# Creamy Chicken Penne

## with tomato salsa, spinach & Gouda

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




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

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Penne (g) | 90 | 180 | 270 | 360 | 450 | 540 |
| Red onion (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Garlic (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Dried oregano (sachet(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Spinach* (g) | 75 | 150 | 200 | 300 | 350 | 450 |
| Tomato (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Herbed cream cheese* (g) | 35 | 75 | 110 | 150 | 185 | 225 |
| Grated Gouda* (g) | 15 | 25 | 40 | 50 | 65 | 75 |
| Chicken mince with Mediterranean herbs* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| **Not included** | | | | | | |
| Low sodium chicken stock cube (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Extra virgin olive oil (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Olive oil (tbsp) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| White balsamic vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3272 /782 | 687 /164 |
| Total fat (g) | 33 | 7 |
| of which saturated(g) | 14,2 | 3 |
| Carbonhydrates (g) | 78 | 16 |
| of which sugars (g) | 10,8 | 2,3 |
| Fiber (g) | 9 | 2 |
| Protein (g) | 40 | 8 |
| Salt (g) | 2,1 | 0,4 |

## Allergens

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

1



## Prepare

- Boil plenty of salted water in a pot or saucepan for the pasta.
- Chop the onion and crush or mince the garlic.
- Cook the pasta for 10 - 12 minutes, covered, then reserve some of the pasta water before draining and setting aside.

2



## Fry the mince

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

3



## Make the salsa

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

4



## Serve

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

# Bang Bang Cauliflower with Chili Mayo

## over brown rice with crunchy vegetables

Total time: 35 - 45 min. Vegetarian




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

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Sweet chili sauce* (g) | 35 | 70 | 105 | 140 | 175 | 210 |
| Panko breadcrumbs (g) | 25 | 50 | 50 | 75 | 100 | 125 |
| Cauliflower florets* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Quick-cook brown rice (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Spinach* (g) | 75 | 150 | 200 | 300 | 350 | 450 |
| Carrot* (unit(s)) | ½ | 1 | 1 | 1 | 2 | 2 |
| Red onion (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Persian cucumber* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Soy sauce (ml) | 10 | 20 | 30 | 40 | 50 | 60 |
| Sesame seeds (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| Mayonnaise (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Not included | | | | | | |
| Olive oil (tbsp) | 1¼ | 2½ | 3¾ | 5 | 6¼ | 7½ |
| Water for the rice (ml) | 250 | 500 | 750 | 1000 | 1250 | 1500 |
| White wine vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Salt | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3556 /850 | 466 /111 |
| Total fat (g) | 44 | 6 |
| of which saturated(g) | 5,6 | 0,7 |
| Carbonhydrates (g) | 94 | 12 |
| of which sugars (g) | 14,6 | 1,9 |
| Fiber (g) | 11 | 1 |
| Protein (g) | 17 | 2 |
| Salt (g) | 2,3 | 0,3 |

## Allergens

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

1



## Prepare

- Preheat the oven to 200°C.
- In a large bowl, combine the mayonnaise with the sweet chili sauce.
- Transfer half of this to a small bowl and set aside.
- In a second large bowl, combine the panko with a pinch of salt and a light drizzle of olive oil.

2



## Roast the cauliflower

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

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

3



## Cook the rice

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

4



## Chop the vegetables

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

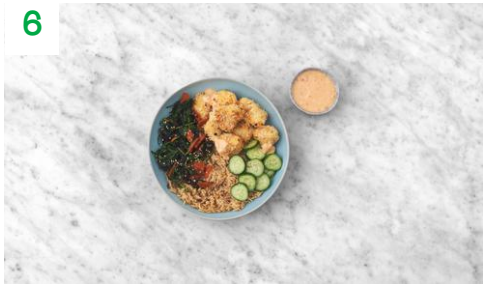
5



## Fry the vegetables

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

6



## Serve

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

# Hake with Giant Couscous & Herbed Cheese Cubes

## with lamb's lettuce, cucumber & bell pepper

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





Hake fillet


Giant couscous


Persian cucumber


Bell pepper


Red onion


Lamb's lettuce


Herbed cheese cubes


Sicilian-style herb mix

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Hake fillet* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Giant couscous (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Persian cucumber* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Bell pepper* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Red onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Lamb's lettuce* (g) | 20 | 40 | 60 | 80 | 100 | 120 |
| Herbed cheese cubes* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Sicilian-style herb mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Not included | | | | | | |
| Low sodium vegetable stock (ml) | 175 | 350 | 525 | 700 | 875 | 1050 |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Extra virgin olive oil (tbsp) | ¾ | 1½ | 2¼ | 3 | 3¾ | 4½ |
| White wine vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Honey [or plant-based alternative] (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Mustard (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt and pepper | to taste | | | | | |

* *store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 2803 /670 | 440 /105 |
| Total fat (g) | 27 | 4 |
| of which saturated(g) | 9 | 1,4 |
| Carbonhydrates (g) | 68 | 11 |
| of which sugars (g) | 15,5 | 2,4 |
| Fiber (g) | 7 | 1 |
| Protein (g) | 36 | 6 |
| Salt (g) | 2,3 | 0,4 |

## Allergens

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

1



## Boil the giant couscous

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

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

2



## Fry the fish

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

3



## Make the salad

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

4



## Serve

- Serve everything on plates.

# Wholewheat Spaghetti with Homemade Spinach Pesto

## with roasted tomatoes & pecorino

Total time: 25 - 35 min. Family Quick Vegetarian





Wholewheat spaghetti


Garlic


Red onion


Mini Roma tomatoes


Baby spinach


Arugula


Fresh basil


Lemon


Roasted cashew nuts


Grated Pecorino DOP

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Wholewheat spaghetti (g) | 90 | 180 | 270 | 360 | 450 | 540 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Red onion (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Mini Roma tomatoes* (g) | 125 | 250 | 375 | 500 | 625 | 750 |
| Baby spinach* (g) | 60 | 125 | 180 | 250 | 305 | 375 |
| Arugula* (g) | 20 | 40 | 60 | 80 | 100 | 120 |
| Fresh basil* (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| Lemon* (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Roasted cashew nuts (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| Grated Pecorino DOP* (g) | 20 | 40 | 60 | 80 | 100 | 120 |
| **Not included** | | | | | | |
| Olive oil (tbsp) | 1¼ | 2½ | 3¾ | 5 | 6¼ | 7½ |
| Balsamic vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Extra virgin olive oil (tbsp) | 2 | 4 | 6 | 8 | 10 | 12 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3724 /890 | 811 /194 |
| Total fat (g) | 54 | 12 |
| of which saturated(g) | 11,6 | 2,5 |
| Carbonhydrates (g) | 71 | 15 |
| of which sugars (g) | 13,2 | 2,9 |
| Fiber (g) | 14 | 3 |
| Protein (g) | 24 | 5 |
| Salt (g) | 1 | 0,2 |

## Allergens

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

1



## Prepare

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

2



## Roast the tomatoes

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

3



## Make the pesto

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

4



## Serve

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

# Teriyaki Wild Boar Burger with Spicy Slaw on Ciabatta

## with gomashio potatoes & quick-pickled cucumber

Total time: 40 - 50 min. Family





Wild boar burger


White ciabatta


Potatoes


Red onion


Cucumber


Rainbow slaw mix


Teriyaki sauce


Gomashio

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Wild boar burger* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| White ciabatta (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Potatoes (g) | 200 | 400 | 600 | 800 | 1000 | 1200 |
| Red onion (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Cucumber* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Rainbow slaw mix* (g) | 50 | 100 | 150 | 200 | 250 | 300 |
| Teriyaki sauce (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Gomashio (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Not included | | | | | | |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Plant-based] butter (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| White wine vinegar (tsp) | 2 | 4 | 6 | 8 | 10 | 12 |
| Sugar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Honey [or plant-based alternative] (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Sambal (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| [Plant-based] mayonnaise (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 4134 /988 | 575 /138 |
| Total fat (g) | 50 | 7 |
| of which saturated(g) | 14,6 | 2 |
| Carbonhydrates (g) | 103 | 14 |
| of which sugars (g) | 24,9 | 3,5 |
| Fiber (g) | 10 | 1 |
| Protein (g) | 32 | 4 |
| Salt (g) | 4,1 | 0,6 |

## Allergens

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

1



## Roast the potatoes

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

2



## Make the slaw

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

3



## Fry the burger

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

4



## Serve

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

# Fish Burger with Creamy Yogurt-Dill Potato Salad

## with radish-mesclun salad & lemon wedges

Total time: 20 - 30 min. Quick





Breaded fish burger


Baby potatoes


Cucumber


Lemon


Fresh dill


Onion


Radish


Organic full-fat yogurt


Mesclun

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Breaded fish burger* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Baby potatoes (g) | 250 | 500 | 750 | 1000 | 1250 | 1500 |
| Cucumber* (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Lemon* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Fresh dill* (g) | 2½ | 5 | 7½ | 10 | 12½ | 15 |
| Onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Radish* (bunch) | ½ | 1 | 2 | 2 | 3 | 3 |
| Organic full-fat yogurt* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Mesclun* (g) | 40 | 90 | 120 | 180 | 210 | 270 |
| **Not included** | | | | | | |
| White wine vinegar (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Mustard (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Sunflower oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Water (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Low sodium vegetable stock cube (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Extra virgin olive oil (tbsp) | 1½ | 3 | 4½ | 6 | 7½ | 9 |
| [Plant-based] mayonnaise (tbsp) | 1½ | 3 | 4½ | 6 | 7½ | 9 |
| Sugar (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 4159 /994 | 497 /119 |
| Total fat (g) | 58 | 7 |
| of which saturated(g) | 8,8 | 1,1 |
| Carbonhydrates (g) | 86 | 10 |
| of which sugars (g) | 18 | 2,2 |
| Fiber (g) | 15 | 2 |
| Protein (g) | 28 | 3 |
| Salt (g) | 1,8 | 0,2 |

## Allergens

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

1



## Prepare

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

2



## Fry the burger

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

3



## Make the radish salad

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

4



## Serve

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

# Naked Veggie Cheeseburger Bowl with Baby Potatoes

## with salad, pickles & fried onion

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





Baby potatoes


Butter lettuce


Tomato


Red onion


Chopped pickles


Worcestershire sauce


Grated cheddar


Unbelievabull burger from the Vegetarian Butcher®

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Baby potatoes (g) | 200 | 400 | 600 | 800 | 1000 | 1200 |
| Butter lettuce* (head) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Tomato (unit(s)) | 1½ | 3 | 5 | 6 | 8 | 9 |
| Red onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Chopped ⊠⊠pickles* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Worcestershire sauce (g) | 10 | 15 | 20 | 30 | 35 | 45 |
| Grated cheddar* (g) | 15 | 25 | 40 | 50 | 65 | 75 |
| Unbelievabull burger from the Vegetarian Butcher®* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| **Not included** | | | | | | |
| White wine vinegar (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Plant-based] butter (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Plant-based] mayonnaise (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Water for the sauce (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 2795 /668 | 473 /113 |
| Total fat (g) | 40 | 7 |
| of which saturated(g) | 11,7 | 2 |
| Carbonhydrates (g) | 50 | 8 |
| of which sugars (g) | 12,7 | 2,1 |
| Fiber (g) | 15 | 2 |
| Protein (g) | 20 | 3 |
| Salt (g) | 2,1 | 0,4 |

## Allergens

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

1



## Fry the potatoes

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

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

2



## Chop the vegetables

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

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

3



## Make the sauce

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

4



## Fry the burger

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

5



## Make the salad

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

6



## Serve

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

# Za'atar Chicken Wraps with Fresh Herbs

## with orange cream cheese, zesty salsa & sumac

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





Flour tortillas


Za'atar


Sumac


Onion


Tomato


Orange


Middle Eastern spice mix


Fresh flat leaf parsley & mint


Green Romano pepper


Seasoned chicken mince


Fresco spalmabile - cream cheese

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Flour tortillas (unit(s)) | 2 | 4 | 6 | 8 | 10 | 12 |
| Za'atar (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Sumac (tsp) | 1½ | 3 | 4½ | 6 | 7½ | 9 |
| Onion (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Tomato (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Middle Eastern spice mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Orange* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Fresh flat leaf parsley & mint* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Green Romano pepper* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Seasoned chicken mince* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Fresco spalmabile - cream cheese* (g) | 50 | 100 | 150 | 200 | 250 | 300 |
| **Not included** | | | | | | |
| Olive oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Water (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Honey [or plant-based alternative] | to taste | | | | | |
| Extra virgin olive oil | to taste | | | | | |
| Salt and pepper | to taste | | | | | |
| Olive oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Water (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Honey [or plant-based alternative] | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3787 /905 | 656 /157 |
| Total fat (g) | 59 | 10 |
| of which saturated(g) | 13,7 | 2,4 |
| Carbonhydrates (g) | 62 | 11 |
| of which sugars (g) | 15,6 | 2,7 |
| Fiber (g) | 8 | 1 |
| Protein (g) | 31 | 5 |
| Salt (g) | 2,9 | 0,5 |

## Allergens

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

1



## Prepare

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

2



## Fry the vegetables

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

3



## Heat the tortillas

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

4



## Serve

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

# Cheat's Bolognese with Parmigiano Reggiano

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

Total time: 25 - 35 min. Family Quick




- Mini Roma tomatoes
- Organic beef mince
- Fresh basil
- Garlic
- Penne
- Carrot
- Tomato paste
- Worcestershire sauce
- Parmigiano Reggiano DOP
- Onion
- Italian seasoning

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Mini Roma tomatoes* (g) | 125 | 250 | 375 | 500 | 625 | 750 |
| Organic beef mince* (g) | 125 | 250 | 375 | 500 | 625 | 750 |
| Fresh basil* (g) | 2½ | 5 | 7½ | 10 | 12½ | 15 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Penne (g) | 90 | 180 | 270 | 360 | 450 | 540 |
| Carrot* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Tomato paste (can) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Worcestershire sauce (g) | 10 | 15 | 25 | 30 | 40 | 45 |
| Parmigiano Reggiano DOP* (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| Onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Italian seasoning (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| **Not included** | | | | | | |
| [Plant-based] milk (ml) | 30 | 60 | 90 | 120 | 150 | 180 |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Balsamic vinegar (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Low sodium beef stock (ml) | 75 | 150 | 225 | 300 | 375 | 450 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3665 /876 | 590 /141 |
| Total fat (g) | 38 | 6 |
| of which saturated(g) | 15,3 | 2,5 |
| Carbonhydrates (g) | 88 | 14 |
| of which sugars (g) | 22,9 | 3,7 |
| Fiber (g) | 9 | 1 |
| Protein (g) | 44 | 7 |
| Salt (g) | 2,4 | 0,4 |

## Allergens

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

1



## Chop the vegetables

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

2



## Boil the pasta

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

3



## Finish the sauce

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

4



## Serve

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

# Organic Salmon | with Hoisin Sauce & Sticky Soy Vegetables

## over furikake rice with gomashio, lime & sesame dressing

Total time: 30 - 40 min. Health Conscious Choice




- Organic skin-on salmon fillet
- Hoisin sauce
- Jasmine rice
- Onion
- Courgette
- Furikake
- Sesame oil
- Gomashio
- Lime
- Garlic
- Romano pepper

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Organic skin-on salmon fillet* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Hoisin sauce (g) | 15 | 25 | 40 | 50 | 65 | 75 |
| Jasmine rice (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Courgette* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Furikake (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Sesame oil (ml) | 5 | 10 | 15 | 20 | 25 | 30 |
| Gomashio (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Lime* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Romano pepper* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| **Not included** | | | | | | |
| Sunflower oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Honey [or plant-based alternative] (tsp) | 2 | 4 | 6 | 8 | 10 | 12 |
| Sambal (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Reduced salt] soy sauce (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3268 /781 | 646 /155 |
| Total fat (g) | 34 | 7 |
| of which saturated(g) | 4,8 | 0,9 |
| Carbonhydrates (g) | 89 | 18 |
| of which sugars (g) | 21,6 | 4,3 |
| Fiber (g) | 6 | 1 |
| Protein (g) | 37 | 7 |
| Salt (g) | 3,1 | 0,6 |

## Allergens

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

1



## Prepare

- Preheat the oven to 200°C. Boil plenty of water in a pot or saucepan.
- Cut the onion into wedges.
- Slice the courgette into crescents. Cut the Romano pepper into strips.
- Transfer the vegetables to a large bowl and drizzle with sunflower oil. Season to taste with salt and pepper, then toss well to coat.

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

2



## Roast the vegetables

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

3



## Boil the rice

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

4



## Serve

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

# Organic Steak | with Greek-Style Cheese & Pickled Onion

## over bulgur with spinach, bell pepper & tomato

Total time: 15 - 25 min. Quick





Red onion


Bell pepper


Tomato


Greek-style cheese


Italian seasoning


Spinach


Organic steak


Bulgur

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Red onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Bell pepper* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Tomato (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Greek-style cheese* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Italian seasoning (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Spinach* (g) | 50 | 100 | 150 | 200 | 250 | 300 |
| Organic steak* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Bulgur (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Not included | | | | | | |
| Balsamic vinegar (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Olive oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Low sodium mushroom or vegetable stock cube (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Extra virgin olive oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Red wine vinegar (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Sugar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| [Plant-based] mayonnaise (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Salt and pepper | to taste | | | | | |

* *store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3807 /910 | 731 /175 |
| Total fat (g) | 49 | 9 |
| of which saturated(g) | 11,2 | 2,1 |
| Carbonhydrates (g) | 77 | 15 |
| of which sugars (g) | 15,9 | 3,1 |
| Fiber (g) | 13 | 2 |
| Protein (g) | 44 | 8 |
| Salt (g) | 3,3 | 0,6 |

## Allergens

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

1



## Prepare

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

2



## Pickle the onion

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

3



## Fry the steak

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

4



## Serve

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

# Organic Salmon | in Honey-Mustard Sauce with Baby Potatoes

## with rainbow carrots & fresh thyme

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





Baby potatoes


Carrot


Organic skin-on salmon fillet


Garlic


Fresh thyme


Yellow carrot


Red onion

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Baby potatoes (g) | 200 | 400 | 600 | 800 | 1000 | 1200 |
| Carrot* (unit(s)) | 1 | 1 | 2 | 2 | 3 | 3 |
| Organic skin-on salmon fillet* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Garlic (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Fresh thyme* (g) | 2½ | 5 | 7½ | 10 | 12½ | 15 |
| Yellow carrot* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Red onion (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| **Not included** | | | | | | |
| Olive oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Low sodium vegetable stock (ml) | 50 | 100 | 150 | 200 | 250 | 300 |
| Mustard (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Honey [or plant-based alternative] (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Brown sugar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 2979 /712 | 424 /101 |
| Total fat (g) | 33 | 5 |
| of which saturated(g) | 4,8 | 0,7 |
| Carbonhydrates (g) | 67 | 10 |
| of which sugars (g) | 22,2 | 3,2 |
| Fiber (g) | 16 | 2 |
| Protein (g) | 32 | 4 |
| Salt (g) | 0,6 | 0,1 |

## Allergens

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

1



## Roast the potatoes

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

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

2



## Chop the vegetables

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

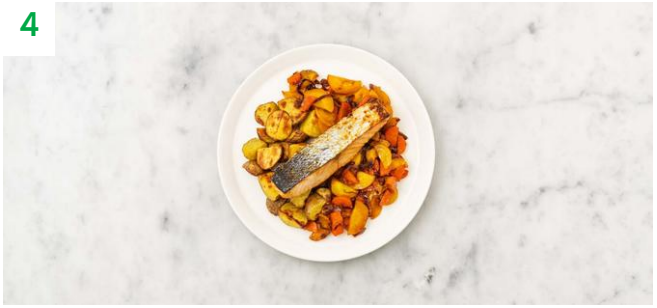
3



## Stew the vegetables

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

4



## Serve

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

# Asian-Inspired Noodle Salad with Veggie Mince

## with peanuts & fresh coriander

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




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

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Plant-based mince* (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Ginger paste* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| East Asian-style sauce* (g) | 35 | 70 | 105 | 140 | 175 | 210 |
| Ketjap manis (g) | 20 | 40 | 60 | 80 | 100 | 120 |
| Red chili pepper* (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Red onion (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Cucumber* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Roma tomato (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Fresh coriander* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Unsalted peanuts (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| Fresh udon noodles (g) | 110 | 220 | 330 | 440 | 550 | 660 |
| Lemon* (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| **Not included** | | | | | | |
| Sunflower oil (tbsp) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Sugar (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Reduced salt] soy sauce | | | to taste | | | |
| Salt and pepper | | | to taste | | | |
| Sunflower oil (tbsp) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Sugar (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 2368 /566 | 421 /101 |
| Total fat (g) | 18 | 3 |
| of which saturated(g) | 2,3 | 0,4 |
| Carbonhydrates (g) | 74 | 13 |
| of which sugars (g) | 31 | 5,5 |
| Fiber (g) | 12 | 2 |
| Protein (g) | 25 | 4 |
| Salt (g) | 3,2 | 0,6 |

## Allergens

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

1



## Prepare

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

2



## Make the salad

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

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

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

3



## Fry the mince

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

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

4



## Serve

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

# Ghanaian-Inspired Beef & Peanut Stew

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

Total time: 20 - 30 min. Quick



- Basmati rice
- Carrot
- Spinach
- Tagine paste
- Sweet potato
- Red onion
- Peanut butter
- African-inspired spice mix
- Organic beef mince
- Lime

NEW INGREDIENT

There is a new ingredient in your box! This tagine paste combines warm spices with sweet apricot, tomato and garlic, to add a rich, savoury-sweet depth of flavour to any dish.
*Scan the QR code to let us know what you thought of the ingredient!*

NUTRI-SCORE A B C D E

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Basmati rice (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Carrot* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Spinach* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Tagine paste (g) | 22½ | 45 | 67½ | 90 | 112½ | 135 |
| Sweet potato (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Red onion (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Peanut butter (tub) | 1 | 2 | 3 | 4 | 5 | 6 |
| African-inspired spice mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Organic beef mince* (g) | 125 | 250 | 375 | 500 | 625 | 750 |
| Lime* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| **Not included** | | | | | | |
| Water for the rice (ml) | 175 | 350 | 525 | 700 | 875 | 1050 |
| Sunflower oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Low sodium beef or vegetable stock (ml) | 125 | 250 | 375 | 500 | 625 | 750 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3966 /948 | 459 /110 |
| Total fat (g) | 45 | 5 |
| of which saturated(g) | 14,4 | 1,7 |
| Carbonhydrates (g) | 97 | 11 |
| of which sugars (g) | 15,1 | 1,7 |
| Fiber (g) | 11 | 1 |
| Protein (g) | 41 | 5 |
| Salt (g) | 3,6 | 0,4 |

## Allergens

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

1



## Prepare

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

2



## Fry the vegetables

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

3



## Finish

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

4



## Serve

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

# Harira-Style Soup with Roasted Chickpeas

## with African-inspired spices, labneh & wholewheat pita bread

Total time: 35 - 45 min. Vegetarian




- Lentils
- African-inspired spice mix
- Red onion
- Carrot
- Fresh ginger
- Fresh flat leaf parsley
- Labneh
- Chickpeas
- BBQ spice rub
- Chopped dates
- Wholewheat pita bread
- Chopped tomatoes
- Garlic
- Romano pepper

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Lentils (pack) | ½ | 1 | 1 | 2 | 2 | 3 |
| African-inspired spice mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Red onion (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Carrot* (unit(s)) | 1 | 1 | 2 | 2 | 3 | 3 |
| Fresh ginger* (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Fresh flat leaf parsley* (g) | 2½ | 5 | 7½ | 10 | 12½ | 15 |
| Labneh* (g) | 40 | 80 | 120 | 150 | 200 | 230 |
| Chickpeas (pack) | ½ | 1 | 2 | 2 | 3 | 3 |
| BBQ spice rub (sachet(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Chopped dates (g) | 20 | 40 | 60 | 80 | 100 | 120 |
| Wholewheat pita bread (unit(s)) | 2 | 4 | 6 | 8 | 10 | 12 |
| Chopped tomatoes (pack) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Romano pepper* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| **Not included** | | | | | | |
| Olive oil (tbsp) | ¾ | 1½ | 2¼ | 3 | 3¾ | 4½ |
| Low sodium vegetable stock (ml) | 200 | 400 | 600 | 800 | 1000 | 1200 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3523 /842 | 353 /84 |
| Total fat (g) | 26 | 3 |
| of which saturated(g) | 4 | 0,4 |
| Carbonhydrates (g) | 105 | 10 |
| of which sugars (g) | 36,9 | 3,7 |
| Fiber (g) | 36 | 4 |
| Protein (g) | 32 | 3 |
| Salt (g) | 4 | 0,4 |

## Allergens

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

1



## Prepare

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

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

2



## Make the soup

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

3



## Prepare the chickpeas

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

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

4

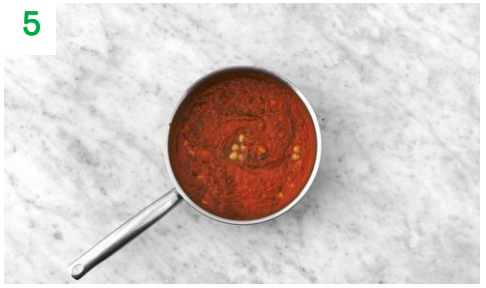


## Bake the pitas

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

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

5



## Finish

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

6



## Serve

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

# Butternut Squash Tikka Masala with Mango Chutney

## over brown rice with shaved almonds & green beans

Total time: 40 - 50 min. Vegetarian



- Butternut squash
- Quick-cook brown rice
- Garlic
- Onion
- Green beans
- Tomato paste
- Tikka masala paste
- Crème fraîche
- Mango chutney
- Shaved almonds

**NEW INGREDIENT**

There is a new ingredient in your box! Tikka masala paste provides a flavourful base of Indian spices, perfect for giving a mild kick to any dish.
*Scan the QR code to let us know what you thought of the ingredient!*

NUTRI-SCORE A B C D E

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Butternut squash* (unit(s)) | ⅓ | ⅔ | 1 | 1⅓ | 1⅔ | 2 |
| Quick-cook brown rice (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Garlic (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Onion (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Green beans* (g) | 75 | 150 | 200 | 300 | 350 | 450 |
| Tomato paste (can) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Tikka masala paste (g) | 37½ | 75 | 112½ | 150 | 187½ | 225 |
| Crème fraîche* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Mango chutney* (g) | 20 | 40 | 60 | 80 | 100 | 120 |
| Shaved almonds (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| **Not included** | | | | | | |
| Water for the rice (ml) | 175 | 350 | 525 | 700 | 875 | 1050 |
| Low sodium vegetable stock (ml) | 75 | 150 | 225 | 300 | 375 | 450 |
| Olive oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3577 /855 | 421 /101 |
| Total fat (g) | 35 | 4 |
| of which saturated(g) | 8,8 | 1 |
| Carbonhydrates (g) | 114 | 13 |
| of which sugars (g) | 15,9 | 1,9 |
| Fiber (g) | 16 | 2 |
| Protein (g) | 16 | 2 |
| Salt (g) | 2,7 | 0,3 |

## Allergens

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

1



## Prepare

- Preheat the oven to 220°C and prepare the stock.
- Boil the water for the rice in a pot or saucepan.
- Peel the butternut squash, then cut the neck off of the round base. Halve the base lengthways, then scoop out the seeds and the stringy part of the flesh.
- Dice the butternut squash into 1cm cubes.

2



## Roast the butternut squash

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

3



## Cook the rice

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

4



## Serve

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

# Korean-Style Gochujang Chicken Bibimbap Bowl

**bring the sensational food trend home!**

Total time: 30 - 40 min. Health Conscious Choice





Carrot


Garlic


Green beans


Gochujang


Jasmine rice


Seasoned chicken mince


Red onion

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Carrot* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Garlic (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Green beans* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Gochujang* (g) | 15 | 25 | 40 | 50 | 65 | 75 |
| Jasmine rice (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Seasoned chicken mince* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Red onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Not included | | | | | | |
| Water for the rice (ml) | 150 | 300 | 450 | 600 | 750 | 900 |
| White wine vinegar (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Reduced salt] soy sauce (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Honey [or plant-based alternative] (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Sugar (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Water for the sauce (ml) | 25 | 50 | 75 | 100 | 125 | 150 |
| Sunflower oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 2452 /586 | 407 /97 |
| Total fat (g) | 16 | 3 |
| of which saturated(g) | 3,2 | 0,5 |
| Carbonhydrates (g) | 87 | 14 |
| of which sugars (g) | 19,8 | 3,3 |
| Fiber (g) | 8 | 1 |
| Protein (g) | 30 | 5 |
| Salt (g) | 2,5 | 0,4 |

## Allergens

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

1



## Prepare

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

2



## Chop the vegetables

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

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

3



## Stir-fry the green beans

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

4



## Fry the mince

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

5



## Make the sauce

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

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

6



## Serve

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

# Shrimp Bulgur Bowl with Orange Vinaigrette

## with Greek-style cheese, carrot & raisins

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





Bulgur


Greek-style cheese


Orange


Shrimp


Raisins


African-inspired spice mix


Spinach


Onion


Carrot


Persian cucumber

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Bulgur (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Greek-style cheese* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Shrimp* (g) | 80 | 160 | 240 | 320 | 400 | 480 |
| Orange* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Raisins (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| African-inspired spice mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Spinach* (g) | 50 | 100 | 200 | 200 | 300 | 300 |
| Onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Carrot* (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Persian cucumber* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| **Not included** | | | | | | |
| Low sodium vegetable stock cube (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Red wine vinegar (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Mustard (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Extra virgin olive oil (tbsp) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| [Plant-based] butter (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 2489 /595 | 511 /122 |
| Total fat (g) | 18 | 4 |
| of which saturated(g) | 9,5 | 1,9 |
| Carbonhydrates (g) | 81 | 17 |
| of which sugars (g) | 19,8 | 4,1 |
| Fiber (g) | 14 | 3 |
| Protein (g) | 31 | 6 |
| Salt (g) | 2,4 | 0,5 |

## Allergens

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

1



## Cook the bulgur

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

2



## Fry the shrimp

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

3



## Make the vinaigrette

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

4



## Serve

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

# Chicken Curry Vol Au Vents

## with parsley, arugula-cucumber salad & Romano pepper

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





Puff pastry cup


Romano pepper


Onion


Garlic


Chicken tenderloin


Carrot


Curry powder


Arugula


Fresh flat leaf parsley


Persian cucumber

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Puff pastry cup (unit(s)) | 2 | 4 | 6 | 8 | 10 | 12 |
| Romano pepper* (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Chicken tenderloin* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Onion (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Carrot* (unit(s)) | ½ | 1 | 1 | 1 | 2 | 2 |
| Curry powder (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Arugula* (g) | 30 | 60 | 90 | 120 | 150 | 180 |
| Fresh flat leaf parsley* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Persian cucumber* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| **Not included** | | | | | | |
| Low sodium chicken stock (ml) | 75 | 150 | 225 | 300 | 375 | 450 |
| [Plant-based] milk (ml) | 75 | 150 | 225 | 300 | 375 | 450 |
| Flour (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| [Plant-based] butter (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Mustard (tbsp) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Extra virgin olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Honey [or plant-based alternative] (tbsp) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3301 /789 | 557 /133 |
| Total fat (g) | 47 | 8 |
| of which saturated(g) | 23,1 | 3,9 |
| Carbonhydrates (g) | 54 | 9 |
| of which sugars (g) | 16,7 | 2,8 |
| Fiber (g) | 7 | 1 |
| Protein (g) | 36 | 6 |
| Salt (g) | 1,2 | 0,2 |

## Allergens

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

1



## Prepare

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

3



## Make the salad

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

2



## Make the curry

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

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

4



## Serve

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

# Chicken with Orzotto Alla Melanzane

## with eggplant, Parmigiano Reggiano & Italian herbs

Total time: 40 - 50 min. Family





Wholewheat orzo


Garlic


Red onion


Eggplant


Italian seasoning


Parmigiano Reggiano DOP


Chopped tomatoes with basil


Chicken breast with Mediterranean herbs

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Wholewheat orzo (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Red onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Eggplant* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Italian seasoning (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Parmigiano Reggiano DOP* (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| Chopped tomatoes with basil (pack) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Chicken breast with Mediterranean herbs* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Not included | | | | | | |
| Low sodium vegetable stock (ml) | 150 | 300 | 450 | 600 | 750 | 900 |
| Flour (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Balsamic vinegar (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Sugar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Olive oil (tbsp) | 1½ | 3 | 4½ | 6 | 7½ | 9 |
| [Plant-based] butter (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

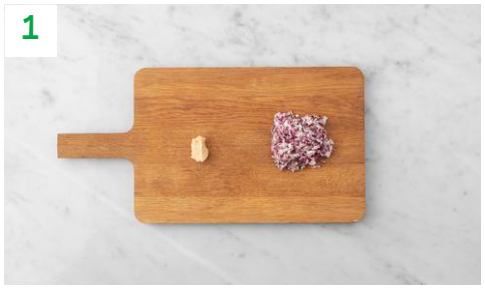
## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3427 /819 | 449 /107 |
| Total fat (g) | 33 | 4 |
| of which saturated(g) | 10,5 | 1,4 |
| Carbonhydrates (g) | 80 | 10 |
| of which sugars (g) | 25,3 | 3,3 |
| Fiber (g) | 12 | 2 |
| Protein (g) | 45 | 6 |
| Salt (g) | 2,4 | 0,3 |

## Allergens

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

1



## Prepare

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

2



## Fry the eggplant

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

3



## Make the sauce

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

4



## Make the orzotto

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

5



## Fry the chicken

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

6



## Serve

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

# Venison Steak with Creamy Portobello Sauce

## with garlic mash & carrot fries

Total time: 35 - 45 min.





Potatoes


Yellow carrot


Carrot


Portobello mushroom


Onion


Garlic


Venison steak


Yellow mustard seeds


Cooking cream

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Potatoes (g) | 200 | 400 | 600 | 800 | 1000 | 1200 |
| Yellow carrot* (unit(s)) | ¾ | 1 | 1 | 2 | 2 | 3 |
| Carrot* (unit(s)) | ½ | 1 | 1 | 1 | 2 | 2 |
| Portobello mushroom* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Onion (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Venison steak* (g) | 120 | 240 | 360 | 480 | 600 | 720 |
| Yellow mustard seeds (sachet(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Cooking cream (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| **Not included** | | | | | | |
| Red wine vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Sunflower oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Plant-based] butter (tbsp) | 1½ | 3 | 4½ | 6 | 7½ | 9 |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Flour (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Plant-based] milk | splash | | | | | |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3565 /852 | 530 /127 |
| Total fat (g) | 53 | 8 |
| of which saturated(g) | 24,1 | 3,6 |
| Carbonhydrates (g) | 61 | 9 |
| of which sugars (g) | 10,4 | 1,5 |
| Fiber (g) | 10 | 2 |
| Protein (g) | 33 | 5 |
| Salt (g) | 1,4 | 0,2 |

## Allergens

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

1



## Roast the carrots

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

2



## Chop the vegetables

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

3



## Mash the potatoes

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

4



## Fry the steak

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

5



## Make the sauce

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

6



## Serve

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

# Sweet & Sticky Squeaky Cheese Orzo Salad

## with tomatoes, lemon & thyme

Total time: 20 - 30 min. Quick Vegetarian





Wholewheat orzo


Red onion


Garlic


Cucumber


Sicilian-style herb mix


Fresh flat leaf parsley


Cypriot-style cheese


Dried thyme


Lemon


Mini Roma tomatoes

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Wholewheat orzo (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Red onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Cucumber* (unit(s)) | ¼ | ½ | 1 | 1 | 1½ | 1½ |
| Sicilian-style herb mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Fresh flat leaf parsley* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Cypriot-style cheese* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Dried thyme (sachet(s)) | ⅓ | ⅔ | 1 | 1⅓ | 1⅔ | 2 |
| Lemon* (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Mini Roma tomatoes* (g) | 125 | 250 | 375 | 500 | 625 | 750 |
| **Not included** | | | | | | |
| Low sodium vegetable stock cube (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Balsamic vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Extra virgin olive oil (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Honey [or plant-based alternative] (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3406 /814 | 690 /165 |
| Total fat (g) | 38 | 8 |
| of which saturated(g) | 24 | 4,9 |
| Carbonhydrates (g) | 77 | 16 |
| of which sugars (g) | 28 | 5,7 |
| Fiber (g) | 10 | 2 |
| Protein (g) | 37 | 7 |
| Salt (g) | 3,6 | 0,7 |

## Allergens

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

1



## Prepare

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

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

2



## Roast the tomatoes

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

3



## Fry the cheese

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

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

4



## Serve

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

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

## with cabbage, coriander & sesame seeds

Total time: 10 - 20 min. Quick





Shrimp


Garlic


East Asian-style sauce


Fresh coriander


Sesame seeds


Wholewheat noodles


Vegetable mix with cabbage

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Shrimp* (g) | 80 | 160 | 240 | 320 | 400 | 480 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| East Asian-style sauce* (g) | 35 | 70 | 105 | 140 | 175 | 210 |
| Fresh coriander* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Sesame seeds (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Wholewheat noodles (g) | 75 | 150 | 200 | 300 | 350 | 450 |
| Vegetable mix with cabbage* (g) | 200 | 400 | 600 | 800 | 1000 | 1200 |
| Not included | | | | | | |
| Sunflower oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Reduced salt] soy sauce (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Sugar (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Sambal (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| White wine vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| [Plant-based] butter (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt and pepper | to taste | | | | | |

* *store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 2544 /608 | 574 /137 |
| Total fat (g) | 17 | 4 |
| of which saturated(g) | 5,4 | 1,2 |
| Carbonhydrates (g) | 84 | 19 |
| of which sugars (g) | 15,6 | 3,5 |
| Fiber (g) | 10 | 2 |
| Protein (g) | 27 | 6 |
| Salt (g) | 4,9 | 1,1 |

## Allergens

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

1



## Prepare

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

2



## Boil the noodles

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

3



## Fry the shrimp

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

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

4



## Serve

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

# Sweet & Sticky Chicken Thigh Strips with Yogurt Sauce

## over bulgur with fresh herbs, cucumber & bell pepper

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





Bulgur


Chicken thigh strips


Garlic


Red onion


Bell pepper


Cucumber


Fresh flat leaf parsley & mint


Organic full-fat yogurt


Mango ketchup


Za'atar


Hello Harissa

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Bulgur (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Chicken thigh strips* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Red onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Bell pepper* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Cucumber* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Fresh flat leaf parsley & mint* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Organic full-fat yogurt* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Mango ketchup* (g) | 30 | 60 | 90 | 120 | 150 | 180 |
| Za'atar (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Hello Harissa (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| **Not included** | | | | | | |
| Low sodium beef or vegetable stock (ml) | 175 | 350 | 525 | 700 | 875 | 1050 |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Plant-based] butter (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| White wine vinegar (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Sugar (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Plant-based] mayonnaise (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Extra virgin olive oil | to taste | | | | | |
| Low sodium beef or vegetable stock (ml) | 175 | 350 | 525 | 700 | 875 | 1050 |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 4761 /1138 | 405 /97 |
| Total fat (g) | 75 | 6 |
| of which saturated(g) | 23,7 | 2 |
| Carbonhydrates (g) | 88 | 7 |
| of which sugars (g) | 25,3 | 2,1 |
| Fiber (g) | 12 | 1 |
| Protein (g) | 33 | 3 |
| Salt (g) | 3,3 | 0,3 |

## Allergens

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

1



## Prepare the bulgur

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

2



## Fry the vegetables

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

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

3



## Fry the chicken

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

4



## Serve

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

# Spicy No-Chicken Curry in Richly Fragrant Coconut Sauce

## over rice with coriander & bell pepper

Total time: 15 - 25 min.

Family | Quick | Plant-Based | Health Conscious Choice




- Jasmine rice
- Bell pepper
- Coconut milk
- Soy sauce
- Tinned cherry tomatoes
- Fresh coriander
- Chopped onion
- Yellow curry spices
- Garlic
- Red chili pepper
- Ginger paste
- Plant-based chicken pieces
- African-inspired spice mix

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Jasmine rice (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Bell pepper* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Coconut milk (ml) | 90 | 180 | 250 | 360 | 430 | 540 |
| Soy sauce (ml) | 5 | 10 | 15 | 20 | 25 | 30 |
| Tinned cherry tomatoes (can) | ½ | 1 | 1 | 2 | 2 | 3 |
| Fresh coriander* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Chopped onion* (g) | 25 | 50 | 100 | 100 | 150 | 150 |
| Yellow curry spices (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Garlic (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Red chili pepper* (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Ginger paste* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Plant-based chicken pieces* (g) | 80 | 160 | 240 | 320 | 400 | 480 |
| African-inspired spice mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| **Not included** | | | | | | |
| Low sodium vegetable stock cube (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Sunflower oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Sugar (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt and pepper | | | to taste | | | |
| Low sodium vegetable stock cube (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Sunflower oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3674 /878 | 592 /141 |
| Total fat (g) | 44 | 7 |
| of which saturated(g) | 17,2 | 2,8 |
| Carbonhydrates (g) | 96 | 16 |
| of which sugars (g) | 22,8 | 3,7 |
| Fiber (g) | 10 | 2 |
| Protein (g) | 27 | 4 |
| Salt (g) | 3,4 | 0,5 |

## Allergens

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

1



## Prepare

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

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

2



## Fry the veggie chicken

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

3



## Make the curry

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

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

4



## Serve

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

# Criss-Cross Courgette with Creamy Bean Stew

## over brown rice with Grana Padano & green pesto

Total time: 15 - 25 min. Quick Vegetarian

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




- Bell pepper strips
- Courgette
- Red onion
- Garlic
- Passata
- Grana Padano flakes DOP
- Quick-cook brown rice
- Crème fraîche
- Sicilian-style herb mix
- Butterbeans
- Green pesto

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Bell pepper strips* (g) | 50 | 100 | 150 | 200 | 250 | 300 |
| Courgette* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Red onion (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Passata (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Grana Padano flakes DOP* (g) | 20 | 40 | 60 | 80 | 100 | 120 |
| Quick-cook brown rice (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Crème fraîche* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Sicilian-style herb mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Butterbeans (pack) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Green pesto (g) | 20 | 40 | 60 | 80 | 100 | 120 |
| **Not included** | | | | | | |
| Olive oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Water (ml) | 30 | 60 | 90 | 120 | 150 | 180 |
| Low sodium vegetable stock (ml) | 25 | 50 | 75 | 100 | 125 | 150 |
| Balsamic vinegar (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Sugar (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3644 /871 | 562 /134 |
| Total fat (g) | 42 | 7 |
| of which saturated(g) | 12,8 | 2 |
| Carbonhydrates (g) | 90 | 14 |
| of which sugars (g) | 17,8 | 2,7 |
| Fiber (g) | 17 | 3 |
| Protein (g) | 24 | 4 |
| Salt (g) | 2,3 | 0,3 |

## Allergens

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

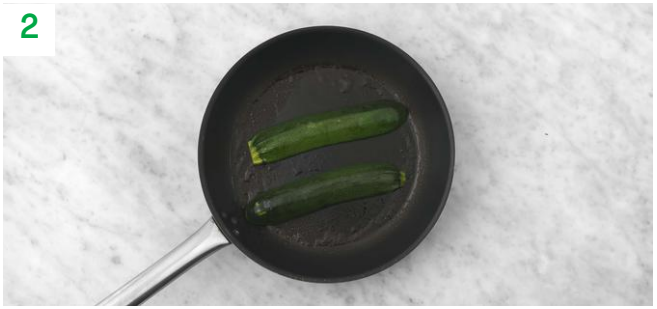
1



## Prepare

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

2



## Fry the courgette

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

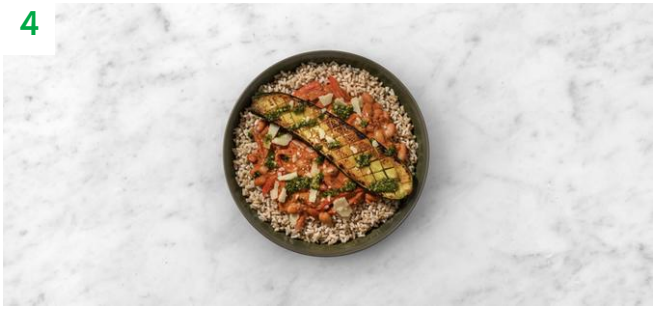
3



## Make the stew

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

4



## Serve

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

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

## fresh & tasty in a flash!

Total time: 5 - 15 min. Family Quick





Chicken mince with Mexican seasoning


Birria paste


Lime


Peruvian-style spice mix


Guacamole


Corn


Greek-style cheese


Mini tortillas


Rainbow slaw mix

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Chicken mince with Mexican seasoning* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Birria paste (g) | 20 | 40 | 60 | 80 | 100 | 120 |
| Peruvian-style spice mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Guacamole* (g) | 40 | 80 | 120 | 160 | 200 | 240 |
| Corn (g) | 70 | 140 | 210 | 285 | 350 | 425 |
| Greek-style cheese* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Mini tortillas (unit(s)) | 4 | 8 | 12 | 16 | 20 | 24 |
| Rainbow slaw mix* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Lemon* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| **Not included** | | | | | | |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Plant-based] mayonnaise (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt and pepper | to taste | | | | | |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Plant-based] mayonnaise (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt and pepper | to taste | | | | | |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Plant-based] mayonnaise (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 4489 /1073 | 824 /197 |
| Total fat (g) | 67 | 12 |
| of which saturated(g) | 18,4 | 3,4 |
| Carbonhydrates (g) | 74 | 14 |
| of which sugars (g) | 12,9 | 2,4 |
| Fiber (g) | 13 | 2 |
| Protein (g) | 38 | 7 |
| Salt (g) | 5 | 0,9 |

## Allergens

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

1



## Fry the mince

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

2



## Make the slaw

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

3



## Finish

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

4



## Serve

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

# Signature Wholewheat Spaghetti with Chicken & Guanciale

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

Total time: 15 - 25 min. Family Quick





Chicken mince with Mediterranean herbs


Mascarpone


Fresh basil


Garlic


Romano pepper


Grana Padano flakes DOP


Onion


Passata


Wholewheat spaghetti


Guanciale

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Chicken mince with Mediterranean herbs* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Mascarpone* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Fresh basil* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Garlic (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Romano pepper* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Grana Padano flakes DOP* (g) | 20 | 40 | 60 | 80 | 100 | 120 |
| Onion (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Passata (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Wholewheat spaghetti (g) | 90 | 180 | 270 | 360 | 450 | 540 |
| Guanciale* (g) | 40 | 80 | 120 | 160 | 200 | 240 |
| Not included | | | | | | |
| Olive oil (tbsp) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Low sodium chicken stock cube (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 4021 /961 | 737 /176 |
| Total fat (g) | 50 | 9 |
| of which saturated(g) | 22,6 | 4,1 |
| Carbonhydrates (g) | 75 | 14 |
| of which sugars (g) | 17 | 3,1 |
| Fiber (g) | 14 | 2 |
| Protein (g) | 45 | 8 |
| Salt (g) | 3,4 | 0,6 |

## Allergens

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

1



## Prepare

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

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

2



## Make the sauce

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

3



## Finish

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

4



## Serve

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

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

**with min. 115g carbohydrates per person**

Total time: 35 - 45 min. Plant-Based





Quick-cook brown rice


Sweet potato


Chickpeas


Garlic


Onion


Fresh ginger


Spinach


Chopped tomatoes


Fresh coriander & mint


Coconut milk


Mango chutney


Yellow curry spices

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Quick-cook brown rice (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Sweet potato (g) | 150 | 300 | 450 | 600 | 750 | 900 |
| Chickpeas (pack) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Onion (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Fresh ginger* (tsp) | 1½ | 3 | 4½ | 6 | 7½ | 9 |
| Spinach* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Chopped tomatoes (pack) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Fresh coriander & mint* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Coconut milk (ml) | 90 | 180 | 250 | 360 | 430 | 540 |
| Mango chutney* (g) | 20 | 40 | 60 | 80 | 100 | 120 |
| Yellow curry spices (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Not included | | | | | | |
| White wine vinegar (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Sunflower oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Low sodium vegetable stock (ml) | 75 | 150 | 225 | 300 | 375 | 450 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3849 /920 | 425 /102 |
| Total fat (g) | 29 | 3 |
| of which saturated(g) | 15,9 | 1,8 |
| Carbonhydrates (g) | 129 | 14 |
| of which sugars (g) | 22,8 | 2,5 |
| Fiber (g) | 25 | 3 |
| Protein (g) | 24 | 3 |
| Salt (g) | 1,9 | 0,2 |

## Allergens

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

1



## Prepare

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

2



## Make the curry

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

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

3



## Boil the rice

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

4



## Serve

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

# Athlete's Choice: Double Chicken Cheeseburgers Marinara-Style

## with min. 50g protein per person

Total time: 35 - 45 min. Family





Chicken mince with Mediterranean herbs


Ricotta


Garlic


White ciabatta


Passata


Hello Buon Appetito


Parsnip


Carrot


Shredded mozzarella


Hello Provence


Arugula & lamb's lettuce


Potatoes


Garlic & herb seasoning


Greek-style cheese


Panko breadcrumbs

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Chicken mince with Mediterranean herbs* (g) | 150 | 300 | 450 | 600 | 750 | 900 |
| Ricotta* (g) | 50 | 100 | 150 | 200 | 250 | 300 |
| Garlic (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| White ciabatta (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Passata (g) | 100 | 200 | 300 | 390 | 500 | 590 |
| Hello Buon Appetito (sachet(s)) | ⅓ | ⅔ | 1 | 1⅓ | 1⅔ | 2 |
| Parsnip* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Carrot* (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Shredded mozzarella* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Hello Provence (sachet(s)) | ⅓ | ⅔ | 1 | 1⅓ | 1⅔ | 2 |
| Arugula & lamb's lettuce* (g) | 20 | 40 | 60 | 80 | 100 | 120 |
| Potatoes (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Garlic & herb seasoning (sachet(s)) | ⅓ | ⅔ | 1 | 1⅓ | 1⅔ | 2 |
| Greek-style cheese* (g) | 20 | 40 | 60 | 80 | 100 | 120 |
| Panko breadcrumbs (g) | 6¼ | 12½ | 18¾ | 25 | 31¼ | 37½ |
| **Not included** | | | | | | |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Extra virgin olive oil | to taste | | | | | |
| Balsamic vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3661 /875 | 526 /126 |
| Total fat (g) | 33 | 5 |
| of which saturated(g) | 15,3 | 2,2 |
| Carbonhydrates (g) | 87 | 12 |
| of which sugars (g) | 16,3 | 2,3 |
| Fiber (g) | 14 | 2 |
| Protein (g) | 54 | 8 |
| Salt (g) | 4,8 | 0,7 |

## Allergens

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

1



## Prepare

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

2



## Make the burgers

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

3



## Fry the burgers

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

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

4



## Make the sauce

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

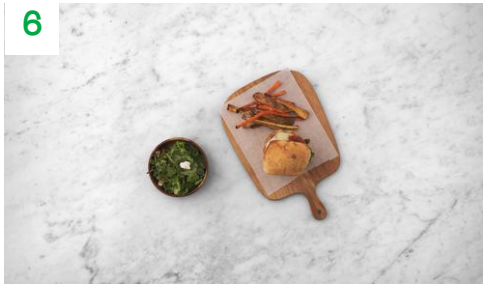
5



## Finish

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

6



## Serve

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

# Wholewheat Fusilli with Beef Mince

## with tomato salsa, spinach & Gouda

Total time: 25 - 35 min. Family Quick





Wholewheat fusilli


Red onion


Garlic


Dried oregano


Spinach


Tomato


Herbed cream cheese


Grated Gouda


Beef mince with Italian seasoning

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Wholewheat fusilli (g) | 90 | 180 | 270 | 360 | 450 | 540 |
| Red onion (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Garlic (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Dried oregano (sachet(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Spinach* (g) | 75 | 150 | 200 | 300 | 350 | 450 |
| Tomato (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Herbed cream cheese* (g) | 35 | 75 | 110 | 150 | 185 | 225 |
| Grated Gouda* (g) | 15 | 25 | 40 | 50 | 65 | 75 |
| Beef mince with Italian seasoning* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| **Not included** | | | | | | |
| Low sodium chicken stock cube (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Extra virgin olive oil (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Olive oil (tbsp) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| White balsamic vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3527 /843 | 741 /177 |
| Total fat (g) | 43 | 9 |
| of which saturated(g) | 18,5 | 3,9 |
| Carbonhydrates (g) | 68 | 14 |
| of which sugars (g) | 11,3 | 2,4 |
| Fiber (g) | 12 | 3 |
| Protein (g) | 40 | 8 |
| Salt (g) | 2 | 0,4 |

## Allergens

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

1



## Prepare

- Boil plenty of salted water in a pot or saucepan for the pasta.
- Chop the onion and crush or mince the garlic.
- Cook the pasta for 10 - 12 minutes, covered, then reserve some of the pasta water before draining and setting aside.

2



## Fry the mince

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

3



## Make the salsa

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

4



## Serve

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

# Wholewheat Wraps with Pork & Fresh Herbs

## with orange cream cheese, zesty salsa & sumac

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





Wholewheat tortilla


Za'atar


Sumac


Onion


Tomato


Orange


Middle Eastern spice mix


Fresh flat leaf parsley & mint


Green Romano pepper


Pork mince


Fresco spalmabile - cream cheese

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Wholewheat tortilla (unit(s)) | 2 | 4 | 6 | 8 | 10 | 12 |
| Za'atar (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Sumac (tsp) | 1½ | 3 | 4½ | 6 | 7½ | 9 |
| Onion (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Tomato (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Middle Eastern spice mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Orange* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Fresh flat leaf parsley & mint* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Green Romano pepper* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Pork mince* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Fresco spalmabile - cream cheese* (g) | 50 | 100 | 150 | 200 | 250 | 300 |
| **Not included** | | | | | | |
| Olive oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Water (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Honey [or plant-based alternative] | to taste | | | | | |
| Extra virgin olive oil | to taste | | | | | |
| Salt and pepper | to taste | | | | | |
| Olive oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Water (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Honey [or plant-based alternative] | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 4025 /962 | 698 /167 |
| Total fat (g) | 68 | 12 |
| of which saturated(g) | 17,8 | 3,1 |
| Carbonhydrates (g) | 52 | 9 |
| of which sugars (g) | 16,4 | 2,8 |
| Fiber (g) | 14 | 2 |
| Protein (g) | 31 | 5 |
| Salt (g) | 2,9 | 0,5 |

## Allergens

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

1



## Prepare

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

2



## Fry the vegetables

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

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

3



## Heat the tortillas

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

4



## Serve

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

# Cheat's Bolognese with Parmigiano Reggiano

## with wholewheat fusilli, basil & mini Roma tomatoes

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





Mini Roma tomatoes


Beef mince with Italian seasoning


Fresh basil


Garlic


Wholewheat fusilli


Carrot


Tomato paste


Worcestershire sauce


Parmigiano Reggiano DOP


Onion


Italian seasoning

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Mini Roma tomatoes* (g) | 125 | 250 | 375 | 500 | 625 | 750 |
| Beef mince with Italian seasoning* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Fresh basil* (g) | 2½ | 5 | 7½ | 10 | 12½ | 15 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Wholewheat fusilli (g) | 90 | 180 | 270 | 360 | 450 | 540 |
| Carrot* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Tomato paste (can) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Worcestershire sauce (g) | 10 | 15 | 25 | 30 | 40 | 45 |
| Parmigiano Reggiano DOP* (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| Onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Italian seasoning (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| **Not included** | | | | | | |
| [Plant-based] milk (ml) | 30 | 60 | 90 | 120 | 150 | 180 |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Balsamic vinegar (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Low sodium beef stock (ml) | 75 | 150 | 225 | 300 | 375 | 450 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3163 /756 | 531 /127 |
| Total fat (g) | 29 | 5 |
| of which saturated(g) | 10,5 | 1,8 |
| Carbonhydrates (g) | 80 | 13 |
| of which sugars (g) | 23,5 | 3,9 |
| Fiber (g) | 15 | 2 |
| Protein (g) | 38 | 6 |
| Salt (g) | 1,9 | 0,3 |

## Allergens

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

1



## Chop the vegetables

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

2



## Boil the pasta

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

3



## Finish the sauce

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

4



## Serve

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

# Hoisin Salmon with Sticky Soy Vegetables

## over brown rice with gomashio, lime & sesame dressing

Total time: 30 - 40 min. Health Conscious Choice





Salmon fillet


Hoisin sauce


Quick-cook brown rice


Onion


Courgette


Furikake


Sesame oil


Gomashio


Lime


Garlic


Romano pepper

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Salmon fillet* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Hoisin sauce (g) | 15 | 25 | 40 | 50 | 65 | 75 |
| Quick-cook brown rice (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Courgette* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Furikake (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Sesame oil (ml) | 5 | 10 | 15 | 20 | 25 | 30 |
| Gomashio (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Lime* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Romano pepper* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| **Not included** | | | | | | |
| Sunflower oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Honey [or plant-based alternative] (tsp) | 2 | 4 | 6 | 8 | 10 | 12 |
| Sambal (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Reduced salt] soy sauce (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3146 /752 | 648 /155 |
| Total fat (g) | 33 | 7 |
| of which saturated(g) | 5,1 | 1,1 |
| Carbonhydrates (g) | 83 | 17 |
| of which sugars (g) | 21,2 | 4,4 |
| Fiber (g) | 7 | 2 |
| Protein (g) | 28 | 6 |
| Salt (g) | 3,2 | 0,7 |

## Allergens

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

1



## Prepare

- Preheat the oven to 200°C. Boil plenty of water in a pot or saucepan.
- Cut the onion into wedges.
- Slice the courgette into crescents. Cut the Romano pepper into strips.
- Transfer the vegetables to a large bowl and drizzle with sunflower oil. Season to taste with salt and pepper, then toss well to coat.

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

2



## Roast the vegetables

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

3



## Boil the rice

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

4



## Serve

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

# No-Chicken Bulgur Bowl with Orange Vinaigrette

## with Greek-style cheese, carrot & raisins

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





Bulgur


Greek-style cheese


Plant-based chicken pieces


Orange


Raisins


African-inspired spice mix


Spinach


Onion


Carrot


Persian cucumber

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Bulgur (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Greek-style cheese* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Plant-based chicken pieces* (g) | 80 | 160 | 240 | 320 | 400 | 480 |
| Orange* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Raisins (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| African-inspired spice mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Spinach* (g) | 50 | 100 | 200 | 200 | 300 | 300 |
| Onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Carrot* (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Persian cucumber* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| **Not included** | | | | | | |
| Low sodium vegetable stock cube (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Red wine vinegar (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Mustard (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Extra virgin olive oil (tbsp) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| [Plant-based] butter (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 2837 /678 | 582 /139 |
| Total fat (g) | 26 | 5 |
| of which saturated(g) | 10,3 | 2,1 |
| Carbonhydrates (g) | 86 | 18 |
| of which sugars (g) | 20 | 4,1 |
| Fiber (g) | 15 | 3 |
| Protein (g) | 30 | 6 |
| Salt (g) | 2,5 | 0,5 |

## Allergens

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

1



## Cook the bulgur

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

2



## Fry the veggie chicken

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

3



## Make the vinaigrette

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

4



## Serve

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

# Shrimp Curry Vol Au Vents

## with parsley, arugula-cucumber salad & Romano pepper

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





Puff pastry cup


Romano pepper


Onion


Garlic


Shrimp


Carrot


Curry powder


Arugula


Fresh flat leaf parsley


Persian cucumber

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Puff pastry cup (unit(s)) | 2 | 4 | 6 | 8 | 10 | 12 |
| Romano pepper* (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Shrimp* (g) | 80 | 160 | 240 | 320 | 400 | 480 |
| Onion (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Carrot* (unit(s)) | ½ | 1 | 1 | 1 | 2 | 2 |
| Curry powder (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Arugula* (g) | 30 | 60 | 90 | 120 | 150 | 180 |
| Fresh flat leaf parsley* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Persian cucumber* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| **Not included** | | | | | | |
| Low sodium vegetable stock (ml) | 75 | 150 | 225 | 300 | 375 | 450 |
| [Plant-based] milk (ml) | 75 | 150 | 225 | 300 | 375 | 450 |
| Flour (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| [Plant-based] butter (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Mustard (tbsp) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Extra virgin olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Honey [or plant-based alternative] (tbsp) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Salt and pepper | to taste | | | | | |

* *store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3088 /738 | 540 /129 |
| Total fat (g) | 46 | 8 |
| of which saturated(g) | 22,6 | 3,9 |
| Carbonhydrates (g) | 54 | 9 |
| of which sugars (g) | 16,7 | 2,9 |
| Fiber (g) | 7 | 1 |
| Protein (g) | 26 | 4 |
| Salt (g) | 1,8 | 0,3 |

## Allergens

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

1



## Prepare

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

3



## Make the salad

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

2



## Make the curry

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

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

4



## Serve

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

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

## with cabbage, coriander & sesame seeds

Total time: 10 - 20 min. Quick Vegetarian





Plant-based chicken pieces


Garlic


East Asian-style sauce


Fresh coriander


Sesame seeds


Wholewheat noodles


Vegetable mix with cabbage

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Plant-based chicken pieces* (g) | 80 | 160 | 240 | 320 | 400 | 480 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| East Asian-style sauce* (g) | 35 | 70 | 105 | 140 | 175 | 210 |
| Fresh coriander* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Sesame seeds (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Wholewheat noodles (g) | 75 | 150 | 200 | 300 | 350 | 450 |
| Vegetable mix with cabbage* (g) | 200 | 400 | 600 | 800 | 1000 | 1200 |
| Not included | | | | | | |
| Sunflower oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Reduced salt] soy sauce (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Sugar (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Sambal (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| White wine vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| [Plant-based] butter (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt and pepper | to taste | | | | | |
| Sunflower oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Reduced salt] soy sauce (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Sugar (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Sambal (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| White wine vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3954 /945 | 752 /180 |
| Total fat (g) | 49 | 9 |
| of which saturated(g) | 15,6 | 3 |
| Carbonhydrates (g) | 96 | 18 |
| of which sugars (g) | 21,5 | 4,1 |
| Fiber (g) | 12 | 2 |
| Protein (g) | 28 | 5 |
| Salt (g) | 9,8 | 1,9 |

## Allergens

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

1



## Prepare

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

2



## Boil the noodles

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

3



## Fry the veggie chicken

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

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

4



## Serve

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

# Sweet & Sticky Shrimp with Yogurt Sauce

## over bulgur with fresh herbs, cucumber & bell pepper

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




- Bulgur
- Shrimp
- Garlic
- Red onion
- Bell pepper
- Cucumber
- Fresh flat leaf parsley & mint
- Organic full-fat yogurt
- Mango ketchup
- Za'atar
- Hello Harissa

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Bulgur (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Shrimp* (g) | 80 | 160 | 240 | 320 | 400 | 480 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Red onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Bell pepper* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Cucumber* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Fresh flat leaf parsley & mint* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Organic full-fat yogurt* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Mango ketchup* (g) | 30 | 60 | 90 | 120 | 150 | 180 |
| Za'atar (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Hello Harissa (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| **Not included** | | | | | | |
| Low sodium beef or vegetable stock (ml) | 175 | 350 | 525 | 700 | 875 | 1050 |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Plant-based] butter (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| White wine vinegar (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Sugar (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Plant-based] mayonnaise (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Extra virgin olive oil | | | to taste | | | |
| Low sodium beef or vegetable stock (ml) | 175 | 350 | 525 | 700 | 875 | 1050 |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 4326 /1034 | 374 /89 |
| Total fat (g) | 65 | 6 |
| of which saturated(g) | 19,8 | 1,7 |
| Carbonhydrates (g) | 88 | 8 |
| of which sugars (g) | 25,3 | 2,2 |
| Fiber (g) | 12 | 1 |
| Protein (g) | 29 | 2 |
| Salt (g) | 3,8 | 0,3 |

## Allergens

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

1



## Prepare the bulgur

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

2



## Fry the vegetables

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

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

3



## Fry the shrimp

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

4



## Serve

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

# Spicy Chicken Curry in Richly Fragrant Coconut Sauce

## over brown rice with coriander & bell pepper

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





Bell pepper


Quick-cook brown rice


Coconut milk


Soy sauce


African-inspired spice mix


Tinned cherry tomatoes


Fresh coriander


Chopped onion


Yellow curry spices


Garlic


Red chili pepper


Ginger paste


Chicken thigh strips

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Quick-cook brown rice (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Bell pepper* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Coconut milk (ml) | 90 | 180 | 250 | 360 | 430 | 540 |
| Soy sauce (ml) | 5 | 10 | 15 | 20 | 25 | 30 |
| Tinned cherry tomatoes (can) | ½ | 1 | 1 | 2 | 2 | 3 |
| Fresh coriander* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Chopped onion* (g) | 25 | 50 | 100 | 100 | 150 | 150 |
| Yellow curry spices (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Garlic (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Red chili pepper* (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Ginger paste* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Chicken thigh strips* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| African-inspired spice mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| **Not included** | | | | | | |
| Low sodium vegetable stock cube (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Sunflower oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Sugar (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt and pepper | to taste | | | | | |
| Low sodium vegetable stock cube (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Sunflower oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3795 /907 | 592 /142 |
| Total fat (g) | 48 | 7 |
| of which saturated(g) | 20,7 | 3,2 |
| Carbonhydrates (g) | 85 | 13 |
| of which sugars (g) | 22,2 | 3,5 |
| Fiber (g) | 10 | 2 |
| Protein (g) | 29 | 5 |
| Salt (g) | 2,7 | 0,4 |

## Allergens

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

1



## Prepare

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

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

2



## Fry the chicken

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

3



## Make the curry

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

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

4



## Serve

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

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

## fresh & tasty in a flash!

Total time: 5 - 15 min. Family Quick





Seasoned beef mince


Birria paste


Lime


Peruvian-style spice mix


Guacamole


Corn


Greek-style cheese


Wholewheat mini tortilla


Rainbow slaw mix

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Seasoned beef mince* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Birria paste (g) | 20 | 40 | 60 | 80 | 100 | 120 |
| Peruvian-style spice mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Guacamole* (g) | 40 | 80 | 120 | 160 | 200 | 240 |
| Corn (g) | 70 | 140 | 210 | 285 | 350 | 425 |
| Greek-style cheese* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Wholewheat mini tortilla (unit(s)) | 4 | 8 | 12 | 16 | 20 | 24 |
| Rainbow slaw mix* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Lemon* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| **Not included** | | | | | | |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Plant-based] mayonnaise (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt and pepper | to taste | | | | | |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Plant-based] mayonnaise (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt and pepper | to taste | | | | | |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Plant-based] mayonnaise (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 4745 /1134 | 871 /208 |
| Total fat (g) | 77 | 14 |
| of which saturated(g) | 19,3 | 3,5 |
| Carbonhydrates (g) | 63 | 12 |
| of which sugars (g) | 14,2 | 2,6 |
| Fiber (g) | 19 | 3 |
| Protein (g) | 39 | 7 |
| Salt (g) | 5 | 0,9 |

## Allergens

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

1



## Fry the mince

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

2



## Make the slaw

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

3



## Finish

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

4



## Serve

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