the courgette

- In the meantime, heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the diced courgette for 6 - 8 minutes or until done. Season to taste with salt and pepper.



Make the soup

- Heat a drizzle of olive oil in a soup pot over medium-high heat. Fry the onion with the garlic for 30 seconds.
- Add the Peruvian spices and fry for another 30 seconds.
- Add the stock, both types of potatoes and the roughly chopped courgette, then bring to the boil.
- Turn the heat to medium-low, then cover with the lid and allow to cook gently for 15 minutes.



Finish the soup

- Use an immersion blender to process into a smooth soup, adding a splash of water as necessary if the soup is too thick.
- Stir in the balsamic vinegar and season to taste with salt and pepper.



Prepare the toppings

- Meanwhile, roughly chop the coriander.
- Dice the cheese (see Tip).
- Bake the bread in the oven for 8 - 10 minutes.

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



Serve

- Serve the soup on deep plates, topped with the courgette and the Greek-style cheese.
- Garnish with the cashews and the coriander.
- Serve the bread alongside.

Enjoy!





# Fillet of Salmon over Fennel Risotto

with roasted courgette, lemon & Gouda

Total time: 45 - 55 min.



Red onion



Garlic



Fennel



Courgette



Risotto rice



Salmon fillet



Grated Gouda



Lemon



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

Nothing says summer like fennel! The aniseed-like flavour perfectly pairs with the fish in this dish. A true seasonal hero!



Tear me out!

Before you start

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

Equipment

Parchment-lined baking sheet, bowl, microplane, kitchen paper, frying pan, wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	1	2	2	3	3
Fennel* (unit(s))	½	1	2	2	3	3
Courgette* (unit(s))	½	1	1	2	2	3
Risotto rice (g)	75	150	225	300	375	450
Salmon fillet* (unit(s))	1	2	3	4	5	6
Grated Gouda* (g)	25	50	75	100	125	150
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Not included						
Low sodium vegetable stock (ml)	350	700	1050	1400	1750	2100
White wine vinegar (tbsp)	1½	3	4½	6	7½	9
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3506 /838	400 /96
Total fat (g)	42	5
of which saturated(g)	14,1	1,6
Carbonhydrates (g)	82	9
of which sugars (g)	14,2	1,6
Fiber (g)	13	1
Protein (g)	33	4
Salt (g)	1,8	0,2

Allergens

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



Chop the vegetables

- Preheat the oven to 200°C and prepare the stock.
- Thinly slice the courgette and transfer to a parchment-lined baking sheet, then drizzle lightly with olive oil.
- Season with salt and pepper, then roast in the oven for 18 - 20 minutes.
- Quarter the fennel and remove the tough core, then chop the fennel into thin strips. Set aside any fennel fronds to use later as garnish.



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.
- Check the courgette (see Tip).

**Tip:** if it's already done, turn off the oven and keep the courgette warm until serving.



Prepare the fennel

- Chop the onion and crush or mince the garlic.
- Melt a knob of butter in a wok or deep frying pan over medium-high heat. Fry the onion with three-quarters of the fennel for 4 - 5 minutes.
- Meanwhile, in a bowl combine the rest of the fennel with the sugar and two-thirds of the white wine vinegar.
- Season with a pinch of salt and set aside, stirring occasionally.



Fry the fish

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



Make the risotto

- Add the garlic and the risotto rice to the pan and toast the grains for 2 minutes over low heat.
- Deglaze with the rest of the white wine vinegar, then pour in a third of the stock and allow to slowly incorporate, stirring regularly.



Serve

- Stir the courgette into the risotto, along with half of the cheese and ½ tsp lemon zest per person. Mix well and season to taste with salt and pepper.
- Serve the risotto on deep plates and top with the fish. Squeeze a lemon wedge over each portion and garnish with the rest of the cheese, along with any fennel fronds.
- Serve the fennel salad alongside.

Enjoy!





# Steak with Sweet Apple Sauerkraut

over garlic mash with balsamic strawberry jus

Quick

Total time: 25 - 30 min.



Chiara's favorite

**Our recipe developer Chiara says:**

"One of my favourite vegetables to cook with is sauerkraut! To make its sour taste accessible to everyone, I chose to combine it with sweeter elements such as apple, brown sugar and our strawberry sauce in this recipe."



Sauerkraut



Marinated steak



Potatoes



Red onion



Strawberry sauce



Apple



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.

Equipment

Aluminum foil, lidded frying pan, pot or saucepan, potato masher, sieve, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Sauerkraut* (g)	125	250	375	500	625	750
Marinated steak* (unit(s))	1	2	3	4	5	6
Potatoes (g)	250	500	750	1000	1250	1500
Red onion (unit(s))	½	1	1	2	2	3
Strawberry sauce (ml)	25	50	75	100	125	150
Apple* (unit(s))	½	1	2	2	3	3
Garlic (unit(s))	1	1	2	2	3	3
Not included						
[Plant-based] butter (tbsp)	2½	5	7½	10	12½	15
Mustard (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Brown sugar (tbsp)	½	1	1½	2	2½	3
[Plant-based] milk (splash)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3201 /765	481 /115
Total fat (g)	35	5
of which saturated(g)	21,4	3,2
Carbonhydrates (g)	77	12
of which sugars (g)	26,3	3,9
Fiber (g)	14	2
Protein (g)	32	5
Salt (g)	3	0,5

Allergens

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



Prepare

- Peel or thoroughly wash the potatoes and cut them into rough pieces. Transfer to a pot or saucepan and submerge with water, then boil the potatoes for 10 minutes.
- Peel the garlic clove and add it to the pot, then boil for 5 more minutes. Reserve 30ml per person of the cooking liquid, then drain and set aside.



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 (see Tip).
- Remove from the pan and season to taste with salt and pepper.
- Allow to rest for at least 3 minutes under aluminum foil.

**Tip:** fry the steak for more or less time as preferred, depending on how rare you'd like it.



Fry the apple

- Slice the onion into half rings. Core and dice the apple.
- Drain and rinse the sauerkraut under cold water.
- Melt a knob of butter in a frying pan over medium-high heat. Fry the apple for 2 - 3 minutes.
- Lower the heat and add the sugar, then allow to caramelize for 1 minute.



Make the jus

- Fry the onion in the same pan for 2 - 3 minutes over medium heat.
- Add the strawberry sauce, the balsamic vinegar and the reserved cooking liquid.
- Mix well and allow to reduce gently for 2 minutes, then turn off the heat.
- Stir in a knob of butter and season to taste with salt and pepper.



Cook the sauerkraut

- Add the sauerkraut and cook gently for 6 - 8 minutes.
- Add a knob of butter and cook for 2 more minutes, covered. Season with salt and pepper.
- Mash the potatoes and garlic with a knob of butter, the mustard and a splash of milk. Season to taste with salt and pepper.



Serve

- Cut the steak into strips.
- Serve the garlic mash on plates and top with the steak. Serve the sauerkraut alongside.
- Top the steak with the balsamic strawberry jus to finish.

Enjoy!





# 'Huevos Ahogados' with Avocado & Cheese

Mexican-style poached eggs in tomato sauce

Veggie Calorie Smart

Total time: 30 - 40 min.



Babette's favorite

**Our recipe developer Babette says:**

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



Diced sweet potato



Egg



Red onion



Romano pepper



Avocado



Lime



Diced tomatoes with garlic & onion



Mexican-style spices



Ground paprika



Grated cheddar



Fresh flat leaf parsley



Before you start

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

Equipment

Deep frying pan, lid, small bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Diced sweet potato* (g)	150	300	450	600	750	900
Egg* (unit(s))	2	4	6	8	10	12
Red onion (unit(s))	½	1	1	2	2	3
Romano pepper* (unit(s))	½	1	2	2	3	3
Avocado (unit(s))	½	1	1½	2	2½	3
Lime* (unit(s))	½	1	1½	2	2½	3
Diced tomatoes with garlic & onion (pack)	½	1	1½	2	2½	3
Mexican-style spices (sachet(s))	½	1	2	2	3	3
Ground paprika (tsp)	1½	3	3	6	6	9
Grated cheddar* (g)	15	25	40	50	65	75
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Water for the sauce (ml)	50	100	150	200	250	300
Sugar (tsp)	1	2	3	4	5	6
Red wine vinegar (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2753 /658	410 /98
Total fat (g)	34	5
of which saturated(g)	8,3	1,2
Carbonhydrates (g)	58	9
of which sugars (g)	30,7	4,6
Fiber (g)	13	2
Protein (g)	26	4
Salt (g)	2,8	0,4

Allergens

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



Fry the vegetables

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



Poach the eggs

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



Make the sauce

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

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



Finish

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

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



Pickle the onion

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



Serve

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

Enjoy!





# Creamy Mafaldine with Grana Padano & Arugula

with crema di balsamico, Sicilian-style herbs, vegetables & almonds

Veggie Quick Calorie Smart

Total time: 10 - 15 min.



Mafaldine



Garlic



Vegetable mix  
with mushrooms



Cream cheese



Arugula



Grana Padano  
flakes DOP



Sicilian-style herb mix



Salted almonds



Crema di balsamico



Soy sauce



Red onion



Steffi's favorite

## Our recipe developer Steffi says:

"Soy sauce may seem like a strange addition to an Italian pasta recipe, but a salty ingredient like this one adds a delicious umami flavour to the vegetables! Combined with the sweet crema di balsamico used to garnish the dish, it makes for a nicely balanced meal."



Before you start

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

Equipment

Pot or saucepan, large deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Mafaldine (g)	90	180	270	360	450	540
Garlic (unit(s))	1	2	3	4	5	6
Vegetable mix with mushrooms* (g)	200	400	600	800	1000	1200
Cream cheese* (g)	50	100	150	200	250	300
Arugula* (g)	30	60	90	120	150	180
Grana Padano flakes DOP* (g)	20	40	60	80	100	120
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Salted almonds (g)	10	20	30	40	50	60
Crema di balsamico (ml)	8	16	24	32	40	48
Soy sauce (ml)	10	20	30	40	50	60
Red onion (unit(s))	½	1	1½	2	2½	3
Not included						
Low sodium mushroom or vegetable stock (ml)	50	100	150	200	250	300
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (totaste)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2874 /687	553 /132
Total fat (g)	23	4
of which saturated(g)	9,8	1,9
Carbonhydrates (g)	85	16
of which sugars (g)	14,5	2,8
Fiber (g)	10	2
Protein (g)	30	6
Salt (g)	2,9	0,6

Allergens

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



Prepare

- Prepare the stock.
- Boil plenty of water in a pot or saucepan and cook the mafaldine for 7 - 9 minutes.
- Reserve some of the pasta water, then drain and set aside.
- Meanwhile, chop the onion.



Make the sauce

- Transfer the mafaldine, cream cheese and Sicilian-style herbs to the vegetables.
- Toss well to combine, adding a splash of the pasta water if necessary.
- Season to taste with salt and pepper.



Fry the vegetables

- Heat a light drizzle of olive oil in a large deep frying pan over high heat. Fry the onion with the vegetable mix for 2 minutes.
- Crush or mince the garlic, then add it to the pan and fry for 2 - 3 minutes.
- Deglaze with the white wine vinegar, then add the stock and the soy sauce.



Serve

- Roughly chop the almonds.
- Serve the mafaldine on plates.
- Garnish with the arugula, the Grana Padano and the almonds.
- Drizzle with the crema di balsamico and some extra virgin olive oil as preferred.

Enjoy!





# Creamy Chicken Casarecce

with courgette & sundried tomatoes

Family Quick

Total time: 15 - 20 min.



Garlic



Courgette



Casarecce



Onion



Cooking cream



Grated Gouda



Bell pepper strips



Chicken thigh strips with Mediterranean herbs



Sundried tomatoes



Sicilian-style herb mix



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

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



Tear me out!

Before you start

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

Equipment

Deep frying pan, pot or saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	1	1	2	2	3	3
Courgette* (unit(s))	½	1	2	2	3	3
Casarecce (g)	90	180	270	360	450	540
Onion (unit(s))	½	1	1	2	2	3
Cooking cream (g)	75	150	225	300	375	450
Grated Gouda* (g)	15	25	40	50	65	75
Bell pepper strips* (g)	50	100	150	200	250	300
Chicken thigh strips with Mediterranean herbs* (g)	100	200	300	400	500	600
Sundried tomatoes (g)	15	30	50	70	80	100
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3234 /773	621 /149
Total fat (g)	31	6
of which saturated(g)	14,3	2,7
Carbonhydrates (g)	81	16
of which sugars (g)	15,9	3,1
Fiber (g)	10	2
Protein (g)	39	8
Salt (g)	2,1	0,4

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan for the casarecce.
- Dice the courgette into 1 - 2cm chunks.
- Slice the onion into half rings and crush or mince the garlic.
- Boil the casarecce for 10 - 12 minutes, then drain and set aside.



Make the sauce

- Pour in the cream and crumble in the stock cube (see pantry for amount).
- Mix well and cook for 2 more minutes (see Tip).
- Stir in the casarecce and cook for 1 more minute, then season to taste with salt and pepper.

Tip: if the sauce is very watery, turn up the heat and continue cooking uncovered until sufficiently reduced.



Fry the vegetables

- Heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the onion for 1 - 2 minutes, then add the garlic and the chicken and fry for 4 minutes.
- In the meantime, cut the sundried tomatoes into smaller pieces.
- Stir in the courgette, bell pepper strips, sundried tomatoes and Sicilian-style herbs and fry for 3 - 4 more minutes.



Serve

- Serve the casarecce on plates.
- Garnish with the grated cheese.

Enjoy!





# Hot Smoked Salmon Poké Bowl

with avocado-mango salsa, sweet chili mayo & fresh mint

Express

Total time: 15 - 20 min.



Hot smoked salmon flakes



White long grain rice



Mango



Avocado



Corn



Sweet chili sauce



Lime



Ground paprika



Fresh mint



Reduced salt soy sauce



Persian cucumber



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

Poké bowls hail from Hawaii, inspired by traditional poké - seasoned raw fish. Now, they're easily customizable, featuring endless combinations of proteins, veggies, and dressings!



Tear me out!

Before you start

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

Equipment

2x bowl, pot or saucepan, 2x small bowl, sieve

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Hot smoked salmon flakes* (g)	75	150	225	300	375	450
White long grain rice (g)	75	150	225	300	375	450
Mango* (unit(s))	¼	½	¾	1	1¼	1½
Avocado (unit(s))	½	1	2	2	3	3
Corn (g)	70	140	215	285	355	425
Sweet chili sauce* (sachet(s))	½	1	1½	2	2½	3
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Ground paprika (tsp)	1	2	3	4	5	6
Fresh mint* (g)	2½	5	7½	10	12½	15
Reduced salt soy sauce (ml)	10	20	30	40	50	60
Persian cucumber* (unit(s))	½	1	1	2	2	3

Not included						
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3305 /790	704 /168
Total fat (g)	35	7
of which saturated(g)	4,8	1
Carbonhydrates (g)	90	19
of which sugars (g)	18,1	3,9
Fiber (g)	7	2
Protein (g)	27	6
Salt (g)	2,7	0,6

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan and cook the rice for 10 -12 minutes until done, then drain and set aside.
- In the meantime, peel and dice the mango.
- Finely chop the mint. Dice the cucumber.
- Drain the corn. Halve and pit the avocado, then remove the skin and dice the flesh.



Make the sauce

- In a bowl, combine the hot smoked salmon with the white wine vinegar and the paprika. Season to taste with salt and pepper.
- In a small bowl, combine the mayonnaise with the sweet chili sauce.



Make the salsa

- Cut half of the lime into wedges and juice the rest into a small bowl.
- In a bowl, combine the mango with the avocado, cucumber and corn.
- Add lime juice as preferred, then season to taste with salt and pepper.



Serve

- Serve the rice in bowls and drizzle with the soy sauce, then arrange everything on top.
- Drizzle with the sweet chili mayonnaise and garnish with the mint.
- Serve with the lime wedges alongside.

Enjoy!