Chicken Orzo with Middle Eastern Spices

with mascarpone, pepper & leek

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




Red chili pepper


Onion


Garlic


Bell pepper


Leek


Orzo


Middle Eastern spice mix


Tomato paste


Seasoned chicken mince


Mascarpone


Grated Italian-style cheese

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	1	2	2	3	3
Bell pepper* (unit(s))	½	1	1	2	2	3
Leek* (unit(s))	½	1	2	2	3	3
Orzo (g)	75	150	225	300	375	450
Middle Eastern spice mix (sachet(s))	¼	½	¾	1	1¼	1½
Tomato paste (can)	½	1	1½	2	2½	3
Seasoned chicken mince* (g)	100	200	300	400	500	600
Mascarpone* (g)	25	50	75	100	125	150
Grated Italian-style cheese* (g)	15	20	40	50	60	70
Not included						
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Balsamic 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)	2975 /711	444 /106
Total fat (g)	27	4
of which saturated(g)	15,9	2,4
Carbonhydrates (g)	76	11
of which sugars (g)	20,1	3
Fiber (g)	12	2
Protein (g)	36	5
Salt (g)	2,1	0,3

Allergens

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

1



Prepare

- Prepare the stock in a pot or saucepan.
- Chop the onion and crush or mince the garlic.
- Deseed and finely chop the red chili pepper. Dice the bell pepper.
- Boil the orzo in the stock for 10 - 12 minutes over low heat, covered, stirring regularly (see Tip).

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

3



Finish

- Stir in the leek and the bell pepper, then fry for 5 minutes over medium heat, covered.
- Add the balsamic vinegar and the orzo and fry for 1 minute.
- Stir in half of the mascarpone and season to taste with salt and pepper.

2



Fry the mince

- Melt a knob of butter in a large deep frying pan over medium heat. Fry the onion with the garlic, chili pepper* and Middle Eastern spices for 2 minutes.
- Add the tomato paste and the mince and fry for 3 minutes, separating the mince as you do so.
- Meanwhile, cut the leek into half rings.

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

4



Serve

- Serve the orzo on plates and top with the rest of the mascarpone.
- Garnish with the cheese to finish.

Bulgogi Chicken Noodle Stir-Fry

with sweetheart cabbage, sesame seeds & scallions

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




Wholewheat noodles


Seasoned chicken mince


Fresh ginger


Garlic


Chopped sweetheart cabbage


Bell pepper


Broccoli


Scallions


Bulgogi sauce


Soy sauce


Sesame seeds

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Wholewheat noodles (g)	50	100	150	200	250	300
Seasoned chicken mince* (g)	100	200	300	400	500	600
Fresh ginger* (tsp)	1¼	2½	3¾	5	6¼	7½
Garlic (unit(s))	1	2	3	4	5	6
Chopped sweetheart cabbage* (g)	100	200	300	400	500	600
Bell pepper* (unit(s))	½	1	2	2	3	3
Broccoli* (g)	125	250	360	500	610	750
Scallions* (g)	31¼	62½	93¾	125	156¼	187½
Bulgogi sauce (g)	35	70	105	140	175	210
Soy sauce (ml)	5	10	15	20	25	30
Sesame seeds (g)	2½	5	7½	10	12½	15
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	1	2	3	4	5	6
Water for the sauce (tbsp)	1	2	3	4	5	6

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2343 /560	406 /97
Total fat (g)	17	3
of which saturated(g)	3,6	0,6
Carbonhydrates (g)	64	11
of which sugars (g)	18,5	3,2
Fiber (g)	14	2
Protein (g)	34	6
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

- Boil plenty of water in a pot or saucepan.
- Cut the head of the broccoli into florets and dice the stem. Parboil the broccoli for 4 - 5 minutes.
- Meanwhile, cut the bell pepper into strips. Finely chop the scallions and set aside a small amount of the greens to use later as garnish.
- Crush or mince the garlic and grate the ginger with a microplane.

3



Cook the noodles

- Add the bulgogi sauce, the scallions and the bell pepper, then stir-fry for 4 - 5 minutes over medium-high heat.
- Transfer the cabbage and the noodles to the broccoli, then cook for another 4 - 5 minutes.
- Drain and transfer to the frying pan.

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

2



Stir-fry

- Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat. Fry the garlic and the ginger for 1 - 2 minutes (see Tip).
- Add the mince and fry for 2 - 3 minutes, separating it as you do so.

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

4



Serve

- Deglaze with the soy sauce, the white wine vinegar and the water for the sauce. Mix well and cook for 1 more minute over high heat.
- Serve the stir-fry on plates.
- Garnish with the sesame seeds and the reserved scallion greens.

Wholewheat Orzo Salad with Crispy Salami Ribbons

with zesty lemon cream cheese & mini Roma tomatoes

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




Wholewheat orzo


Salami


Garlic


Red onion


Courgette


Fresh celery leaves


Parmigiano Reggiano DOP


Fresh basil


Mini Roma tomatoes


Lemon


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 orzo (g)	75	150	225	300	375	450
Salami* (slice(s))	3	6	9	12	15	18
Garlic (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1½	2	2½	3
Courgette* (unit(s))	½	1	1	2	2	3
Fresh celery leaves* (g)	5	10	15	20	25	30
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Fresh basil* (g)	5	10	15	20	25	30
Mini Roma tomatoes* (g)	62½	125	250	250	375	375
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Fresco spalmabile - cream cheese* (g)	25	50	75	100	125	150
Not included						
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Balsamic vinegar (tsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
White wine vinegar (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2946 /704	676 /162
Total fat (g)	37	8
of which saturated(g)	11,6	2,7
Carbonhydrates (g)	66	15
of which sugars (g)	17,4	4
Fiber (g)	10	2
Protein (g)	23	5
Salt (g)	1,6	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 orzo for 10 - 12 minutes, then drain and rinse under cold water.
- Meanwhile, cut the salami into ribbons. Chop the onion and crush or mince the garlic.
- Quarter the courgette lengthways and then thinly slice it. Finely chop the celery leaves.

3



Prepare the toppings

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

2



Fry the vegetables

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

4



Serve

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

Wholewheat Fusilli with Miso Mushrooms

with Grana Padano, spinach & gomashio

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




White miso paste


Mushrooms


Spinach


Garlic


Grana Padano flakes DOP


Cooking cream


Red chili pepper


Gomashio-herb mix


Wholewheat fusilli


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
White miso paste (g)	20	40	60	75	100	115
Mushrooms* (g)	125	250	400	400	650	650
Spinach* (g)	100	200	300	400	500	600
Garlic (unit(s))	1	2	3	4	5	6
Grana Padano flakes DOP* (g)	10	20	30	40	50	60
Cooking cream (g)	75	150	225	300	375	450
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Gomashio-herb mix (sachet(s))	½	1	1½	2	2½	3
Wholewheat fusilli (g)	90	180	270	360	450	540
Onion (unit(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2732 /653	579 /138
Total fat (g)	25	5
of which saturated(g)	11,1	2,4
Carbonhydrates (g)	74	16
of which sugars (g)	13	2,8
Fiber (g)	13	3
Protein (g)	27	6
Salt (g)	2,9	0,6

Allergens

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

1



Prepare

- Boil plenty of water in a pot or saucepan for the pasta.
- Deseed and finely chop the red chili pepper*. Chop the onion and crush or mince the garlic. Quarter the mushrooms.
- Boil the pasta for 10 - 12 minutes, covered, then reserve 50ml pasta water per person. Drain and set aside.

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

2



Fry the vegetables

- Heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the mushrooms for 3 - 4 minutes, then stir in the garlic, onion and chili pepper and fry for 1 - 2 more minutes.
- Add the miso paste* and the cream, then cook for another 1 - 2 minutes.

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

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

3



Finish

- Stir in the spinach and cook for 2 - 3 minutes, or until the spinach has wilted and reduced.
- Transfer the pasta to the sauce and mix well to combine, adding a splash of pasta water as needed.
- Taste and season with salt and pepper if necessary.
- Meanwhile, in a small bowl combine the Grana Padano with the the gomashio-herb mix.

4



Serve

- Serve the pasta on plates.
- Garnish with the Grana Padano-gomashio topping.

Hearty Chicken & Root Vegetable Pie

with onion chutney & seed-studded mesclun salad

Total time: 50 - 60 min.




Puff pastry


Chicken mince with Mediterranean herbs


Garlic


Onion


Parsnip


Carrot


Nutmeg


Onion chutney


Fresh sage


Mesclun


Yellow mustard seeds


Sunflower seeds

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Puff pastry* (roll(s))	⅓	⅔	1	1⅓	1⅔	2
Chicken mince with Mediterranean herbs* (g)	100	200	300	400	500	600
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Parsnip* (unit(s))	½	1	2	2	3	3
Carrot* (unit(s))	½	1	1	2	2	3
Nutmeg (pinch)	1	1	2	2	3	3
Onion chutney* (g)	20	40	60	80	100	120
Fresh sage* (g)	5	10	15	20	25	30
Mesclun* (g)	40	60	90	120	150	180
Yellow mustard seeds (sachet(s))	½	1	1½	2	2½	3
Sunflower seeds (g)	10	20	30	40	50	60
Not included						
Low sodium beef stock (ml)	50	100	150	200	250	300
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	½	1	1½	2	2½	3
[Plant-based] milk	splash					
Extra virgin olive oil	to taste					
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3410 /815	591 /141
Total fat (g)	43	8
of which saturated(g)	21,1	3,7
Carbonhydrates (g)	72	12
of which sugars (g)	23,2	4
Fiber (g)	16	3
Protein (g)	31	5
Salt (g)	2	0,4

Allergens

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

1



Prepare

- Preheat the oven to 220°C and prepare the stock.
- Chop the onion and crush or mince the garlic. Wash or peel the parsnip and carrot, then finely dice both.
- Melt a knob of butter in a large wok or deep frying pan over medium-high heat.
- Fry the onion, garlic, carrot and parsnip for 5 - 7 minutes. Season generously with salt and pepper.

2



Chop the sage

- Add the mince and fry for 4 - 5 minutes, breaking it up as you do so.
- Finely chop the sage leaves.
- Grate a pinch of nutmeg directly into the pan, then add the sage, the onion chutney and the stock.
- Bring to a boil and cook for 2 - 3 minutes, or until reduced.

Tip: *if necessary, add 0.5 tbsp flour per person so as to thicken it.*

3



Assemble

- Transfer the filling to an oven dish (see Tip).
- Top with the pastry, then cut off the excess (and if preferred, use it to decorate the top of the pie).
- Use a fork to pierce the surface of the pie several times.

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

4



Toast the sunflower seeds

- Brush the top of the pie with some milk, then bake in the oven for 20 - 25 minutes until golden-brown.
- In the meantime, heat a clean frying pan over medium-high heat and toast the sunflower seeds until golden-brown.
- Remove from the pan and set aside.

5



Finish

- In a small bowl, combine the white wine vinegar with the mustard seeds.
- Season to taste with a pinch of salt.
- In a bowl, combine the lettuce with some extra virgin olive oil as preferred.
- Season to taste with salt and pepper.

6



Serve

- Serve the pie with the salad alongside.
- Garnish the salad with the mustard seeds and the sunflower seeds.

Rosemary-Panko Cod with Roasted Vegetables

over giant couscous with fresh parsley

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



- Cod fillet
- Giant couscous
- Panko breadcrumbs
- Tomato ketchup
- Courgette
- Bell pepper
- Red onion
- Garlic
- Fresh rosemary
- Middle Eastern spice mix
- Fresh flat leaf parsley

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Cod fillet* (unit(s))	1	2	3	4	5	6
Giant couscous (g)	75	150	225	300	375	450
Panko breadcrumbs (g)	15	35	50	70	85	105
Tomato ketchup* (g)	30	60	90	120	150	180
Courgette* (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
Garlic (unit(s))	½	1	1½	2	2½	3
Fresh rosemary* (sprig)	½	1	1½	2	2½	3
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Not included						
Flour (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1¼	2½	3¾	5	6¼	7½
Low sodium vegetable stock (ml)	150	300	450	600	750	900
Extra virgin olive oil	to taste					
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2791 /667	418 /100
Total fat (g)	19	3
of which saturated(g)	3,2	0,5
Carbonhydrates (g)	87	13
of which sugars (g)	18,6	2,8
Fiber (g)	9	1
Protein (g)	34	5
Salt (g)	1,4	0,2

Allergens

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

1



Prepare

- Preheat the oven to 200°C.
- Quarter and deseed the bell pepper, then cut into rough pieces.
- Slice the courgette into crescents and slice the onion into half-rings.

2



Fry the vegetables

- Transfer the vegetables to a parchment-lined baking sheet.
- Scatter over half of the Middle Eastern spices and drizzle with olive oil.
- Season with salt and pepper, then toss well to combine.
- Roast the vegetables for 20 - 25 minutes, then transfer to a bowl and drizzle with the balsamic vinegar. Set aside to marinate.

3



Boil the giant couscous

- Meanwhile, prepare the stock and crush or mince the garlic.
- Heat a light drizzle of olive oil in a pot or saucepan over medium-high heat. Fry the garlic with the rest of the Middle Eastern spices for 1 minute.
- Add the giant couscous and toast the grains for 1 minute, then pour in the stock.
- Cover with the lid and boil for 12 - 14 minutes until done.

4



Prepare the breading

- Discard the rosemary stalks and finely chop the leaves.
- On a deep plate, combine the panko with the rosemary and season with salt and pepper.
- Transfer the flour to another deep plate and the ketchup to a third.

5



Fry the fish

- Coat the fish first with the flour, then with the ketchup and finally with the panko.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and sear the fish for 1 minute per side.
- Transfer to an oven dish and bake for 6 - 8 minutes, or until done.

6



Serve

- Roughly chop the parsley in the meantime.
- Serve the giant couscous on plates with everything else alongside.
- Drizzle with the residual balsamic vinegar and some extra virgin olive oil as preferred.
- Garnish with the parsley to finish.

Surinamese-Style Bami with Chicken Tenderloin

with quick-pickled cucumber & crispy onions

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




Onion


Garlic


Fresh ginger


Persian cucumber


Surinamese-style spices


Chicken tenderloin


Tomato paste


Reduced salt soy sauce


Fresh celery leaves


Crispy fried onions


Bell Pepper


Linguine

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Fresh ginger* (tsp)	1	2	3	4	5	6
Persian cucumber* (unit(s))	½	1	1½	2	2½	3
Surinamese-style spices (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Chicken tenderloin* (g)	100	200	300	400	500	600
Tomato paste (can)	¼	½	¾	1	1¼	1½
Reduced salt soy sauce (ml)	10	20	30	40	50	60
Fresh celery leaves* (g)	5	10	15	20	25	30
Crispy fried onions (g)	15	30	45	60	75	90
Bell Pepper* (unit(s))	½	1	2	2	3	3
Linguine (g)	90	180	270	360	450	540
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
[Reduced salt] ketjap manis (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	1	2	3	4	5	6
Sugar (tbsp)	½	1	1½	2	2½	3
Sambal	to taste					
Low sodium chicken stock cube (unit(s))	⅛	¼	⅓	½	⅜	¾

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2908 /695	591 /141
Total fat (g)	16	3
of which saturated(g)	4,9	1
Carbonhydrates (g)	93	19
of which sugars (g)	23,1	4,7
Fiber (g)	9	2
Protein (g)	42	9
Salt (g)	2,1	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 salted water in a pot or saucepan for the linguine.
- Chop the onion and crush or mince the garlic.
- Grate the ginger. Halve the cucumber lengthways and scoop out the seeds, then slice into crescents. Cut the bell pepper into strips.
- Cut the chicken into strips.

2



Prepare the cucumber

- In a salad bowl, combine the white wine vinegar with the sugar, then add the cucumber and toss well to combine.
- Boil the linguine for 9 - 11 minutes, then reserve some of the pasta water before draining and setting aside.
- Meanwhile, heat a drizzle of sunflower oil in a wok over medium-high heat. Fry the onion with the garlic, ginger and Surinamese-style spices for 2 - 3 minutes.

3



Finish

- Stir in the chicken and the bell pepper, then fry for 7 minutes.
- Stir in the tomato paste, soy sauce and ketjap, then crumble in the stock cube (see pantry for amount). Stir-fry for 1 minute.
- Transfer the linguine to the wok and toss well to combine, adding a splash of pasta water as necessary if it seems too thick.

4



Serve

- Finely chop the celery leaves.
- Serve the bami on plates with some sambal as preferred. Garnish with the celery leaves and the crispy onions.
- Serve the quick-pickled cucumber alongside.

Chicken & Roasted Sweet Potato Bowl

with avocado & tomato salsa

Total time: 30 - 40 min. Health Conscious Choice




Chicken thigh strips


Sweet potato


Carrot


Tomato


Avocado


Garlic


Fresh coriander


Copacabana-style 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
Chicken thigh strips* (g)	100	200	300	400	500	600
Sweet potato (g)	225	450	675	900	1125	1350
Carrot* (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	1	2	3	4	5	6
Avocado (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	1	2	2	3	3
Fresh coriander* (g)	5	10	15	20	25	30
Copacabana-style spice mix (sachet(s))	½	1	1½	2	2½	3
Not included						
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	½	1	1½	2	2½	3
Mustard (tsp)	1	2	3	4	5	6
Extra virgin olive oil (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)	3105 /742	511 /122
Total fat (g)	44	7
of which saturated(g)	9,6	1,6
Carbonhydrates (g)	61	10
of which sugars (g)	22,3	3,7
Fiber (g)	12	2
Protein (g)	24	4
Salt (g)	1,1	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 210°C.
- Peel or thoroughly wash the sweet potato and cut it into wedges. Slice the carrot into crescents.
- Transfer the carrot, the sweet potato, half of the Copacabana-style spice spice mix* and a pinch of salt to a bowl.
- Drizzle lightly with olive oil, then toss well to coat.

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

2



Roast the vegetables

- Transfer the sweet potato and the carrot to a parchment-lined baking sheet and roast in the oven for 10 - 15 minutes.
- Peel the garlic clove in the meantime.
- Add the garlic to the baking sheet and toss well.
- Return to the oven for a further 5 - 10 minutes, or until the carrot and the sweet potato are golden-brown.

Did you know... *the sweet potato in this recipe contains thiamin, a vitamin that supports normal energy levels in the body.*

3



Fry the chicken

- Heat a light drizzle of olive oil in a frying pan over medium-high heat.
- Fry the chicken with the rest of the Copacabana-style spice mix for 7 minutes.
- Season to taste with salt and pepper.

4



Make the salsa

- Dice the tomato and roughly chop the coriander (see Tip).
- In a bowl, combine the tomato and the coriander with the extra virgin olive oil.
- Season to taste with salt and pepper.

Tip: *you can also serve the coriander separately so as to allow everyone to garnish as preferred.*

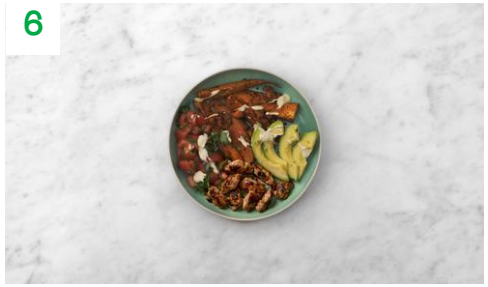
5



Make the dressing

- Halve and pit the avocado, then remove the skin and slice the flesh.
- Crush or finely chop the roasted garlic clove.
- In a small bowl, combine the white wine vinegar with the mayonnaise, the garlic and the mustard.
- Season to taste with salt and pepper.

6



Serve

- Serve the roasted carrot and sweet potato on deep plates with everything else alongside.
- Drizzle with the dressing to finish.

Homemade Chicken Sausage Rolls with Baby Potatoes

with crunchy apple-cucumber salad

Total time: 45 - 55 min. Health Conscious Choice




Puff pastry


Chicken mince with Mediterranean herbs


Grated Gouda


Red onion


Baby potatoes


Apple


Lamb's lettuce


Pumpkin seeds


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* (roll(s))	¼	½	¾	1	1¼	1½
Chicken mince with Mediterranean herbs* (g)	100	200	300	400	500	600
Grated Gouda* (g)	15	25	40	50	65	75
Red onion (unit(s))	½	1	1½	2	2½	3
Baby potatoes (g)	125	250	375	500	625	750
Apple* (unit(s))	½	1	1½	2	2½	3
Lamb's lettuce* (g)	30	60	90	120	150	180
Pumpkin seeds (g)	5	10	15	20	25	30
Persian cucumber* (unit(s))	½	1	1½	2	2½	3
Not included						
White wine vinegar (tsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	75	150	225	300	375	450
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	¼	½	¾	1	1¼	1½
Mustard (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)	3268 /781	511 /122
Total fat (g)	40	6
of which saturated(g)	18,4	2,9
Carbonhydrates (g)	67	10
of which sugars (g)	15,1	2,4
Fiber (g)	12	2
Protein (g)	33	5
Salt (g)	2,1	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.
- Halve the necessary amount of pastry lengthways.
- Transfer the mince to the pastry, making a sausage shape.
- Scatter over the cheese and then dab one edge of the pastry with some water.

2



Make the sausage rolls

- Roll the dry side of the pastry towards the wet side and press well so as to seal it.
- Transfer the sausage rolls to a parchment-lined baking sheet with the seam facing down.
- Score the top of the sausage rolls diagonally and season with salt and pepper.
- Bake for 25 - 30 minutes or until the pastry turns golden-brown.

3



Fry the vegetables

- Prepare the stock. Chop the onion and halve the baby potatoes.
- Melt a small knob of butter in a deep frying pan over medium-high heat. Fry half of the onion for 2 minutes.
- Deglaze with the stock, then add the baby potatoes and cover with the lid.
- Allow to cook for 12 - 15 minutes, or until the potatoes are done. Drain and then rinse under cold water.

4



Toast the pumpkin seeds

- Heat a clean frying pan over high heat and toast the pumpkin seeds until they start to pop.
- Remove from the pan and set aside.
- Meanwhile, core and slice the apple.
- Dice the cucumber.

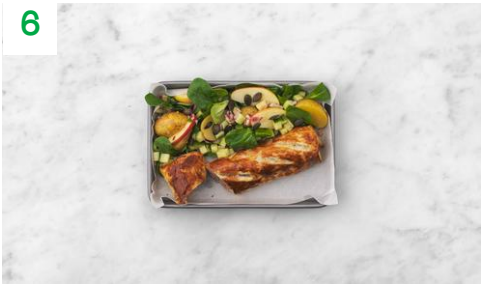
5



Make the vinaigrette

- In a salad bowl, combine the rest of the onion with the extra virgin olive oil, the mustard and the white wine vinegar.
- Season to taste with salt and pepper.
- Shortly before serving, add the cucumber, baby potatoes, lettuce and apple to the salad bowl.
- Toss well to combine with the dressing.

6



Serve

- Serve the sausage rolls with the salad and garnish with the pumpkin seeds.

Creamy Chicken Rigatoni with Parmigiano Reggiano

in mascarpone-tomato sauce with fresh basil

Total time: 30 - 40 min. Health Conscious Choice



- Red onion
- Garlic
- Tomato
- Rigatoni
- Passata
- Fresh basil
- Mascarpone
- Parmigiano Reggiano DOP
- Italian seasoning
- Chicken mince with Mediterranean herbs
- Bell 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
Red onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Tomato (unit(s))	1	2	3	4	5	6
Rigatoni (g)	90	180	270	360	450	540
Passata (g)	100	200	300	390	500	590
Fresh basil* (g)	5	10	15	20	25	30
Mascarpone* (g)	25	50	75	100	125	150
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Chicken mince with Mediterranean herbs* (g)	100	200	300	400	500	600
Bell pepper* (unit(s))	½	1	2	2	3	3
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tsp)	1	2	3	4	5	6
Sugar (tsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3247 /776	559 /134
Total fat (g)	27	5
of which saturated(g)	12,9	2,2
Carbonhydrates (g)	90	15
of which sugars (g)	21,6	3,7
Fiber (g)	11	2
Protein (g)	39	7
Salt (g)	1,7	0,3

Allergens

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

1



Prepare

- Boil plenty of salted water in a pot or saucepan and cook the pasta for 13 - 15 minutes, covered. Reserve at least 20ml pasta water per person, then drain and set aside.
- In the meantime, chop the onion and crush or mince the garlic.
- Dice the tomato and the bell pepper.
- Chop the basil into ribbons and grate the Parmigiano Reggiano.

2



Make the sauce

- Heat a drizzle of olive oil in a deep frying pan over medium-high heat and fry the onion with the garlic for 1 - 2 minutes.
- Add the tomato and the bell pepper, then fry for 3 - 4 more minutes.
- Deglaze with the balsamic vinegar, then add the passata, the mascarpone and the sugar.
- Simmer for 6 minutes over medium heat, covered.

3



Fry the mince

- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the mince with the Italian seasoning for 4 - 5 minutes, breaking it up as you do so.
- Season with salt and pepper, then transfer to the sauce.

4



Serve

- Transfer the pasta, the reserved pasta water and half of the basil to the sauce.
- Mix well to combine, adding an extra splash of pasta water as necessary if the sauce is too thick. Season to taste with salt and pepper.
- Serve the pasta on plates. Garnish with the cheese and the rest of the basil.

Sweet & Spicy Salmon Stir-Fry

with organic salmon | over rice noodles with furikake & vegetables

Total time: 20 - 30 min. Quick




Organic skin-on salmon fillet

Rice noodles


Red onion


Garlic


Carrot


Bell pepper


East Asian-style sauce


Ponzu


Furikake

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
Rice noodles (g)	75	150	225	300	375	450
Red onion (unit(s))	½	1	2	2	3	3
Garlic (unit(s))	1	2	3	4	5	6
Carrot* (unit(s))	½	1	1	2	2	3
Bell pepper* (unit(s))	½	1	2	2	3	3
East Asian-style sauce* (g)	35	70	105	140	175	210
Ponzu (g)	12	24	36	48	60	72
Furikake (sachet(s))	½	1	1½	2	2½	3
Not included						
Sunflower oil (tbsp)	1	2	3	4	5	6
Sambal (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
[Reduced salt] ketjap manis (tsp)	2	4	6	8	10	12
Water (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3745 /895	695 /166
Total fat (g)	41	8
of which saturated(g)	8,8	1,6
Carbonhydrates (g)	96	18
of which sugars (g)	24,7	4,6
Fiber (g)	8	1
Protein (g)	34	6
Salt (g)	3,8	0,7

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 and crumble in the stock cube (see pantry for amount).
- Crush or mince the garlic.
- Transfer the fish to a bowl and add the garlic, the East Asian-style sauce, the ponzu, the ketjap and the sambal.
- Mix well to combine, then cover with aluminum foil and transfer to the fridge to marinate.

2



Boil the noodles

- Slice the onion into half-rings and cut the bell pepper into strips
- Julienne the carrot (cut into matchsticks).
- Boil the noodles for 6 - 7 minutes until a dente. Reserve a small amount of the cooking liquid, then drain and rinse under cold water.
- Return the noodles to the pot and drizzle with sunflower oil, then toss well to coat so as to prevent the noodles from sticking together.

3



Fry the fish

- Heat a drizzle of sunflower oil in a wok or deep frying pan and stir-fry the vegetables for 6 - 7 minutes over medium-high heat.
- Melt a knob of butter in a frying pan over medium-high heat. Fry the fish without its marinade for 2 - 3 minutes on its skin.
- Set the marinade aside to use in the next step.
- Flip the fish and add the water (see pantry for amount). Fry for 2 minutes on the other side.

4



Serve

- Transfer the noodles to the vegetables, then stir in the marinade and some of the cooking liquid as necessary.
- Fry for 1 more minute, seasoning to taste with salt and pepper.
- Serve everything in bowls or on deep plates and garnish with the furikake to finish.

Organic Steak | with Kohlrabi-Apple Salad

with potato wedges & fresh herbs

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




Organic steak


Potatoes


Kohlrabi


Apple


Onion chutney


Fresh flat leaf parsley

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Organic steak* (unit(s))	1	2	3	4	5	6
Potatoes (g)	200	400	600	800	1000	1200
Kohlrabi* (unit(s))	½	1	1	2	2	3
Apple* (unit(s))	½	1	2	2	3	3
Onion chutney* (g)	40	80	120	160	200	240
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Not included						
Water for the potatoes (ml)	25	50	75	100	125	150
[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
White wine vinegar (tsp)	1	2	3	4	5	6
Water for the sauce (tbsp)	1	2	3	4	5	6
Extra virgin olive oil	to taste					
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2858 /683	441 /105
Total fat (g)	29	5
of which saturated(g)	7,6	1,2
Carbonhydrates (g)	71	11
of which sugars (g)	29,3	4,5
Fiber (g)	10	1
Protein (g)	34	5
Salt (g)	2,1	0,3

Allergens

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

1



Prepare

- Take the steak out of the fridge and allow it to reach room temperature.
- Thoroughly wash the potatoes and cut them into wedges.
- Transfer to a deep frying pan and pour in the water (see pantry for amount). Cover with the lid and allow to steam for 12 - 15 minutes over medium heat.
- Drain if necessary, then drizzle with olive oil and fry for 5 - 7 minutes or until done. Season to taste with salt and pepper.

2



Make the salad

- Discard the top of the kohlrabi, then peel and grate it.
- Core and thinly slice the apple. Finely chop the fresh herbs.
- Transfer the kohlrabi and the apple to a salad bowl, then add the mayonnaise and the white wine vinegar.
- Add half of the fresh herbs, then drizzle with extra virgin olive oil as preferred. Season to taste with salt and pepper, then toss well to combine.

3



Fry the steak

- Melt a knob of butter in a frying pan over medium-high heat. When the pan is nice and hot, fry the steak for 1 - 3 minutes per side.
- Remove from the pan and season with salt and pepper, then allow to rest under aluminum foil.
- To the same pan, add the onion chutney and the water for the sauce.
- Mix well and cook for 1 minute over medium-high heat.

4



Serve

- Slice the steak against the grain.
- Serve the potato wedges with the kohlrabi salad and the steak.
- Top the steak with the onion sauce and garnish with the rest of the fresh herbs.

Organic Salmon | with Fennel Risotto

with roasted courgette, lemon & Gouda

Total time: 45 - 55 min. Family




Red onion


Garlic


Fennel


Courgette


Risotto rice


Organic skin-on salmon fillet


Grated Gouda


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

** store in the fridge*

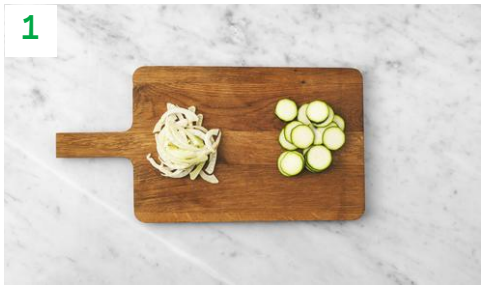
Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3648 /872	414 /99
Total fat (g)	44	5
of which saturated(g)	14,2	1,6
Carbonhydrates (g)	81	9
of which sugars (g)	13,8	1,6
Fiber (g)	6	1
Protein (g)	38	4
Salt (g)	1,8	0,2

Allergens

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

1



Chop the vegetables

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

2



Prepare the fennel

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

3



Make the risotto

- Add the garlic and the risotto rice to the pan and toast the grains for 2 minutes over low heat.
- Deglaze with the rest of the white wine vinegar, then gradually add the stock one ladle at a time.
- Allow the stock to slowly incorporate, stirring regularly.

4

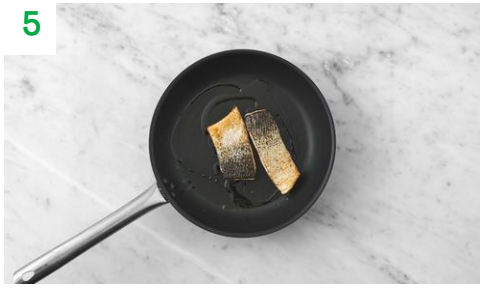


Finish the risotto

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

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

5



Fry the fish

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

6



Serve

- Stir the courgette into the risotto, along with half of the cheese and 0.5 tsp lemon zest per person. Mix well and season to taste with salt and pepper.
- Serve the risotto on deep plates and top with the fish. Squeeze a lemon wedge over each portion and garnish with the rest of the cheese, along with any fennel fronds.
- Serve the fennel salad alongside.

Korean-Style Bulgogi Chicken Loaded Fries

with pickled cucumber, coriander & peanuts

Total time: 40 - 50 min. Health Conscious Choice




Chicken thigh strips


Bulgogi sauce


Potatoes


Korean-style spice mix


Bell pepper


Red onion


Fresh coriander


Cucumber


Salted peanuts

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken thigh strips* (g)	100	200	300	400	500	600
Bulgogi sauce (g)	20	35	55	70	90	105
Potatoes (g)	250	500	750	1000	1250	1500
Korean-style spice mix (sachet(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
Fresh coriander* (g)	5	10	15	20	25	30
Cucumber* (unit(s))	¼	½	¾	1	1¼	1½
Salted peanuts (g)	10	20	30	40	50	60
Not included						
Sunflower oil (tbsp)	1	2	3	4	5	6
White 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
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
[Reduced salt] ketjap manis (tsp)	½	1	1½	2	2½	3
Water for the sauce (tbsp)	½	1	1½	2	2½	3
Sambal	to taste					
Low sodium chicken stock (ml)	25	50	75	100	125	150

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3322 /794	480 /115
Total fat (g)	43	6
of which saturated(g)	8,1	1,2
Carbonhydrates (g)	75	11
of which sugars (g)	24,4	3,5
Fiber (g)	11	2
Protein (g)	28	4
Salt (g)	1,9	0,3

Allergens

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

1



Make the fries

- Preheat the oven to 210°C.
- Peel or thoroughly wash the potatoes, then cut them into fries of no more than 1cm thickness.
- Transfer the fries to a parchment-lined baking sheet and drizzle with sunflower oil. Season with salt and pepper, then toss well to coat.
- Bake in the oven for 25 - 30 minutes, or until golden-brown, tossing halfway.

2



Pickle the cucumber

- Slice the cucumber into thin crescents.
- In a bowl, combine the white wine vinegar with the sugar.
- Add the cucumber and season to taste with salt.
- Toss well to combine and set aside, stirring occasionally.

3



Prepare the garnishes

- In a small bowl, combine the mayonnaise with the water for the sauce and some sambal as preferred.
- Finely chop the coriander.
- Roughly chop the peanuts.

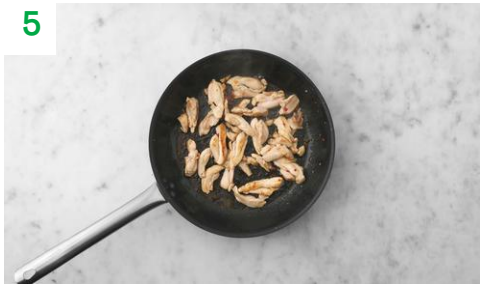
4



Chop the vegetables

- Cut the bell pepper into strips.
- Slice the onion into half-rings.
- Prepare the stock.

5



Fry the chicken

- Heat a drizzle of sunflower oil in a frying pan over medium-high heat and fry the chicken for 2 minutes.
- Add the bell pepper and the onion, then fry for 4 - 6 minutes.
- Deglaze with the stock, then add the ketjap and the honey. Fry for 1 more minute.
- Turn off the heat and stir in the bulgogi sauce. Season to taste with salt and pepper.

6



Serve

- Scatter the Korean-style spice mix over the fries and toss well to coat.
- Serve the fries on plates with everything else alongside.
- Drizzle over the sambal mayonnaise, then garnish with the coriander and the peanuts.

Cheesy Eggplant & Courgette Al Forno

with wholewheat fusilli & basil

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




Eggplant


Garlic


Grated aged Gouda


Wholewheat fusilli


Fresh basil


Courgette


Chopped tomatoes with basil


Hello Buon Appetito

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
Eggplant* (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Grated aged Gouda* (g)	40	75	100	125	175	200
Wholewheat fusilli (g)	90	180	270	360	450	540
Fresh basil* (g)	2½	5	7½	10	12½	15
Courgette* (unit(s))	¼	½	1	1	1½	1½
Chopped tomatoes with basil (pack)	½	1	1½	2	2½	3
Hello Buon Appetito (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Not included						
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Extra virgin olive oil	to taste					
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2741 /655	535 /128
Total fat (g)	21	4
of which saturated(g)	9,8	1,9
Carbonhydrates (g)	79	15
of which sugars (g)	21,3	4,2
Fiber (g)	14	3
Protein (g)	26	5
Salt (g)	3	0,6

Allergens

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

1



Fry the vegetables

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

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

2



Make the sauce

- Crush or mince the garlic.
- In a bowl, combine the chopped tomatoes with the garlic, the balsamic vinegar, the sugar and the Hello Buon Appetito.
- Season to taste with salt and pepper.

3



Assemble

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

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

4



Serve

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

Creamy Lemon Orzotto

with chestnut mushrooms, pecorino & fresh herbs

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




Red onion


Chestnut mushrooms


Fresh tarragon & chervil


Lemon


Wholewheat orzo


Grated Pecorino DOP


Leek


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
Red onion (unit(s))	½	1	2	2	3	3
Chestnut mushrooms* (g)	200	400	525	800	925	1200
Fresh tarragon & chervil* (g)	5	10	15	20	25	30
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Wholewheat orzo (g)	75	150	225	300	375	450
Grated Pecorino DOP* (g)	20	40	60	80	100	120
Leek* (unit(s))	⅓	⅔	1	1⅓	1⅔	2
Fresco spalmabile - cream cheese* (g)	50	100	150	200	250	300
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2569 /614	385 /92
Total fat (g)	29	4
of which saturated(g)	12	1,8
Carbonhydrates (g)	60	9
of which sugars (g)	10,7	1,6
Fiber (g)	14	2
Protein (g)	26	4
Salt (g)	1,9	0,3

Allergens

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

1



Prepare

- Prepare the stock and slice the leek into thin rings.
- Chop the onion and slice the mushrooms.
- Finely chop the chervil and roughly chop the tarragon.
- Zest and juice the lemon.

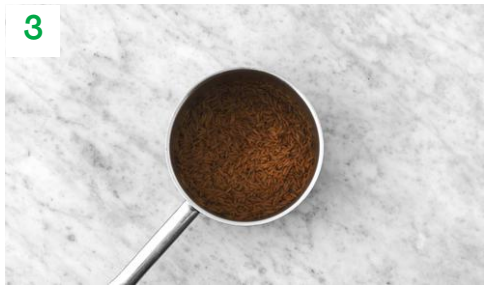
2



Fry the vegetables

- Heat a drizzle of olive oil in a large frying pan over medium heat and fry the onion with the leek for 5 - 7 minutes.
- Stir in the mushrooms and fry for 5 - 7 more minutes until browned.
- Season to taste with salt and pepper.

3



Make the orzotto

- In the meantime, heat a clean pot or saucepan over medium-high heat and toast the orzo for 1 minute.
- Add the stock, then reduce the heat and cover with the lid.
- Boil the orzo for 12 minutes until the stock has been absorbed.
- Drain if necessary, then fluff through the orzo with a fork and set aside.

4



Prepare the cream cheese

- Meanwhile, in a small bowl combine the cream cheese with the pecorino.
- Add (per person) a quarter teaspoon of lemon zest and half a teaspoon of lemon juice.
- Season generously with salt and pepper.

5



Finishing

- Transfer the orzotto to the mushrooms, along with half of the lemon cream cheese.
- Drizzle with olive oil and mix well to combine.
- Stir in some of the fresh herbs as preferred, keeping the rest aside to use as garnish (see Tip).

Tip: *chervil and tarragon are acquired tastes, so be sure to taste before you add them.*

6



Serve

- Serve the orzotto on plates and top with the rest of the lemon cream cheese.
- Finish with the rest of the fresh herbs, along with the remaining lemon zest and juice as preferred.

Steak Fajitas with Avocado & Salsa

with smoky ketchup & quick-pickled onion

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




Red onion


Bell pepper strips


Filet mignon


Tomato


Fresh coriander


Greek-style cheese


Avocado


Smoky tomato ketchup


Flour tortillas

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 strips* (g)	50	100	150	200	250	300
Filet mignon* (unit(s))	1	2	3	4	5	6
Tomato (unit(s))	1	2	3	4	5	6
Fresh coriander* (g)	5	10	15	20	25	30
Greek-style cheese* (g)	25	50	75	100	125	150
Avocado (unit(s))	½	1	2	2	3	3
Smoky tomato ketchup* (g)	30	60	90	120	150	180
Flour tortillas (unit(s))	2	4	6	8	10	12
Not included						
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Red wine vinegar (tbsp)	1	2	3	4	5	6
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)	2908 /695	541 /129
Total fat (g)	31	6
of which saturated(g)	9,7	1,8
Carbonhydrates (g)	61	11
of which sugars (g)	16,3	3
Fiber (g)	8	2
Protein (g)	42	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

- Preheat the oven to 180°C (see Tip). Take the steak out of the fridge and allow it to reach room temperature.
- Finely chop the onion.
- In a bowl, combine the red wine vinegar with the sugar, half of the onion and a pinch of salt.
- Set aside until serving, stirring occasionally.

Tip: *you'll use the oven later to heat the tortillas, but you can also do this in the microwave or a frying pan if preferred. In this case, no need to preheat the oven.*

2



Heat the tortillas

- Pat the steak dry with kitchen paper and season with salt.
- Heat a light drizzle of olive oil in a frying pan over medium-high heat. Fry the steak with the rest of the onion and half of the bell pepper strips for 1 - 3 minutes per side.
- Shortly before serving, slice the steak against the grain.
- Wrap the tortillas in aluminum foil and heat in the oven for 2 - 3 minutes.

3



Make the salsa

- Dice the tomato and crumble the cheese, then transfer both to a bowl.
- Finely chop the coriander and add half of it to the bowl, then mix well to combine. Season to taste with salt and pepper.
- Halve and pit the avocado, then remove the skin and slice the flesh.

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

4



Serve

- Serve everything in separate bowls so as to allow everyone to assemble their own fajitas as preferred.
- Use the rest of the bell pepper and coriander as toppings as well, along with the smoky ketchup.

Fish Burger with Ravigote-Dressed Salad

with baby potatoes & chive mayonnaise

Total time: 15 - 25 min. Quick




Pre-cooked halved baby potatoes [skin-on]


Radicchio & romaine


Slaw mix


Apple


Persian cucumber


Ravigote sauce


Dried thyme


Fresh chives


Breaded fish burger


Sunflower seeds


Raisins


Pumpkin seeds

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pre-cooked halved baby potatoes [skin-on]* (g)	200	400	600	800	1000	1200
Radicchio & romaine* (g)	25	50	100	100	150	150
Slaw mix* (g)	100	200	300	400	500	600
Apple* (unit(s))	½	1	1	2	2	3
Persian cucumber* (unit(s))	½	1	2	2	3	3
Ravigote sauce* (g)	20	40	60	80	100	120
Dried thyme (sachet(s))	¼	½	¾	1	1¼	1½
Fresh chives* (g)	2½	5	7½	10	12½	15
Breaded fish burger* (unit(s))	1	2	3	4	5	6
Sunflower seeds (g)	5	10	15	20	25	30
Raisins (g)	10	20	30	40	50	60
Pumpkin seeds (g)	10	20	30	40	50	60
Not included						
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Mustard (tsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4117 /984	597 /143
Total fat (g)	54	8
of which saturated(g)	8	1,2
Carbonhydrates (g)	91	13
of which sugars (g)	27,2	3,9
Fiber (g)	15	2
Protein (g)	28	4
Salt (g)	1,5	0,2

Allergens

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

1



Fry the potatoes

- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the baby potatoes for 9 minutes, covered, then remove the lid.
- Season with salt and pepper, then add the thyme and fry for 5 more minutes.
- Heat a clean frying pan over medium-high heat and toast all of the seeds for 2 - 3 minutes, then remove from the pan and set aside.

2



Fry the burger

- Heat a drizzle of olive oil in the same pan over medium-high heat. Fry the burger for 3 minutes per side until golden-brown.
- Core and slice the apple.
- Slice the cucumber into crescents.
- In a salad bowl, combine the ravigote sauce with the extra virgin olive oil, the mustard and the sugar. Season to taste with salt and pepper.

3



Make the sauce

- Finely chop the chives or use scissors if preferred.
- In a small bowl, combine the mayonnaise with the chives and the white wine vinegar. Season to taste with salt and pepper.
- Transfer the lettuce, the slaw mix, the cucumber, the raisins and the apple to the salad bowl.
- Toss well to combine with the dressing.

4



Serve

- Serve the baby potatoes on plates with everything else alongside.
- Garnish the salad with the toasted seeds.
- Serve the chive mayonnaise alongside.

Hot Smoked Salmon Wraps with Lemon Yogurt Sauce

on wholewheat tortillas with crispy onions, spinach & tomato

Total time: 10 - 20 min. Quick Health Conscious Choice



- Wholewheat tortilla
- Hot smoked salmon flakes
- Baby spinach
- Crispy fried onions
- Lemon
- Tomato
- Red onion
- Carrot
- Organic full-fat yogurt
- Garlic & herb 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 tortilla (unit(s))	2	4	6	8	10	12
Hot smoked salmon flakes* (g)	75	150	225	300	375	450
Baby spinach* (g)	62½	125	187½	250	312½	375
Crispy fried onions (g)	15	30	45	60	75	90
Lemon* (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	1½	2	2½	3
Organic full-fat yogurt* (g)	50	100	150	200	250	300
Garlic & herb seasoning (sachet(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	1	2	3	4	5	6
Extra virgin olive oil	to taste					
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2732 /653	533 /127
Total fat (g)	30	6
of which saturated(g)	8,2	1,6
Carbonhydrates (g)	61	12
of which sugars (g)	21,1	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



Prepare

- Chop the onion and grate the carrot.
- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the onion with the carrot and the garlic & herb seasoning for 4 - 6 minutes (see Tip).

Tip: *if preferred, you can also fry the salmon flakes here too.*

2



Make the sauce

- In the meantime, slice the tomato into wedges.
- Juice half of the lemon and cut the rest into wedges.
- In a small bowl, combine the yogurt with the mustard, the honey and half of the lemon juice. Season to taste with salt and pepper.

3



Finish

- Transfer the spinach to a bowl and drizzle with some extra virgin olive oil as preferred.
- Add the rest of the lemon juice, then toss well to combine.
- Season to taste with salt and pepper.

4



Serve

- Serve all the toppings separately at the table and allow everyone to assemble their own wraps as preferred.
- Garnish with the crispy onions and serve the lemon wedges alongside.

Kung Pao No-Chicken Bowl

over rice with cashews & pickled cucumber

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




Basmati rice


Ginger stir-fry sauce


Sesame oil


Garlic


Onion


Bell pepper strips


Roasted cashew nuts


Cucumber


Plant-based chicken pieces

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Basmati rice (g)	75	150	225	300	375	450
Ginger stir-fry sauce (g)	35	70	105	140	175	210
Sesame oil (ml)	5	10	15	20	25	30
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Bell pepper strips* (g)	100	200	300	400	500	600
Roasted cashew nuts (g)	10	20	30	40	50	60
Cucumber* (unit(s))	½	1	1½	2	2½	3
Plant-based chicken pieces* (g)	80	160	240	320	400	480
Not included						
Sambal (tsp)	½	1	1½	2	2½	3
Water for the sauce (ml)	25	50	75	100	125	150
[Reduced salt] soy sauce (tbsp)	¼	½	¾	1	1¼	1½
Sunflower oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	1	2	3	4	5	6
Cornstarch [or flour] (tbsp)	½	1	1½	2	2½	3
Sugar (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	¼	½	¾	1	1¼	1½

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3247 /776	562 /134
Total fat (g)	32	5
of which saturated(g)	4,2	0,7
Carbonhydrates (g)	101	17
of which sugars (g)	24,5	4,2
Fiber (g)	7	1
Protein (g)	25	4
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

- Boil plenty of water in a pot or saucepan and cook the rice for 12 - 15 minutes, then drain and set aside.
- Slice the onion into half rings and crush or mince the garlic.

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

2



Pickle the cucumber

- Heat a generous drizzle of sunflower oil in a wok or deep-frying pan over medium-high heat. Fry the plant-based chicken with the bell pepper and the onion for 7 - 8 minutes.
- Meanwhile, slice the cucumber into crescents.
- In a bowl, combine the cucumber with the white wine vinegar and the sugar.
- Season to taste with salt and pepper and set aside, stirring occasionally.

3



Make the sauce

- Crumble the stock cube into a small bowl (see pantry for amount).
- Add the garlic, the ginger stir-fry sauce, the sesame oil, the sambal, the cornstarch, the soy sauce and the water for the sauce. Mix well to combine.
- Transfer this sauce to the wok and stir-fry for 1 minute.

4



Serve

- Serve the rice in bowls.
- Top with the stir-fry and the cucumber.
- Garnish with the cashews to finish.

Creamy Chicken Spaghetti with Harissa

with spinach, Romano pepper & fresh parsley

Total time: 15 - 25 min. Family Quick




Wholewheat spaghetti


Diced tomatoes with garlic & onion


Garlic


Romano pepper


Spinach


Harissa


Red chili pepper


Fresh flat leaf parsley


Fresco spalmabile - cream cheese


Seasoned chicken mince

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Wholewheat spaghetti (g)	90	180	270	360	450	540
Diced tomatoes with garlic & onion (pack)	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Romano pepper* (unit(s))	½	1	2	2	3	3
Spinach* (g)	50	100	100	200	200	300
Harissa* (g)	30	60	90	120	150	180
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Fresh flat leaf parsley* (g)	2½	5	7½	10	12½	15
Fresco spalmabile - cream cheese* (g)	25	50	75	100	125	150
Seasoned chicken mince* (g)	100	200	300	400	500	600
Not included						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2749 /657	490 /117
Total fat (g)	19	3
of which saturated(g)	9,4	1,7
Carbonhydrates (g)	76	14
of which sugars (g)	18,7	3,3
Fiber (g)	16	3
Protein (g)	38	7
Salt (g)	3,8	0,7

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 spaghetti for 10 - 12 minutes, then reserve some of the pasta water before draining and setting aside.
- Meanwhile, cut the Romano pepper into strips and crush or mince the garlic.
- Deseed and finely chop the red chili pepper*.

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

2



Fry the mince

- Melt a knob of butter in a deep frying pan over high heat.
- Fry the Romano pepper with the garlic and the chili pepper for 1 - 2 minutes.
- Add the mince and fry for 2 - 3 minutes.

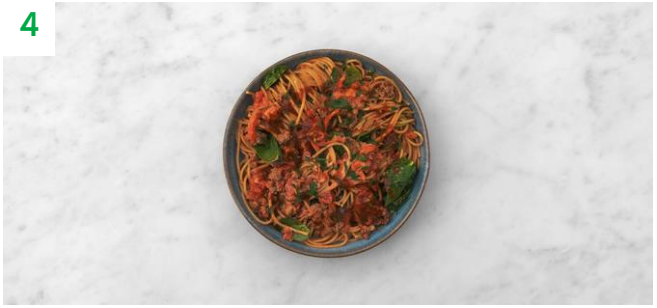
3



Make the sauce

- Add the diced tomatoes and fry for 2 - 3 more minutes.
- Meanwhile, finely chop the parsley.
- Reduce the heat and tear the spinach directly into the pan, in batches if necessary.
- Mix well so as to allow it to wilt and reduce.

4



Serve

- Stir in the cream cheese, then taste and season with salt and pepper as needed.
- Add the spaghetti and mix well to combine, adding a splash of pasta water as necessary if the sauce is too dry.
- Serve the spaghetti on deep plates.
- Drizzle with the harissa and garnish with the parsley to finish.

Doritos Loaded | with Chicken & Cheddar

with black beans, tomatoes, coriander & lime

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




Red onion


Bell pepper


Mini Roma tomatoes


Passata


Grated cheddar


Lime


Fresh coriander


Chicken mince with Mexican seasoning


Black beans


Tortilla chips


Copacabana-style 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
Red onion (unit(s))	½	1	1½	2	2½	3
Bell pepper* (unit(s))	½	1	1	2	2	3
Mini Roma tomatoes* (g)	65	125	250	250	375	375
Passata (g)	100	200	300	390	500	590
Grated cheddar* (g)	40	75	115	150	190	225
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Fresh coriander* (g)	5	10	15	20	25	30
Chicken mince with Mexican seasoning* (g)	100	200	300	400	500	600
Black beans (pack)	¼	½	¾	1	1¼	1½
Tortilla chips (g)	50	100	170	200	270	300
Copacabana-style spice mix (sachet(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3117 /745	533 /128
Total fat (g)	37	6
of which saturated(g)	15,9	2,7
Carbonhydrates (g)	58	10
of which sugars (g)	18,1	3,1
Fiber (g)	16	3
Protein (g)	38	7
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 180°C.
- Slice the onion into half-rings.
- Heat a drizzle of olive oil in a frying pan over high heat and fry the onion for 2 minutes.
- Add the Copacabana-style spice mix* and the mince, then fry for 3 more minutes.

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

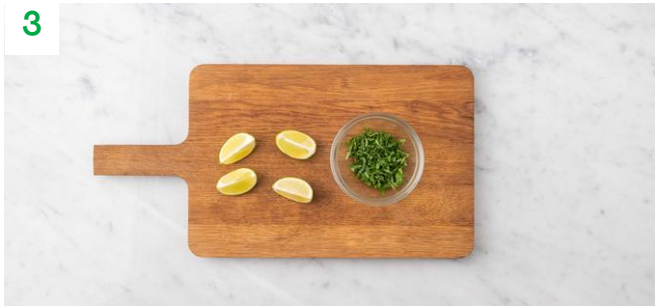
2



Make the sauce

- Meanwhile, dice the bell pepper and transfer to the pan, then fry for another 3 minutes.
- Halve the tomatoes, then drain and rinse the black beans.
- Transfer both to the pan, along with the passata.
- Mix well, then season to taste with salt and pepper.

3



Prepare the garnishes

- Transfer the sauce to an oven dish, then top with the tortilla chips and the cheese (see Tip).
- Bake in the oven for 3 minutes, or until the cheese has melted.
- Meanwhile, cut the lime into wedges and roughly chop the coriander.

Health Tip: *if you're watching your salt intake, use just half of the tortilla chips. You can save the rest for later.*

4



Serve

- Serve the nachos on plates.
- Garnish with the coriander and serve the lime wedges alongside.

Filet Mignon over Creamy Lemon Rice

with aglio e olio drizzle, tomatoes & courgette

Total time: 15 - 25 min. Family Quick



- Jasmine rice
- Filet mignon
- Chopped onion
- Courgette
- Mini Roma tomatoes
- Lemon
- Cooking cream
- Aglio e olio
- 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
Jasmine rice (g)	75	150	225	300	375	450
Filet mignon* (unit(s))	1	2	3	4	5	6
Chopped onion* (g)	25	50	50	100	100	150
Courgette* (unit(s))	½	1	2	2	3	3
Mini Roma tomatoes* (g)	65	125	250	250	375	375
Lemon* (unit(s))	⅓	⅔	1	1⅓	1⅔	2
Cooking cream (g)	75	150	225	300	375	450
Aglio e olio* (g)	25	50	75	100	125	150
Italian seasoning (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
[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)	3544 /847	499 /119
Total fat (g)	43	6
of which saturated(g)	16	2,3
Carbonhydrates (g)	79	11
of which sugars (g)	11,7	1,6
Fiber (g)	4	1
Protein (g)	41	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



Boil the rice

- Take the steak out of the fridge and allow it to reach room temperature.
- Prepare the stock in a pot or saucepan, then add the cream.
- Bring to a boil, then add the rice and cook for 10 - 12 minutes or until done. Drain if necessary and set aside.
- Meanwhile, cut the courgette into 5cm batons and halve the tomatoes.

2



Fry the vegetables

- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the courgette with the tomatoes and the Italian seasoning for 5 - 7 minutes (see Tip).
- Season to taste with salt and pepper.

Tip: *if you don't like raw garlic, add the aglio e olio to the vegetables during the final 3 minutes of cooking time.*

3



Fry the steak

- Pat the steak dry with kitchen paper and season with salt.
- Melt a knob of butter in a frying pan over medium-high heat and fry the steak with the onion for 1 - 3 minutes per side. Remove from the pan and season with pepper, then allow to rest under aluminum foil.
- In the meantime, zest the lemon.
- Juice half of the lemon and cut the rest into wedges.

4



Serve

- Stir as much lemon juice and zest as preferred into the rice. Season to taste with salt and pepper.
- Serve the rice on plates with everything else on top.
- Drizzle with the aglio e olio* and serve the rest of the lemon wedges alongside.

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

Signature Fish Burger with Loaded Tortilla Chips

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

Total time: 10 - 20 min. Quick




Multigrain fish burger


Hamburger bun with sesame seeds


Tomato


Red onion


Guacamole


Grated cheddar


Corn


Tortilla chips


Copacabana-style 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
Multigrain fish burger* (unit(s))	1	2	3	4	5	6
Hamburger bun with sesame seeds (unit(s))	1	2	3	4	5	6
Tomato (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	½	1	1½	2	2½	3
Guacamole* (g)	40	80	120	160	200	240
Grated cheddar* (g)	15	25	40	50	65	75
Corn (g)	35	70	105	140	175	210
Tortilla chips (g)	40	75	115	150	190	225
Copacabana-style spice mix (sachet(s))	½	1	1½	2	2½	3
Not included						
[Plant-based] butter (tbsp)	¼	½	¾	1	1¼	1½
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tsp)	1	2	3	4	5	6
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3619 /865	753 /180
Total fat (g)	40	8
of which saturated(g)	9,7	2
Carbonhydrates (g)	91	19
of which sugars (g)	14,8	3,1
Fiber (g)	10	2
Protein (g)	33	7
Salt (g)	3,3	0,7

Allergens

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

1



Fry the burger

- Slice the onion into half rings.
- Melt a small knob of butter in a frying pan over medium-high heat. Fry the onion for 3 - 4 minutes.
- Add the burger and fry for 2 - 3 minutes per side.
- Top with the cheese, then cover the pan with the lid so as to allow the cheese to melt for 1 - 2 minutes.

2



Make the avocado dip

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

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

3



Prepare the tortilla chips

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

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

4



Serve

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

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 beef stock cube (unit(s))	¼	½	¾	1	1¼	1½
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

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

Allergens

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

1



Prepare

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

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

2



Make the sauce

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

3



Finish

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

4



Serve

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

Signature Venison Steak in Creamy Mushroom Sauce

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

Total time: 45 - 55 min.




Potatoes


Onion


Garlic


Mushrooms


Cooking cream


Green beans


Basil crème


Fresh chives


Venison steak

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Mushrooms* (g)	65	125	250	250	375	375
Cooking cream (g)	75	150	225	300	375	450
Green beans* (g)	100	200	300	400	500	600
Basil crème (ml)	10	15	18	24	33	39
Fresh chives* (g)	2½	5	7½	10	12½	15
Venison steak* (g)	120	240	360	480	600	720
Not included						
Low sodium mushroom or vegetable stock (ml)	50	100	150	200	250	300
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1	2	3	4	5	6
Mustard (tsp)	½	1	1½	2	2½	3
Red wine vinegar (tbsp)	1	2	3	4	5	6
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3439 /822	478 /114
Total fat (g)	52	7
of which saturated(g)	21,1	2,9
Carbonhydrates (g)	54	8
of which sugars (g)	10,3	1,4
Fiber (g)	10	1
Protein (g)	35	5
Salt (g)	1,8	0,3

Allergens

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

1



Roast the potatoes

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

2



Slice the mushrooms

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

3



Make the mushroom sauce

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

4



Fry the steak

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

5



Prepare the green beans

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

6



Serve

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

Homemade Beef Döner with Sumac Salad & Fresh Herbs

bring the sensational food trend home!

Total time: 25 - 35 min. Quick




Wholewheat Lebanese flatbread


Seasoned beef mince


Garlic


Red onion


Bell pepper


Tomato paste


Middle Eastern spice mix


Fresh flat leaf parsley & mint


Radicchio & iceberg lettuce


Persian cucumber


Tomato


Sumac


Ground cumin

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 Lebanese flatbread (unit(s))	2	4	6	8	10	12
Seasoned beef mince* (g)	100	200	300	400	500	600
Garlic (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	½	1	1	2	2	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Tomato paste (can)	½	1	1½	2	2½	3
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
Radicchio & iceberg lettuce* (g)	50	100	150	200	250	300
Persian cucumber* (unit(s))	½	1	1	2	2	3
Tomato (unit(s))	½	1	2	2	3	3
Sumac (tsp)	1	2	3	4	5	6
Ground cumin (sachet(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
[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)	3586 /857	581 /139
Total fat (g)	46	7
of which saturated(g)	11	1,8
Carbonhydrates (g)	73	12
of which sugars (g)	19,8	3,2
Fiber (g)	16	3
Protein (g)	34	6
Salt (g)	2,9	0,5

Allergens

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

1



Prepare

- Preheat the oven to 200°C. Slice the cucumber into crescents. Dice the tomato and mince half of the onion.
- In a bowl, combine the white wine vinegar with cucumber and the sugar.
- In another bowl, combine the onion with the tomato and the sumac.
- Season both to taste with salt and pepper, then set aside until serving, stirring occasionally.

2



Chop the vegetables

- Roughly chop the bell pepper, the garlic, the parsley and the rest of the onion.
- Transfer all four to a tall container and drizzle generously with olive oil.
- Add the tomato paste, the cumin and the Middle Eastern spices (see Tip).
- Process with an immersion blender until smooth.

Tip: *you can also add some sambal if preferred.*

3



Make the döner

- Transfer the paste to a bowl and then add the mince.
- Knead well to combine, seasoning with salt and pepper.
- Spread an even layer of the mince mixture over each flatbread, then transfer to a parchment-lined baking sheet.
- Bake in the oven for 10 - 15 minutes, or until done.

4



Serve

- Finely chop the mint leaves.
- In a small bowl, combine the mint with the mayonnaise and a splash of water as preferred. Season to taste with salt and pepper.
- Top the homemade döner with the lettuce, the cucumber and the sumac salad.
- Drizzle with the herb sauce, then roll up the döner and serve.

SWICY EXPLOSION! Mango, Harissa Honey & Sweet Chili

savour the sweet heat of this chicken stir-fry with coconut rice

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




Jasmine rice


Chicken tenderloin


Coconut milk


Red onion


Red chili pepper


Green Romano pepper


Carrot


Mango


Sweet chili sauce


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
Jasmine rice (g)	75	150	225	300	375	450
Chicken tenderloin* (g)	100	200	300	400	500	600
Coconut milk (ml)	90	180	270	360	450	540
Red onion (unit(s))	½	1	1½	2	2½	3
Red chili pepper* (unit(s))	½	1	1½	2	2½	3
Green Romano pepper* (unit(s))	½	1	2	2	3	3
Carrot* (unit(s))	½	1	1	2	2	3
Mango* (unit(s))	½	1	1½	2	2½	3
Sweet chili sauce* (g)	17½	35	52½	70	87½	105
Hello Harissa (sachet(s))	½	1	1½	2	2½	3
Not included						
Water for the rice (ml)	150	300	450	600	750	900
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative]	to taste					
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3017 /721	412 /98
Total fat (g)	24	3
of which saturated(g)	15	2
Carbonhydrates (g)	96	13
of which sugars (g)	30	4,1
Fiber (g)	7	1
Protein (g)	36	5
Salt (g)	1	0,1

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 and then add the coconut milk.
- Cook the rice for 10 - 12 minutes, covered, then turn off the heat and allow to stand for 5 minutes, still covered. Season to taste with salt.
- Deseed and finely chop the red chili pepper*.
- Slice the carrot into thin crescents.

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

2



Fry the chicken

- Dice the chicken into 1cm cubes.
- Roughly chop the Romano pepper and the onion.
- Heat a light drizzle of sunflower oil in a frying pan over medium-high heat. Fry the chicken with the vegetables and half of the chili pepper for 5 minutes, covered.
- Remove the lid and fry for another 5 minutes. Season to taste with salt and pepper.

3



Make the harissa honey

- Heat a light drizzle of sunflower oil in a saucepan over medium-high heat and fry the rest of the chili pepper for 2 minutes.
- Add half of the Hello Harissa* and some honey as preferred.
- Mix well to combine, then remove from the heat and set aside.
- Meanwhile, peel and slice the mango.

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

4



Serve

- Add the sweet chili sauce to the stir-fry, along with the rest of the Hello Harissa and a splash of water. Mix well to combine.
- Serve the coconut rice on deep plates, topped with the stir-fry and the mango.
- Drizzle with the harissa honey to finish.

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

with min. 115g carbohydrates per person

Total time: 30 - 40 min. Plant-Based




Quick-cook brown rice


Sweet potato


Chickpeas


Garlic-ginger-chili mix


Onion


Eggplant


Carrot


Lime


Fresh coriander


Coconut milk


Peanut sauce


Yellow curry spices


Salted peanuts

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Quick-cook brown rice (g)	75	150	225	300	375	450
Sweet potato (g)	75	150	225	300	375	450
Chickpeas (pack)	⅓	⅔	1	1⅓	1⅔	2
Garlic-ginger-chili mix* (g)	10	20	30	40	50	60
Onion (unit(s))	½	1	1	2	2	3
Eggplant* (unit(s))	½	1	2	2	3	3
Carrot* (unit(s))	1	1	2	2	3	3
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Fresh coriander* (g)	5	10	15	20	25	30
Coconut milk (ml)	90	180	250	360	430	540
Peanut sauce* (g)	40	80	120	160	200	240
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Salted peanuts (g)	10	20	30	40	50	60
Not included						
Sunflower oil (tbsp)	1	2	3	4	5	6
[Reduced salt] ketjap manis (tbsp)	¾	1½	2¼	3	3¾	4½
Low sodium vegetable stock (ml)	100	200	300	400	500	600
Flour (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)	4113 /983	524 /125
Total fat (g)	45	6
of which saturated(g)	18,4	2,3
Carbonhydrates (g)	114	15
of which sugars (g)	28,9	3,7
Fiber (g)	22	3
Protein (g)	23	3
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 water in a pot or saucepan and cook the rice for 10 minutes, then drain and set aside (see Tip).
- Prepare the stock.
- Chop the onion and drain the chickpeas.
- Peel or thoroughly wash the sweet potato and carrot, then finely dice both.

Health Tip: *if you're watching your calorie intake, prepare just half of the rice. You can keep the rest to use another time.*

3



Fry the eggplant

- Add the chickpeas and allow to simmer for 12 minutes, covered.
- Finely dice the eggplant and transfer to a bowl. Add the flour and season with salt and pepper, then toss well to coat.
- Heat a drizzle of sunflower oil in a frying pan over medium-high heat. Fry the eggplant for 8 - 9 minutes.
- Stir in the rest of the ketjap and fry for 1 more minute.

2

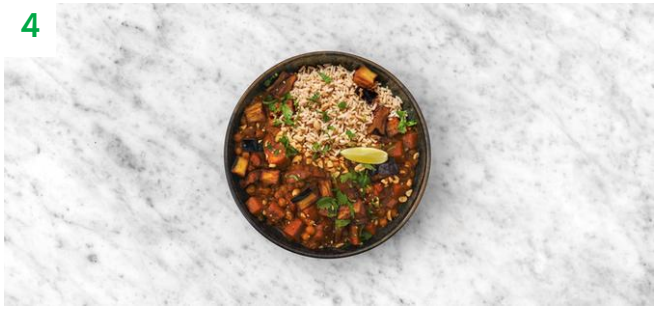


Make the curry

- Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat.
- Fry the onion with the sweet potato, the carrot, the yellow curry spices and the garlic-ginger-chili mix* for 3 - 4 minutes.
- Add the peanut sauce, the coconut milk, the stock and half of the ketjap, then bring to the boil.

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

4



Serve

- Cut the lime into wedges. Roughly chop the peanuts and the coriander.
- Serve the rice on deep plates, topped with the curry and the eggplant.
- Garnish with the peanuts and the coriander. Serve the lime wedges alongside.

Wholewheat Orzo with Beef & Middle Eastern Spices

with mascarpone, pepper & leek

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




Red chili pepper


Onion


Garlic


Bell pepper


Leek


Wholewheat orzo


Middle Eastern spice mix


Tomato paste


Mascarpone


Beef mince with East Asian spices


Grated Italian-style cheese

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	1	2	2	3	3
Bell pepper* (unit(s))	½	1	1	2	2	3
Leek* (unit(s))	½	1	2	2	3	3
Wholewheat orzo (g)	75	150	225	300	375	450
Middle Eastern spice mix (sachet(s))	¼	½	¾	1	1¼	1½
Tomato paste (can)	½	1	1½	2	2½	3
Mascarpone* (g)	25	50	75	100	125	150
Beef mince with East Asian spices* (g)	100	200	300	400	500	600
Grated Italian-style cheese* (g)	15	20	40	50	60	70
Not included						
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Balsamic 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)	3305 /790	494 /118
Total fat (g)	38	6
of which saturated(g)	20,5	3,1
Carbonhydrates (g)	72	11
of which sugars (g)	20,9	3,1
Fiber (g)	13	2
Protein (g)	37	6
Salt (g)	2,2	0,3

Allergens

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

1



Prepare

- Prepare the stock in a pot or saucepan.
- Chop the onion and crush or mince the garlic.
- Deseed and finely chop the red chili pepper. Dice the bell pepper.
- Boil the orzo in the stock for 10 - 12 minutes over low heat, covered, stirring regularly (see Tip).

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

2



Fry the mince

- Melt a knob of butter in a large deep frying pan over medium heat. Fry the onion with the garlic, chili pepper* and Middle Eastern spices for 2 minutes.
- Add the tomato paste and the mince and fry for 3 minutes, separating the mince as you do so.
- Meanwhile, cut the leek into half rings.

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

3



Finish

- Stir in the leek and the bell pepper, then fry for 5 minutes over medium heat, covered.
- Add the balsamic vinegar and the orzo and fry for 1 minute.
- Stir in half of the mascarpone and season to taste with salt and pepper.

4



Serve

- Serve the orzo on plates and top with the rest of the mascarpone.
- Garnish with the cheese to finish.

Surinamese-Style Bami with Veggie Chicken

with quick-pickled cucumber & crispy onions

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




Onion


Garlic


Fresh ginger


Persian cucumber


Surinamese-style spices


Plant-based chicken pieces


Tomato paste


Reduced salt soy sauce


Fresh celery leaves


Crispy fried onions


Bell Pepper


Linguine

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Fresh ginger* (tsp)	1	2	3	4	5	6
Persian cucumber* (unit(s))	½	1	1½	2	2½	3
Surinamese-style spices (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Plant-based chicken pieces* (g)	80	160	240	320	400	480
Tomato paste (can)	¼	½	¾	1	1¼	1½
Reduced salt soy sauce (ml)	10	20	30	40	50	60
Fresh celery leaves* (g)	5	10	15	20	25	30
Crispy fried onions (g)	15	30	45	60	75	90
Bell Pepper* (unit(s))	½	1	2	2	3	3
Linguine (g)	90	180	270	360	450	540
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
[Reduced salt] ketjap manis (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	1	2	3	4	5	6
Sugar (tbsp)	½	1	1½	2	2½	3
Sambal	to taste					
Low sodium vegetable stock cube (unit(s))	⅛	¼	⅓	½	⅜	¾

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3067 /733	650 /155
Total fat (g)	23	5
of which saturated(g)	5,4	1,1
Carbonhydrates (g)	98	21
of which sugars (g)	23,3	4,9
Fiber (g)	10	2
Protein (g)	29	6
Salt (g)	2,9	0,6

Allergens

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

1



Chop the vegetables

- Boil plenty of salted water in a pot or saucepan for the linguine.
- Chop the onion and crush or mince the garlic.
- Grate the ginger. Halve the cucumber lengthways and scoop out the seeds, then slice into crescents.
- Cut the bell pepper into strips.

2



Prepare the cucumber

- In a salad bowl, combine the white wine vinegar with the sugar, then add the cucumber and toss well to combine.
- Boil the linguine for 9 - 11 minutes, then reserve some of the pasta water before draining and setting aside.
- Meanwhile, heat a drizzle of sunflower oil in a wok over medium-high heat. Fry the onion with the garlic, ginger and Surinamese-style spices for 2 - 3 minutes.

3



Finish

- Stir in the veggie chicken and the bell pepper, then fry for 7 minutes.
- Stir in the tomato paste, soy sauce and ketjap, then crumble in the stock cube (see pantry for amount). Stir-fry for 1 minute.
- Transfer the linguine to the wok and toss well to combine, adding a splash of pasta water as necessary if it seems too thick.

4



Serve

- Finely chop the celery leaves.
- Serve the bami on plates with some sambal as preferred. Garnish with the celery leaves and the crispy onions.
- Serve the quick-pickled cucumber alongside.

Steak & Roasted Sweet Potato Bowl

with avocado & tomato salsa

Total time: 30 - 40 min. Health Conscious Choice




Ribeye steak


Sweet potato


Carrot


Tomato


Avocado


Garlic


Fresh coriander


Copacabana-style 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
Ribeye steak* (unit(s))	1	1	1	1	2	2
Sweet potato (g)	225	450	675	900	1125	1350
Carrot* (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	1	2	3	4	5	6
Avocado (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	1	2	2	3	3
Fresh coriander* (g)	5	10	15	20	25	30
Copacabana-style spice mix (sachet(s))	½	1	1½	2	2½	3
Not included						
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
White wine vinegar (tsp)	½	1	1½	2	2½	3
Mustard (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3314 /792	518 /124
Total fat (g)	45	7
of which saturated(g)	14,1	2,2
Carbonhydrates (g)	61	10
of which sugars (g)	22,4	3,5
Fiber (g)	12	2
Protein (g)	34	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 210°C.
- Take the steak out of the fridge and allow to reach room temperature.
- Peel or thoroughly wash the sweet potato and cut into wedges. Slice the carrot into crescents.
- Transfer the carrot, the sweet potato, half of the Copacabana-style spice mix* and a pinch of salt to a bowl. Drizzle lightly with olive oil, then toss well to coat.

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

2



Roast the vegetables

- Transfer the sweet potato and the carrot to a parchment-lined baking sheet and roast in the oven for 10 - 15 minutes.
- Peel the garlic clove in the meantime.
- Add the garlic to the baking sheet and toss well.
- Return to the oven for a further 5 - 10 minutes, or until the carrot and the sweet potato are golden-brown.

Did you know... *the sweet potato in this recipe contains thiamin, a vitamin that supports normal energy levels in the body.*

3



Make the salsa

- Dice the tomato and roughly chop the coriander (see Tip).
- In a bowl, combine the tomato and the coriander with the extra virgin olive oil.
- Season to taste with salt and pepper.

Tip: *you can also serve the coriander separately so as to allow everyone to garnish as preferred.*

4



Make the dressing

- Halve and pit the avocado, then remove the skin and slice the flesh.
- Crush or finely chop the roasted garlic clove.
- In a small bowl, combine the white wine vinegar with the mayonnaise, the garlic and the mustard.
- Season to taste with salt and pepper.

5



Fry the steak

- Melt a generous knob of butter in a frying pan over medium-high heat.
- When the butter is nice and hot, fry the steak with the rest of the Copacabana-style spice mix for either 3 - 4 minutes per side (for 120g or 240g), or 5 - 6 minutes per side (for 360g or 480g).
- Season with salt and pepper.
- Remove from the pan and allow to rest under aluminum foil for at least 3 minutes.

6



Serve

- Serve the roasted carrot and sweet potato on deep plates with everything else alongside.
- Drizzle with the dressing to finish.

Creamy Wholewheat Fusilli with Veggie Chicken

in mascarpone-tomato sauce with fresh basil

Total time: 30 - 40 min. Vegetarian




Red onion


Garlic


Tomato


Wholewheat fusilli


Passata


Fresh basil


Mascarpone


Parmigiano Reggiano DOP


Italian seasoning


Plant-based chicken pieces


Bell 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
Red onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Tomato (unit(s))	1	2	3	4	5	6
Wholewheat fusilli (g)	90	180	270	360	450	540
Passata (g)	100	200	300	390	500	590
Fresh basil* (g)	5	10	15	20	25	30
Mascarpone* (g)	25	50	75	100	125	150
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Plant-based chicken pieces* (g)	80	160	240	320	400	480
Bell pepper* (unit(s))	½	1	2	2	3	3
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tsp)	1	2	3	4	5	6
Sugar (tsp)	½	1	1½	2	2½	3
Salt and pepper			to taste			
Water (tbsp)	½	1	1½	2	2½	3

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3423 /818	596 /142
Total fat (g)	36	6
of which saturated(g)	12,5	2,2
Carbonhydrates (g)	84	15
of which sugars (g)	22,2	3,9
Fiber (g)	15	3
Protein (g)	32	6
Salt (g)	1,5	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 pasta for 10 - 12 minutes, covered. Reserve at least 20ml pasta water per person, then drain and set aside.
- In the meantime, chop the onion and crush or mince the garlic.
- Dice the tomato and the bell pepper.
- Chop the basil into ribbons and grate the Parmigiano Reggiano.

2



Make the sauce

- Heat a drizzle of olive oil in a deep frying pan over medium-high heat and fry the onion with the garlic for 1 - 2 minutes.
- Add the tomato and the bell pepper, then fry for 3 - 4 more minutes.
- Deglaze with the balsamic vinegar, then add the passata, the mascarpone and the sugar.
- Simmer for 6 minutes over medium heat, covered.

3



Fry the veggie chicken

- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the veggie chicken with the Italian seasoning for 4 minutes until lightly browned, then stir in the water (see pantry for amount).
- Fry for 1 more minute until the water has evaporated.
- Season with salt and pepper, then transfer to the sauce.

4



Serve

- Transfer the pasta, the reserved pasta water and half of the basil to the sauce.
- Mix well to combine, adding an extra splash of pasta water as necessary if the sauce is too thick. Season to taste with salt and pepper.
- Serve the pasta on plates. Garnish with the cheese and the rest of the basil.

Chicken with Kohlrabi-Apple Salad

with potato wedges & fresh herbs

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




Chicken breast


Potatoes


Kohlrabi


Apple


Onion chutney


Fresh flat leaf parsley

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken breast* (unit(s))	1	2	3	4	5	6
Potatoes (g)	200	400	600	800	1000	1200
Kohlrabi* (unit(s))	½	1	1	2	2	3
Apple* (unit(s))	½	1	2	2	3	3
Onion chutney* (g)	40	80	120	160	200	240
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Not included						
Water for the potatoes (ml)	25	50	75	100	125	150
[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
White wine vinegar (tsp)	1	2	3	4	5	6
Water for the sauce (tbsp)	1	2	3	4	5	6
Extra virgin olive oil	to taste					
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2853 /682	443 /106
Total fat (g)	29	4
of which saturated(g)	7,5	1,2
Carbonhydrates (g)	70	11
of which sugars (g)	29,3	4,6
Fiber (g)	10	1
Protein (g)	37	6
Salt (g)	0,9	0,1

Allergens

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

1



Prepare

- Thoroughly wash the potatoes and cut them into wedges.
- Transfer to a deep frying pan and pour in the water (see pantry for amount).
- Cover with the lid and allow to steam for 12 - 15 minutes over medium heat.
- Drain if necessary, then drizzle with olive oil and fry for 5 - 7 minutes or until done. Season to taste with salt and pepper.

2



Fry the chicken

- Season the chicken with salt and pepper. Melt a knob of butter in a frying pan over medium-high heat and fry the chicken for 2 minutes per side.
- Reduce the heat and fry for a further 5 minutes per side, or until done.
- Remove from the pan and allow to rest under aluminum foil.
- To the same pan, add the onion chutney and the water for the sauce. Mix well and cook for 1 minute over medium-high heat.

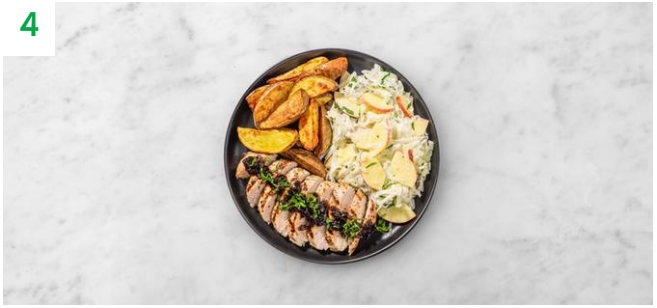
3



Make the salad

- Discard the top of the kohlrabi, then peel and grate it.
- Core and thinly slice the apple. Finely chop the fresh herbs.
- Transfer the kohlrabi and the apple to a salad bowl, then add the mayonnaise and the white wine vinegar.
- Add half of the fresh herbs, then drizzle with extra virgin olive oil as preferred. Season to taste with salt and pepper, then toss well to combine.

4



Serve

- Serve the potato wedges with the kohlrabi salad and the chicken.
- Top the chicken with the onion sauce and garnish with the rest of the fresh herbs.

Wholewheat Beef Fajitas with Avocado & Salsa

with smoky ketchup & quick-pickled onion

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




Red onion


Bell pepper strips


Seasoned beef mince


Tomato


Fresh coriander


Greek-style cheese


Avocado


Smoky tomato ketchup


Wholewheat tortilla

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 strips* (g)	50	100	150	200	250	300
Seasoned beef mince* (g)	100	200	300	400	500	600
Tomato (unit(s))	1	2	3	4	5	6
Fresh coriander* (g)	5	10	15	20	25	30
Greek-style cheese* (g)	25	50	75	100	125	150
Avocado (unit(s))	½	1	2	2	3	3
Smoky tomato ketchup* (g)	30	60	90	120	150	180
Wholewheat tortilla (unit(s))	2	4	6	8	10	12
Not included						
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Red wine vinegar (tbsp)	1	2	3	4	5	6
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)	3163 /756	611 /146
Total fat (g)	43	8
of which saturated(g)	15,5	3
Carbonhydrates (g)	53	10
of which sugars (g)	17,6	3,4
Fiber (g)	14	3
Protein (g)	34	7
Salt (g)	2,8	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 180°C (see Tip).
- Finely chop the onion.
- In a bowl, combine the red wine vinegar with the sugar, half of the onion and a pinch of salt.
- Set aside until serving, stirring occasionally.

Tip: *you'll use the oven later to heat the tortillas, but you can also do this in the microwave or a frying pan if preferred. In this case, no need to preheat the oven.*

2



Heat the tortillas

- Heat a light drizzle of olive oil in a frying pan over medium-high heat.
- Fry the rest of the onion with half of the bell pepper strips for 2 - 3 minutes (see Tip).
- Add the mince and fry for 3 more minutes, separating it as you do so. Season with salt and pepper.
- Wrap the tortillas in aluminum foil and heat in the oven for 2 - 3 minutes.

Tip: *if you don't like raw bell pepper, fry all of it.*

3



Make the salsa

- Dice the tomato and crumble the cheese, then transfer both to a bowl.
- Finely chop the coriander and add half of it to the bowl, then mix well to combine.
- Season to taste with salt and pepper.
- Halve and pit the avocado, then remove the skin and slice the flesh.

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

4



Serve

- Serve everything in separate bowls so as to allow everyone to assemble their own fajitas as preferred.
- Use the rest of the bell pepper and coriander as toppings as well, along with the smoky ketchup.

Creamy Beef Spaghetti with Harissa

with organic beef mince | spinach, Romano pepper & parsley

Total time: 15 - 25 min. Family Quick




Wholewheat spaghetti


Diced tomatoes with garlic & onion


Garlic


Romano pepper


Spinach


Harissa


Red chili pepper


Fresh flat leaf parsley


Fresco spalmabile - cream cheese


Organic beef mince

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Wholewheat spaghetti (g)	90	180	270	360	450	540
Diced tomatoes with garlic & onion (pack)	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Romano pepper* (unit(s))	½	1	2	2	3	3
Spinach* (g)	50	100	100	200	200	300
Harissa* (g)	30	60	90	120	150	180
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Fresh flat leaf parsley* (g)	2½	5	7½	10	12½	15
Fresco spalmabile - cream cheese* (g)	25	50	75	100	125	150
Organic beef mince* (g)	125	250	375	500	625	750
Not included						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3498 /836	597 /143
Total fat (g)	38	6
of which saturated(g)	18,4	3,1
Carbonhydrates (g)	74	13
of which sugars (g)	18,7	3,2
Fiber (g)	14	2
Protein (g)	43	7
Salt (g)	4,3	0,7

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 spaghetti for 10 - 12 minutes, then reserve some of the pasta water before draining and setting aside.
- Meanwhile, cut the Romano pepper into strips and crush or mince the garlic.
- Deseed and finely chop the red chili pepper*.

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

2



Fry the mince

- Melt a knob of butter in a deep frying pan over high heat.
- Fry the Romano pepper with the garlic and the chili pepper for 1 - 2 minutes.
- Add the mince and fry for 2 - 3 minutes.

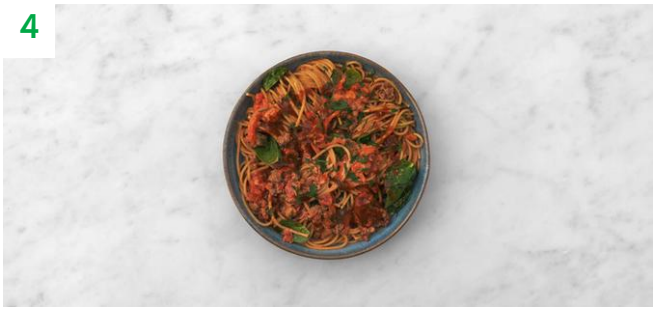
3



Make the sauce

- Add the diced tomatoes and fry for 2 - 3 more minutes.
- Meanwhile, finely chop the parsley.
- Reduce the heat and tear the spinach directly into the pan, in batches if necessary.
- Mix well so as to allow it to wilt and reduce.

4



Serve

- Stir in the cream cheese, then taste and season with salt and pepper as needed.
- Add the spaghetti and mix well to combine, adding a splash of pasta water as necessary if the sauce is too dry.
- Serve the spaghetti on deep plates.
- Drizzle with the harissa and garnish with the parsley to finish.

Doritos Loaded | with Beef & Cheddar

with organic beef mince | black beans, coriander & lime

Total time: 15 - 25 min. Quick




Red onion


Bell pepper


Mini Roma tomatoes


Passata


Grated cheddar


Lime


Fresh coriander


Organic beef mince


Black beans


Tortilla chips


Copacabana-style 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
Red onion (unit(s))	½	1	1½	2	2½	3
Bell pepper* (unit(s))	½	1	1	2	2	3
Mini Roma tomatoes* (g)	65	125	250	250	375	375
Passata (g)	100	200	300	390	500	590
Grated cheddar* (g)	40	75	115	150	190	225
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Fresh coriander* (g)	5	10	15	20	25	30
Organic beef mince* (g)	125	250	375	500	625	750
Black beans (pack)	¼	½	¾	1	1¼	1½
Tortilla chips (g)	50	100	170	200	270	300
Copacabana-style spice mix (sachet(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3883 /928	637 /152
Total fat (g)	56	9
of which saturated(g)	21,3	3,5
Carbonhydrates (g)	57	9
of which sugars (g)	17,9	2,9
Fiber (g)	14	2
Protein (g)	44	7
Salt (g)	3,5	0,6

Allergens

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

1



Prepare

- Preheat the oven to 180°C.
- Slice the onion into half-rings.
- Heat a drizzle of olive oil in a frying pan over high heat and fry the onion for 2 minutes.
- Add the Copacabana-style spice mix* and the mince, then fry for 3 more minutes.

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

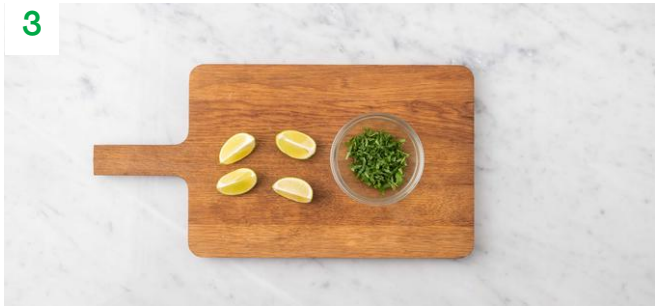
2



Make the sauce

- Meanwhile, dice the bell pepper and transfer to the pan, then fry for another 3 minutes.
- Halve the tomatoes, then drain and rinse the black beans.
- Transfer both to the pan, along with the passata.
- Mix well, then season to taste with salt and pepper.

3



Prepare the garnishes

- Transfer the sauce to an oven dish, then top with the tortilla chips and the cheese (see Tip).
- Bake in the oven for 3 minutes, or until the cheese has melted.
- Meanwhile, cut the lime into wedges and roughly chop the coriander.

Health Tip: *if you're watching your salt intake, use just half of the tortilla chips. You can save the rest for later.*

4



Serve

- Serve the nachos on plates.
- Garnish with the coriander and serve the lime wedges alongside.

Hake over Creamy Lemon Rice

with aglio e olio drizzle, tomatoes & courgette

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



- Jasmine rice
- Hake fillet
- Chopped onion
- Courgette
- Mini Roma tomatoes
- Lemon
- Cooking cream
- Aglio e olio
- 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
Jasmine rice (g)	75	150	225	300	375	450
Hake fillet* (unit(s))	1	2	3	4	5	6
Chopped onion* (g)	25	50	50	100	100	150
Courgette* (unit(s))	½	1	2	2	3	3
Mini Roma tomatoes* (g)	65	125	250	250	375	375
Lemon* (unit(s))	⅓	⅔	1	1⅓	1⅔	2
Cooking cream (g)	75	150	225	300	375	450
Aglio e olio* (g)	25	50	75	100	125	150
Italian seasoning (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
[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)	3368 /805	488 /117
Total fat (g)	42	6
of which saturated(g)	15,6	2,3
Carbonhydrates (g)	79	12
of which sugars (g)	11,7	1,7
Fiber (g)	4	1
Protein (g)	32	5
Salt (g)	1,8	0,3

Allergens

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

1



Boil the rice

- Prepare the stock in a pot or saucepan, then add the cream.
- Bring to a boil, then add the rice and cook for 10 - 12 minutes or until done.
- Drain if necessary and set aside.
- Meanwhile, cut the courgette into 5cm batons and halve the tomatoes.

2



Fry the vegetables

- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the courgette with the tomatoes and the Italian seasoning for 5 - 7 minutes (see Tip).
- Season to taste with salt and pepper.

Tip: *if you don't like raw garlic, add the aglio e olio to the vegetables during the final 3 minutes of cooking time.*

3



Fry the fish

- Melt a knob of butter in a frying pan over medium-high heat. Fry the fish with the onion for 3 minutes per side. Season with salt and pepper.
- In the meantime, zest the lemon.
- Juice half of the lemon and cut the rest into wedges.

4



Serve

- Stir as much lemon juice and zest as preferred into the rice. Season to taste with salt and pepper.
- Serve the rice on plates with everything else on top.
- Drizzle with the aglio e olio* and serve the rest of the lemon wedges alongside.

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

Homemade Chicken Döner with Sumac Salad & Fresh Herbs

bring the sensational food trend home!

Total time: 25 - 35 min. Quick




Lebanese flatbread


Seasoned chicken mince


Garlic


Red onion


Bell pepper


Tomato paste


Middle Eastern spice mix


Fresh flat leaf parsley & mint


Radicchio & iceberg lettuce


Persian cucumber


Tomato


Sumac


Ground cumin

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
Lebanese flatbread (unit(s))	2	4	6	8	10	12
Seasoned chicken mince* (g)	100	200	300	400	500	600
Garlic (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	½	1	1	2	2	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Tomato paste (can)	½	1	1½	2	2½	3
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
Radicchio & iceberg lettuce* (g)	50	100	150	200	250	300
Persian cucumber* (unit(s))	½	1	1	2	2	3
Tomato (unit(s))	½	1	2	2	3	3
Sumac (tsp)	1	2	3	4	5	6
Ground cumin (sachet(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
[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)	3477 /831	564 /135
Total fat (g)	36	6
of which saturated(g)	6,4	1
Carbonhydrates (g)	89	14
of which sugars (g)	22,4	3,6
Fiber (g)	11	2
Protein (g)	35	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



Prepare

- Preheat the oven to 200°C. Slice the cucumber into crescents. Dice the tomato and mince half of the onion.
- In a bowl, combine the white wine vinegar with cucumber and the sugar.
- In another bowl, combine the onion with the tomato and the sumac.
- Season both to taste with salt and pepper, then set aside until serving, stirring occasionally.

2



Chop the vegetables

- Roughly chop the bell pepper, the garlic, the parsley and the rest of the onion.
- Transfer all four to a tall container and drizzle generously with olive oil.
- Add the tomato paste, the cumin and the Middle Eastern spices (see Tip).
- Process with an immersion blender until smooth.

Tip: *you can also add some sambal if preferred.*

3



Make the döner

- Transfer the paste to a bowl and then add the mince.
- Knead well to combine, seasoning with salt and pepper.
- Spread an even layer of the mince mixture over each flatbread, then transfer to a parchment-lined baking sheet.
- Bake in the oven for 10 - 15 minutes, or until done.

4



Serve

- Finely chop the mint leaves.
- In a small bowl, combine the mint with the mayonnaise and a splash of water as preferred. Season to taste with salt and pepper.
- Top the homemade döner with the lettuce, the cucumber and the sumac salad.
- Drizzle with the herb sauce, then roll up the döner and serve.

SWICY EXPLOSION! Mango, Harissa Honey & Sweet Chili

savour the sweet heat of this pork stir-fry with brown rice

Total time: 25 - 35 min. Quick




Quick-cook brown rice


Sticky pork belly


Coconut milk


Red onion


Red chili pepper


Green Romano pepper


Carrot


Mango


Sweet chili sauce


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
Quick-cook brown rice (g)	75	150	225	300	375	450
Sticky pork belly* (g)	120	240	360	480	600	720
Coconut milk (ml)	90	180	270	360	450	540
Red onion (unit(s))	½	1	1½	2	2½	3
Red chili pepper* (unit(s))	½	1	1½	2	2½	3
Green Romano pepper* (unit(s))	½	1	2	2	3	3
Carrot* (unit(s))	½	1	1	2	2	3
Mango* (unit(s))	½	1	1½	2	2½	3
Sweet chili sauce* (g)	17½	35	52½	70	87½	105
Hello Harissa (sachet(s))	½	1	1½	2	2½	3
Not included						
Water for the rice (ml)	150	300	450	600	750	900
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative]	to taste					
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4209 /1006	559 /134
Total fat (g)	58	8
of which saturated(g)	27,5	3,7
Carbonhydrates (g)	92	12
of which sugars (g)	31	4,1
Fiber (g)	9	1
Protein (g)	28	4
Salt (g)	1,9	0,2

Allergens

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

1



Prepare

- Boil the water for the rice in a pot or saucepan and then add the coconut milk.
- Cook the rice for 10 - 12 minutes, covered, then turn off the heat and allow to stand for 5 minutes, still covered. Season to taste with salt.
- Deseed and finely chop the red chili pepper*.
- Slice the carrot into thin crescents.

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

2



Fry the pork

- Dice the pork into 1cm cubes.
- Roughly chop the Romano pepper and the onion.
- Heat a light drizzle of sunflower oil in a frying pan over medium-high heat. Fry the pork with the vegetables and half of the chili pepper for 5 minutes, covered.
- Remove the lid and fry for another 5 minutes. Season to taste with salt and pepper.

3



Make the harissa honey

- Heat a light drizzle of sunflower oil in a saucepan over medium-high heat and fry the rest of the chili pepper for 2 minutes.
- Add half of the Hello Harissa* and some honey as preferred.
- Mix well to combine, then remove from the heat and set aside.
- Meanwhile, peel and slice the mango.

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

4



Serve

- Add the sweet chili sauce to the stir-fry, along with the rest of the Hello Harissa and a splash of water. Mix well to combine.
- Serve the coconut rice on deep plates, topped with the stir-fry and the mango.
- Drizzle with the harissa honey to finish.