



# Loaded Nachos with Minced Meat

with homemade guacamole, jalapeños and cheese | 4 servings

Appetizer

Total time: 15 - 20 min.



Tear me out! 

Before you begin

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

|                                  |          |
|----------------------------------|----------|
| Organic sour cream* (g)          | 100      |
| Jalapeño* (unit(s))              | 2        |
| Scallions* (g)                   | 125      |
| Avocado (unit(s))                | 2        |
| Shallot (unit(s))                | 1        |
| Lime* (unit(s))                  | 1        |
| Tomato (unit(s))                 | 1        |
| Garlic (unit(s))                 | 1        |
| Pork mince* (g)                  | 100      |
| Mexican-style spices (sachet(s)) | ½        |
| Grated Gouda* (g)                | 150      |
| Sweet chilli tortilla chips (g)  | 300      |
| From your pantry                 |          |
| Olive oil (tbsp)                 | 1        |
| Salt & pepper                    | to taste |
| *store in the fridge             |          |

Nutritional values

|                        | Per 100g |
|------------------------|----------|
| Energy (kJ/kcal)       | 952 /228 |
| Total fat (g)          | 15       |
| of which saturated (g) | 4,6      |
| Carbohydrates (g)      | 16       |
| of which sugars (g)    | 2        |
| Fibre (g)              | 2        |
| Protein (g)            | 7        |
| Salt (g)               | 0,7      |

Allergens

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

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Prepare

- Preheat the oven to 180°C. Finely slice the scallions.
- Heat the olive oil in a frying pan on medium-high heat. Add the minced meat and Mexican-style spices\* and fry for 3 - 4 minutes.
- Spread the tortilla chips over a parchment-lined baking sheet.
- Scatter the minced meat, jalapeños\* and two-thirds of the scallions over the tortilla chips, followed by the cheese.

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

Chop

- Bake the nachos for 10 - 15 minutes, or until the cheese has melted.
- Meanwhile, halve and pit the avocado, then dice the flesh and transfer to a large bowl.
- Finely dice the tomato. Cut the lime in half.
- Finely chop the shallot and press or mince the garlic.

Serve

- Mash the avocado with a fork until smooth. Add the tomato, shallot and garlic.
- Juice the lime into the bowl. Mix everything together and season with salt and pepper to taste.
- Take the nachos out of the oven. Serve on the baking sheet or in a serving dish.
- Garnish with the rest of the scallions. Put the sour cream in a bowl, then serve the sour cream and guacamole to the side.

Enjoy!





# Vietnamese Spring Rolls with Chicken

with teriyaki sauce and fresh vegetables | 10 pieces

Appetizer

Total time: 20 - 25 min.



Tear me out! 

## Before you begin

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

|                                           |    |
|-------------------------------------------|----|
| Rice paper (unit(s))                      | ½  |
| Carrot* (unit(s))                         | 1  |
| Persian cucumber* (unit(s))               | 1  |
| Fresh coriander & mint* (g)               | 10 |
| Teriyaki sauce (g)                        | 25 |
| Radicchio & iceberg lettuce* (g)          | 50 |
| Peanut sauce* (g)                         | 80 |
| Sesame oil (ml)                           | 10 |
| Basmati rice (g)                          | 75 |
| Chicken thigh* (unit(s))                  | 1  |
| From your pantry                          |    |
| [Reduced salt] soy sauce (tbsp)           | 1  |
| Honey [or plant-based alternative] (tbsp) | 1  |
| White wine vinegar (tbsp)                 | 1  |
| Sunflower oil (tbsp)                      | 1  |

\*store in the fridge

## Nutritional values

|                        | Per 100g |
|------------------------|----------|
| Energy (kJ/kcal)       | 674 /161 |
| Total fat (g)          | 7        |
| of which saturated (g) | 1,3      |
| Carbohydrates (g)      | 20       |
| of which sugars (g)    | 4,7      |
| Fibre (g)              | 1        |
| Protein (g)            | 5        |
| Salt (g)               | 0,7      |

## Allergens

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

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## Prepare

- Boil plenty of water in a pot or saucepan and cook the rice for 12 - 15 minutes, then drain and set aside in the same pan.
- Drizzle the rice with sunflower oil. Mix well to combine, then set aside until further use.
- Grate the carrot. Finely chop the herbs. Cut the cucumber into small strips.
- Cut the chicken into small cubes.

## Prepare the sauce

- Heat a drizzle of sunflower oil in a frying pan over medium-high heat. Add the chicken and fry for 3 - 4 minutes.
- Add the teriyaki sauce and fry for another 3 - 4 minutes.
- Add the peanut sauce and sesame oil to a small bowl. Mix with the soy sauce, white wine vinegar and honey.
- Fill a deep plate with lukewarm water. Soak one of the rice sheets in the water for 5 - 10 seconds, then immediately transfer to a plate.

## Serve

- Place the chicken in the middle of the rice sheet, then top with some lettuce, carrot, cucumber, rice and fresh herbs.
- Fold the bottom of the rice sheet over the filling, then fold in the sides and roll it up.
- Repeat these steps for the rest of the rice sheets.
- Serve on a large platter or plate, with the peanut-soy sauce on the side.

## Enjoy!





# Quesadillas with Chicken Mince and Bell Pepper

with Mexican dipping sauce | 2 servings

Appetizer

Total time: 25 - 30 min.



Tear me out! 

Before you begin

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

|                                           |          |
|-------------------------------------------|----------|
| Red onion (unit(s))                       | 2        |
| Bell Pepper* (unit(s))                    | 1        |
| Chicken mince with Mexican seasoning* (g) | 200      |
| Mexican-style spices (sachet(s))          | 1        |
| Tomato (unit(s))                          | 2        |
| Organic sour cream* (g)                   | 50       |
| Flour tortillas (unit(s))                 | 4        |
| Grated Gouda* (g)                         | 75       |
| From your pantry                          |          |
| [Plant-based] butter (tbsp)               | 1        |
| Salt & pepper                             | to taste |
| *store in the fridge                      |          |

Nutritional values

|                        | Per serving | Per 100g |
|------------------------|-------------|----------|
| Energy (kJ/kcal)       | 2828 /676   | 569 /136 |
| Total fat (g)          | 32          | 6        |
| of which saturated (g) | 20,1        | 4        |
| Carbohydrates (g)      | 57          | 11       |
| of which sugars (g)    | 10,8        | 2,2      |
| Fibre (g)              | 9           | 2        |
| Protein (g)            | 36          | 7        |
| Salt (g)               | 3           | 0,6      |

Allergens

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

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Make the filling

- Preheat the oven to 200°C.
- Slice the onion into half rings. Chop the bell pepper into strips.
- Heat the butter in a frying pan over medium-high heat, then fry the onion and bell pepper for 2 - 3 minutes.
- Add the mince and half of the Mexican-style spices\*, and fry for another 3 - 4 minutes, or until done. Season with salt and pepper.

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

Make the quesadillas

- In the meantime, thinly slice the tomato.
- Place the tortillas on a parchment-lined baking sheet and spread the veggie-mince filling over one half of each tortilla.
- Top with the grated cheese and 2 - 3 slices of tomato per tortilla, then fold the other side over the filling and press down so it doesn't open up again.
- Rub a little bit of olive oil over the top of each quesadilla.

Serve

- Put the quesadillas on the top shelf of the oven to bake for 5 - 7 minutes, until golden brown.
- In a small bowl, mix the sour cream with the rest of the Mexican-style spices.
- In the meantime, finely chop the rest of the slices of tomato, then mix these with the sour cream and season with salt and pepper to taste.
- Serve the quesadillas with the sour cream dip.

Enjoy!





## Flemish Meatballs

with veal jus and onion chutney | to share

Appetizer

Total time: 25 - 30 min.



Tear me out! 

## Before you begin

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

|                                         |          |
|-----------------------------------------|----------|
| Onion (unit(s))                         | 1        |
| Onion chutney* (g)                      | 80       |
| Veal jus* (g)                           | 60       |
| Bay leaf (unit(s))                      | 1        |
| Fresh curly parsley* (g)                | 5        |
| Beef-pork mince with Italian herbs* (g) | 300      |
| From your pantry                        |          |
| Brown sugar (tbsp)                      | 1        |
| Red wine vinegar (tbsp)                 | 1        |
| Low sodium beef stock (ml)              | 100      |
| [Plant-based] butter (tbsp)             | 2        |
| Salt & pepper                           | to taste |

\*store in the fridge

## Nutritional values

|                        | Per 100g  |
|------------------------|-----------|
| Energy (kJ/kcal)       | 670 / 160 |
| Total fat (g)          | 11        |
| of which saturated (g) | 5         |
| Carbohydrates (g)      | 7         |
| of which sugars (g)    | 6,4       |
| Fibre (g)              | 1         |
| Protein (g)            | 8         |
| Salt (g)               | 0,6       |

## Allergens

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

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## Fry the meatballs

- Shape the mince into 12 meatballs.
- Melt the butter in a frying pan over medium-high heat and fry the meatballs for 3 - 4 minutes until evenly browned.
- In the meantime, finely chop the onion and the parsley.
- Lower the heat to medium, add the onion and cover with the lid, then fry for a further 5 - 6 minutes or until the meatballs are done.

## Prepare the sauce

- Prepare the stock.
- Remove the meatballs from the pan, add the brown sugar and caramelise the onions for 1 - 2 minutes over high heat.
- Deglaze the onions with the red wine vinegar.
- Add the veal jus, beef stock and bay leaf and reduce the sauce on high heat for 5 - 7 minutes.

## Finish and serve

- Remove the bay leaf, add the onion chutney and meatballs, and cook for 2 more minutes (see Tip).
- Season to taste with salt and pepper.
- Serve the Flemish meatballs and sauce in a bowl.
- Garnish with the fresh parsley.

**Tip:** do you have "Luikse stroop" at home? Replace the onion chutney with 1 - 2 tbsp of it. Enjoy!

Enjoy!





# Pan-Fried Shrimp Tossed with Garlic & Red Chili Pepper

with curry-style yogurt dip | to share

Appetizer

Total time: 10 - 15 min.



Tear me out! 

Before you begin

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

|                                 |          |
|---------------------------------|----------|
| Organic Greek yogurt* (g)       | 150      |
| Yellow curry spices (sachet(s)) | 1        |
| Garlic (unit(s))                | 2        |
| Shaved almonds (g)              | 10       |
| Lime* (unit(s))                 | 1        |
| Red chili pepper* (unit(s))     | 1        |
| Jumbo shrimp* (g)               | 260      |
| From your pantry                |          |
| Sunflower oil (tbsp)            | ¼        |
| Salt & pepper                   | to taste |

\*store in the fridge

Nutritional values

|                        | Per 100g |
|------------------------|----------|
| Energy (kJ/kcal)       | 402 /96  |
| Total fat (g)          | 5        |
| of which saturated (g) | 2        |
| Carbohydrates (g)      | 3        |
| of which sugars (g)    | 0,5      |
| Fibre (g)              | 1        |
| Protein (g)            | 12       |
| Salt (g)               | 0,7      |

Allergens

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



Prepare

- Zest the lime, then cut into wedges.
- Crush or mince the garlic.
- Deseed and finely chop the red chili pepper\*.

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

Fry the shrimp

- Heat a light drizzle of sunflower oil in a frying pan over medium-high heat. Add the shrimp, season with salt and pepper and fry for 4 - 5 minutes.
- Add the garlic and red chili pepper, fry for another minute, then remove the pan from the heat.
- Add the lime zest to the shrimp.

Finish

- In a small bowl, mix together the Greek yogurt and curry spices. Season with salt and pepper.
- Spoon the curry yogurt into a serving bowl. Top with the shrimp, along with the garlic and red chili pepper.
- Sprinkle over the shaved almonds and serve with the lime wedges.

Enjoy!





# Mozzarella Garlic Bread

with homemade parsley-garlic butter | to share

Appetizer

Total time: 10 - 15 min.



Tear me out! 

Before you begin

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

|                               |          |
|-------------------------------|----------|
| Mozzarella* (ball(s))         | 1        |
| Grated Gouda* (g)             | 75       |
| Fresh flat leaf parsley* (g)  | 10       |
| Unsalted butter* (g)          | 125      |
| Garlic (unit(s))              | 1        |
| White demi-baguette (unit(s)) | 2        |
| From your pantry              |          |
| Salt & pepper                 | to taste |

\*store in the fridge

Nutritional values

|                        | Per 100g  |
|------------------------|-----------|
| Energy (kJ/kcal)       | 1505 /360 |
| Total fat (g)          | 25        |
| of which saturated (g) | 16,1      |
| Carbohydrates (g)      | 23        |
| of which sugars (g)    | 0,9       |
| Fibre (g)              | 2         |
| Protein (g)            | 10        |
| Salt (g)               | 0,9       |

Allergens

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

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Prepare

- Preheat the oven to 200°C.
- Take the butter out of the fridge and allow it to reach room temperature.
- Press or mince the garlic and finely chop the parsley.

2



Make the garlic butter

- Transfer the softened butter to a bowl.
- Mix the butter with the garlic and two-thirds of the parsley.
- Season with salt and pepper.
- Roughly chop the mozzarella.

3



Serve

- Partially slice the demi-baguettes on a diagonal, ensuring the base remains intact.
- Spread the garlic butter on the inside of the bread and add some of both cheeses, then scatter the rest of the cheese over the top.
- Pop the baguettes in the oven for 10 minutes, or until the cheese is golden-brown.
- Transfer the garlic bread to a serving dish. Scatter the rest of the parsley over the bread to finish.

Enjoy!





# Smoked Salmon Flammekueche

with lemon, capers and sour cream | 2 servings

Appetizer

Total time: 15 - 20 min.



Tear me out! 

## Before you begin

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

|                         |     |
|-------------------------|-----|
| Flammekueche* (unit(s)) | 2   |
| Smoked salmon* (g)      | 120 |
| Organic sour cream* (g) | 100 |
| Capers (g)              | 30  |
| Red onion (unit(s))     | 1   |
| Lemon* (unit(s))        | 1   |
| Lamb's lettuce* (g)     | 80  |

### From your pantry

Salt & pepper to taste

\*store in the fridge

## Nutritional values

|                        | Per serving | Per 100g  |
|------------------------|-------------|-----------|
| Energy (kJ/kcal)       | 1837 / 439  | 565 / 135 |
| Total fat (g)          | 14          | 4         |
| of which saturated (g) | 4,7         | 1,4       |
| Carbohydrates (g)      | 51          | 16        |
| of which sugars (g)    | 4,3         | 1,3       |
| Fibre (g)              | 3           | 1         |
| Protein (g)            | 24          | 7         |
| Salt (g)               | 2,9         | 0,9       |

## Allergens

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

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## Prepare

- Preheat the oven to 220°C.
- Place the flammekueche on a parchment-lined baking sheet.
- Chop the onion into half rings.

## Add the toppings

- Reserve 1 tbsp of sour cream to use later, then spread the rest over the flammekueche.
- Top with the onion and capers, then season with salt and pepper.
- Bake the flammekueche for 8 - 10 minutes until golden brown.
- Cut the lemon into wedges in the meantime.

## Serve

- Slice the flammekueche, then top with the smoked salmon and the reserved sour cream.
- Top with the lamb's lettuce.
- Serve with the lemon wedges alongside.

## Enjoy!





# Tear 'n Share Camembert Ciabatta

with rosemary and garlic | to share

Appetizer

Total time: 25 - 30 min.



Tear me out! 

Before you begin

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

|                                           |          |
|-------------------------------------------|----------|
| Fresh rosemary* (sprig)                   | 2        |
| Garlic (unit(s))                          | 3        |
| Camembert* (g)                            | 240      |
| White ciabatta (unit(s))                  | 3        |
| From your pantry                          |          |
| Honey [or plant-based alternative] (tbsp) | 1        |
| Olive oil (tbsp)                          | 2        |
| [Plant-based] butter (g)                  | 30       |
| Salt & pepper                             | to taste |
| *store in the fridge                      |          |

Nutritional values

|                        | Per 100g  |
|------------------------|-----------|
| Energy (kJ/kcal)       | 1305 /312 |
| Total fat (g)          | 19        |
| of which saturated (g) | 9,9       |
| Carbohydrates (g)      | 23        |
| of which sugars (g)    | 2,7       |
| Fibre (g)              | 1         |
| Protein (g)            | 12        |
| Salt (g)               | 1,1       |

Allergens

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



Prepare the ciabatta

- Preheat the oven to 200°C.
- Slice the ciabatta diagonally at 2cm intervals, moving widthways and making sure not to cut the whole way through. Repeat this step in the opposite direction to create a criss-cross pattern.
- Mince or crush the garlic. Pick the rosemary leaves from their stalks and roughly chop them.
- Slice the camembert into 1cm thick slices, then cut these to be approximately 2 - 3cm long.

Make the rosemary-garlic oil

- Heat a small saucepan on medium-high heat and add the olive oil and butter.
- Allow the butter to melt, then add the garlic and rosemary and cook for 1 minute. Remove from the heat, then season with salt and pepper.
- Transfer the ciabatta to a parchment-lined baking sheet and use a teaspoon to drizzle the rosemary-garlic oil into each cut.
- Push a camembert slice into each cut.

Bake the bread and serve

- Drizzle over the ciabatta with honey and a little more olive oil if preferred, then sprinkle over some salt and pepper.
- Bake the bread for 10 - 12 minutes, or until the cheese is melted.
- Remove the bread from the oven and transfer to a serving platter to share.

Enjoy!





# Hearty Banana Bread with Homemade Oat Flour

with apple, dates and pecans | to share

Baking

Total time: 50 - 60 min.



Tear me out!

## Before you begin

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

|                              |     |
|------------------------------|-----|
| Oats (g)                     | 200 |
| Speculaas spices (sachet(s)) | 1   |
| Baking powder (g)            | 8   |
| Egg* (unit(s))               | 2   |
| Banana (unit(s))             | 4   |
| Apple* (unit(s))             | 1   |
| Chopped pecans (g)           | 40  |
| Chopped dates (g)            | 80  |
| From your pantry             |     |
| Sunflower oil (tbsp)         | 1   |
| Salt (tsp)                   | ¼   |

\*store in the fridge

## Nutritional values

|                        | Per 100g  |
|------------------------|-----------|
| Energy (kJ/kcal)       | 800 / 191 |
| Total fat (g)          | 6         |
| of which saturated (g) | 0,9       |
| Carbohydrates (g)      | 28        |
| of which sugars (g)    | 14,1      |
| Fibre (g)              | 3         |
| Protein (g)            | 5         |
| Salt (g)               | 0,4       |

## Allergens

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

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## Make the oat flour

- Preheat the oven to 180°C. Grease or line a rectangular loaf tin.
- Reserve 1 tsp of oats and set aside for later use, then transfer the rest of the oats to a blender or food processor. Add the baking powder and speculaas spices, then blend together to make the oat flour.
- Add the eggs, sunflower oil, salt and three peeled bananas, then blend until you get a smooth batter.

## Finish the batter

- Peel, core and dice the apple. Fold the dates, pecans and apple into the batter, then pour it into the loaf tin.
- Peel the last banana, then halve it lengthways and place each half on top of the batter face-up.
- Scatter the reserved oats on top.

## Bake and serve

- Bake the banana bread in the oven for 35 - 40 minutes or until done. Check if it is done by poking it with a skewer. If the skewer comes out mostly clean, the banana bread is ready.
- Remove from the oven and let it cool completely.
- Cut the homemade banana bread into slices and serve.

Enjoy!





# Double Chocolate Brownies

with walnuts | 9 pieces

Baking

Total time: 40 - 50 min.



Tear me out!

Before you begin

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

|                           |     |
|---------------------------|-----|
| Egg* (unit(s))            | 2   |
| Chocolate cake mix (g)    | 400 |
| Chopped walnuts (g)       | 40  |
| Chocolate chips (g)       | 100 |
| White chocolate chips (g) | 100 |
| Salted caramel sauce (g)  | 40  |

|                          |    |
|--------------------------|----|
| From your pantry         |    |
| Water (ml)               | 80 |
| [Plant-based] butter (g) | 40 |

\*store in the fridge

Nutritional values

|                        |           |
|------------------------|-----------|
|                        | Per 100g  |
| Energy (kJ/kcal)       | 1593 /381 |
| Total fat (g)          | 17        |
| of which saturated (g) | 8,5       |
| Carbohydrates (g)      | 49        |
| of which sugars (g)    | 29,7      |
| Fibre (g)              | 2         |
| Protein (g)            | 7         |
| Salt (g)               | 1,1       |

Allergens

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



Prepare

- Weigh out the butter and cut it into cubes, then set aside and allow to reach room temperature.
- Preheat the oven to 180°C.
- Line a 20cm x 20cm square baking tin with parchment paper (see Tip).
- In a large bowl, beat the eggs, butter, water and cake mix until you have a smooth batter.

Tip: if you don't have a baking tin at home, a rectangular oven dish will work just fine!

Bake the brownie

- Stir in two-thirds each of the walnuts, milk chocolate chips and white chocolate chips.
- Pour the batter into the baking tin. Scatter over the rest of the walnuts and the chocolate chips.
- Bake the brownie in the oven for 22 - 25 minutes (see Tip).
- The brownie is ready when cracks have formed on the surface.

Tip: if you like soft, gooey brownies, use the shorter cooking time.

Serve

- Take the brownie out of the oven and allow to cool for 5 minutes (see Tip).
- Drizzle with the salted caramel sauce to taste.
- Cut the brownie into around 9 squares and remove from the cake tin one by one.

Tip: check if the brownie is done by piercing it with a skewer. It's fine if the skewer comes out a little bit sticky, but pop it back in the oven for a few minutes if it's very runny.

Enjoy!





# Carrot Cake Energy Bites

with dates, pecan nuts & pistachios | 16 pieces

Baking

Total time: 25 - 30 min.



Tear me out!

Before you begin

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

|                           |     |
|---------------------------|-----|
| Chopped dates (g)         | 80  |
| Carrot* (unit(s))         | 1   |
| Ground cinnamon (tsp)     | 1½  |
| White chocolate chips (g) | 100 |
| Raisins (g)               | 40  |
| Oats (g)                  | 150 |
| Pistachio nuts (g)        | 20  |
| Chopped pecans (g)        | 100 |

\*store in the fridge

Nutritional values

|                        | Per 100g  |
|------------------------|-----------|
| Energy (kJ/kcal)       | 1696 /405 |
| Total fat (g)          | 22        |
| of which saturated (g) | 5,2       |
| Carbohydrates (g)      | 42        |
| of which sugars (g)    | 26        |
| Fibre (g)              | 6         |
| Protein (g)            | 7         |
| Salt (g)               | 0,1       |

Allergens

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

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Prepare

- Boil plenty of water in a kettle or saucepan. Place the chopped dates and raisins in a bowl and pour the hot water over them.
- Allow to soak for 10 minutes and then drain. In the meantime, finely grate the carrot.
- Finely chop the raisins, dates and pecans, then put them in a large bowl (see Tip).

Tip: if you have an electric mixer, use that to mix all the ingredients together.

Mix

- Add the carrot, oats and cinnamon to the large bowl.
- Mix everything together, then roll the mixture into small balls (see Tip).
- Bring plenty of water to a boil in a small saucepan.
- Put the chocolate chips in a heat-resistant glass bowl that is larger than the saucepan.

Tip: if the mixture is a bit too sticky, put it in the fridge to chill for a little bit. This will help the mixture to set and will make it easier to handle.

Serve

- Place the bowl on top of the saucepan and allow the chocolate to melt, stirring continuously. Finely chop the pistachios.
- Dip the energy bites in the chocolate before sprinkling over the chopped pistachios (see Tip).
- Serve the energy balls on a serving platter.

Tip: the energy bites are quite sweet thanks to the dates and raisins, so feel free to leave out the chocolate if you're trying to cut down on sugar!

Enjoy!





# Salted Caramel Apple Crumble

with homemade whipped cream | to share

Baking

Total time: 30 - 40 min.



Tear me out!

## Before you begin

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

|                                     |     |
|-------------------------------------|-----|
| Apple* (unit(s))                    | 4   |
| Ground cinnamon (tsp)               | 3   |
| Cane sugar (g)                      | 100 |
| Chopped walnuts (g)                 | 80  |
| Heavy cream* (ml)                   | 200 |
| Cookie dough salted caramel* (pack) | 1   |
| From your pantry                    |     |
| Flour (tbsp)                        | 1   |
| Sugar (tbsp)                        | 1   |

\*store in the fridge

## Nutritional values

|                        | Per 100g  |
|------------------------|-----------|
| Energy (kJ/kcal)       | 1099 /263 |
| Total fat (g)          | 15        |
| of which saturated (g) | 7,2       |
| Carbohydrates (g)      | 29        |
| of which sugars (g)    | 22,2      |
| Fibre (g)              | 2         |
| Protein (g)            | 3         |
| Salt (g)               | 0,1       |

## Allergens

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

1



2



3



## Prepare

- Preheat the oven to 180°C.
- In a mixing bowl, whisk the cream with 1 tbsp of sugar using a handheld mixer until firm and thick.
- Fold in half of the cinnamon.

## Make the filling

- Grease an oven dish or line it with parchment paper.
- Core and dice the apple, then add to a bowl. Mix with the walnuts, cane sugar, rest of the cinnamon and 1 tbsp of flour.
- Transfer the apple mixture to the oven dish.

## Bake the crumble

- Crumble the cookie dough on top of the filling. Make sure the crumbs are evenly distributed and the apples are completely covered.
- Bake the crumble in the oven for 30 - 35 minutes, or until golden brown.
- Allow to cool down for 5 minutes before serving.

## Enjoy!





# Oatmeal Cookies with Crunchy Pecans

with chocolate chips and banana | to share

Baking

Total time: 35 - 45 min.



Tear me out! 

Before you begin

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

|                                           |     |
|-------------------------------------------|-----|
| Oats (g)                                  | 140 |
| Egg* (unit(s))                            | 1   |
| Baking powder (g)                         | 8   |
| Ground cinnamon (tsp)                     | 3   |
| Banana (unit(s))                          | 2   |
| Chopped pecans (g)                        | 40  |
| Dark chocolate chips (g)                  | 75  |
| From your pantry                          |     |
| Honey [or plant-based alternative] (tbsp) | 2   |
| Salt (tsp)                                | ¼   |

\*store in the fridge

Nutritional values

|                        | Per 100g  |
|------------------------|-----------|
| Energy (kJ/kcal)       | 1132 /270 |
| Total fat (g)          | 12        |
| of which saturated (g) | 3,6       |
| Carbohydrates (g)      | 33        |
| of which sugars (g)    | 16,9      |
| Fibre (g)              | 4         |
| Protein (g)            | 6         |
| Salt (g)               | 0,8       |

Allergens

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



Prepare

- Preheat the oven to 180°C.
- Peel and mash the banana in a large bowl.
- Add the egg, oats, baking powder, cinnamon, honey and salt to the bowl. Mix well to combine.
- Stir in the chocolate chips.

Make the cookies

- Roll the mixture into balls, then flatten them slightly and place them in rows on a parchment-lined baking sheet.
- Make sure there is enough space between them by alternating the space between each row.
- Sprinkle the chopped pecans on top of each cookie.

Bake and serve

- Bake the oatmeal cookies for 14 – 16 minutes. When removed from the oven, they should still be slightly soft.
- Allow the treats to cool down on the baking sheet for at least 30 minutes, then store them in an air-tight container (see Tip).

*Tip: if the cookies have gone soft the next day, put them back in the oven at 160°C for 5 minutes.*

Enjoy!



Smoothie box

Kick-start your day!

**1** American-Style Pancakes with Apple  
topped with Greek yogurt and honey

**2** Crackers Topped with Ham and Tomato

**3** Greek Yogurt Bowl with Blueberries & Chia Seeds

## American-Style Pancakes with Apple

**20 min.** topped with Greek yogurt and honey | 2 servings



### Utensils

Large frying pan, spatula, two bowls

### Ingredients for 2 servings

|                                    |          |
|------------------------------------|----------|
| Flour (g)                          | 200      |
| Organic buttermilk* (ml)           | 200      |
| Baking powder (g)                  | 8        |
| Egg* (unit(s))                     | 2        |
| Apple* (unit(s))                   | 1        |
| Organic Greek yogurt* (g)          | 150      |
| From your pantry                   |          |
| Sugar (tbsp)                       | 1        |
| Salt (tsp)                         | ½        |
| Honey [or plant-based alternative] | to taste |
| Sunflower oil (tbsp)               | 1        |

\*store in the fridge

### Nutritional values

|                        | Per serving | Per 100g  |
|------------------------|-------------|-----------|
| Energy (kJ/kcal)       | 2820 / 674  | 665 / 159 |
| Total fat (g)          | 21          | 5         |
| of which saturated (g) | 7,4         | 1,7       |
| Carbohydrates (g)      | 94          | 22        |
| of which sugars (g)    | 17,1        | 4         |
| Fiber (g)              | 6           | 1         |
| Protein (g)            | 27          | 6         |
| Salt (g)               | 3,4         | 0,8       |

### 1. Make the batter

- Beat the eggs in a bowl, then add the buttermilk and whisk together until fluffy.
- In another bowl, add the flour, salt, sugar and 0.5 sachet baking powder.
- Using a spatula, fold the egg and buttermilk mixture into the flour.

### 2. Fry the pancakes

- Heat a drizzle of sunflower oil in a large frying pan over medium-high heat.
- Pour a ladle full of batter into the pan. Fry the pancakes for about 2 minutes on each side until brown, then remove from the pan and cover with aluminium foil to keep warm.
- Repeat until you've used all the batter, adding more sunflower oil in between as needed.

### 3. Prepare the topping

- Peel, core and dice the apple.

### 4. Serve

- Serve the pancakes on plates.
- Top with a dollop of Greek yogurt and scatter the apple over the pancakes.
- Drizzle with extra honey if preferred.

### Allergens

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

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



# Crackers Topped with Ham and Tomato

2 breakfast servings for 2 persons | 4 servings

10 min.



## Utensils

-

## Ingredients for 4 servings

|                    |          |
|--------------------|----------|
| Crackers (unit(s)) | 12       |
| Ham* (slice(s))    | 12       |
| Cream cheese* (g)  | 100      |
| Tomato (unit(s))   | 2        |
| From your pantry   |          |
| Salt and pepper    | to taste |

\*store in the fridge

## Nutritional values

|                        | Per 100g |
|------------------------|----------|
| Energy (kJ/kcal)       | 563 /135 |
| Total fat (g)          | 7        |
| of which saturated (g) | 2,2      |
| Carbohydrates (g)      | 3        |
| of which sugars (g)    | 1,6      |
| Fiber (g)              | 4        |
| Protein (g)            | 6        |
| Salt (g)               | 1        |

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

- Slice 1 tomato.
- Serve half of the crackers on plates and spread half of the cream cheese on them.
- Divide half of the ham over the crackers and top with the sliced tomato. Season with salt and pepper.
- Repeat this recipe for a second breakfast the next day.

# Greek Yogurt Bowl with Blueberries

2 days of breakfast for 2 persons | 4 servings

10 min.



## Utensils

-

## Ingredients for 4 servings

|                           |     |
|---------------------------|-----|
| Organic Greek yogurt* (g) | 500 |
| Blueberries* (g)          | 125 |
| Chia seeds (g)            | 20  |
| From your pantry          |     |

Honey [or plant-based alternative] to taste  
\*store in the fridge

## Nutritional values

|                        | Per 100g |
|------------------------|----------|
| Energy (kJ/kcal)       | 538 /129 |
| Total fat (g)          | 9        |
| of which saturated (g) | 4,9      |
| Carbohydrates (g)      | 7        |
| of which sugars (g)    | 2        |
| Fiber (g)              | 2        |
| Protein (g)            | 4        |
| Salt (g)               | 0,2      |

- Serve 125g Greek yogurt per person in bowls.
- Top each bowl with a quarter each of the blueberries and chia seeds.
- Drizzle with honey to taste.
- Repeat the recipe for a second breakfast the next day.

Enjoy!





## Smoothie Box

3 fresh smoothies | 2 servings each

Breakfast

Total time: 10 - 15 min.



Tear me out!

Before you begin

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

|                                    |          |
|------------------------------------|----------|
| Coconut milk (ml)                  | 750      |
| Banana (unit(s))                   | 4        |
| Pineapple* (g)                     | 200      |
| Lime* (unit(s))                    | 1½       |
| Desiccated coconut (g)             | 10       |
| Blueberries* (g)                   | 125      |
| Cucumber* (unit(s))                | ½        |
| Spinach* (g)                       | 100      |
| Mango* (unit(s))                   | 1        |
| From your pantry                   |          |
| Honey [or plant-based alternative] | to taste |
| *store in the fridge               |          |

Nutritional values

|                        | Per 100g  |
|------------------------|-----------|
| Energy (kJ/kcal)       | 496 / 119 |
| Total fat (g)          | 6         |
| of which saturated (g) | 5,5       |
| Carbohydrates (g)      | 9         |
| of which sugars (g)    | 7,5       |
| Fibre (g)              | 1         |
| Protein (g)            | 1         |
| Salt (g)               | 0         |

\*The nutritional values are based on the average of the three variations.

Allergens

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



Piña Colada Smoothie

- Peel and slice 1 banana. Juice 1 lime into a small bowl.
- Add the banana, pineapple, lime juice and 250ml coconut milk to a blender (or tall container, if you’re using an immersion blender) and blend until smooth.
- Add some honey as preferred, blend it through and then pour the smoothie into two glasses. Garnish with the desiccated coconut.



Green Booster Smoothie

- Chop the cucumber into small pieces. Peel and slice 1 banana. Peel and finely chop the mango. Juice half a lime into a blender (or tall container, if you’re using an immersion blender).
- Add the banana, spinach, cucumber, two-thirds of the mango and 250ml coconut milk, then blend into a thick smoothie. Add some honey to taste, then briefly blend the smoothie again.
- Pour the smoothie into two glasses and garnish with the reserved mango.



Blueberry & Coconut Smoothie

- Peel 2 bananas and cut them into smaller pieces. Add them to a blender or a tall container (if you’re using an immersion blender), along with 250ml coconut milk.
- Set aside a few of the blueberries for the garnish, then add the rest to the container and blend into a thick smoothie. If preferred, add some honey to taste.
- Pour the smoothie into two glasses and garnish with the rest of the blueberries.

Enjoy!





# Blueberry Smoothie Bowl

with kiwi & banana | 2 servings

Breakfast

Total time: 5 - 10 min.



Tear me out! 

Before you begin

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

|                                           |     |
|-------------------------------------------|-----|
| Banana (unit(s))                          | 1   |
| Organic full-fat yogurt* (g)              | 150 |
| Kiwi* (unit(s))                           | 1   |
| Blueberries* (g)                          | 125 |
| From your pantry                          |     |
| Honey [or plant-based alternative] (tbsp) | 2   |

\*store in the fridge

Nutritional values

|                        | Per serving | Per 100g |
|------------------------|-------------|----------|
| Energy (kJ/kcal)       | 887 /212    | 348 /83  |
| Total fat (g)          | 3           | 1        |
| of which saturated (g) | 1,9         | 0,7      |
| Carbohydrates (g)      | 40          | 16       |
| of which sugars (g)    | 35,3        | 13,8     |
| Fibre (g)              | 3           | 1        |
| Protein (g)            | 4           | 2        |
| Salt (g)               | 0,1         | 0        |

Allergens

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



Prepare

- Peel and slice the kiwi.
- Roughly chop half of the banana and then slice the rest to use on top of the smoothie bowl later.
- Set aside the kiwi, sliced banana and a few blueberries to use as garnishes.

Blend the smoothie

- Transfer the rest of the banana to a blender (or tall container, if you're using an immersion blender), then add the rest of the blueberries, yogurt and honey.
- Blend into a thick smoothie.

Serve

- Serve the smoothie in bowls or deep plates.
- Garnish with the reserved kiwi, sliced banana and blueberries.

Enjoy!





## Chia Seed Pudding 3 Ways

mango & pistachio, apple & raisins, blueberries & apple | 3 breakfasts for 2 people

Breakfast

Total time: 15 - 20 min.



Tear me out! 

Before you begin

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

|                                           |     |
|-------------------------------------------|-----|
| Coconut milk (ml)                         | 500 |
| Desiccated coconut (g)                    | 10  |
| Mango* (unit(s))                          | 1   |
| Apple* (unit(s))                          | 1   |
| Ground cinnamon (tsp)                     | 1   |
| Pistachio nuts (g)                        | 20  |
| Chia seeds (g)                            | 100 |
| Raisins (g)                               | 20  |
| Blueberries* (g)                          | 125 |
| Blueberry fruit spread (g)                | 30  |
| From your pantry                          |     |
| Water (ml)                                | 100 |
| Honey [or plant-based alternative] (tbsp) | 2   |

\*store in the fridge

Nutritional values

|                        | Per 100g |
|------------------------|----------|
| Energy (kJ/kcal)       | 680 /162 |
| Total fat (g)          | 10       |
| of which saturated (g) | 6,5      |
| Carbohydrates (g)      | 14       |
| of which sugars (g)    | 9,5      |
| Fibre (g)              | 4        |
| Protein (g)            | 2        |
| Salt (g)               | 0        |

\*The nutritional values are based on the average of the three variations.

Allergens

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



Variation 1: Mango & pistachio (2 servings)

- Add the chia seeds, coconut milk, 100 ml water and honey to a large bowl. Mix well, allow to rest for 10 minutes, then stir once more.
- Divide the chia pudding between 6 glasses, leaving room for the toppings. Cover the glasses, then put them in the fridge and leave to set for at least 4 hours, or overnight.
- Roughly chop the pistachios. Peel and dice the mango.
- Grab two glasses of chia pudding and mix in most of the mango, then garnish with the rest. Top with the pistachios.

Variation 2: Apple & raisins (2 servings)

- Finely dice half of the apple, then put it in a bowl and mix with 1 tsp of cinnamon.
- Grab two glasses of chia pudding and top with the apple.
- Garnish with the raisins.

Variation 3: Blueberry & apple (2 servings)

- Finely dice the other half of the apple.
- Grab two glasses of chia pudding and mix in the blueberry jam.
- Top with the blueberries and apple.
- Scatter over the desiccated coconut to finish.

Enjoy!





# Breakfast Bowls with Greek Yogurt and Fresh Fruit

with three variations of toppings | 2 servings each

Breakfast

Total time: 10 - 15 min.



Tear me out! 

Before you begin

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

|                           |      |
|---------------------------|------|
| Blueberries* (g)          | 125  |
| Apple* (unit(s))          | 2    |
| Pumpkin seeds (g)         | 20   |
| Mango* (unit(s))          | 2    |
| Desiccated coconut (g)    | 20   |
| Chopped walnuts (g)       | 20   |
| Organic Greek yogurt* (g) | 1000 |

From your pantry

|                                    |          |
|------------------------------------|----------|
| Honey [or plant-based alternative] | to taste |
| *store in the fridge               |          |

Nutritional values

|                        | Per 100g |
|------------------------|----------|
| Energy (kJ/kcal)       | 482 /115 |
| Total fat (g)          | 7        |
| of which saturated (g) | 4        |
| Carbohydrates (g)      | 8        |
| of which sugars (g)    | 5,6      |
| Fibre (g)              | 1        |
| Protein (g)            | 3        |
| Salt (g)               | 0,1      |

\*The nutritional values are based on the average of the three variations.

Allergens

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

1



Greek yogurt with blueberries, apple and pumpkin seeds

- Core and dice 1 apple.
- Divide a third of the Greek yogurt into two bowls.
- Garnish with the apple, half of the blueberries and pumpkin seeds.
- Add honey to taste.

2



Greek yogurt with mango, apple and desiccated coconut

- Peel and dice 1 mango. Core and dice 1 apple.
- Divide a third of the Greek yogurt into two bowls.
- Garnish with the mango, apple and desiccated coconut.
- Add honey to taste.

3



Greek yogurt with blueberries, mango and walnuts

- Peel and dice 1 mango.
- Divide a third of the Greek yogurt into two bowls.
- Garnish with the mango, half of the blueberries and walnuts.
- Add honey to taste.

Enjoy!





# Savoury Breakfast Crackers

with three variations of toppings | 2 servings each

Breakfast

Total time: 10 - 15 min.



Tear me out!

Before you begin

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

|                                       |          |
|---------------------------------------|----------|
| Avocado (unit(s))                     | 2        |
| Goat's Cheese* (g)                    | 200      |
| Tomato (unit(s))                      | 1        |
| Cress* (g)                            | 20       |
| Crackers (unit(s))                    | 12       |
| Fresco spalmabile - cream cheese* (g) | 100      |
| Roast chicken slices* (g)             | 120      |
| Greek-style cheese* (g)               | 50       |
| From your pantry                      |          |
| Salt & pepper                         | to taste |

\*store in the fridge

Nutritional values

|                        | Per 100g |
|------------------------|----------|
| Energy (kJ/kcal)       | 781 /187 |
| Total fat (g)          | 14       |
| of which saturated (g) | 6,2      |
| Carbohydrates (g)      | 3        |
| of which sugars (g)    | 1        |
| Fibre (g)              | 3        |
| Protein (g)            | 11       |
| Salt (g)               | 0,7      |

\*The nutritional values are based on the average of the three variations.

Allergens

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

1



2



3



Option 1: Avocado, Greek-style cheese and chicken

- Divide four crackers over two plates.
- Halve and pit 1 avocado, then remove the skin. Transfer the flesh to a small bowl and mash well. Season with salt and pepper.
- Spread the avocado over the crackers. Top with half of the roast chicken slices.
- Crumble the Greek-style cheese on top.

Option 2: Goat's cheese, tomato and cress

- Divide four crackers over two plates.
- Slice the tomato.
- Spread the goat's cheese on the crackers.
- Add the tomato to the crackers and season with salt and pepper. Garnish with half of the cress.

Option 3: Cream cheese, avocado and chicken

- Divide four crackers over two plates.
- Halve and pit 1 avocado, then remove the skin and slice the flesh.
- Spread the cream cheese on the crackers, then add half of the roast chicken slices.
- Place the avocado on top, then season with salt and pepper. Garnish with half of the cress.

Enjoy!





# Blueberry and Bacon Pancakes

with Greek yogurt | 2 servings

Breakfast

Total time: 30 - 40 min.



Tear me out! 

## Before you begin

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

|                           |     |
|---------------------------|-----|
| Flour (g)                 | 150 |
| Organic buttermilk* (ml)  | 200 |
| Egg* (unit(s))            | 2   |
| Bacon* (slice(s))         | 4   |
| Blueberries* (g)          | 125 |
| Organic Greek yogurt* (g) | 150 |
| Shaved almonds (g)        | 10  |
| Baking powder (g)         | 4   |

### From your pantry

|                                    |          |
|------------------------------------|----------|
| Honey [or plant-based alternative] | to taste |
| Sugar (tbsp)                       | ½        |
| Sunflower oil (tbsp)               | ½        |

\*store in the fridge

## Nutritional values

|                        | Per serving | Per 100g  |
|------------------------|-------------|-----------|
| Energy (kJ/kcal)       | 2678 / 640  | 656 / 157 |
| Total fat (g)          | 27          | 7         |
| of which saturated (g) | 9,4         | 2,3       |
| Carbohydrates (g)      | 71          | 17        |
| of which sugars (g)    | 10          | 2,5       |
| Fibre (g)              | 5           | 1         |
| Protein (g)            | 29          | 7         |
| Salt (g)               | 1,9         | 0,5       |

## Allergens

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

1



2



3



## Make the batter

- Beat the eggs in a bowl, then add the buttermilk and whisk together until light and fluffy (see Tip).
- Weigh out 150g of flour, then transfer to a bowl and add the sugar and baking powder.
- Fold the egg and buttermilk mixture into the flour mixture with a spatula.

**Tip:** the egg mixture is ready when you can see lots of air bubbles.

## Fry the pancakes

- Heat the sunflower oil in a frying pan over medium-high heat.
- Pour a ladle full of batter into the pan. Fry the pancake for about 2 minutes on each side.
- Remove from the pan and cover with aluminium foil to keep warm.
- Repeat these steps until you've used all of the batter, adding a little bit of sunflower oil in between each pancake if the pan dries out.

## Serve

- Heat a clean frying pan over medium-high heat and toast the shaved almonds for 1 - 2 minutes until golden brown. Remove and set aside.
- Heat the same frying pan over medium-high heat. Separate the bacon slices, transfer to the pan and fry for 3 - 4 minutes until crispy.
- Stack the pancakes on plates, then top with the bacon, a dollop of Greek yogurt and the blueberries.
- Garnish with the toasted almonds and drizzle with honey to taste.

Enjoy!





# Classic French Toast

with blueberries | 2 servings

Breakfast

Total time: 25 - 30 min.



Tear me out! 

Before you begin

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

|                                 |     |
|---------------------------------|-----|
| Brioche bun (unit(s))           | 2   |
| Egg* (unit(s))                  | 2   |
| Organic semi-skimmed milk* (ml) | 100 |
| Ground cinnamon (tsp)           | 1½  |
| Blueberries* (g)                | 125 |
| Maple-flavoured syrup (g)       | 50  |

|                             |    |
|-----------------------------|----|
| From your pantry            |    |
| [Plant-based] butter (tbsp) | 1½ |
| Cane sugar (tbsp)           | 2  |

\*store in the fridge

Nutritional values

|                        | Per serving | Per 100g |
|------------------------|-------------|----------|
| Energy (kJ/kcal)       | 2238 /535   | 765 /183 |
| Total fat (g)          | 18          | 6        |
| of which saturated (g) | 9,2         | 3,1      |
| Carbohydrates (g)      | 75          | 26       |
| of which sugars (g)    | 39,9        | 13,6     |
| Fibre (g)              | 5           | 2        |
| Protein (g)            | 16          | 6        |
| Salt (g)               | 0,9         | 0,3      |

Allergens

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



Prepare

- Halve the brioche buns.
- In a deep plate, add the eggs, milk, 1.5 tbsp of sugar and the cinnamon. Whisk everything together thoroughly.
- Heat the butter in a frying pan over medium-high heat.
- Meanwhile, soak the brioche slices in the egg mixture two by two, until they are completely saturated.

Make the French toast

- Add the slices directly to the pan and fry for 4 minutes on each side or until golden brown.
- Repeat until all of the slices are done.

Serve

- Serve the French toast on plates.
- Sprinkle with the rest of the sugar.
- Garnish with the blueberries. Drizzle with the maple-flavoured syrup to taste.

Enjoy!





# Smoked Salmon and Scrambled Eggs Deluxe

with fresh avocado, chives and ciabatta | 2 servings

Breakfast

Total time: 15 - 20 min.



Tear me out! 

## Before you begin

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

|                               |     |
|-------------------------------|-----|
| Egg* (unit(s))                | 4   |
| Smoked salmon* (g)            | 120 |
| Avocado (unit(s))             | 1   |
| Fresh chives* (g)             | 5   |
| Wholegrain ciabatta (unit(s)) | 2   |

### From your pantry

|                             |          |
|-----------------------------|----------|
| [Plant-based] butter (tbsp) | ½        |
| [Plant-based] milk          | 1        |
| Salt & pepper               | to taste |

\*store in the fridge

## Nutritional values

|                        | Per serving | Per 100g  |
|------------------------|-------------|-----------|
| Energy (kJ/kcal)       | 2678 / 640  | 777 / 186 |
| Total fat (g)          | 38          | 11        |
| of which saturated (g) | 9,8         | 2,8       |
| Carbohydrates (g)      | 32          | 9         |
| of which sugars (g)    | 2,5         | 0,7       |
| Fibre (g)              | 8           | 2         |
| Protein (g)            | 39          | 11        |
| Salt (g)               | 2,7         | 0,8       |

## Allergens

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

1



## Make the scrambled eggs

- Preheat the oven to 200°C.
- In a bowl, beat the eggs with a splash of milk, then season with salt and pepper.
- Melt the butter in another frying pan over medium-high heat and then scramble the eggs for 2 - 3 minutes, or until the eggs are softly set.

2



## Bake the ciabatta

- Cut the ciabatta open, then place it face-up on a parchment-lined baking sheet.
- Bake in the oven for 4 - 5 minutes.
- Halve and pit the avocado, then remove the skin and slice the flesh.

3



## Serve

- Finely chop the chives.
- Top the ciabatta with the smoked salmon, scrambled eggs and avocado.
- Garnish the toast with the chives and season with black pepper as preferred.

## Enjoy!





# Poké Bowl with Salmon

with sriracha mayo, edamame and furikake | 2 servings

Lunch

Total time: 20 - 25 min.



Tear me out! 

Before you begin

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

|                             |          |
|-----------------------------|----------|
| Sushi rice (g)              | 150      |
| Salmon fillet* (unit(s))    | 2        |
| Ponzu (g)                   | 24       |
| Sesame oil (ml)             | 10       |
| Carrot* (unit(s))           | 1        |
| Persian cucumber* (unit(s)) | 1        |
| Edamame* (g)                | 50       |
| Furikake (sachet(s))        | 1        |
| Sriracha mayo* (g)          | 25       |
| From your pantry            |          |
| White wine vinegar (tbsp)   | 1        |
| Sugar (tsp)                 | 1        |
| Sunflower oil (tbsp)        | ½        |
| Water (ml)                  | 350      |
| Salt & pepper               | to taste |
| *store in the fridge        |          |

Nutritional values

|                        | Per serving | Per 100g |
|------------------------|-------------|----------|
| Energy (kJ/kcal)       | 2950 /705   | 551 /132 |
| Total fat (g)          | 35          | 6        |
| of which saturated (g) | 4,8         | 0,9      |
| Carbohydrates (g)      | 68          | 13       |
| of which sugars (g)    | 8,3         | 1,5      |
| Fibre (g)              | 3           | 1        |
| Protein (g)            | 27          | 5        |
| Salt (g)               | 1,2         | 0,2      |

Allergens

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



Boil the rice

- Boil the water in a lidded pot or saucepan (see pantry for amount).
- Boil the sushi rice for 12 – 15 minutes.
- Turn the heat off when finished, add the white wine vinegar and sugar and mix well.
- Leave the rice in the pan with the lid on until ready to serve.

Marinate

- Cut the salmon into small cubes.
- In a bowl, mix the salmon with the ponzu sauce, the sesame oil and some salt and pepper.
- Set aside and let the salmon marinate for 5 minutes.
- Grate the carrot. Finely dice the cucumber.

Serve

- Heat the sunflower oil in a frying pan over medium-high heat and fry the salmon for 2 - 3 minutes.
- Serve the sushi rice in bowls.
- Serve the carrot, cucumber, edamame and salmon on top of the rice.
- Drizzle the marinade on the top and garnish with the sriracha mayo and furikake.

Enjoy!





# BBQ Chicken Wrap with Avocado & Greek-Style Cheese

with arugula, lamb's lettuce & cucumber | 2 servings

Lunch

Total time: 10 - 15 min.



Tear me out! 

Before you begin

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

|                               |          |
|-------------------------------|----------|
| Flour tortillas (unit(s))     | 4        |
| Avocado (unit(s))             | 1        |
| Persian cucumber* (unit(s))   | 1        |
| Arugula & lamb's lettuce* (g) | 40       |
| BBQ spice rub (sachet(s))     | 1        |
| Chicken thigh strips* (g)     | 200      |
| Greek-style cheese* (g)       | 50       |
| From your pantry              |          |
| Sunflower oil (tsp)           | 1        |
| Extra virgin olive oil        | to taste |
| Salt & pepper                 | to taste |
| *store in the fridge          |          |

Nutritional values

|                        | Per serving | Per 100g |
|------------------------|-------------|----------|
| Energy (kJ/kcal)       | 2761 /660   | 751 /180 |
| Total fat (g)          | 38          | 10       |
| of which saturated (g) | 12,5        | 3,4      |
| Carbohydrates (g)      | 46          | 13       |
| of which sugars (g)    | 3           | 0,8      |
| Fibre (g)              | 6           | 2        |
| Protein (g)            | 31          | 8        |
| Salt (g)               | 1,9         | 0,5      |

Allergens

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

1



Fry the chicken

- Preheat the oven to 200°C.
- Heat the sunflower oil in a frying pan over medium heat and fry the chicken thigh strips with the BBQ spice rub\* for 4 - 6 minutes.
- Season with salt and pepper.

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

2



Warm up the tortillas

- Meanwhile, wrap the tortillas in aluminium foil and heat in the oven for 3 - 4 minutes.
- Halve the cucumber lengthways and then cut into batons.
- Halve and pit the avocado, then slice the flesh. Crumble the Greek-style cheese.

3



Serve

- Fill the wraps with the chicken, avocado, Greek-style cheese and cucumber.
- Finish with the arugula and lamb's lettuce.
- Drizzle with extra virgin olive oil as preferred.

Enjoy!





# Kebab-Style Chicken on Turkish Bread

with tomato tapenade and garlic-yogurt sauce | 2 servings

Lunch

Total time: 15 - 20 min.



Tear me out! 

Before you begin

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

|                                             |          |
|---------------------------------------------|----------|
| Mini Turkish bread (unit(s))                | 2        |
| Garlic (unit(s))                            | ½        |
| Tomato (unit(s))                            | 2        |
| Fresh flat leaf parsley* (g)                | 10       |
| Arugula & lamb's lettuce* (g)               | 40       |
| Organic full-fat yogurt* (g)                | 50       |
| Tomato tapenade* (g)                        | 80       |
| Chicken thigh strips with kebab spices* (g) | 200      |
| From your pantry                            |          |
| Olive oil (tbsp)                            | 1        |
| Salt & pepper                               | to taste |
| *store in the fridge                        |          |

Nutritional values

|                        | Per serving | Per 100g |
|------------------------|-------------|----------|
| Energy (kJ/kcal)       | 2435 /582   | 637 /152 |
| Total fat (g)          | 24          | 6        |
| of which saturated (g) | 4,8         | 1,3      |
| Carbohydrates (g)      | 59          | 15       |
| of which sugars (g)    | 6,5         | 1,7      |
| Fibre (g)              | 6           | 2        |
| Protein (g)            | 31          | 8        |
| Salt (g)               | 3,4         | 0,9      |

Allergens

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

1



Fry the chicken

- Preheat the oven to 180°C.
- Bake the Turkish bread for 5 – 8 minutes in the oven.
- Heat the olive oil in a frying pan and cook the chicken for 6 – 8 minutes on medium-high heat.

2



Prepare the toppings

- In the meantime, dice the tomato. In a bowl, mix the tomato tapenade with the fresh tomato.
- Mince the garlic and finely chop the parsley.
- In another small bowl, mix the yogurt with the garlic and half of the parsley.
- Season both the tapenade mix and the yogurt sauce to taste with salt and pepper.

3



Serve

- Cut open the Turkish bread and fill it with the arugula & lamb's lettuce, tapenade mix and chicken.
- Drizzle over the yogurt sauce.
- Top with the rest of the parsley.

Enjoy!





# Cheesy Triangle Wraps with Salami and Mozzarella

with pesto and tomato | 2 servings

Lunch

Total time: 15 - 20 min.



Tear me out! 

## Before you begin

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

|                           |    |
|---------------------------|----|
| Flour tortillas (unit(s)) | 4  |
| Green pesto* (g)          | 40 |
| Tomato (unit(s))          | 2  |
| Mozzarella* (ball(s))     | 1  |
| Salami* (slice(s))        | 6  |

### From your pantry

|                      |   |
|----------------------|---|
| Sunflower oil (tbsp) | ½ |
|----------------------|---|

\*store in the fridge

## Nutritional values

|                        | Per serving | Per 100g  |
|------------------------|-------------|-----------|
| Energy (kJ/kcal)       | 2795 / 668  | 996 / 238 |
| Total fat (g)          | 42          | 15        |
| of which saturated (g) | 14,3        | 5,1       |
| Carbohydrates (g)      | 46          | 17        |
| of which sugars (g)    | 4,5         | 1,6       |
| Fibre (g)              | 4           | 1         |
| Protein (g)            | 25          | 9         |
| Salt (g)               | 2,4         | 0,8       |

## Allergens

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

1



2



3



## Prepare

- Lay each tortilla out flat and make only one cut, starting from the centre and moving up towards the edge of the wrap. It should look like a radius line.
- Thinly slice the tomato. Slice the mozzarella.
- Starting to the left of the cut, add the salami to the first quarter of the tortilla.
- Add the mozzarella to the quarter directly below the salami.

## Fold the wraps

- In the next quarter (to the right of the cheese), add the tomato slices.
- Finally, spread the pesto on the top-right quarter.
- Carefully fold the quarters one by one, starting left of the cut. First, fold the salami over the quarter below with the cheese.
- Continue folding over the next quarter with the tomatoes. Lastly, fold over the quarter with the pesto. You should have a folded tortilla triangle. Gently flatten it.

## Serve

- Heat the sunflower oil in a frying pan over medium-high heat.
- Fry the tortilla triangles for 2 - 3 minutes per side, until the tortillas are golden brown and the cheese has melted.
- Serve the cheesy triangle wraps on a plate.

## Enjoy!





# Sticky Hoisin Chicken Bun

with cucumber and scallions | 2 servings

Lunch

Total time: 35 - 45 min.



Tear me out! 

Before you begin

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

|                                           |     |
|-------------------------------------------|-----|
| Hamburger bun with sesame seeds (unit(s)) | 2   |
| Hoisin sauce (g)                          | 25  |
| Persian cucumber* (unit(s))               | 1   |
| Scallions* (g)                            | 125 |
| Sriracha mayo* (g)                        | 50  |
| Chicken thigh strips* (g)                 | 200 |

| From your pantry |          |
|------------------|----------|
| Olive oil (tbsp) | ¼        |
| Salt & pepper    | to taste |

\*store in the fridge

Nutritional values

|                        | Per serving | Per 100g |
|------------------------|-------------|----------|
| Energy (kJ/kcal)       | 2293 /548   | 667 /159 |
| Total fat (g)          | 30          | 9        |
| of which saturated (g) | 6,4         | 1,9      |
| Carbohydrates (g)      | 42          | 12       |
| of which sugars (g)    | 10,5        | 3,1      |
| Fibre (g)              | 5           | 2        |
| Protein (g)            | 27          | 8        |
| Salt (g)               | 1,6         | 0,5      |

Allergens

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



Prepare

- Halve the cucumber lengthways, then slice it into long, thin strips.
- Finely chop the scallions.

Fry the chicken

- Heat the olive oil in a frying pan on medium-high heat.
- Add the chicken to the pan and season with salt and pepper. Fry the chicken for 8 - 10 minutes.
- Add the hoisin sauce and fry for another 1 - 2 minutes.

Serve

- Halve the buns and spread the sriracha mayo on them.
- Add the chicken to the buns.
- Top with the cucumber and scallions.
- Transfer the buns to plates and serve.

Enjoy!





# Lunch Box with Roast Chicken & Pesto Mayo Wraps

with snack veggies and dip, fresh oranges and almonds | 2 servings

Lunch

Total time: 15 - 20 min.



Tear me out! 

Before you begin

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

|                                                   |          |
|---------------------------------------------------|----------|
| Flour tortillas (unit(s))                         | 4        |
| Cucumber* (unit(s))                               | 1        |
| Orange* (unit(s))                                 | 2        |
| Salted almonds (g)                                | 40       |
| Hummus* (g)                                       | 160      |
| Green pesto* (g)                                  | 40       |
| Mixed leaves of radicchio, arugula & lettuce* (g) | 40       |
| Roast chicken slices* (g)                         | 120      |
| Mini Roma tomatoes* (g)                           | 250      |
| From your pantry                                  |          |
| [Plant-based] mayonnaise (tbsp)                   | 1        |
| White wine vinegar (tsp)                          | 2        |
| Salt & pepper                                     | to taste |
| *store in the fridge                              |          |

Nutritional values

|                        | Per serving | Per 100g |
|------------------------|-------------|----------|
| Energy (kJ/kcal)       | 3866 /924   | 542 /130 |
| Total fat (g)          | 52          | 7        |
| of which saturated (g) | 6,3         | 0,9      |
| Carbohydrates (g)      | 80          | 11       |
| of which sugars (g)    | 24,6        | 3,4      |
| Fibre (g)              | 13          | 2        |
| Protein (g)            | 32          | 4        |
| Salt (g)               | 3,1         | 0,4      |

Allergens

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

1



Assemble the wraps

- Chop half of the mini Roma tomatoes into quarters.
- Mix the pesto with the mayonnaise and white wine vinegar, then season with salt and pepper.
- Spread the pesto-mayo on the wraps, then fill the wraps with the chicken and chopped tomatoes. Finish with the mixed greens.
- Roll up the tortillas and add two wraps to each lunch box.

2



Prepare the lunch box

- Halve the cucumber and then cut into batons.
- Peel the orange and pull it apart into smaller segments.

3



Serve

- Add half of the cucumber, orange segments, almonds and remaining mini Roma tomatoes to each lunch box.
- Add in the hummus and eat with the veggies as a snack.

Enjoy!





# Creamy Chicken Rigatoni with Eggplant

with tomato tapenade & arugula

Total time: 25 - 35 min.



Chicken mince with  
Mediterranean herbs



Rigatoni



Cooking cream



Eggplant



Tomato tapenade



Garlic



Onion



Arugula



# 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 |
| Rigatoni (g)                                | 90       | 180 | 270   | 360 | 450   | 540 |
| Cooking cream (g)                           | 50       | 100 | 150   | 200 | 250   | 300 |
| Eggplant* (pcs)                             | 1/2      | 1   | 2     | 2   | 3     | 3   |
| Tomato tapenade* (g)                        | 20       | 40  | 60    | 80  | 100   | 120 |
| Garlic (pcs)                                | 1/2      | 1   | 1 1/2 | 2   | 2 1/2 | 3   |
| Onion (pcs)                                 | 1        | 2   | 2     | 4   | 4     | 6   |
| Arugula* (g)                                | 20       | 40  | 60    | 80  | 100   | 120 |
| Not included                                |          |     |       |     |       |     |
| Salt and pepper (to taste)                  | To Taste |     |       |     |       |     |
| Flour (tbsp)                                | 1/2      | 1   | 1 1/2 | 2   | 2 1/2 | 3   |
| Olive oil (tbsp)                            | 1        | 2   | 3     | 4   | 5     | 6   |
| Balsamic vinegar (tbsp)                     | 1/2      | 1   | 1 1/2 | 2   | 2 1/2 | 3   |
| Low sodium vegetable stock (ml)             | 60       | 120 | 180   | 240 | 300   | 360 |

\* store in the fridge

## Nutritional values

|                       | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal)       | 3254 /778   | 599 /143 |
| Total fat(g)          | 32,2 g      | 5,9 g    |
| of which saturated(g) | 10          | 1,8      |
| Carbohydrates (g)     | 82,8        | 15,2     |
| of which sugars (g)   | 13,4        | 2,5      |
| Fibre (g)             | 9,4         | 1,7      |
| Protein (g)           | 36,1        | 6,6      |
| Salt (g)              | 1,92        | 0,35     |

## Allergens

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

1



### Fry the eggplant

- Boil plenty of salted water in a pot or saucepan for the pasta.
- Dice the eggplant into 1 - 2cm chunks, then transfer to a bowl and coat with the flour.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the eggplant for 8 - 10 minutes until evenly browned, then turn off the heat.

**Air Fryer Option:** *drizzle the eggplant with oil and fry for 8 - 12 minutes at 200°C. Shake halfway and avoid overcrowding the basket.*

3



### Make the sauce

- Add the mince and fry for 3 more minutes, separating it as you do so.
- Deglaze the mince with the stock and balsamic vinegar.
- Stir in the cream and the tomato tapenade, then continue cooking for 4 - 5 minutes over low heat.

2



### Boil the pasta

- Meanwhile, boil the pasta for 13 - 15 minutes, then drain and set aside.
- Prepare the stock in the meantime.
- Chop the onion and crush or mince the garlic.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat and fry the onion and garlic for 3 - 4 minutes.

4



### Serve

- Serve three quarters of the arugula on deep plates.
- Transfer the pasta and the eggplant to the sauce and mix well to combine.
- Season generously with salt and pepper, then serve.
- Garnish the pasta with the rest of the arugula.





# Chicken & Wholewheat Spaghetti in Pesto Rosso Sauce

with spinach & mini Roma tomatoes

Total time: 20 - 30 min.



Wholewheat spaghetti



Chicken mince with Mediterranean herbs



Red onion



Spinach



Mini Roma tomatoes



Pesto rosso



# 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 |
| Chicken mince with Mediterranean herbs* (g) | 100      | 200 | 300   | 400 | 500   | 600 |
| Red onion (pcs)                             | 1/2      | 1   | 1     | 2   | 2     | 3   |
| Spinach* (g)                                | 50       | 100 | 200   | 200 | 300   | 300 |
| Mini Roma tomatoes* (g)                     | 125      | 250 | 375   | 500 | 625   | 750 |
| Pesto rosso* (g)                            | 40       | 80  | 120   | 160 | 200   | 240 |
| Not included                                |          |     |       |     |       |     |
| Salt and pepper (to taste)                  | To Taste |     |       |     |       |     |
| Olive oil (tbsp)                            | 1/2      | 1   | 1 1/2 | 2   | 2 1/2 | 3   |
| [Plant-based] butter (tbsp)                 | 1/2      | 1   | 1 1/2 | 2   | 2 1/2 | 3   |

\* store in the fridge

## Nutritional values

|                       | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal)       | 3531 /844   | 746 /178 |
| Total fat(g)          | 43,8 g      | 9,3 g    |
| of which saturated(g) | 9,8         | 2,1      |
| Carbohydrates (g)     | 70,8        | 15       |
| of which sugars (g)   | 11,8        | 2,5      |
| Fibre (g)             | 14,9        | 3,1      |
| Protein (g)           | 35,1        | 7,4      |
| Salt (g)              | 1,54        | 0,33     |

## Allergens

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

1



## Boil the spaghetti

- Boil plenty of water in a pot or saucepan and cook the spaghetti for 10 - 12 minutes.
- Reserve some of the pasta water, then drain and set aside.
- In the meantime, chop the onion and halve the tomatoes.

3



## Finish

- In the meantime, melt a knob of butter in a frying pan over medium-high heat.
- Add the mince and fry for 3 minutes, separating it as you do so, then transfer to the vegetables.
- Add the spinach, the spaghetti, the pesto and a splash of pasta water.
- Mix well to combine and fry for 1 minute, or until the spinach has wilted and reduced.

2



## Fry the tomatoes

- Heat a drizzle of olive oil in a deep frying pan over high heat and fry the onion for 2 minutes, seasoning with salt and pepper.
- Add the tomatoes, then cover with the lid.
- Set the heat to medium and fry for 3 more minutes.

4



## Serve

- Serve the spaghetti on plates.





# Stir-Fried Chicken over Wholewheat Noodles

with ginger sauce, vegetables & crispy onions

Total time: 20 - 30 min.



Marinated diced chicken



Ginger stir-fry sauce



Red onion



Carrot



Scallions



Red chili pepper



Crispy fried onions



Wholewheat noodles

# Before you start

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

## Ingredients for 1 - 6 servings

|                                       | 1p       | 2p  | 3p    | 4p  | 5p    | 6p    |
|---------------------------------------|----------|-----|-------|-----|-------|-------|
| Marinated diced chicken* (g)          | 100      | 200 | 300   | 400 | 500   | 600   |
| Ginger stir-fry sauce (g)             | 35       | 70  | 105   | 140 | 175   | 210   |
| Red onion (pcs)                       | 1/2      | 1   | 1 1/2 | 2   | 2 1/2 | 3     |
| Carrot* (pcs)                         | 1/2      | 1   | 2     | 2   | 3     | 3     |
| Scallions* (g)                        | 62 1/2   | 125 | 125   | 250 | 250   | 375   |
| Red chili pepper* (pcs)               | 1/4      | 1/2 | 3/4   | 1   | 1 1/4 | 1 1/2 |
| Crispy fried onions (g)               | 15       | 30  | 45    | 60  | 75    | 90    |
| Wholewheat noodles (g)                | 50       | 100 | 150   | 200 | 250   | 300   |
| Not included                          |          |     |       |     |       |       |
| [Reduced salt] ketjap manis (tbsp)    | 1        | 2   | 3     | 4   | 5     | 6     |
| Low sodium vegetable stock cube (pcs) | 1/4      | 1/2 | 3/4   | 1   | 1 1/4 | 1 1/2 |
| Sunflower oil (tbsp)                  | 1        | 2   | 3     | 4   | 5     | 6     |
| Salt and pepper (to taste)            | To Taste |     |       |     |       |       |

\* store in the fridge

## Nutritional values

|                       | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal)       | 2679 /640   | 609 /145 |
| Total fat(g)          | 22 g        | 5 g      |
| of which saturated(g) | 5,4         | 1,2      |
| Carbohydrates (g)     | 78,6        | 17,9     |
| of which sugars (g)   | 29,4        | 6,7      |
| Fibre (g)             | 8,9         | 2        |
| Protein (g)           | 32,9        | 7,5      |
| Salt (g)              | 3,78        | 0,86     |

## Allergens

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

1



## Boil the noodles

- Boil plenty of water for the noodles in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Boil the noodles for 4 - 5 minutes until al dente.
- Reserve some of the cooking liquid, then drain and set aside.

3



## Stir-fry the vegetables

- Heat a drizzle of sunflower oil in a frying pan over high heat and fry the chili pepper for 1 minute.
- Add the carrot, the onion and the scallions, then stir-fry for 5 - 6 minutes. Season with salt and pepper.
- Heat a drizzle of sunflower oil in another frying pan over medium-high heat. Fry the chicken for 6 minutes or until done, turning regularly.

2



## Chop the vegetables

- Slice the onion into half-rings.
- Cut the scallion into thirds.
- Slice the carrot into thin crescents.
- Deseed and finely chop the red chili pepper\*.

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

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

4



## Serve

- To the chicken, add the noodles, the vegetables, the ginger stir-fry sauce, the ketjap and 30ml per person of the reserved cooking liquid.
- Stir-fry for 1 - 2 minutes, adding more cooking liquid if necessary.
- Serve the noodles in bowls and garnish with the crispy onions.





# Sticky Duck over Hearty Vegetable Soup

with roasted bell pepper sauce, yogurt & chives

Total time: 25 - 35 min.



Boneless duck thigh confit



Onion



Potatoes



Bell pepper



Organic full-fat yogurt



Garlic



Ground paprika



Bay leaf



Carrot



Fresh chives



Roasted bell pepper sauce

# Before you start

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

## Ingredients for 1 – 6 servings

|                                           | 1p    | 2p  | 3p    | 4p   | 5p     | 6p   |
|-------------------------------------------|-------|-----|-------|------|--------|------|
| Boneless duck thigh confit* (pcs)         | 1     | 2   | 3     | 4    | 5      | 6    |
| Onion (pcs)                               | 1/2   | 1   | 1 1/2 | 2    | 2 1/2  | 3    |
| Potatoes (g)                              | 200   | 400 | 600   | 800  | 1000   | 1200 |
| Bell pepper* (pcs)                        | 1/2   | 1   | 1 1/2 | 2    | 2 1/2  | 3    |
| Organic full-fat yogurt* (g)              | 25    | 50  | 75    | 100  | 125    | 150  |
| Garlic (pcs)                              | 1/2   | 1   | 1 1/2 | 2    | 2 1/2  | 3    |
| Ground paprika (tsp)                      | 1 1/2 | 3   | 4 1/2 | 6    | 7 1/2  | 9    |
| Bay leaf (pcs)                            | 1     | 1   | 2     | 2    | 3      | 3    |
| Carrot* (pcs)                             | 1/2   | 1   | 1 1/2 | 2    | 2 1/2  | 3    |
| Fresh chives* (g)                         | 2 1/2 | 5   | 7 1/2 | 10   | 12 1/2 | 15   |
| Roasted bell pepper sauce* (g)            | 40    | 80  | 120   | 160  | 200    | 240  |
| Not included                              |       |     |       |      |        |      |
| Honey [or plant-based alternative] (tbsp) | 1/2   | 1   | 1 1/2 | 2    | 2 1/2  | 3    |
| Sunflower oil (tbsp)                      | 1/2   | 1   | 1 1/2 | 2    | 2 1/2  | 3    |
| [Plant-based] butter (tbsp)               | 1/2   | 1   | 1 1/2 | 2    | 2 1/2  | 3    |
| White balsamic vinegar (tbsp)             | 1/2   | 1   | 1 1/2 | 2    | 2 1/2  | 3    |
| [Reduced salt] ketjap manis (tsp)         | 1/2   | 1   | 1 1/2 | 2    | 2 1/2  | 3    |
| White wine vinegar (tsp)                  | 1/2   | 1   | 1 1/2 | 2    | 2 1/2  | 3    |
| Low sodium vegetable stock (ml)           | 300   | 600 | 900   | 1200 | 1500   | 1800 |

\* store in the fridge

## Nutritional values

|                       | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal)       | 3252 /777   | 346 /83  |
| Total fat(g)          | 42,1 g      | 4,5 g    |
| of which saturated(g) | 12,5        | 1,3      |
| Carbohydrates (g)     | 66,6        | 7,1      |
| of which sugars (g)   | 23,4        | 2,5      |
| Fibre (g)             | 11,5        | 1,2      |
| Protein (g)           | 34,6        | 3,7      |
| Salt (g)              | 2,15        | 0,23     |

## Allergens

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



### Prepare

- Prepare the stock.
- Chop the onion into half rings and crush or mince the garlic.
- Cut the bell pepper into strips and the carrot into crescents.
- Melt a knob of butter in a soup pot over medium-high heat. Fry the garlic, onion and carrot with half of the bell pepper for 3 minutes, seasoning with salt.

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



### Prepare the toppings

- Meanwhile, finely chop the chives and set aside.
- In a small bowl, combine the white wine vinegar with the yogurt.
- Take the soup off the heat, then remove the bay leaf and discard.



### Make the soup

- Thoroughly wash or peel the potatoes, then cut them into rough chunks.
- Add the bay leaf and half of the paprika, then fry for 1 more minute.
- Deglaze with the white balsamic vinegar, then add the potatoes and the stock.
- Cover with the lid and boil for 12 - 15 minutes.



### Finish the soup

- Add the roasted bell pepper sauce and the ketjap.
- Use an immersion blender to process into a smooth soup.
- Add a splash of water if you'd prefer the soup to be less thick.



### Fry the duck

- Heat a drizzle of sunflower oil in a frying pan over medium-high heat. Fry the rest of the bell pepper for 4 minutes.
- Fry the duck in its juices for 2 - 3 minutes per side, covered. When the duck is done, stir in the honey and the rest of the paprika.
- Remove from the pan and slice into strips.



### Serve

- Serve the soup in bowls and arrange everything on top.
- Drizzle with the yogurt and garnish with the chives to finish.





# Wholewheat Fusilli with Burrata, Pesto & Mozzarella

in tomato & mushroom sauce with Sicilian-style herbs

Total time: 25 - 35 min.



Wholewheat fusilli



Garlic



Onion



Carrot



Mushrooms



Passata



Sicilian-style herb mix



Burrata



Green pesto



Shredded mozzarella



# Before you start

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

## Ingredients for 1 - 6 servings

|                                       | 1p       | 2p  | 3p    | 4p  | 5p    | 6p  |
|---------------------------------------|----------|-----|-------|-----|-------|-----|
| Wholewheat fusilli (g)                | 90       | 180 | 270   | 360 | 450   | 540 |
| Garlic (pcs)                          | 1        | 2   | 3     | 4   | 5     | 6   |
| Onion (pcs)                           | 1/2      | 1   | 1     | 2   | 2     | 3   |
| Carrot* (pcs)                         | 1        | 1   | 2     | 2   | 3     | 3   |
| Mushrooms* (g)                        | 65       | 125 | 250   | 250 | 375   | 375 |
| Passata (g)                           | 100      | 200 | 300   | 390 | 500   | 590 |
| Sicilian-style herb mix (sachet(s))   | 1/2      | 1   | 1 1/2 | 2   | 2 1/2 | 3   |
| Burrata* (boule(s))                   | 1/2      | 1   | 1 1/2 | 2   | 2 1/2 | 3   |
| Green pesto* (g)                      | 20       | 40  | 60    | 80  | 100   | 120 |
| Shredded mozzarella* (g)              | 25       | 50  | 75    | 100 | 125   | 150 |
| Not included                          |          |     |       |     |       |     |
| Olive oil (tbsp)                      | 1/2      | 1   | 1 1/2 | 2   | 2 1/2 | 3   |
| Low sodium vegetable stock cube (pcs) | 1/2      | 1   | 1 1/2 | 2   | 2 1/2 | 3   |
| Balsamic vinegar (tsp)                | 1        | 2   | 3     | 4   | 5     | 6   |
| Salt and pepper (to taste)            | To Taste |     |       |     |       |     |

\* store in the fridge

## Nutritional values

|                       | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal)       | 3224 /771   | 625 /150 |
| Total fat(g)          | 35,2 g      | 6,8 g    |
| of which saturated(g) | 12,7        | 2,5      |
| Carbohydrates (g)     | 77,9        | 15,1     |
| of which sugars (g)   | 17,5        | 3,4      |
| Fibre (g)             | 14,4        | 2,8      |
| Protein (g)           | 30,8        | 6        |
| Salt (g)              | 1,76        | 0,34     |

## 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 and crumble in the stock cube (see pantry for amount). Finely dice the carrot.
- Heat a drizzle of olive oil in a large deep frying pan over medium-high heat and fry the carrot for 5 minutes.
- Slice the mushrooms in the meantime.
- Chop the onion and crush or mince the garlic.

3



## Make the sauce

- Stir in the garlic and the Sicilian-style herbs and fry for 1 more minute, then deglaze with the balsamic vinegar.
- Add the passata and allow to reduce for 2 - 3 minutes.
- Add the pasta and the reserved pasta water, then cook for 2 more minutes.
- Season to taste with salt and pepper.

2



## Fry the vegetables

- Add the onion and the mushrooms, then fry for 3 - 4 more minutes.
- In the meantime, boil the pasta for 10 - 12 minutes.
- Reserve 50ml pasta water per person, then drain and set aside, covered.

**Did you know...** *the mushrooms in this recipe contain niacin, a vitamin that supports the maintenance of your skin.*

4



## Serve

- Serve the pasta on deep plates and garnish with the mozzarella.
- Halve the burrata and serve on top of the pasta.
- Drizzle with the pesto to finish.





# Sticky Steak Strips with Escarole 'Stamppot'

with Korean-style spices & crispy onions

Total time: 20 - 30 min.



Potatoes



Carrot



Marinated steak strips



Scallions



Crispy fried onions



Chopped escarole



Korean-style spice mix



Garlic



East Asian-style sauce

# Before you start

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

## Ingredients for 1 – 6 servings

|                                    | 1p       | 2p     | 3p    | 4p      | 5p      | 6p      |
|------------------------------------|----------|--------|-------|---------|---------|---------|
| Potatoes (g)                       | 300      | 600    | 900   | 1200    | 1500    | 1800    |
| Chopped escarole* (g)              | 150      | 300    | 450   | 600     | 750     | 900     |
| Carrot* (pcs)                      | 1/2      | 1      | 1     | 2       | 2       | 3       |
| Korean-style spice mix (sachet(s)) | 1/2      | 1      | 1 1/2 | 2       | 2 1/2   | 3       |
| Marinated steak strips* (g)        | 100      | 200    | 300   | 400     | 500     | 600     |
| Garlic (pcs)                       | 1        | 2      | 3     | 4       | 5       | 6       |
| Scallions* (g)                     | 41 1/4   | 83 3/8 | 125   | 166 1/4 | 208 3/8 | 249 5/8 |
| East Asian-style sauce* (g)        | 35       | 70     | 105   | 140     | 175     | 210     |
| Crispy fried onions (g)            | 15       | 30     | 45    | 60      | 75      | 90      |
| Not included                       |          |        |       |         |         |         |
| Sunflower oil (tbsp)               | 1/2      | 1      | 1 1/2 | 2       | 2 1/2   | 3       |
| [Plant-based] butter (tbsp)        | 1/2      | 1      | 1 1/2 | 2       | 2 1/2   | 3       |
| Mustard (tsp)                      | 1/2      | 1      | 1 1/2 | 2       | 2 1/2   | 3       |
| [Reduced salt] ketjap manis (tsp)  | 1        | 2      | 3     | 4       | 5       | 6       |
| Salt and pepper (to taste)         | To Taste |        |       |         |         |         |

\* store in the fridge

## Nutritional values

|                       | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal)       | 2988 /714   | 393 /94  |
| Total fat(g)          | 23,7 g      | 3,1 g    |
| of which saturated(g) | 9           | 1,2      |
| Carbohydrates (g)     | 92,5        | 12,2     |
| of which sugars (g)   | 21,2        | 2,8      |
| Fibre (g)             | 13,7        | 1,8      |
| Protein (g)           | 35,4        | 4,7      |
| Salt (g)              | 2,69        | 0,35     |

## Allergens

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

1



## Boil the vegetables

- Take the steak strips out of the fridge and allow to reach room temperature.
- Boil plenty of salted water in a large pot or saucepan for the vegetables.
- Peel or thoroughly wash the carrot and potatoes, then cut them into rough pieces.
- Boil the carrot and potatoes for 12 - 15 minutes, covered, then drain and set aside.

3



## Fry the scallions

- In the meantime, crush or mince the garlic.
- Finely chop the scallions into rings and keep the white part separate from the greens.
- Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat. Fry the garlic with the white part of the scallions for 1 minute.

2



## Prepare the escarole

- In the meantime, boil the kettle.
- Transfer the escarole to a sieve and pour over the boiling water, then use the back of a spoon to squeeze out the excess liquid.
- Mash the carrot and potatoes with the mustard and a knob of butter.
- Stir in the wilted escarole and Korean-style spices, then season to taste with salt and pepper.

4



## Serve

- Add the steak strips and fry for 2 minutes, stirring occasionally.
- Stir in the ketjap and the East Asian-style sauce, then fry for 2 more minutes.
- Serve the stampptot on deep plates and top with the steak strips in their sauce. Garnish with the scallion greens and the crispy onions.





# Hawai'i-Style Chicken Burger with Sticky Mushrooms

inspired by loco moco, over rice with a fried egg

Total time: 35 - 45 min.



Garlic



Mushrooms



Onion



Jasmine rice



Soy sauce



Egg



Chicken burger from Oranjehoen



Tomato paste



Romano pepper

# Before you start

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

## Ingredients for 1 - 6 servings

|                                       | 1p       | 2p  | 3p    | 4p  | 5p    | 6p    |
|---------------------------------------|----------|-----|-------|-----|-------|-------|
| Garlic (pcs)                          | 1/2      | 1   | 1 1/2 | 2   | 2 1/2 | 3     |
| Mushrooms* (g)                        | 125      | 250 | 400   | 500 | 650   | 750   |
| Onion (pcs)                           | 1/2      | 1   | 1     | 2   | 2     | 3     |
| Jasmine rice (g)                      | 75       | 150 | 225   | 300 | 375   | 450   |
| Soy sauce (ml)                        | 10       | 20  | 30    | 40  | 50    | 60    |
| Egg* (pcs)                            | 1        | 2   | 3     | 4   | 5     | 6     |
| Chicken burger from Oranjehoen* (pcs) | 1        | 2   | 3     | 4   | 5     | 6     |
| Tomato paste (can(s))                 | 1/4      | 1/2 | 3/4   | 1   | 1 1/4 | 1 1/2 |
| Romano pepper* (pcs)                  | 1/2      | 1   | 2     | 2   | 3     | 3     |
| Not included                          |          |     |       |     |       |       |
| Flour (tbsp)                          | 1/2      | 1   | 1 1/2 | 2   | 2 1/2 | 3     |
| [Reduced salt] ketjap manis (tbsp)    | 1/2      | 1   | 1 1/2 | 2   | 2 1/2 | 3     |
| Salt and pepper (to taste)            | To Taste |     |       |     |       |       |
| Olive oil (tbsp)                      | 1/2      | 1   | 1 1/2 | 2   | 2 1/2 | 3     |
| Sugar (tbsp)                          | 1/2      | 1   | 1 1/2 | 2   | 2 1/2 | 3     |
| [Plant-based] butter (tbsp)           | 1/2      | 1   | 1 1/2 | 2   | 2 1/2 | 3     |
| Low sodium chicken stock (ml)         | 100      | 200 | 300   | 400 | 500   | 600   |

\* store in the fridge

## Nutritional values

|                       | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal)       | 3205 /766   | 514 /123 |
| Total fat(g)          | 28,6 g      | 4,6 g    |
| of which saturated(g) | 8,5         | 1,4      |
| Carbohydrates (g)     | 94,9        | 15,2     |
| of which sugars (g)   | 20,4        | 3,3      |
| Fibre (g)             | 5,8         | 0,9      |
| Protein (g)           | 38,7        | 6,2      |
| Salt (g)              | 3,44        | 0,55     |

## Allergens

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

1



## Prepare

- Prepare the stock.
- Boil plenty of water in a pot or saucepan for the rice.
- Slice the onion into thin half-rings and crush or mince the garlic.
- Slice the mushrooms and dice the Romano pepper.

2



## Fry the mushrooms

- Boil the rice for 10 - 12 minutes, covered, then drain and set aside.
- Melt a knob of butter in a frying pan over medium-high heat and fry the garlic with the onion for 2 - 3 minutes.
- Stir in the mushrooms and the Romano pepper, then fry for 4 - 5 more minutes.

3



## Make the sticky vegetables

- In a large bowl, combine the stock with the tomato paste, the ketjap, the flour, the sugar and the soy sauce.
- Transfer this to the vegetables and mix well, then bring to the boil.
- Allow to reduce over low heat for 5 - 8 minutes, stirring regularly.
- When it starts sticking to the spoon, it's done.

4



## Fry the burger

- Heat a drizzle of olive oil in another frying pan over medium-high heat.
- Fry the burger for 4 minutes per side or until done.
- Season to taste with salt and pepper, then remove from the pan and set aside under aluminum foil.

5



## Fry the egg

- Fry the egg in the same pan (see Tip).
- Tip:** add a small knob of butter as necessary if there isn't enough oil left in the pan.

6



## Serve

- Serve the rice on plates with everything else alongside.
- Top with the fried egg.





# Spinach-Coconut Curry with Fried Egg

over brown rice with a cashew-coconut topping

Total time: 25 - 35 min.



Red onion



Garlic



Quick-cook brown rice



Roasted cashew nuts



Desiccated coconut



Coconut milk



Egg



Spinach



Red chili pepper



Fresh coriander



Yellow curry spices



Ground turmeric



Lime



Chopped tomatoes



Romano pepper



# Before you start

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

## Ingredients for 1 – 6 servings

|                                       | 1p    | 2p  | 3p    | 4p  | 5p     | 6p    |
|---------------------------------------|-------|-----|-------|-----|--------|-------|
| Red onion (pcs)                       | 1/2   | 1   | 2     | 2   | 3      | 3     |
| Garlic (pcs)                          | 1     | 2   | 3     | 4   | 5      | 6     |
| Quick-cook brown rice (g)             | 75    | 150 | 225   | 300 | 375    | 450   |
| Roasted cashew nuts (g)               | 20    | 40  | 60    | 80  | 100    | 120   |
| Desiccated coconut (g)                | 5     | 10  | 15    | 20  | 25     | 30    |
| Coconut milk (ml)                     | 50    | 100 | 150   | 200 | 250    | 300   |
| Egg* (pcs)                            | 1     | 2   | 3     | 4   | 5      | 6     |
| Spinach* (g)                          | 100   | 200 | 300   | 400 | 500    | 600   |
| Red chili pepper* (pcs)               | 1/4   | 1/2 | 3/4   | 1   | 1 1/4  | 1 1/2 |
| Fresh coriander* (g)                  | 2 1/2 | 5   | 7 1/2 | 10  | 12 1/2 | 15    |
| Yellow curry spices (sachet(s))       | 1/2   | 1   | 1 1/2 | 2   | 2 1/2  | 3     |
| Ground turmeric (tsp)                 | 1     | 2   | 3     | 4   | 5      | 6     |
| Lime* (pcs)                           | 1/2   | 1   | 1 1/2 | 2   | 2 1/2  | 3     |
| Chopped tomatoes (pack(s))            | 1/2   | 1   | 1 1/2 | 2   | 2 1/2  | 3     |
| Romano pepper* (pcs)                  | 1/2   | 1   | 1     | 2   | 2      | 3     |
| Not included                          |       |     |       |     |        |       |
| Sunflower oil (tbsp)                  | 1 1/2 | 3   | 4 1/2 | 6   | 7 1/2  | 9     |
| Low sodium vegetable stock cube (pcs) | 1/2   | 1   | 1 1/2 | 2   | 2 1/2  | 3     |
| Water for the rice (ml)               | 200   | 400 | 600   | 800 | 1000   | 1200  |

\* store in the fridge

## Nutritional values

|                       | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal)       | 3884 /928   | 440 /105 |
| Total fat(g)          | 51,5 g      | 5,8 g    |
| of which saturated(g) | 17,2        | 2        |
| Carbohydrates (g)     | 86,1        | 9,8      |
| of which sugars (g)   | 17,7        | 2        |
| Fibre (g)             | 12,9        | 1,5      |
| Protein (g)           | 26,1        | 3        |
| Salt (g)              | 2,07        | 0,23     |

## Allergens

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



## Prepare

- Chop the onion.
- Heat a drizzle of sunflower oil in a pot or saucepan over medium heat. Fry the onion for 2 minutes, then add the turmeric and fry for 1 minute.
- Add the rice and the water, then crumble in half of the stock cube (see pantry for amounts).
- Cover with the lid and cook for 10 minutes. Add some extra water if necessary, then set aside when finished.



## Fry the egg

- In the meantime, heat a drizzle of sunflower oil in a frying pan over medium-high heat and fry the egg.
- Roughly chop the coriander.
- Cut the lime into wedges.
- Tear the spinach directly into the curry and mix well, allowing it to wilt and reduce.



## Toast the cashews

- In the meantime, crush or mince the garlic. Dice the Romano pepper.
- Deseed the red chili pepper\* and finely chop a quarter of it per person.
- Heat a clean wok or deep frying pan over medium-high heat. Toast the dessicated coconut for 1 minute, or until golden-brown.
- Add the cashew nuts and toast for another minute, then remove from the pan and set aside.

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



## Finish

- Simmer gently for 1 - 2 minutes.
- Stir in the juice of 1 lime wedge per person.
- Season to taste with salt and pepper.



## Make the curry

- Allow the pan to cool slightly, then heat a drizzle of sunflower oil over medium heat.
- Fry the garlic with the yellow curry spices, the Romano pepper and the chili pepper for 1 - 2 minutes.
- Stir in the chopped tomatoes and fry for 4 more minutes.
- Add the coconut milk and crumble in the rest of the stock cube, then bring to a boil.



## Serve

- Serve the rice on plates. Top first with the spinach curry and then with the fried egg.
- Garnish with the coriander and the cashew-coconut topping.
- Serve with the rest of the lime wedges.





# Fried Chicken in Sticky Sesame-Soy Sauce

inspired by Korean dakgangjeong, over broccoli rice with rainbow slaw

Total time: 30 - 40 min.



Rainbow slaw mix



Garlic



Scallions



White long grain rice



Broccoli rice



Soy sauce



Sesame seeds



Korean-style spice mix



Chicken tenderloin



# 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    |
|-------------------------------------------|--------|--------|--------|-------|-------|-------|
| Rainbow slaw mix* (g)                     | 100    | 200    | 300    | 400   | 500   | 600   |
| Garlic (pcs)                              | 1      | 2      | 3      | 4     | 5     | 6     |
| Scallions* (g)                            | 31 1/4 | 62 1/2 | 93 3/4 | 125   | 156   | 187   |
|                                           |        |        |        |       | 1/4   | 1/2   |
| White long grain rice (g)                 | 65     | 130    | 200    | 260   | 330   | 390   |
| Broccoli rice* (g)                        | 100    | 200    | 300    | 400   | 500   | 600   |
| Soy sauce (ml)                            | 10     | 20     | 30     | 40    | 50    | 60    |
| Sesame seeds (g)                          | 5      | 10     | 15     | 20    | 25    | 30    |
| Korean-style spice mix (sachet(s))        | 1/3    | 2/3    | 1      | 1 1/3 | 1 2/3 | 2     |
| Chicken tenderloin* (g)                   | 100    | 200    | 300    | 400   | 500   | 600   |
| Not included                              |        |        |        |       |       |       |
| Honey [or plant-based alternative] (tbsp) | 1      | 2      | 3      | 4     | 5     | 6     |
| Low sodium chicken stock cube (pcs)       | 1/4    | 1/2    | 3/4    | 1     | 1 1/4 | 1 1/2 |
| [Plant-based] butter (tbsp)               | 1      | 2      | 3      | 4     | 5     | 6     |
| Sunflower oil (tbsp)                      | 1      | 2      | 3      | 4     | 5     | 6     |
| White wine vinegar (tbsp)                 | 1 1/2  | 3      | 4 1/2  | 6     | 7 1/2 | 9     |
| Water for the sauce (tbsp)                | 1      | 2      | 3      | 4     | 5     | 6     |
| Flour (g)                                 | 25     | 50     | 75     | 100   | 125   | 150   |
| Water (ml)                                | 30     | 60     | 90     | 120   | 150   | 180   |
| Sugar (tbsp)                              | 1      | 2      | 3      | 4     | 5     | 6     |

\* store in the fridge

## Nutritional values

|                       | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal)       | 3413 /816   | 609 /146 |
| Total fat(g)          | 24,7 g      | 4,4 g    |
| of which saturated(g) | 10,3        | 1,8      |
| Carbohydrates (g)     | 104,8       | 18,7     |
| of which sugars (g)   | 29          | 5,2      |
| Fibre (g)             | 8,9         | 1,6      |
| Protein (g)           | 40,2        | 7,2      |
| Salt (g)              | 2,32        | 0,41     |

## Allergens

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



## Prepare

- Boil plenty of water in a pot or saucepan for the rice.
- In a bowl, combine the white wine vinegar with half of the sugar.
- Season with a pinch of salt, then add the slaw mix and toss well to combine. Set aside until serving, stirring occasionally.
- Finely chop the scallions and separate the white part from the greens.



## Fry the chicken

- Add a drop of the batter to the oil. If it immediately starts bubbling, it's hot enough to fry the chicken. Prepare a plate with kitchen paper.
- Coat the chicken with the batter, then carefully transfer to the oil.
- Fry the chicken for 5 - 6 minutes until golden-brown, turning carefully halfway.
- Transfer to the plate and set aside.



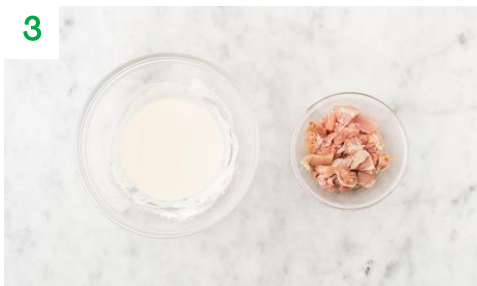
## Cook the rice

- Weigh the rice and transfer to the pot, along with the white part of the scallions.
- Crumble in the stock cube (see pantry for amount).
- Boil the rice for 12 minutes.
- Add the broccoli rice and cook for 3 more minutes, then drain and set aside.



## Finish

- Crush or mince the garlic.
- Melt a generous knob of butter in a frying pan over medium-high heat and fry the garlic for 1 minute.
- Add the soy sauce, the honey, the water for the sauce and the rest of the sugar. Lower the heat and mix well, then allow to reduce. The sauce is done when it sticks to the back of a spoon.
- Finally, add the sesame seeds and the fried chicken. Stir well so as to coat it in the sauce.



## Make the batter

- Pat the chicken dry with kitchen paper and cut into 2cm chunks. Season with salt and pepper.
- In a large bowl, combine the Korean-style spices with the flour and the water (see pantry for amount).
- Heat the sunflower oil in a frying pan over medium-high heat (see Tip).

**Tip:** if you have a fryer, this will make the chicken crispier.



## Serve

- Serve the rice in bowls or deep plates.
- Top with the fried chicken in its sauce.
- Serve the slaw alongside and garnish with the scallion greens to finish.





# Duck Thigh Confit with Minted Labneh & Eggplant

over giant couscous with ras el hanout & salad

Total time: 30 - 40 min.



Red onion



Garlic



Eggplant



Ras el hanout



Roma tomato



Raisins



Giant couscous



Fresh mint



Labneh



Persian cucumber



Boneless duck thigh confit



# 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 (pcs)                   | 1/2      | 1   | 1     | 2   | 2      | 3    |
| Garlic (pcs)                      | 1/2      | 1   | 1 1/2 | 2   | 2 1/2  | 3    |
| Eggplant* (pcs)                   | 1/2      | 1   | 2     | 2   | 3      | 3    |
| Ras el hanout (sachet(s))         | 1/2      | 1   | 1 1/2 | 2   | 2 1/2  | 3    |
| Roma tomato (pcs)                 | 1        | 2   | 3     | 4   | 5      | 6    |
| Raisins (g)                       | 10       | 20  | 30    | 40  | 50     | 60   |
| Giant couscous (g)                | 75       | 150 | 225   | 300 | 375    | 450  |
| Fresh mint* (g)                   | 2 1/2    | 5   | 7 1/2 | 10  | 12 1/2 | 15   |
| Labneh* (g)                       | 20       | 40  | 60    | 80  | 100    | 120  |
| Persian cucumber* (pcs)           | 1/2      | 1   | 1 1/2 | 2   | 2 1/2  | 3    |
| Boneless duck thigh confit* (pcs) | 1        | 2   | 3     | 4   | 5      | 6    |
| Not included                      |          |     |       |     |        |      |
| Olive oil (tbsp)                  | 1        | 2   | 3     | 4   | 5      | 6    |
| Low sodium chicken stock (ml)     | 200      | 400 | 600   | 800 | 1000   | 1200 |
| White wine vinegar (tbsp)         | 1/2      | 1   | 1 1/2 | 2   | 2 1/2  | 3    |
| Extra virgin olive oil (to taste) | 0        | 0   | 0     | 0   | 0      | 0    |
| Salt and pepper (to taste)        | To Taste |     |       |     |        |      |

\* store in the fridge

## Nutritional values

|                       | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal)       | 3491 /834   | 459 /110 |
| Total fat(g)          | 39,9 g      | 5,2 g    |
| of which saturated(g) | 8,9         | 1,2      |
| Carbohydrates (g)     | 74,7        | 9,8      |
| of which sugars (g)   | 20,3        | 2,7      |
| Fibre (g)             | 8,7         | 1,1      |
| Protein (g)           | 40,7        | 5,4      |
| Salt (g)              | 1,43        | 0,19     |

## Allergens

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

1



## Prepare

- Prepare the stock.
- Chop the onion and crush or mince the garlic. Dice the eggplant into 1cm cubes.
- Heat a drizzle of olive oil in a large frying pan over medium-high heat and bloom the ras el hanout for 30 seconds or until fragrant.
- Add the garlic, the onion and the eggplant, then fry for 4 - 5 minutes.

2



## Cook the giant couscous

- In the meantime, dice the tomato and roughly chop the raisins.
- Add the giant couscous to the eggplant and toast the grains for 1 minute, then pour in the stock.
- Stir in the raisins and half of the tomato, then bring to a boil and cover with the lid.
- Allow to cook gently for 12 - 14 minutes, stirring occasionally (see Tip).

**Tip:** add an extra splash of water as necessary.

3



## Make the labneh sauce

- Finely chop the mint leaves.
- Transfer three quarters of the mint to a small bowl, then add the labneh and mix well to combine.
- Season to taste with salt and pepper.

4



## Fry the duck

- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the duck in its juices for 2 - 3 minutes per side, covered.

5



## Make the salad

- Finely dice the cucumber.
- In a salad bowl, combine the white wine vinegar with the extra virgin olive oil.
- Add the cucumber to the bowl, along with the rest of the tomato and the mint.
- Toss well to combine, then season to taste with salt and pepper.

6



## Serve

- Serve the giant couscous on deep plates with everything else alongside.
- Finish with the minted labneh.





# Wholewheat Fusilli with Chicken Sausage

in creamy bell pepper sauce with fresh basil

Total time: 25 - 35 min.



Chicken sausage



Wholewheat fusilli



Roasted bell pepper sauce



Garlic



Onion



Fresh basil



Bell pepper



Cooking cream



Sicilian-style herb mix



Grated Gouda



Tomato



# Before you start

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

## Ingredients for 1 - 6 servings

|                                     | 1p       | 2p  | 3p    | 4p  | 5p     | 6p  |
|-------------------------------------|----------|-----|-------|-----|--------|-----|
| Chicken sausage* (pcs)              | 2        | 4   | 6     | 8   | 10     | 12  |
| Wholewheat fusilli (g)              | 90       | 180 | 270   | 360 | 450    | 540 |
| Roasted bell pepper sauce* (g)      | 20       | 40  | 60    | 80  | 100    | 120 |
| Garlic (pcs)                        | 1        | 1   | 2     | 2   | 3      | 3   |
| Onion (pcs)                         | 1/2      | 1   | 1     | 2   | 2      | 3   |
| Fresh basil* (g)                    | 2 1/2    | 5   | 7 1/2 | 10  | 12 1/2 | 15  |
| Bell pepper* (pcs)                  | 1/2      | 1   | 2     | 2   | 3      | 3   |
| Cooking cream (g)                   | 75       | 150 | 225   | 300 | 375    | 450 |
| Sicilian-style herb mix (sachet(s)) | 1/2      | 1   | 1 1/2 | 2   | 2 1/2  | 3   |
| Grated Gouda* (g)                   | 15       | 25  | 40    | 50  | 65     | 75  |
| Tomato (pcs)                        | 1        | 2   | 3     | 4   | 5      | 6   |
| Not included                        |          |     |       |     |        |     |
| Salt and pepper (to taste)          | To Taste |     |       |     |        |     |
| Olive oil (tbsp)                    | 1/2      | 1   | 1 1/2 | 2   | 2 1/2  | 3   |

\* store in the fridge

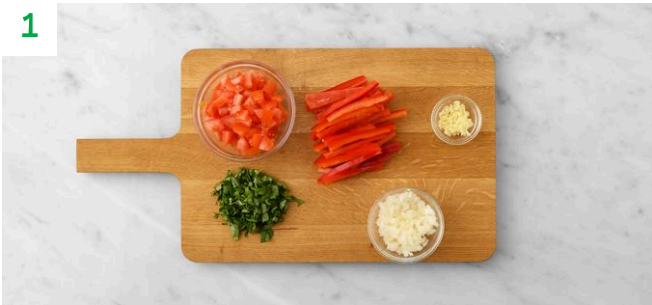
## Nutritional values

|                       | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal)       | 3158 /755   | 584 /140 |
| Total fat(g)          | 32,3 g      | 6 g      |
| of which saturated(g) | 14,2        | 2,6      |
| Carbohydrates (g)     | 74,5        | 13,8     |
| of which sugars (g)   | 16,4        | 3        |
| Fibre (g)             | 14,5        | 2,7      |
| Protein (g)           | 36,3        | 6,7      |
| Salt (g)              | 2,12        | 0,39     |

## 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.
- Cook the pasta for 10 - 12 minutes, then drain and set aside.
- Cut the bell pepper into thin strips and dice the tomato.
- Chop the onion and crush or mince the garlic. Roughly chop the basil.

3



## Make the sauce

- To the pan, add the cream, the Sicilian-style herbs and the roasted bell pepper sauce.
- Mix well, then cover with the lid and allow to simmer for 6 minutes.
- Transfer the pasta to the sauce and toss well to combine.
- Season to taste with salt and pepper.

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

2



## Fry the sausage

- Heat a drizzle of olive oil in a deep frying pan over medium-high heat and fry the sausages for 3 minutes until evenly browned.
- Remove from the pan and set aside, then fry the garlic and onion for 1 minute.
- Add the bell pepper and tomato and fry for 3 more minutes.
- Slice the sausages, then return them to the pan.

4



## Serve

- Serve the pasta on plates.
- Garnish with the cheese and the basil.





# Veggie No-Beef Noodles with Pak Choi

with courgette, chili pepper & gomashio

Total time: 25 - 35 min.



Garlic



Fresh ginger



Red chili pepper



East Asian-style sauce



Vegetarian beef-style pieces



Courgette



Pak choi



Red onion



Ground paprika



Gomashio



Carrot



Wholewheat noodles



Reduced salt soy sauce



# Before you start

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

## Ingredients for 1 - 6 servings

|                                   | 1p       | 2p  | 3p    | 4p  | 5p    | 6p    |
|-----------------------------------|----------|-----|-------|-----|-------|-------|
| Garlic (pcs)                      | 1        | 1   | 2     | 2   | 3     | 3     |
| Fresh ginger* (tsp)               | 1        | 2   | 3     | 4   | 5     | 6     |
| Red chili pepper* (pcs)           | 1/4      | 1/2 | 3/4   | 1   | 1 1/4 | 1 1/2 |
| East Asian-style sauce* (g)       | 30       | 60  | 90    | 120 | 150   | 180   |
| Vegetarian beef-style pieces* (g) | 80       | 160 | 240   | 320 | 400   | 480   |
| Courgette* (pcs)                  | 1/2      | 1   | 1     | 2   | 2     | 3     |
| Pak choi* (pcs)                   | 1/2      | 1   | 2     | 2   | 3     | 3     |
| Red onion (pcs)                   | 1/2      | 1   | 1     | 2   | 2     | 3     |
| Ground paprika (tsp)              | 1 1/2    | 3   | 4 1/2 | 6   | 7 1/2 | 9     |
| Gomashio (sachet(s))              | 1/2      | 1   | 1 1/2 | 2   | 2 1/2 | 3     |
| Carrot* (pcs)                     | 1/2      | 1   | 1     | 1   | 2     | 2     |
| Wholewheat noodles (g)            | 50       | 100 | 150   | 200 | 250   | 300   |
| Reduced salt soy sauce (ml)       | 10       | 20  | 30    | 40  | 50    | 60    |
| Not included                      |          |     |       |     |       |       |
| Sunflower oil (tbsp)              | 1        | 2   | 3     | 4   | 5     | 6     |
| Salt and pepper (to taste)        | To Taste |     |       |     |       |       |

\* store in the fridge

## Nutritional values

|                       | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal)       | 2346 /561   | 488 /117 |
| Total fat(g)          | 19,2 g      | 4 g      |
| of which saturated(g) | 2,4         | 0,5      |
| Carbohydrates (g)     | 68,1        | 14,2     |
| of which sugars (g)   | 14,6        | 3        |
| Fibre (g)             | 13,2        | 2,7      |
| Protein (g)           | 25,8        | 5,4      |
| Salt (g)              | 3,42        | 0,71     |

## Allergens

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

1



## Prepare

- Boil plenty of water in a pot or saucepan for the noodles.
- Crush or mince the garlic and finely grate the ginger.
- Deseed and finely chop the red chili pepper\*.

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

3



## Finish the stir-fry

- Meanwhile, boil the noodles for 3 - 4 minutes, covered.
- Drain the noodles and transfer to the wok.
- Add the garlic, the ginger, the chili pepper, the soy sauce and the East Asian-style sauce.
- Mix well to combine and cook for 1 more minute over high heat.

2



## Stir-fry the vegetables

- Slice the courgette and the carrot into thin crescents.
- Remove the base of the pak choi, then finely chop both the leaves and the stems. Chop the onion.
- Heat a generous drizzle of sunflower oil in a wok or deep frying pan over medium-high heat. Fry the vegetables with the paprika for 2 minutes.
- Add the veggie beef and fry for 6 more minutes.

4



## Serve

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





# Chicken Tenderloin with Omelette Ribbons

over fried rice with peanuts & spicy quick-pickled cucumber

Total time: 45 - 55 min.



Garlic



Jasmine rice



Red chili pepper



Cucumber



Sweetheart cabbage



Egg



Salted peanuts



Chicken tenderloin



Yellow curry spices



Nasi-bami spice mix



East Asian-style sauce



# Before you start

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

## Ingredients for 1 – 6 servings

|                                       | 1p           | 2p  | 3p    | 4p    | 5p    | 6p    |
|---------------------------------------|--------------|-----|-------|-------|-------|-------|
| Garlic (pcs)                          | 1            | 2   | 3     | 4     | 5     | 6     |
| Jasmine rice (g)                      | 75           | 150 | 225   | 300   | 375   | 450   |
| Red chili pepper* (pcs)               | 1/4          | 1/2 | 3/4   | 1     | 1 1/4 | 1 1/2 |
| Cucumber* (pcs)                       | 1/3          | 2/3 | 1     | 1 1/3 | 1 2/3 | 2     |
| Sweetheart cabbage* (pcs)             | 1/2          | 1   | 1 1/2 | 2     | 2 1/2 | 3     |
| Egg* (pcs)                            | 1            | 2   | 3     | 4     | 5     | 6     |
| Salted peanuts (g)                    | 10           | 20  | 30    | 40    | 50    | 60    |
| Chicken tenderloin* (g)               | 100          | 200 | 300   | 400   | 500   | 600   |
| Yellow curry spices (sachet(s))       | 1/2          | 1   | 1 1/2 | 2     | 2 1/2 | 3     |
| Nasi-bami spice mix (sachet(s))       | 1/2          | 1   | 1 1/2 | 2     | 2 1/2 | 3     |
| East Asian-style sauce* (g)           | 20           | 35  | 55    | 70    | 90    | 105   |
|                                       | Not included |     |       |       |       |       |
| White wine vinegar (tsp)              | 1 1/2        | 3   | 4 1/2 | 6     | 7 1/2 | 9     |
| Sunflower oil (tbsp)                  | 1            | 2   | 3     | 4     | 5     | 6     |
| Low sodium vegetable stock cube (pcs) | 1/2          | 1   | 1 1/2 | 2     | 2 1/2 | 3     |
| [Reduced salt] ketjap manis (tbsp)    | 1            | 2   | 3     | 4     | 5     | 6     |
| Olive oil (tbsp)                      | 1            | 2   | 3     | 4     | 5     | 6     |
| Sugar (tsp)                           | 1 1/2        | 3   | 4 1/2 | 6     | 7 1/2 | 9     |
| Salt and pepper (to taste)            | To Taste     |     |       |       |       |       |

\* store in the fridge

## Nutritional values

|                       | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal)       | 3839 /918   | 695 /166 |
| Total fat(g)          | 39,2 g      | 7,1 g    |
| of which saturated(g) | 6,7         | 1,2      |
| Carbohydrates (g)     | 97,6        | 17,7     |
| of which sugars (g)   | 26,7        | 4,8      |
| Fibre (g)             | 6           | 1,1      |
| Protein (g)           | 49,3        | 8,9      |
| Salt (g)              | 2,82        | 0,51     |

## Allergens

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



### Boil the rice

- Crush or mince the garlic.
- Cut the chicken into strips, then transfer to a bowl and drizzle with olive oil. Add the garlic, the yellow curry spices, the ketjap and two thirds of the sugar. Mix well to combine, then set aside to marinate for at least 15 minutes.
- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cook the rice for 12 - 15 minutes, then drain and spread over a plate or cutting board to cool down.



### Fry the rice

- Increase the heat under the cabbage to medium-high.
- Add the rice and the nasi-bami spice mix, then fry for 2 - 3 minutes, leaving it mostly undisturbed.
- Add the omelette ribbons and fry for another 2 - 3 minutes, seasoning to taste with salt and pepper.



### Prepare the cucumber

- Deseed and finely chop the red chili pepper\*.
- Dice the cucumber.
- Transfer both to a bowl, along with the white wine vinegar, the rest of the sugar and a pinch of salt.
- Toss well to combine and then set aside until serving, stirring occasionally.

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



### Fry the chicken

- Fry the chicken in the same pan you used for the omelette for 8 - 10 minutes over medium-high heat.
- Roughly chop the peanuts in the meantime (see Tip).

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



### Fry the cabbage

- Chop the cabbage into strips.
- Heat a generous drizzle of sunflower oil in a wok or deep frying pan over medium-low heat and fry the cabbage for 6 - 8 minutes.
- Meanwhile, beat the egg in a bowl.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the omelette until done. Remove from the pan and cut into ribbons.



### Serve

- Serve the fried rice on plates and top with the chicken.
- Drizzle with the East Asian-style sauce and garnish with the peanuts.
- Serve the quick-pickled cucumber alongside.





# Cod with Creamy Potato Curry

with crispy onions, broccoli & carrot

Total time: 25 - 35 min.



Cod fillet



Potatoes



Red onion



Garlic



Broccoli



Carrot



Curry powder



Yellow curry spices



Coconut milk



Crispy fried onions



# 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* (pcs)                     | 1        | 200 | 3     | 400 | 203   | 600  |
| Potatoes (g)                          | 200      | 400 | 600   | 800 | 1000  | 1200 |
| Red onion (pcs)                       | 1/2      | 1   | 1     | 2   | 2     | 3    |
| Garlic (pcs)                          | 1/2      | 1   | 1 1/2 | 2   | 2 1/2 | 3    |
| Broccoli* (g)                         | 100      | 200 | 300   | 400 | 500   | 600  |
| Carrot* (pcs)                         | 1/2      | 1   | 2     | 2   | 3     | 3    |
| Curry powder (sachet(s))              | 1/2      | 1   | 1     | 2   | 2     | 3    |
| Yellow curry spices (sachet(s))       | 1/2      | 1   | 2     | 2   | 3     | 3    |
| Coconut milk (ml)                     | 90       | 180 | 250   | 360 | 430   | 540  |
| Crispy fried onions (g)               | 15       | 30  | 45    | 60  | 75    | 90   |
| Not included                          |          |     |       |     |       |      |
| [Plant-based] butter (tbsp)           | 1 1/2    | 3   | 4 1/2 | 6   | 7 1/2 | 9    |
| Low sodium vegetable stock cube (pcs) | 1/2      | 1   | 1 1/2 | 2   | 2 1/2 | 3    |
| Salt and pepper (to taste)            | To Taste |     |       |     |       |      |

\* store in the fridge

## Nutritional values

|                       | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal)       | 3106 /742   | 454 /108 |
| Total fat(g)          | 42,9 g      | 6,3 g    |
| of which saturated(g) | 29,3        | 4,3      |
| Carbohydrates (g)     | 60,9        | 8,9      |
| of which sugars (g)   | 14          | 2        |
| Fibre (g)             | 12,7        | 1,9      |
| Protein (g)           | 28,8        | 4,2      |
| Salt (g)              | 1,17        | 0,17     |

## 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).
- Peel or thoroughly wash the potatoes and cut them into chunks.
- Cut the head of the broccoli into florets and dice the stem.
- Slice the carrot into thin crescents.

3



## Fry the fish

- Add the coconut milk and heat for 2 minutes, stirring occasionally.
- Pat the fish dry with kitchen paper.
- Melt a generous knob of butter in a frying pan over medium-high heat and fry the fish for 1 - 2 minutes per side.
- Season to taste with salt and pepper.

2



## Make the sauce

- Parboil the potatoes for 8 - 10 minutes.
- Add the broccoli and the carrot and cook for 5 - 7 more minutes. Drain and return to the pot, then season to taste with salt and pepper.
- Chop the onion and crush or mince the garlic.
- Melt a knob of butter in a pot or saucepan over medium heat. Fry the onion, the garlic, the yellow curry spices and the curry powder for 1 - 2 minutes.

4



## Serve

- Stir the potatoes, the broccoli and the carrot into the curry sauce, then serve on plates.
- Top with the fish and drizzle with the butter from the pan.
- Garnish with the crispy onions to finish.





# Shrimp with Tandoori Potatoes & Yogurt Sauce

with quick-pickled onion, fresh herbs & salad

Total time: 25 - 35 min.



Shrimp



Potatoes



Garlic



Red onion



Cucumber



Tomato



Fresh coriander & mint



Tandoori paste



Organic full-fat yogurt



Yellow mustard 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    |
|-------------------------------------------|----------|-------|-------|-------|-------|-------|
| Shrimp* (g)                               | 80       | 160   | 240   | 320   | 400   | 480   |
| Potatoes (g)                              | 250      | 500   | 750   | 1000  | 1250  | 1500  |
| Garlic (pcs)                              | 1/2      | 1     | 1 1/2 | 2     | 2 1/2 | 3     |
| Red onion (pcs)                           | 1/2      | 1     | 1 1/2 | 2     | 2 1/2 | 3     |
| Cucumber* (pcs)                           | 1/3      | 2/3   | 1     | 1 1/3 | 12/3  | 2     |
| Tomato (pcs)                              | 1        | 2     | 3     | 4     | 5     | 6     |
| Fresh coriander & mint* (g)               | 5        | 10    | 15    | 20    | 25    | 30    |
| Tandoori paste* (g)                       | 15       | 30    | 45    | 60    | 75    | 90    |
| Organic full-fat yogurt* (g)              | 50       | 100   | 150   | 200   | 250   | 300   |
| Yellow mustard seeds (sachet(s))          | 1/2      | 1     | 1 1/2 | 2     | 2 1/2 | 3     |
| Not included                              |          |       |       |       |       |       |
| Salt and pepper (to taste)                | To Taste |       |       |       |       |       |
| Sunflower oil (tbsp)                      | 1 1/4    | 1 1/2 | 2 1/4 | 3     | 3 3/4 | 4 1/2 |
| [Plant-based] butter (tbsp)               | 1/4      | 1/2   | 3/4   | 1     | 1 1/4 | 1 1/2 |
| White wine vinegar (tbsp)                 | 1/2      | 1     | 1 1/2 | 2     | 2 1/2 | 3     |
| Extra virgin olive oil (to taste)         | 0        | 0     | 0     | 0     | 0     | 0     |
| Sugar (tsp)                               | 1/2      | 1     | 1 1/2 | 2     | 2 1/2 | 3     |
| Honey [or plant-based alternative] (tbsp) | 1/2      | 1     | 1 1/2 | 2     | 2 1/2 | 3     |

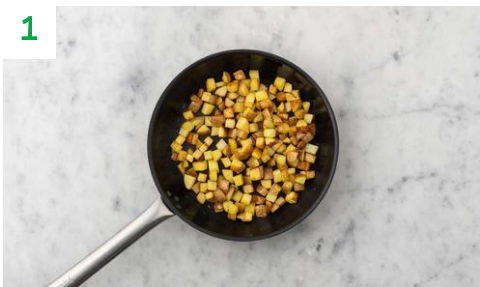
\* store in the fridge

## Nutritional values

|                       | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal)       | 2232 /534   | 344 /82  |
| Total fat(g)          | 18,7 g      | 2,9 g    |
| of which saturated(g) | 4,9         | 0,8      |
| Carbohydrates (g)     | 71,9        | 11,1     |
| of which sugars (g)   | 20,1        | 3,1      |
| Fibre (g)             | 9           | 1,4      |
| Protein (g)           | 22,8        | 3,5      |
| Salt (g)              | 1,03        | 0,16     |

## Allergens

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



### Prepare the potatoes

- Dice the potatoes, then transfer to a deep frying pan and submerge with water.
- Boil for 8 minutes, then drain and pat dry.
- Heat a light drizzle of sunflower oil with a small knob of butter in the same pan over medium-high heat. Fry the potatoes for 7 - 10 minutes.
- Add the tandoori paste and fry for 1 more minute, seasoning with salt and pepper.



### Make the salad

- Slice the cucumber into crescents and the tomato into wedges.
- Transfer both to a salad bowl.
- Add the mustard seeds and drizzle with some extra virgin olive oil as preferred.
- Season to taste with salt and pepper, then toss well to combine.



### Pickle the onion

- Slice the onion into half-rings and crush or mince the garlic (see Tip).
- In a bowl, combine the white wine vinegar with the sugar, the onion and a pinch of salt.
- Set aside until serving, stirring occasionally.

*Tip: these will both be served raw, but if preferred you can fry them in the next step instead.*



### Make the sauce

- Finely chop the fresh herbs, being sure to keep them separate.
- In a bowl, combine the yogurt with the mint and the garlic.
- Season to taste with salt and pepper.



### Fry the shrimp

- Pat the shrimp dry with kitchen paper.
- Heat a drizzle of sunflower oil in a frying pan over medium-high heat and fry the shrimp for 2 minutes.
- Add the honey and fry for 1 more minute.
- Season to taste with salt and pepper.



### Serve

- Serve the potatoes on plates, garnished with the coriander and the pickled onion.
- Serve everything else alongside.





# Creamy Endive Orzotto

with wholewheat orzo, ham & cheese

Total time: 35 - 45 min.



Onion



Garlic



Endive



Ham



Wholewheat orzo



Cooking cream



Grated Gouda



# Before you start

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

## Ingredients for 1 - 6 servings

|                     | 1p           | 2p  | 3p    | 4p  | 5p    | 6p  |
|---------------------|--------------|-----|-------|-----|-------|-----|
| Onion (pcs)         | 1/2          | 1   | 1     | 2   | 2     | 3   |
| Garlic (pcs)        | 1/2          | 1   | 1 1/2 | 2   | 2 1/2 | 3   |
| Endive* (pcs)       | 1 1/2        | 3   | 5     | 6   | 8     | 9   |
| Ham* (slice(s))     | 4            | 8   | 12    | 16  | 20    | 24  |
| Wholewheat orzo (g) | 75           | 150 | 225   | 300 | 375   | 450 |
| Cooking cream (g)   | 50           | 100 | 150   | 200 | 250   | 300 |
| Grated Gouda* (g)   | 25           | 50  | 75    | 100 | 125   | 150 |
|                     | Not included |     |       |     |       |     |

|                               |          |     |       |     |       |      |
|-------------------------------|----------|-----|-------|-----|-------|------|
| Low sodium chicken stock (ml) | 175      | 350 | 525   | 700 | 875   | 1050 |
| [Plant-based] butter (tbsp)   | 1/2      | 1   | 1 1/2 | 2   | 2 1/2 | 3    |
| Salt and pepper (to taste)    | To Taste |     |       |     |       |      |

\* store in the fridge

## Nutritional values

|                       | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal)       | 2638 /631   | 385 /92  |
| Total fat(g)          | 25,6 g      | 3,7 g    |
| of which saturated(g) | 15,8        | 2,3      |
| Carbohydrates (g)     | 63,3        | 9,2      |
| of which sugars (g)   | 14,6        | 2,1      |
| Fibre (g)             | 9,1         | 1,3      |
| Protein (g)           | 32          | 4,7      |
| Salt (g)              | 2,44        | 0,36     |

## Allergens

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

1



## Prepare

- Prepare the stock.
- Chop the onion and crush or mince the garlic.
- Cut off the base of the endive and discard. Cut the endive in half, then remove and discard the tough core.
- Chop the endive into thin strips and set aside a small amount to use later as garnish if preferred.

3



## Make the orzotto

- Transfer the orzo to the endive and mix well to combine, then add the cream and the stock.
- Mix well and allow to simmer gently for 10 - 12 minutes, covered.
- Stir every so often, adding some extra water if necessary so as to prevent the orzo from sticking to the pan.
- Season to taste with salt and pepper.

2



## Fry the endive

- Melt a knob of butter in a deep frying pan over medium-high heat.
- Fry the garlic and onion for 2 minutes.
- Stir in the rest of the endive, then cover with the lid.
- Allow to stew for 8 - 10 minutes or until soft, stirring occasionally (see Tip).

**Tip:** *if the endive is too bitter, stir in some honey as preferred.*

4



## Serve

- Dice the ham. Heat a clean frying pan over medium-high heat and fry the ham for 7 - 9 minutes .
- Stir the ham and three quarters of the cheese into the orzotto, then cook for 2 more minutes.
- Serve the orzotto on deep plates, garnished with the rest of the cheese and the reserved endive as preferred.





# Sweet & Sticky Chicken Meatballs

over herbed mash with green beans & onion

Total time: 25 - 35 min.



Chicken mince with  
Mediterranean herbs



Panko breadcrumbs



Potatoes



Onion



Green beans



Tomato ketchup



Reduced salt soy sauce



Fresh flat leaf parsley &  
chives

# 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   |
| Panko breadcrumbs (g)                       | 5        | 10  | 15    | 20   | 25    | 30    |
| Potatoes (g)                                | 250      | 500 | 750   | 1000 | 1250  | 1500  |
| Onion (pcs)                                 | 1/2      | 1   | 2     | 2    | 3     | 3     |
| Green beans* (g)                            | 150      | 300 | 450   | 600  | 750   | 900   |
| Tomato ketchup* (g)                         | 30       | 60  | 90    | 120  | 150   | 180   |
| Reduced salt soy sauce (ml)                 | 5        | 10  | 15    | 20   | 25    | 30    |
| Fresh flat leaf parsley & chives* (g)       | 5        | 10  | 15    | 20   | 25    | 30    |
| Not included                                |          |     |       |      |       |       |
| Honey [or plant-based alternative] (tsp)    | 2        | 4   | 6     | 8    | 10    | 12    |
| Mustard (tsp)                               | 1/2      | 1   | 1 1/2 | 2    | 2 1/2 | 3     |
| [Plant-based] butter (tbsp)                 | 1/2      | 1   | 1 1/2 | 2    | 2 1/2 | 3     |
| Water for the sauce (ml)                    | 30       | 60  | 90    | 120  | 150   | 180   |
| Salt and pepper (to taste)                  | To Taste |     |       |      |       |       |
| Low sodium vegetable stock cube (pcs)       | 1/4      | 1/2 | 3/4   | 1    | 1 1/4 | 1 1/2 |
| Olive oil (tbsp)                            | 1/2      | 1   | 1 1/2 | 2    | 2 1/2 | 3     |

\* store in the fridge

## Nutritional values

|                       | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal)       | 2474 /591   | 376 /90  |
| Total fat(g)          | 19,3 g      | 2,9 g    |
| of which saturated(g) | 7,6         | 1,2      |
| Carbohydrates (g)     | 74,4        | 11,3     |
| of which sugars (g)   | 19,5        | 3        |
| Fibre (g)             | 13,6        | 2,1      |
| Protein (g)           | 29,2        | 4,4      |
| Salt (g)              | 2,22        | 0,34     |

## Allergens

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



### Boil the potatoes

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

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



### Make the sauce

- Drizzle the green beans with olive oil, then add the rest of the onion and fry for 3 - 4 minutes over medium heat. Season to taste with salt and pepper.
- Meanwhile, in a small bowl combine the ketchup with the soy sauce, the honey and the water for the sauce.
- Add the sauce to the meatballs and fry for 2 minutes, stirring regularly, then turn off the heat.



### Boil the green beans

- Meanwhile, discard the tips of the green beans and then cut in half.
- Transfer the green beans to a deep frying pan and submerge with water.
- Boil for 4 - 6 minutes, covered, then drain and return to the pan.
- Finely chop the onion.



### Mash the potatoes

- Chop the fresh herbs in the meantime.
- Mash the potatoes with a small knob of butter and some of the cooking liquid as preferred.
- Stir in the mustard and fresh herbs, then season to taste with salt and pepper.



### Make the meatballs

- In a bowl, combine the mince with the panko and then shape it into three meatballs per person.
- Melt a small knob of butter in a frying pan over high heat and fry the meatballs for 2 - 3 minutes or until evenly browned.
- Reduce the heat to medium, then add half of the onion and cover with the lid. Fry for 5 - 6 minutes.



### Serve

- Serve the mash on plates with the vegetables and the meatballs alongside.
- Drizzle with the sauce from the frying pan to finish.





# Duck Thigh Confit with Couscous

with fragrant labneh sauce & vegetables

Total time: 35 - 45 min.



African-inspired spice mix



Red onion



Carrot



Bell pepper



Wholewheat couscous



Fresh flat leaf parsley & mint



Labneh



Ginger paste



Garlic



Boneless duck thigh confit



# Before you start

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

## Ingredients for 1 - 6 servings

|                                          | 1p       | 2p  | 3p    | 4p  | 5p    | 6p    |
|------------------------------------------|----------|-----|-------|-----|-------|-------|
| African-inspired spice mix (sachet(s))   | 1/2      | 1   | 1 1/2 | 2   | 2 1/2 | 3     |
| Red onion (pcs)                          | 1/2      | 1   | 1     | 2   | 2     | 3     |
| Carrot* (pcs)                            | 1        | 1   | 2     | 2   | 3     | 3     |
| Bell pepper* (pcs)                       | 1/2      | 1   | 2     | 2   | 3     | 3     |
| Wholewheat couscous (g)                  | 75       | 150 | 225   | 300 | 375   | 450   |
| Fresh flat leaf parsley & mint* (g)      | 5        | 10  | 15    | 20  | 25    | 30    |
| Labneh* (g)                              | 40       | 80  | 120   | 150 | 200   | 230   |
| Ginger paste* (g)                        | 5        | 10  | 15    | 20  | 25    | 30    |
| Garlic (pcs)                             | 1        | 2   | 3     | 4   | 5     | 6     |
| Boneless duck thigh confit* (pcs)        | 1        | 2   | 3     | 4   | 5     | 6     |
| Not included                             |          |     |       |     |       |       |
| Salt and pepper (to taste)               | To Taste |     |       |     |       |       |
| Low sodium vegetable stock (ml)          | 200      | 400 | 600   | 800 | 1000  | 1200  |
| [Plant-based] butter (tbsp)              | 1        | 2   | 3     | 4   | 5     | 6     |
| Honey [or plant-based alternative] (tsp) | 1        | 2   | 3     | 4   | 5     | 6     |
| Extra virgin olive oil (tbsp)            | 1/4      | 1/2 | 3/4   | 1   | 1 1/4 | 1 1/2 |

\* store in the fridge

## Nutritional values

|                       | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal)       | 3758 /898   | 529 /126 |
| Total fat(g)          | 49 g        | 6,9 g    |
| of which saturated(g) | 16,1        | 2,3      |
| Carbohydrates (g)     | 66,2        | 9,3      |
| of which sugars (g)   | 18,5        | 2,6      |
| Fibre (g)             | 16,9        | 2,4      |
| Protein (g)           | 42,2        | 5,9      |
| Salt (g)              | 2,27        | 0,32     |

## Allergens

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

1



### Fry the duck

- Prepare the stock.
- Chop the onion and crush or mince the garlic.
- Slice the carrot into thin crescents and cut the bell pepper into strips.
- Melt a generous knob of butter in a large deep frying pan over high heat. Fry the duck in its juices for 2 - 3 minutes per side, covered. Remove from the pan and allow to rest under aluminum foil.

3



### Prepare the couscous

- Transfer the couscous to a large bowl. Add the rest of the stock and the African-inspired spices, along with the honey and the extra virgin olive oil.
- Cover the bowl and allow to stand for at least 10 minutes.
- Finely chop the fresh herbs.
- In a small bowl, combine the labneh with half of the fresh herbs. Season to taste with salt and pepper.

2



### Add the vegetables

- Lower the heat and add the vegetables to the pan, along with the ginger paste, the garlic and half of the African-inspired spices.
- Add 25ml stock per person, then cover with the lid.
- Cook for 8 - 10 minutes, or until the vegetables are done.
- Return the duck to the pan and simmer for 2 - 3 minutes. Season with salt and pepper.

4



### Serve

- Stir the rest of the fresh herbs into the couscous.
- Remove the duck from the pan.
- Transfer the couscous to the vegetables and mix well to combine, then serve on plates and top with the duck.
- Dollop over the labneh sauce to finish.





# Crispy Fish Tacos with Crunchy Vegetables

on wholewheat tortillas with smoky mayonnaise

Total time: 25 - 35 min.



Wholewheat mini tortilla



Basa fillet



Panko breadcrumbs



Red onion



Tomato



Cucumber



Radish



Radicchio & iceberg lettuce



Mexican-style spices



Smoked paprika



Mayonnaise



# Before you start

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

## Ingredients for 1 - 6 servings

|                                  | 1p       | 2p    | 3p    | 4p  | 5p    | 6p    |
|----------------------------------|----------|-------|-------|-----|-------|-------|
| Wholewheat mini tortilla (pcs)   | 4        | 8     | 12    | 16  | 20    | 24    |
| Basa fillet* (pcs)               | 1        | 2     | 3     | 4   | 5     | 6     |
| Panko breadcrumbs (g)            | 15       | 25    | 40    | 50  | 65    | 75    |
| Red onion (pcs)                  | 1/2      | 1     | 1     | 2   | 2     | 3     |
| Tomato (pcs)                     | 1/2      | 1     | 2     | 2   | 3     | 3     |
| Cucumber* (pcs)                  | 1/2      | 1     | 2     | 2   | 3     | 3     |
| Radish* (bunch(es))              | 1/2      | 1     | 1 1/2 | 2   | 2 1/2 | 3     |
| Radicchio & iceberg lettuce* (g) | 25       | 50    | 75    | 100 | 125   | 150   |
| Mexican-style spices (sachet(s)) | 1/2      | 1     | 1 1/2 | 2   | 2 1/2 | 3     |
| Smoked paprika (tsp)             | 1/2      | 1     | 1 1/2 | 2   | 2 1/2 | 3     |
| Mayonnaise (g)                   | 35       | 75    | 100   | 150 | 175   | 225   |
| Not included                     |          |       |       |     |       |       |
| Salt and pepper (to taste)       | To Taste |       |       |     |       |       |
| White wine vinegar (tbsp)        | 1 1/2    | 3     | 4 1/2 | 6   | 7 1/2 | 9     |
| [Plant-based] butter (tbsp)      | 1        | 2     | 3     | 4   | 5     | 6     |
| Sugar (tbsp)                     | 3/4      | 1 1/2 | 2 1/4 | 3   | 3 3/4 | 4 1/2 |

\* store in the fridge

## Nutritional values

|                       | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal)       | 3828 /915   | 585 /140 |
| Total fat(g)          | 50,8 g      | 7,8 g    |
| of which saturated(g) | 13          | 2        |
| Carbohydrates (g)     | 72,9        | 11,1     |
| of which sugars (g)   | 20,5        | 3,1      |
| Fibre (g)             | 14,9        | 2,3      |
| Protein (g)           | 37,7        | 5,8      |
| Salt (g)              | 2,04        | 0,31     |

## 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 and the cucumber into thin crescents.
- Discard the radish leaves and then thinly slice the radishes.
- In a bowl, combine the sugar with the white wine vinegar, a pinch of salt, the radish, the onion and the cucumber. Set aside until serving, stirring occasionally.

3



## Make the sauce

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

2



## Fry the fish

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

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

4



## Serve

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





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

in tomato sauce with courgette & pumpkin seeds

Total time: 20 - 30 min.



Wholewheat orzo



Aglio e olio



Garlic



Passata



Fresh basil



Sicilian-style herb mix



Pumpkin seeds



Mix of carrot, onion and celery



Courgette



Greek-style cheese



# Before you start

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

## Ingredients for 1 - 6 servings

|                                          | 1p       | 2p  | 3p    | 4p  | 5p     | 6p   |
|------------------------------------------|----------|-----|-------|-----|--------|------|
| Wholewheat orzo (g)                      | 75       | 150 | 225   | 300 | 375    | 450  |
| Aglio e olio* (g)                        | 25       | 50  | 75    | 100 | 125    | 150  |
| Garlic (pcs)                             | 1/2      | 1   | 1 1/2 | 2   | 2 1/2  | 3    |
| Passata (g)                              | 100      | 200 | 300   | 390 | 500    | 590  |
| Fresh basil* (g)                         | 2 1/2    | 5   | 7 1/2 | 10  | 12 1/2 | 15   |
| Sicilian-style herb mix (sachet(s))      | 1/2      | 1   | 1 1/2 | 2   | 2 1/2  | 3    |
| Pumpkin seeds (g)                        | 10       | 20  | 30    | 40  | 50     | 60   |
| Mix of carrot, onion and celery* (g)     | 100      | 200 | 300   | 400 | 500    | 600  |
| Courgette* (pcs)                         | 1/2      | 1   | 1 1/2 | 2   | 2 1/2  | 3    |
| Greek-style cheese* (g)                  | 40       | 75  | 115   | 150 | 190    | 225  |
| Not included                             |          |     |       |     |        |      |
| Low sodium vegetable stock (ml)          | 200      | 400 | 600   | 800 | 1000   | 1200 |
| Balsamic vinegar (tbsp)                  | 1/2      | 1   | 1 1/2 | 2   | 2 1/2  | 3    |
| Honey [or plant-based alternative] (tsp) | 1        | 2   | 3     | 4   | 5      | 6    |
| Olive oil (tbsp)                         | 1        | 2   | 3     | 4   | 5      | 6    |
| Salt and pepper (to taste)               | To Taste |     |       |     |        |      |

\* store in the fridge

## Nutritional values

|                       | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal)       | 3307 /790   | 482 /115 |
| Total fat(g)          | 42,5 g      | 6,2 g    |
| of which saturated(g) | 11,8        | 1,7      |
| Carbohydrates (g)     | 72,1        | 10,5     |
| of which sugars (g)   | 18,7        | 2,7      |
| Fibre (g)             | 9,3         | 1,4      |
| Protein (g)           | 24,5        | 3,6      |
| Salt (g)              | 2,86        | 0,42     |

## Allergens

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

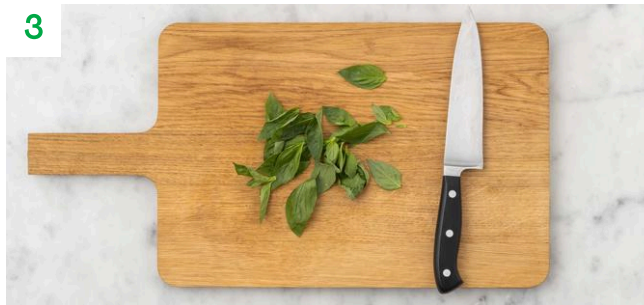
1



## Boil the orzo

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

3



## Make the sauce

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

2



## Fry the vegetables

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

4



## Serve

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

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





# Brandt & Levie Sausage Pasta Bake

with wholewheat fusilli, tomato-mushroom sauce & fresh basil

Total time: 40 - 50 min.



Onion



Garlic



Mushrooms



Wholewheat fusilli



Passata



Italian seasoning



Pork sausage with marjoram  
& garlic



Fresh basil



Grated Gouda



# Before you start

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

## Ingredients for 1 - 6 servings

|                                            | 1p           | 2p  | 3p    | 4p    | 5p     | 6p    |
|--------------------------------------------|--------------|-----|-------|-------|--------|-------|
| Onion (pcs)                                | 1/3          | 2/3 | 1     | 1 1/3 | 1 2/3  | 2     |
| Garlic (pcs)                               | 1/2          | 1   | 1 1/2 | 2     | 2 1/2  | 3     |
| Mushrooms* (g)                             | 125          | 250 | 400   | 500   | 650    | 750   |
| Wholewheat fusilli (g)                     | 90           | 180 | 270   | 360   | 450    | 540   |
| Passata (g)                                | 100          | 200 | 300   | 400   | 500    | 600   |
| Italian seasoning (sachet(s))              | 1/2          | 1   | 1 1/2 | 2     | 2 1/2  | 3     |
| Pork sausage with marjoram & garlic* (pcs) | 1            | 2   | 3     | 4     | 5      | 6     |
| Fresh basil* (g)                           | 2 1/2        | 5   | 7 1/2 | 10    | 12 1/2 | 15    |
| Grated Gouda* (g)                          | 15           | 25  | 40    | 50    | 65     | 75    |
|                                            | Not included |     |       |       |        |       |
| Low sodium beef stock cube (pcs)           | 1/4          | 1/2 | 3/4   | 1     | 1 1/4  | 1 1/2 |
| Olive oil (tbsp)                           | 1            | 2   | 3     | 4     | 5      | 6     |
| Balsamic vinegar (tsp)                     | 1            | 2   | 3     | 4     | 5      | 6     |
| Salt and pepper (to taste)                 | To Taste     |     |       |       |        |       |

\* store in the fridge

## Nutritional values

|                       | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal)       | 3626 /867   | 738 /176 |
| Total fat(g)          | 45 g        | 9,2 g    |
| of which saturated(g) | 16,1        | 3,3      |
| Carbohydrates (g)     | 75,3        | 15,3     |
| of which sugars (g)   | 12          | 2,4      |
| Fibre (g)             | 12,5        | 2,5      |
| Protein (g)           | 34,9        | 7,1      |
| Salt (g)              | 2,01        | 0,41     |

## Allergens

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

1



## Prepare

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

3



## Fry the sausage

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

2



## Make the sauce

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

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

4



## Serve

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





# Shrimp in Orange Sauce with Shaved Almonds

over bulgur with bell pepper & Romano beans

Total time: 15 - 25 min.



Shrimp



Bulgur



Garlic



Red onion



Bell pepper



Pre-cut Romano beans



Orange



Ginger paste



Mango chutney



Peruvian-style spice mix



Shaved almonds



# Before you start

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

## Ingredients for 1 - 6 servings

|                                       | 1p       | 2p  | 3p    | 4p  | 5p     | 6p    |
|---------------------------------------|----------|-----|-------|-----|--------|-------|
| Shrimp* (g)                           | 80       | 160 | 240   | 320 | 400    | 480   |
| Bulgur (g)                            | 75       | 150 | 225   | 300 | 375    | 450   |
| Garlic (pcs)                          | 1/2      | 1   | 1 1/2 | 2   | 2 1/2  | 3     |
| Red onion (pcs)                       | 1/2      | 1   | 1     | 2   | 2      | 3     |
| Bell pepper* (pcs)                    | 1/2      | 1   | 2     | 2   | 3      | 3     |
| Pre-cut Romano beans* (g)             | 50       | 100 | 150   | 200 | 250    | 300   |
| Orange* (pcs)                         | 1/2      | 1   | 1 1/2 | 2   | 2 1/2  | 3     |
| Ginger paste* (g)                     | 2 1/2    | 5   | 7 1/2 | 10  | 12 1/2 | 15    |
| Mango chutney* (g)                    | 20       | 40  | 60    | 80  | 100    | 120   |
| Peruvian-style spice mix (sachet(s))  | 1/2      | 1   | 1 1/2 | 2   | 2 1/2  | 3     |
| Shaved almonds (g)                    | 15       | 30  | 40    | 60  | 70     | 90    |
| Not included                          |          |     |       |     |        |       |
| Olive oil (tbsp)                      | 1/2      | 1   | 1 1/2 | 2   | 2 1/2  | 3     |
| Salt and pepper (to taste)            | To Taste |     |       |     |        |       |
| Low sodium vegetable stock cube (pcs) | 1/4      | 1/2 | 3/4   | 1   | 1 1/4  | 1 1/2 |
| White wine vinegar (tbsp)             | 1/2      | 1   | 1 1/2 | 2   | 2 1/2  | 3     |
| Water (ml)                            | 20       | 40  | 60    | 80  | 100    | 120   |

\* store in the fridge

## Nutritional values

|                       | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal)       | 2510 /600   | 500 /120 |
| Total fat(g)          | 17,1 g      | 3,4 g    |
| of which saturated(g) | 2,2         | 0,4      |
| Carbohydrates (g)     | 85,2        | 17       |
| of which sugars (g)   | 15,8        | 3,2      |
| Fibre (g)             | 17,3        | 3,4      |
| Protein (g)           | 28,8        | 5,7      |
| Salt (g)              | 1,65        | 0,33     |

## Allergens

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

1



## Prepare

- Transfer the bulgur to a pot or saucepan and cover with water.
- Crumble in the stock cube (see pantry for amount) and bring to a boil.
- Cook for 10 minutes or until done, then drain and set aside.

3



## Make the sauce

- Juice the orange into a small bowl (see Tip).
- Heat a light drizzle of olive oil in a frying pan over medium-high heat and fry the shrimp for 2 minutes.
- Add the mango chutney, orange juice, white wine vinegar and ginger paste.
- Stir and allow to reduce over high heat for 1 minute.

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

2



## Fry the vegetables

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

4



## Serve

- Add the bulgur and Peruvian-style spice mix to the vegetables and mix well to combine. Season to taste with salt and pepper.
- Serve everything on deep plates.
- Drizzle with the orange sauce and garnish with the shaved almonds.





# Veggie Bulgogi Bowl with Gochujang Sauce

over rice with pickled cucumber, sesame seeds & scallions

Total time: 15 - 25 min.



Plant-based mince



Jasmine rice



Scallions



Cucumber



Radish



Fresh chives



Bulgogi sauce



Gochujang



Sesame oil



Sesame seeds



# Before you start

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

## Ingredients for 1 - 6 servings

|                                     | 1p       | 2p  | 3p    | 4p  | 5p     | 6p   |
|-------------------------------------|----------|-----|-------|-----|--------|------|
| Plant-based mince* (g)              | 75       | 150 | 225   | 300 | 375    | 450  |
| Jasmine rice (g)                    | 75       | 150 | 225   | 300 | 375    | 450  |
| Scallions* (g)                      | 62 1/2   | 125 | 125   | 250 | 250    | 375  |
| Cucumber* (pcs)                     | 1/2      | 1   | 1 1/2 | 2   | 2 1/2  | 3    |
| Radish* (bunch(es))                 | 1/2      | 1   | 2     | 2   | 3      | 3    |
| Fresh chives* (g)                   | 2 1/2    | 5   | 7 1/2 | 10  | 12 1/2 | 15   |
| Bulgogi sauce (g)                   | 35       | 70  | 105   | 140 | 175    | 210  |
| Gochujang* (g)                      | 5        | 10  | 15    | 20  | 25     | 30   |
| Sesame oil (ml)                     | 5        | 10  | 20    | 20  | 30     | 30   |
| Sesame seeds (g)                    | 5        | 10  | 10    | 20  | 20     | 30   |
| Not included                        |          |     |       |     |        |      |
| Water for the rice (ml)             | 175      | 350 | 525   | 700 | 875    | 1050 |
| White wine vinegar (tbsp)           | 1        | 2   | 3     | 4   | 5      | 6    |
| Sugar (tsp)                         | 1        | 2   | 3     | 4   | 5      | 6    |
| [Plant-based] mayonnaise (to taste) | 1/2      | 1   | 1 1/2 | 2   | 2 1/2  | 3    |
| Water for the sauce (tbsp)          | 1/2      | 1   | 1 1/2 | 2   | 2 1/2  | 3    |
| [Plant-based] butter (tbsp)         | 1/2      | 1   | 1 1/2 | 2   | 2 1/2  | 3    |
| Salt and pepper (to taste)          | To Taste |     |       |     |        |      |

\* store in the fridge

## Nutritional values

|                       | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal)       | 2542 /608   | 368 /88  |
| Total fat(g)          | 18,3 g      | 2,7 g    |
| of which saturated(g) | 5,9         | 0,9      |
| Carbohydrates (g)     | 90,6        | 13,1     |
| of which sugars (g)   | 22,4        | 3,2      |
| Fibre (g)             | 9           | 1,3      |
| Protein (g)           | 25,4        | 3,7      |
| Salt (g)              | 2,23        | 0,32     |

## Allergens

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

1



## Boil the rice

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

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

3



## Make the sauce

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

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

2



## Fry the mince

- In a bowl, combine the white wine vinegar with the sugar and the cucumber, then set aside.
- Melt a knob of butter in a frying pan over medium-high heat. Fry the mince with the white part of the scallions for 3 - 5 minutes.
- Lower the heat and add the bulgogi sauce. Stir-fry for 1 minute so as to coat the mince.

4



## Serve

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





# Naan Pizza with Beef Mince & Pesto

with tomato, bell pepper & lamb's lettuce

Total time: 15 - 25 min.



Onion



Fresco spalmabile - cream cheese



Green pesto



Lamb's lettuce



Tomato



Bell pepper



Garlic



Naan with herbs



Italian seasoning



Beef mince with Italian seasoning



# Before you start

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

## Ingredients for 1 - 6 servings

|                                        | 1p       | 2p  | 3p    | 4p  | 5p    | 6p    |
|----------------------------------------|----------|-----|-------|-----|-------|-------|
| Onion (pcs)                            | 1/2      | 1   | 2     | 2   | 3     | 3     |
| Fresco spalmabile - cream cheese* (g)  | 25       | 50  | 75    | 100 | 125   | 150   |
| Green pesto* (g)                       | 20       | 40  | 60    | 80  | 100   | 120   |
| Lamb's lettuce* (g)                    | 30       | 60  | 90    | 120 | 150   | 180   |
| Tomato (pcs)                           | 1        | 2   | 3     | 4   | 5     | 6     |
| Bell pepper* (pcs)                     | 1/2      | 1   | 1     | 2   | 2     | 3     |
| Garlic (pcs)                           | 1/2      | 1   | 1 1/2 | 2   | 2 1/2 | 3     |
| Naan with herbs (pcs)                  | 1        | 2   | 3     | 4   | 5     | 6     |
| Italian seasoning (sachet(s))          | 1/2      | 1   | 1 1/2 | 2   | 2 1/2 | 3     |
| Beef mince with Italian seasoning* (g) | 100      | 200 | 300   | 400 | 500   | 600   |
| Not included                           |          |     |       |     |       |       |
| Balsamic vinegar (tsp)                 | 1/2      | 1   | 1 1/2 | 2   | 2 1/2 | 3     |
| Extra virgin olive oil (to taste)      | 0        | 0   | 0     | 0   | 0     | 0     |
| Olive oil (tbsp)                       | 1/4      | 1/2 | 3/4   | 1   | 1 1/4 | 1 1/2 |
| Salt and pepper (to taste)             | To Taste |     |       |     |       |       |

\* store in the fridge

## Nutritional values

|                       | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal)       | 3185 /761   | 606 /145 |
| Total fat(g)          | 38,6 g      | 7,3 g    |
| of which saturated(g) | 11,5        | 2,2      |
| Carbohydrates (g)     | 67,9        | 12,9     |
| of which sugars (g)   | 15,1        | 2,9      |
| Fibre (g)             | 9,4         | 1,8      |
| Protein (g)           | 32,6        | 6,2      |
| Salt (g)              | 2,38        | 0,45     |

## Allergens

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

1



## Prepare

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

3



## Assemble

- In a small bowl, combine the cream cheese with the pesto, then spread this over the naan.
- Top with the vegetable mixture from the frying pan.

2



## Make the salad

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

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

4



## Serve

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





# BBQ Shrimp Tacos with Apricot Chutney

on wholewheat tortillas with red cabbage slaw, corn & parsley

Total time: 15 - 25 min.



Bell pepper



Wholewheat mini tortilla



Shrimp



Corn



Apricot chutney



Shredded red cabbage



Mexican-style spices



BBQ spice rub



Fresh curly parsley



# Before you start

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

## Ingredients for 1 - 6 servings

|                                  | 1p           | 2p  | 3p    | 4p  | 5p    | 6p  |
|----------------------------------|--------------|-----|-------|-----|-------|-----|
| Bell pepper* (pcs)               | 1/2          | 1   | 2     | 2   | 3     | 3   |
| Wholewheat mini tortilla (pcs)   | 4            | 8   | 12    | 16  | 20    | 24  |
| Shrimp* (g)                      | 80           | 160 | 240   | 320 | 400   | 480 |
| Corn (g)                         | 70           | 140 | 140   | 285 | 280   | 425 |
| Apricot chutney (g)              | 25           | 50  | 75    | 100 | 125   | 150 |
| Shredded red cabbage* (g)        | 100          | 200 | 300   | 400 | 500   | 600 |
| Mexican-style spices (sachet(s)) | 1/2          | 1   | 1 1/2 | 2   | 2 1/2 | 3   |
| BBQ spice rub (sachet(s))        | 1/2          | 1   | 1 1/2 | 2   | 2 1/2 | 3   |
| Fresh curly parsley* (g)         | 5            | 10  | 15    | 20  | 25    | 30  |
|                                  | Not included |     |       |     |       |     |
| [Plant-based] mayonnaise (tbsp)  | 1            | 2   | 3     | 4   | 5     | 6   |
| Salt and pepper (to taste)       | To Taste     |     |       |     |       |     |
| Olive oil (tbsp)                 | 1/2          | 1   | 1 1/2 | 2   | 2 1/2 | 3   |
| White wine vinegar (tbsp)        | 1/2          | 1   | 1 1/2 | 2   | 2 1/2 | 3   |

\* store in the fridge

## Nutritional values

|                       | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal)       | 2921 /698   | 577 /138 |
| Total fat(g)          | 30,2 g      | 6 g      |
| of which saturated(g) | 4,5         | 0,9      |
| Carbohydrates (g)     | 69,9        | 13,8     |
| of which sugars (g)   | 23,3        | 4,6      |
| Fibre (g)             | 19,5        | 3,8      |
| Protein (g)           | 28,4        | 5,6      |
| Salt (g)              | 2,97        | 0,59     |

## Allergens

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

1

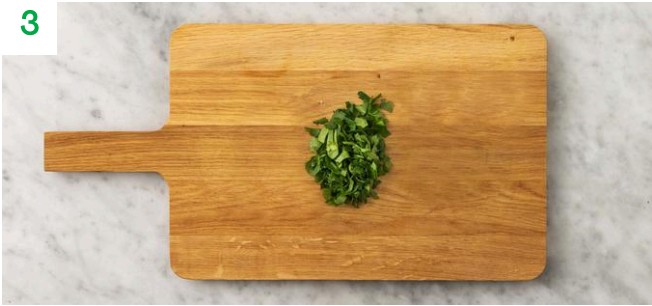


## Prepare

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

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

3



## Heat the tortillas

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

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

2



## Make the slaw

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

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

4



## Serve

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





# Smoky Chipotle Duck Bowl

over brown rice with tomato salsa, yogurt & Romano pepper

Total time: 10 - 20 min.



Boneless duck thigh confit



Lime



Organic full-fat yogurt



Quick-cook brown rice



Tomato



Romano pepper



Chipotle paste



Tomato paste



Red onion



Fresh coriander



# Before you start

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

## Ingredients for 1 - 6 servings

|                                   | 1p       | 2p  | 3p    | 4p  | 5p    | 6p    |
|-----------------------------------|----------|-----|-------|-----|-------|-------|
| Boneless duck thigh confit* (pcs) | 1        | 2   | 3     | 4   | 5     | 6     |
| Lime* (pcs)                       | 1/4      | 1/2 | 3/4   | 1   | 1 1/4 | 1 1/2 |
| Organic full-fat yogurt* (g)      | 25       | 50  | 75    | 100 | 125   | 150   |
| Quick-cook brown rice (g)         | 75       | 150 | 225   | 300 | 375   | 450   |
| Tomato (pcs)                      | 1        | 2   | 3     | 4   | 5     | 6     |
| Romano pepper* (pcs)              | 1/2      | 1   | 1 1/2 | 2   | 2 1/2 | 3     |
| Chipotle paste (g)                | 10       | 20  | 30    | 40  | 50    | 60    |
| Tomato paste (can(s))             | 1/2      | 1   | 1 1/2 | 2   | 2 1/2 | 3     |
| Red onion (pcs)                   | 1/2      | 1   | 1 1/2 | 2   | 2 1/2 | 3     |
| Fresh coriander* (g)              | 5        | 10  | 15    | 20  | 25    | 30    |
| Not included                      |          |     |       |     |       |       |
| Sugar (tsp)                       | 1/2      | 1   | 1 1/2 | 2   | 2 1/2 | 3     |
| Salt and pepper (to taste)        | To Taste |     |       |     |       |       |
| Extra virgin olive oil (tsp)      | 2        | 4   | 6     | 8   | 10    | 12    |
| Olive oil (tbsp)                  | 1/2      | 1   | 1 1/2 | 2   | 2 1/2 | 3     |
| Low sodium chicken stock (ml)     | 50       | 100 | 150   | 200 | 250   | 300   |

\* store in the fridge

## Nutritional values

|                       | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal)       | 3518 /841   | 643 /154 |
| Total fat(g)          | 42 g        | 7,7 g    |
| of which saturated(g) | 9,6         | 1,8      |
| Carbohydrates (g)     | 78,9        | 14,4     |
| of which sugars (g)   | 18,7        | 3,4      |
| Fibre (g)             | 7,8         | 1,4      |
| Protein (g)           | 36,4        | 6,7      |
| Salt (g)              | 1,07        | 0,2      |

## Allergens

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

1



## Boil the rice

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

3



## Make the salsa

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

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

2



## Prepare the duck

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

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

4



## Serve

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





# Chicken Udon in Mascarpone-Teriyaki Sauce

with mushrooms, leek & Thai basil

Total time: 15 - 25 min.



Fresh udon noodles



Mascarpone



Teriyaki sauce



Vegetable mix with mushrooms



Garlic



Soy sauce



Chicken mince with Mexican seasoning



Salted peanuts



Mint, coriander & Thai basil



# Before you start

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

## Ingredients for 1 - 6 servings

|                                           | 1p       | 2p  | 3p    | 4p  | 5p    | 6p   |
|-------------------------------------------|----------|-----|-------|-----|-------|------|
| Fresh udon noodles (g)                    | 110      | 220 | 330   | 440 | 550   | 660  |
| Mascarpone* (g)                           | 25       | 50  | 75    | 100 | 125   | 150  |
| Teriyaki sauce (g)                        | 25       | 50  | 75    | 100 | 125   | 150  |
| Vegetable mix with mushrooms* (g)         | 200      | 400 | 600   | 800 | 1000  | 1200 |
| Garlic (pcs)                              | 1/2      | 1   | 1 1/2 | 2   | 2 1/2 | 3    |
| Soy sauce (ml)                            | 10       | 20  | 30    | 40  | 50    | 60   |
| Chicken mince with Mexican seasoning* (g) | 100      | 200 | 300   | 400 | 500   | 600  |
| Salted peanuts (g)                        | 10       | 20  | 30    | 40  | 50    | 60   |
| Mint, coriander & Thai basil* (g)         | 5        | 10  | 15    | 20  | 25    | 30   |
| Not included                              |          |     |       |     |       |      |
| Olive oil (tbsp)                          | 1/2      | 1   | 1 1/2 | 2   | 2 1/2 | 3    |
| Salt and pepper (to taste)                | To Taste |     |       |     |       |      |

\* store in the fridge

## Nutritional values

|                       | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal)       | 2464 /589   | 499 /119 |
| Total fat(g)          | 28,5 g      | 5,8 g    |
| of which saturated(g) | 15,1        | 3,1      |
| Carbohydrates (g)     | 46,6        | 9,4      |
| of which sugars (g)   | 11,7        | 2,4      |
| Fibre (g)             | 9,8         | 2        |
| Protein (g)           | 33,6        | 6,8      |
| Salt (g)              | 3,97        | 0,8      |

## Allergens

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

1



## Prepare

- Crush or mince the garlic.

2



## Fry the mince

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

3



## Finish

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

4



## Serve

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





# Signature Chicken Cheeseburger with Loaded Tortilla Chips

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

Total time: 10 - 20 min.



Chicken burger from Oranjehoeven



Charcoal burger bun



Tomato



Red onion



Guacamole



Grated cheddar



Corn



Mexican-style spices



Tortilla chips



# Before you start

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

## Ingredients for 1 - 6 servings

|                                       | 1p           | 2p  | 3p    | 4p  | 5p    | 6p    |
|---------------------------------------|--------------|-----|-------|-----|-------|-------|
| Chicken burger from Oranjevoen* (pcs) | 1            | 2   | 3     | 4   | 5     | 6     |
| Charcoal burger bun (pcs)             | 1            | 2   | 3     | 4   | 5     | 6     |
| Tomato (pcs)                          | 1            | 2   | 3     | 4   | 5     | 6     |
| Red onion (pcs)                       | 1/2          | 1   | 1 1/2 | 2   | 2 1/2 | 3     |
| Guacamole* (g)                        | 40           | 80  | 120   | 160 | 200   | 240   |
| Grated cheddar* (g)                   | 15           | 25  | 40    | 50  | 65    | 75    |
| Corn (g)                              | 35           | 70  | 105   | 140 | 175   | 210   |
| Mexican-style spices (sachet(s))      | 1/2          | 1   | 1 1/2 | 2   | 2 1/2 | 3     |
| Tortilla chips (g)                    | 40           | 75  | 115   | 150 | 190   | 225   |
|                                       | Not included |     |       |     |       |       |
| [Plant-based] butter (tbsp)           | 1/4          | 1/2 | 3/4   | 1   | 1 1/4 | 1 1/2 |
| White balsamic vinegar (tsp)          | 1            | 2   | 3     | 4   | 5     | 6     |
| Salt and pepper (to taste)            | To Taste     |     |       |     |       |       |
| [Plant-based] mayonnaise (tbsp)       | 1/2          | 1   | 1 1/2 | 2   | 2 1/2 | 3     |

\* store in the fridge

## Nutritional values

|                       | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal)       | 3194 /763   | 717 /171 |
| Total fat(g)          | 40,3 g      | 9 g      |
| of which saturated(g) | 9,7         | 2,2      |
| Carbohydrates (g)     | 66,6        | 14,9     |
| of which sugars (g)   | 12,9        | 2,9      |
| Fibre (g)             | 8,8         | 2        |
| Protein (g)           | 29,6        | 6,6      |
| Salt (g)              | 3,19        | 0,72     |

## Allergens

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

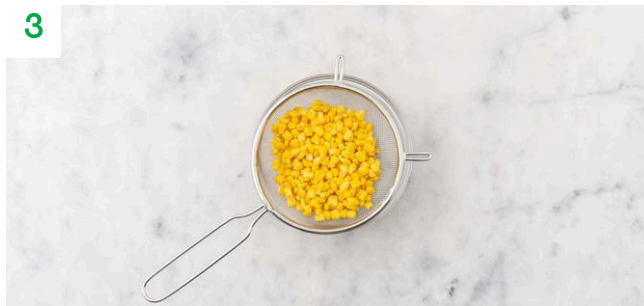
1



## 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 with the burger for 3 - 4 minutes on one side.
- Flip the burger and top with the cheddar. Cover the pan with the lid so as to allow the cheese to melt.
- Reduce the heat and allow to cook for 3 - 4 minutes or until done.

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.*

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 Mexican-style spices\*. Season to taste with salt and pepper.

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

4



## Serve

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





# Chicken Meatballs in Sweet Soy Sauce

with udon salad & sesame seeds

Total time: 25 - 35 min.



Chicken mince with Mexican seasoning



Fresh ginger



Soy sauce



Fresh udon noodles



Sesame seeds



Mesclun



Persian cucumber



Garlic



East Asian-style sauce



Lemon



Rainbow slaw mix



Tomato



# Before you start

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

## Ingredients for 1 - 6 servings

|                                           | 1p       | 2p    | 3p    | 4p  | 5p    | 6p    |
|-------------------------------------------|----------|-------|-------|-----|-------|-------|
| Chicken mince with Mexican seasoning* (g) | 100      | 200   | 300   | 400 | 500   | 600   |
| Fresh ginger* (tsp)                       | 1 1/4    | 2 1/2 | 3 3/4 | 5   | 6 1/4 | 7 1/2 |
| Soy sauce (ml)                            | 10       | 20    | 30    | 40  | 50    | 60    |
| Fresh udon noodles (g)                    | 110      | 220   | 330   | 440 | 550   | 660   |
| Sesame seeds (g)                          | 5        | 10    | 15    | 20  | 25    | 30    |
| Mesclun* (g)                              | 40       | 60    | 90    | 120 | 150   | 180   |
| Persian cucumber* (pcs)                   | 1/2      | 1     | 1 1/2 | 2   | 2 1/2 | 3     |
| Garlic (pcs)                              | 1/2      | 1     | 1 1/2 | 2   | 2 1/2 | 3     |
| East Asian-style sauce* (g)               | 20       | 35    | 55    | 70  | 90    | 105   |
| Lemon* (pcs)                              | 1/2      | 1     | 1 1/2 | 2   | 2 1/2 | 3     |
| Rainbow slaw mix* (g)                     | 100      | 200   | 300   | 400 | 500   | 600   |
| Tomato (pcs)                              | 1/2      | 1     | 1 1/2 | 2   | 2 1/2 | 3     |
| Not included                              |          |       |       |     |       |       |
| Honey [or plant-based alternative] (tbsp) | 1        | 2     | 3     | 4   | 5     | 6     |
| Salt and pepper (to taste)                | To Taste |       |       |     |       |       |
| Sunflower oil (tbsp)                      | 1/2      | 1     | 1 1/2 | 2   | 2 1/2 | 3     |
| [Plant-based] mayonnaise (tbsp)           | 1 1/2    | 3     | 4 1/2 | 6   | 7 1/2 | 9     |

\* store in the fridge

## Nutritional values

|                       | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal)       | 3022 /722   | 518 /124 |
| Total fat(g)          | 37,8 g      | 6,5 g    |
| of which saturated(g) | 9,8         | 1,7      |
| Carbohydrates (g)     | 62,2        | 10,7     |
| of which sugars (g)   | 24,1        | 4,1      |
| Fibre (g)             | 9,9         | 1,7      |
| Protein (g)           | 31          | 5,3      |
| Salt (g)              | 4,05        | 0,69     |

## Allergens

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

1



## Make the meatballs

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

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

3



## Make the salad

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

2



## Fry the meatballs

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

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

4



## Serve

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





# Karahi-Inspired Chicken with Coriander Salsa

with min. 115g carbohydrates per person

Total time: 30 - 40 min.



Chicken thigh strips



Naan



Garlic



Garam Masala



Chopped tomatoes



Fresh coriander



Organic full-fat yogurt



Lime



Onion



Tandoori paste



Quick-cook brown rice



# Before you start

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

## Ingredients for 1 - 6 servings

|                               | 1p       | 2p  | 3p      | 4p  | 5p      | 6p  |
|-------------------------------|----------|-----|---------|-----|---------|-----|
| Chicken thigh strips* (g)     | 100      | 200 | 300     | 400 | 500     | 600 |
| Naan (pcs)                    | 1        | 2   | 3       | 4   | 5       | 6   |
| Garlic (pcs)                  | 1        | 1   | 2       | 2   | 3       | 3   |
| Garam Masala (sachet(s))      | 1/2      | 1   | 1 1/2   | 2   | 2 1/2   | 3   |
| Chopped tomatoes (pack(s))    | 1/2      | 1   | 1 1/2   | 2   | 2 1/2   | 3   |
| Fresh coriander* (g)          | 5        | 10  | 15      | 20  | 25      | 30  |
| Organic full-fat yogurt* (g)  | 25       | 50  | 75      | 100 | 125     | 150 |
| Lime* (pcs)                   | 1/2      | 1   | 1 1/2   | 2   | 2 1/2   | 3   |
| Onion (pcs)                   | 1/2      | 1   | 1 1/2   | 2   | 2 1/2   | 3   |
| Tandoori paste* (g)           | 15       | 30  | 45      | 60  | 75      | 90  |
| Quick-cook brown rice (g)     | 37 1/2   | 75  | 112 1/2 | 150 | 187 1/2 | 225 |
| Not included                  |          |     |         |     |         |     |
| [Plant-based] butter (tbsp)   | 1/2      | 1   | 1 1/2   | 2   | 2 1/2   | 3   |
| Salt and pepper (to taste)    | To Taste |     |         |     |         |     |
| Olive oil (tbsp)              | 1/2      | 1   | 1 1/2   | 2   | 2 1/2   | 3   |
| Low sodium chicken stock (ml) | 25       | 50  | 75      | 100 | 125     | 150 |
| Extra virgin olive oil (tsp)  | 1/2      | 1   | 1 1/2   | 2   | 2 1/2   | 3   |
| Sugar (tsp)                   | 1/2      | 1   | 1 1/2   | 2   | 2 1/2   | 3   |

\* store in the fridge

## Nutritional values

|                       | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal)       | 4053 /969   | 625 /149 |
| Total fat(g)          | 39,4 g      | 6,1 g    |
| of which saturated(g) | 11,4        | 1,8      |
| Carbohydrates (g)     | 115,7       | 17,8     |
| of which sugars (g)   | 21,9        | 3,4      |
| Fibre (g)             | 12,2        | 1,9      |
| Protein (g)           | 36,1        | 5,6      |
| Salt (g)              | 2,04        | 0,31     |

## Allergens

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

1



## Prepare

- Preheat oven to 200°C and prepare the stock.
- Boil plenty of water in a pot or saucepan and cook the rice for 10 minutes, then drain and set aside.
- Chop the onion and crush or mince garlic.

3



## Prepare the toppings

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

2



## Make the curry

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

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

4



## Serve

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





# Wholewheat Fusilli with Beef & Eggplant

with tomato tapenade & arugula

Total time: 25 - 35 min.



Beef mince with Italian seasoning



Wholewheat fusilli



Cooking cream



Eggplant



Tomato tapenade



Garlic



Onion



Arugula



# Before you start

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

## Ingredients for 1 – 6 servings

|                                        | 1p       | 2p  | 3p    | 4p  | 5p    | 6p  |
|----------------------------------------|----------|-----|-------|-----|-------|-----|
| Beef mince with Italian seasoning* (g) | 100      | 200 | 300   | 400 | 500   | 600 |
| Wholewheat fusilli (g)                 | 90       | 180 | 270   | 360 | 450   | 540 |
| Cooking cream (g)                      | 50       | 100 | 150   | 200 | 250   | 300 |
| Eggplant* (pcs)                        | 1/2      | 1   | 2     | 2   | 3     | 3   |
| Tomato tapenade* (g)                   | 20       | 40  | 60    | 80  | 100   | 120 |
| Garlic (pcs)                           | 1/2      | 1   | 1 1/2 | 2   | 2 1/2 | 3   |
| Onion (pcs)                            | 1        | 2   | 2     | 4   | 4     | 6   |
| Arugula* (g)                           | 20       | 40  | 60    | 80  | 100   | 120 |
| Not included                           |          |     |       |     |       |     |
| Low sodium vegetable stock (ml)        | 60       | 120 | 180   | 240 | 300   | 360 |
| Salt and pepper (to taste)             | To Taste |     |       |     |       |     |
| Olive oil (tbsp)                       | 1        | 2   | 3     | 4   | 5     | 6   |
| Balsamic vinegar (tbsp)                | 1/2      | 1   | 1 1/2 | 2   | 2 1/2 | 3   |
| Flour (tbsp)                           | 1/2      | 1   | 1 1/2 | 2   | 2 1/2 | 3   |

\* store in the fridge

## Nutritional values

|                       | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal)       | 3511 /839   | 646 /154 |
| Total fat(g)          | 42,6 g      | 7,8 g    |
| of which saturated(g) | 14,3        | 2,6      |
| Carbohydrates (g)     | 74,2        | 13,7     |
| of which sugars (g)   | 14,4        | 2,7      |
| Fibre (g)             | 13          | 2,4      |
| Protein (g)           | 34,9        | 6,4      |
| Salt (g)              | 1,89        | 0,35     |

## Allergens

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

1



### Fry the eggplant

- Boil plenty of salted water in a pot or saucepan for the pasta.
- Dice the eggplant into 1 - 2cm chunks, then transfer to a bowl and coat with the flour.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the eggplant for 8 - 10 minutes until evenly browned, then turn off the heat.

**Air Fryer Option:** *drizzle the eggplant with oil and fry for 8 - 12 minutes at 200°C. Shake halfway and avoid overcrowding the basket.*

3



### Make the sauce

- Add the mince and fry for 3 more minutes, separating it as you do so.
- Deglaze the mince with the stock and balsamic vinegar.
- Stir in the cream and the tomato tapenade, then continue cooking for 4 - 5 minutes over low heat.

2



### Boil the pasta

- Meanwhile, boil the pasta for 10 - 12 minutes, then drain and set aside.
- Prepare the stock in the meantime.
- Chop the onion and crush or mince the garlic.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat and fry the onion and garlic for 3 - 4 minutes.

4



### Serve

- Serve three quarters of the arugula on deep plates.
- Transfer the pasta and the eggplant to the sauce and mix well to combine.
- Season generously with salt and pepper, then serve.
- Garnish the pasta with the rest of the arugula.





# Stir-Fried Shrimp over Wholewheat Noodles

with ginger sauce, vegetables & crispy onions

Total time: 20 - 30 min.



Shrimp



Ginger stir-fry sauce



Red onion



Carrot



Scallions



Red chili pepper



Crispy fried onions



Wholewheat noodles

# Before you start

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

## Ingredients for 1 - 6 servings

|                                       | 1p       | 2p  | 3p    | 4p  | 5p    | 6p    |
|---------------------------------------|----------|-----|-------|-----|-------|-------|
| Shrimp* (g)                           | 80       | 160 | 240   | 320 | 400   | 480   |
| Ginger stir-fry sauce (g)             | 35       | 70  | 105   | 140 | 175   | 210   |
| Red onion (pcs)                       | 1/2      | 1   | 1 1/2 | 2   | 2 1/2 | 3     |
| Carrot* (pcs)                         | 1/2      | 1   | 2     | 2   | 3     | 3     |
| Scallions* (g)                        | 62 1/2   | 125 | 125   | 250 | 250   | 375   |
| Red chili pepper* (pcs)               | 1/4      | 1/2 | 3/4   | 1   | 1 1/4 | 1 1/2 |
| Crispy fried onions (g)               | 15       | 30  | 45    | 60  | 75    | 90    |
| Wholewheat noodles (g)                | 50       | 100 | 150   | 200 | 250   | 300   |
| Not included                          |          |     |       |     |       |       |
| Sunflower oil (tbsp)                  | 1/2      | 1   | 1 1/2 | 2   | 2 1/2 | 3     |
| Low sodium vegetable stock cube (pcs) | 1/4      | 1/2 | 3/4   | 1   | 1 1/4 | 1 1/2 |
| Salt and pepper (to taste)            | To Taste |     |       |     |       |       |
| [Reduced salt] ketjap manis (tbsp)    | 1        | 2   | 3     | 4   | 5     | 6     |

\* store in the fridge

## Nutritional values

|                       | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal)       | 2248 /537   | 543 /130 |
| Total fat(g)          | 15,4 g      | 3,7 g    |
| of which saturated(g) | 4,3         | 1        |
| Carbohydrates (g)     | 76,2        | 18,4     |
| of which sugars (g)   | 29,4        | 7,1      |
| Fibre (g)             | 8,8         | 2,1      |
| Protein (g)           | 23,8        | 5,7      |
| Salt (g)              | 3,55        | 0,86     |

## Allergens

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

1



## Boil the noodles

- Boil plenty of water for the noodles in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Boil the noodles for 4 - 5 minutes until al dente.
- Reserve some of the cooking liquid, then drain and set aside.

3



## Stir-fry the vegetables

- Heat a drizzle of sunflower oil in a frying pan over high heat and fry the chili pepper for 1 minute.
- Add the carrot, the onion and the scallions, then stir-fry for 5 - 6 minutes.
- Add the shrimp and fry for 3 more minutes.

2



## Chop the vegetables

- Slice the onion into half-rings.
- Cut the scallion into thirds.
- Slice the carrot into thin crescents.
- Deseed and finely chop the red chili pepper\*.

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

4



## Serve

- Add the noodles, the ginger stir-fry sauce, the ketjap and 30ml per person of the reserved cooking liquid.
- Stir-fry for 1 - 2 minutes, adding more cooking liquid if necessary.
- Serve the noodles in bowls.
- Garnish with the crispy onions.





# Fried Chicken in Sticky Sesame-Soy Sauce

inspired by Korean dakgangjeong, over brown rice with crunchy slaw

Total time: 30 - 40 min.



Rainbow slaw mix



Garlic



Scallions



Quick-cook brown rice



Broccoli rice



Soy sauce



Sesame seeds



Korean-style spice mix



Chicken thigh



# 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    |
|-------------------------------------------|--------|--------|--------|-------|-------|-------|
| Rainbow slaw mix* (g)                     | 100    | 200    | 300    | 400   | 500   | 600   |
| Garlic (pcs)                              | 1      | 2      | 3      | 4     | 5     | 6     |
| Scallions* (g)                            | 31 1/4 | 62 1/2 | 93 3/4 | 125   | 156   | 187   |
|                                           |        |        |        |       | 1/4   | 1/2   |
| Quick-cook brown rice (g)                 | 65     | 130    | 200    | 260   | 330   | 390   |
| Broccoli rice* (g)                        | 100    | 200    | 300    | 400   | 500   | 600   |
| Soy sauce (ml)                            | 10     | 20     | 30     | 40    | 50    | 60    |
| Sesame seeds (g)                          | 5      | 10     | 15     | 20    | 25    | 30    |
| Korean-style spice mix (sachet(s))        | 1/3    | 2/3    | 1      | 1 1/3 | 1 2/3 | 2     |
| Chicken thigh* (pcs)                      | 1      | 2      | 3      | 4     | 5     | 6     |
| Not included                              |        |        |        |       |       |       |
| Sugar (tbsp)                              | 1      | 2      | 3      | 4     | 5     | 6     |
| Flour (g)                                 | 25     | 50     | 75     | 100   | 125   | 150   |
| [Plant-based] butter (tbsp)               | 1      | 2      | 3      | 4     | 5     | 6     |
| White wine vinegar (tbsp)                 | 1 1/2  | 3      | 4 1/2  | 6     | 7 1/2 | 9     |
| Water for the sauce (tbsp)                | 1      | 2      | 3      | 4     | 5     | 6     |
| Low sodium chicken stock cube (pcs)       | 1/4    | 1/2    | 3/4    | 1     | 1 1/4 | 1 1/2 |
| Water (ml)                                | 30     | 60     | 90     | 120   | 150   | 180   |
| Honey [or plant-based alternative] (tbsp) | 1      | 2      | 3      | 4     | 5     | 6     |
| Sunflower oil (tbsp)                      | 1      | 2      | 3      | 4     | 5     | 6     |

\* store in the fridge

## Nutritional values

|                       | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal)       | 3545 /847   | 633 /151 |
| Total fat(g)          | 34 g        | 6,1 g    |
| of which saturated(g) | 12,8        | 2,3      |
| Carbohydrates (g)     | 98,9        | 17,6     |
| of which sugars (g)   | 29,1        | 5,2      |
| Fibre (g)             | 10,2        | 1,8      |
| Protein (g)           | 34,4        | 6,1      |
| Salt (g)              | 2,38        | 0,42     |

## Allergens

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



## Prepare

- Boil plenty of water in a pot or saucepan for the rice.
- In a bowl, combine the white wine vinegar with half of the sugar.
- Season with a pinch of salt, then add the slaw mix and toss well to combine. Set aside until serving, stirring occasionally.
- Finely chop the scallions and separate the white part from the greens.



## Fry the chicken

- Add a drop of the batter to the oil. If it immediately starts bubbling, it's hot enough to fry the chicken. Prepare a plate with kitchen paper.
- Coat the chicken with the batter, then carefully transfer to the oil.
- Fry the chicken for 5 - 6 minutes until golden-brown, turning carefully halfway.
- Transfer to the plate and set aside.



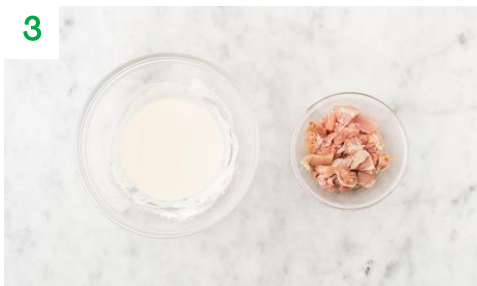
## Cook the rice

- Weigh the rice and transfer to the pot, along with the white part of the scallions.
- Crumble in the stock cube (see pantry for amount).
- Boil the rice for 8 minutes.
- Add the broccoli rice and cook for 3 more minutes, then drain and set aside.



## Finish

- Crush or mince the garlic.
- Melt a generous knob of butter in a frying pan over medium-high heat and fry the garlic for 1 minute.
- Add the soy sauce, the honey, the water for the sauce and the rest of the sugar. Lower the heat and mix well, then allow to reduce. The sauce is done when it sticks to the back of a spoon.
- Finally, add the sesame seeds and the fried chicken. Stir well so as to coat it in the sauce.



## Make the batter

- Pat the chicken dry with kitchen paper and cut into 2cm chunks. Season with salt and pepper.
- In a large bowl, combine the Korean-style spices with the flour and the water (see pantry for amount).
- Heat the sunflower oil in a frying pan over medium-high heat (see Tip).

**Tip:** if you have a fryer, this will make the chicken crispier.



## Serve

- Serve the rice in bowls or deep plates.
- Top with the fried chicken in its sauce.
- Serve the slaw alongside and garnish with the scallion greens to finish.





# Chicken Bowl with Minted Labneh & Eggplant

over giant couscous with ras el hanout & salad

Total time: 30 - 40 min.



Red onion



Garlic



Eggplant



Ras el hanout



Roma tomato



Raisins



Giant couscous



Fresh mint



Labneh



Persian cucumber



Marinated diced chicken



# 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 (pcs)                   | 1/2      | 1   | 1     | 2   | 2      | 3    |
| Garlic (pcs)                      | 1/2      | 1   | 1 1/2 | 2   | 2 1/2  | 3    |
| Eggplant* (pcs)                   | 1/2      | 1   | 2     | 2   | 3      | 3    |
| Ras el hanout (sachet(s))         | 1/2      | 1   | 1 1/2 | 2   | 2 1/2  | 3    |
| Roma tomato (pcs)                 | 1        | 2   | 3     | 4   | 5      | 6    |
| Raisins (g)                       | 10       | 20  | 30    | 40  | 50     | 60   |
| Giant couscous (g)                | 75       | 150 | 225   | 300 | 375    | 450  |
| Fresh mint* (g)                   | 2 1/2    | 5   | 7 1/2 | 10  | 12 1/2 | 15   |
| Labneh* (g)                       | 20       | 40  | 60    | 80  | 100    | 120  |
| Persian cucumber* (pcs)           | 1/2      | 1   | 1 1/2 | 2   | 2 1/2  | 3    |
| Marinated diced chicken* (g)      | 100      | 200 | 300   | 400 | 500    | 600  |
| Not included                      |          |     |       |     |        |      |
| Extra virgin olive oil (to taste) | 0        | 0   | 0     | 0   | 0      | 0    |
| Olive oil (tbsp)                  | 1        | 2   | 3     | 4   | 5      | 6    |
| Low sodium chicken stock (ml)     | 200      | 400 | 600   | 800 | 1000   | 1200 |
| White wine vinegar (tbsp)         | 1/2      | 1   | 1 1/2 | 2   | 2 1/2  | 3    |
| Salt and pepper (to taste)        | To Taste |     |       |     |        |      |

\* store in the fridge

## Nutritional values

|                       | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal)       | 2751 /658   | 372 /89  |
| Total fat(g)          | 20,8 g      | 2,8 g    |
| of which saturated(g) | 3,8         | 0,5      |
| Carbohydrates (g)     | 77,1        | 10,4     |
| of which sugars (g)   | 20,3        | 2,7      |
| Fibre (g)             | 8,8         | 1,2      |
| Protein (g)           | 36,4        | 4,9      |
| Salt (g)              | 1,78        | 0,24     |

## Allergens

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



### Prepare

- Prepare the stock.
- Chop the onion and crush or mince the garlic. Dice the eggplant into 1cm cubes.
- Heat a drizzle of olive oil in a large frying pan over medium-high heat and bloom the ras el hanout for 30 seconds or until fragrant.
- Add the garlic, the onion and the eggplant, then fry for 4 - 5 minutes.



### Fry the chicken

- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the chicken for 6 minutes or until done.



### Cook the giant couscous

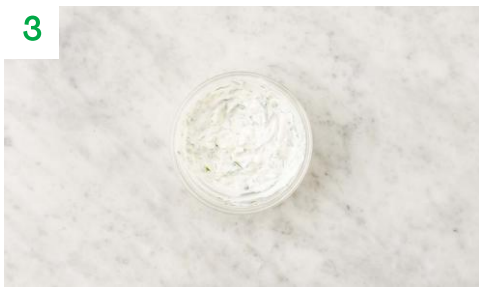
- In the meantime, dice the tomato and roughly chop the raisins.
- Add the giant couscous to the eggplant and toast the grains for 1 minute, then pour in the stock.
- Stir in the raisins and half of the tomato, then bring to a boil and cover with the lid.
- Allow to cook gently for 12 - 14 minutes, stirring occasionally (see Tip).

**Tip:** add an extra splash of water as necessary.



### Make the salad

- Finely dice the cucumber.
- In a salad bowl, combine the white wine vinegar with the extra virgin olive oil.
- Add the cucumber to the bowl, along with the rest of the tomato and the mint.
- Toss well to combine, then season to taste with salt and pepper.



### Make the labneh sauce

- Finely chop the mint leaves.
- Transfer three quarters of the mint to a small bowl, then add the labneh and mix well to combine.
- Season to taste with salt and pepper.



### Serve

- Serve the giant couscous on deep plates with everything else alongside.
- Finish with the minted labneh.





# Chicken Stir-Fry with Noodles & Pak Choi

with courgette, chili pepper & gomashio

Total time: 25 - 35 min.



Garlic



Fresh ginger



Red chili pepper



East Asian-style sauce



Chicken thigh strips



Courgette



Pak choi



Red onion



Ground paprika



Gomashio



Carrot



Wholewheat noodles



Reduced salt soy sauce



# Before you start

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

## Ingredients for 1 - 6 servings

|                             | 1p           | 2p  | 3p    | 4p  | 5p    | 6p    |
|-----------------------------|--------------|-----|-------|-----|-------|-------|
| Garlic (pcs)                | 1            | 1   | 2     | 2   | 3     | 3     |
| Fresh ginger* (tsp)         | 1            | 2   | 3     | 4   | 5     | 6     |
| Red chili pepper* (pcs)     | 1/4          | 1/2 | 3/4   | 1   | 1 1/4 | 1 1/2 |
| East Asian-style sauce* (g) | 30           | 60  | 90    | 120 | 150   | 180   |
| Chicken thigh strips* (g)   | 100          | 200 | 300   | 400 | 500   | 600   |
| Courgette* (pcs)            | 1/2          | 1   | 1     | 2   | 2     | 3     |
| Pak choi* (pcs)             | 1/2          | 1   | 2     | 2   | 3     | 3     |
| Red onion (pcs)             | 1/2          | 1   | 1     | 2   | 2     | 3     |
| Ground paprika (tsp)        | 1 1/2        | 3   | 4 1/2 | 6   | 7 1/2 | 9     |
| Gomashio (sachet(s))        | 1/2          | 1   | 1 1/2 | 2   | 2 1/2 | 3     |
| Carrot* (pcs)               | 1/2          | 1   | 1     | 1   | 2     | 2     |
| Wholewheat noodles (g)      | 50           | 100 | 150   | 200 | 250   | 300   |
| Reduced salt soy sauce (ml) | 10           | 20  | 30    | 40  | 50    | 60    |
|                             | Not included |     |       |     |       |       |
| Sunflower oil (tbsp)        | 1            | 2   | 3     | 4   | 5     | 6     |
| Salt and pepper (to taste)  | To Taste     |     |       |     |       |       |

\* store in the fridge

## Nutritional values

|                       | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal)       | 2521 /603   | 504 /120 |
| Total fat(g)          | 25,4 g      | 5,1 g    |
| of which saturated(g) | 5,7         | 1,1      |
| Carbohydrates (g)     | 63,2        | 12,6     |
| of which sugars (g)   | 14,6        | 2,9      |
| Fibre (g)             | 9           | 1,8      |
| Protein (g)           | 29,6        | 5,9      |
| Salt (g)              | 2,82        | 0,56     |

## Allergens

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

1



## Prepare

- Boil plenty of water in a pot or saucepan for the noodles.
- Crush or mince the garlic and finely grate the ginger. Deseed and finely chop the red chili pepper\*.
- In a bowl, combine the chicken with the paprika, the garlic, the ginger, the chili pepper, the soy sauce and the East Asian-style sauce.

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

3



## Finish the stir-fry

- Meanwhile, boil the noodles for 3 - 4 minutes, covered.
- Drain the noodles and transfer to the wok, then mix well to combine and cook for 1 more minute over high heat.

2



## Stir-fry the vegetables

- Slice the courgette and the carrot into thin crescents.
- Remove the base of the pak choi, then finely chop both the leaves and the stems. Chop the onion.
- Heat a generous drizzle of sunflower oil in a wok or deep frying pan over medium-high heat and fry the vegetables for 2 minutes.
- Add the chicken in its marinade and fry for 7 more minutes.

4



## Serve

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





# Chicken Sausage Pasta Bake

with tomato-mushroom sauce & fresh basil

Total time: 40 - 50 min.



Onion



Garlic



Mushrooms



Penne



Passata



Italian seasoning



Chicken sausage



Fresh basil



Grated Gouda



# Before you start

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

## Ingredients for 1 - 6 servings

|                                  | 1p       | 2p  | 3p    | 4p    | 5p     | 6p    |
|----------------------------------|----------|-----|-------|-------|--------|-------|
| Onion (pcs)                      | 1/3      | 2/3 | 1     | 1 1/3 | 1 2/3  | 2     |
| Garlic (pcs)                     | 1/2      | 1   | 1 1/2 | 2     | 2 1/2  | 3     |
| Mushrooms* (g)                   | 125      | 250 | 400   | 500   | 650    | 750   |
| Penne (g)                        | 90       | 180 | 270   | 360   | 450    | 540   |
| Passata (g)                      | 100      | 200 | 300   | 400   | 500    | 600   |
| Italian seasoning (sachet(s))    | 1/2      | 1   | 1 1/2 | 2     | 2 1/2  | 3     |
| Chicken sausage* (pcs)           | 2        | 4   | 6     | 8     | 10     | 12    |
| Fresh basil* (g)                 | 2 1/2    | 5   | 7 1/2 | 10    | 12 1/2 | 15    |
| Grated Gouda* (g)                | 15       | 25  | 40    | 50    | 65     | 75    |
| Not included                     |          |     |       |       |        |       |
| Low sodium beef stock cube (pcs) | 1/4      | 1/2 | 3/4   | 1     | 1 1/4  | 1 1/2 |
| Salt and pepper (to taste)       | To Taste |     |       |       |        |       |
| Olive oil (tbsp)                 | 1        | 2   | 3     | 4     | 5      | 6     |
| Balsamic vinegar (tsp)           | 1        | 2   | 3     | 4     | 5      | 6     |

\* store in the fridge

## Nutritional values

|                       | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal)       | 2972 /710   | 605 /144 |
| Total fat(g)          | 23,9 g      | 4,9 g    |
| of which saturated(g) | 7,4         | 1,5      |
| Carbohydrates (g)     | 82,8        | 16,9     |
| of which sugars (g)   | 12          | 2,4      |
| Fibre (g)             | 8,8         | 1,8      |
| Protein (g)           | 37,5        | 7,6      |
| Salt (g)              | 2,25        | 0,46     |

## Allergens

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

1



## Prepare

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

3



## Fry the sausage

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

2



## Make the sauce

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

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

4



## Serve

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





# Bulgogi Chicken Bowl with Gochujang Sauce

over rice with pickled cucumber, sesame seeds & scallions

Total time: 15 - 25 min.



Chicken mince with Mexican seasoning



Jasmine rice



Scallions



Cucumber



Radish



Fresh chives



Bulgogi sauce



Gochujang



Sesame oil



Sesame seeds



# Before you start

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

## Ingredients for 1 - 6 servings

|                                           | 1p       | 2p  | 3p    | 4p  | 5p     | 6p   |
|-------------------------------------------|----------|-----|-------|-----|--------|------|
| Chicken mince with Mexican seasoning* (g) | 100      | 200 | 300   | 400 | 500    | 600  |
| Jasmine rice (g)                          | 75       | 150 | 225   | 300 | 375    | 450  |
| Scallions* (g)                            | 62 1/2   | 125 | 125   | 250 | 250    | 375  |
| Cucumber* (pcs)                           | 1/2      | 1   | 1 1/2 | 2   | 2 1/2  | 3    |
| Radish* (bunch(es))                       | 1/2      | 1   | 2     | 2   | 3      | 3    |
| Fresh chives* (g)                         | 2 1/2    | 5   | 7 1/2 | 10  | 12 1/2 | 15   |
| Bulgogi sauce (g)                         | 35       | 70  | 105   | 140 | 175    | 210  |
| Gochujang* (g)                            | 5        | 10  | 15    | 20  | 25     | 30   |
| Sesame oil (ml)                           | 5        | 10  | 20    | 20  | 30     | 30   |
| Sesame seeds (g)                          | 5        | 10  | 10    | 20  | 20     | 30   |
| Not included                              |          |     |       |     |        |      |
| White wine vinegar (tbsp)                 | 1        | 2   | 3     | 4   | 5      | 6    |
| Salt and pepper (to taste)                | To Taste |     |       |     |        |      |
| Sugar (tsp)                               | 1        | 2   | 3     | 4   | 5      | 6    |
| [Plant-based] mayonnaise (to taste)       | 1/2      | 1   | 1 1/2 | 2   | 2 1/2  | 3    |
| Water for the sauce (tbsp)                | 1/2      | 1   | 1 1/2 | 2   | 2 1/2  | 3    |
| Water for the rice (ml)                   | 175      | 350 | 525   | 700 | 875    | 1050 |
| [Plant-based] butter (tbsp)               | 1/2      | 1   | 1 1/2 | 2   | 2 1/2  | 3    |

\* store in the fridge

## Nutritional values

|                       | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal)       | 2753 /658   | 385 /92  |
| Total fat(g)          | 22,2 g      | 3,1 g    |
| of which saturated(g) | 11,5        | 1,6      |
| Carbohydrates (g)     | 90,1        | 12,6     |
| of which sugars (g)   | 22,6        | 3,2      |
| Fibre (g)             | 5,7         | 0,8      |
| Protein (g)           | 31,6        | 4,4      |
| Salt (g)              | 2,39        | 0,33     |

## Allergens

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

1



## Boil the rice

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

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

3



## Make the sauce

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

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

2



## Fry the mince

- In a bowl, combine the white wine vinegar with the sugar and the cucumber, then set aside.
- Melt a knob of butter in a frying pan over medium-high heat. Fry the mince with the white part of the scallions for 4 minutes, separating it as you do so.
- Lower the heat and add the bulgogi sauce. Stir-fry for 1 minute so as to coat the mince.

4



## Serve

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





# Udon Noodles with Veggie Mince in Mascarpone-Teriyaki Sauce

with mushrooms, leek & Thai basil

Total time: 15 - 25 min.



Fresh udon noodles



Mascarpone



Teriyaki sauce



Vegetable mix with mushrooms



Garlic



Soy sauce



Plant-based mince



Salted peanuts



Mint, coriander & Thai basil



# Before you start

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

## Ingredients for 1 - 6 servings

|                                   | 1p           | 2p  | 3p    | 4p  | 5p    | 6p   |
|-----------------------------------|--------------|-----|-------|-----|-------|------|
| Fresh udon noodles (g)            | 110          | 220 | 330   | 440 | 550   | 660  |
| Mascarpone* (g)                   | 25           | 50  | 75    | 100 | 125   | 150  |
| Teriyaki sauce (g)                | 25           | 50  | 75    | 100 | 125   | 150  |
| Vegetable mix with mushrooms* (g) | 200          | 400 | 600   | 800 | 1000  | 1200 |
| Garlic (pcs)                      | 1/2          | 1   | 1 1/2 | 2   | 2 1/2 | 3    |
| Soy sauce (ml)                    | 10           | 20  | 30    | 40  | 50    | 60   |
| Plant-based mince* (g)            | 75           | 150 | 225   | 300 | 375   | 450  |
| Salted peanuts (g)                | 10           | 20  | 30    | 40  | 50    | 60   |
| Mint, coriander & Thai basil* (g) | 5            | 10  | 15    | 20  | 25    | 30   |
|                                   | Not included |     |       |     |       |      |
| Salt and pepper (to taste)        | To Taste     |     |       |     |       |      |
| Olive oil (tbsp)                  | 1/2          | 1   | 1 1/2 | 2   | 2 1/2 | 3    |

\* store in the fridge

## Nutritional values

|                       | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal)       | 2253 /538   | 481 /115 |
| Total fat(g)          | 24,5 g      | 5,2 g    |
| of which saturated(g) | 9,5         | 2        |
| Carbohydrates (g)     | 47,1        | 10,1     |
| of which sugars (g)   | 11,5        | 2,5      |
| Fibre (g)             | 13,1        | 2,8      |
| Protein (g)           | 27,4        | 5,8      |
| Salt (g)              | 3,81        | 0,81     |

## Allergens

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

1



## Prepare

- Crush or mince the garlic.

3



## Finish

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

2



## Fry the veggie mince

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

4



## Serve

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





# Venison Meatballs in Sweet Soy Sauce

with udon salad & sesame seeds

Total time: 25 - 35 min.



Provençal venison meatballs



Fresh ginger



Soy sauce



Fresh udon noodles



Sesame seeds



Mesclun



Persian cucumber



Garlic



East Asian-style sauce



Lemon



Rainbow slaw mix



Tomato



# Before you start

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

## Ingredients for 1 - 6 servings

|                                           | 1p       | 2p    | 3p    | 4p  | 5p    | 6p    |
|-------------------------------------------|----------|-------|-------|-----|-------|-------|
| Provençal venison meatballs* (pcs)        | 6        | 12    | 18    | 24  | 30    | 36    |
| Fresh ginger* (tsp)                       | 1 1/4    | 2 1/2 | 3 3/4 | 5   | 6 1/4 | 7 1/2 |
| Soy sauce (ml)                            | 10       | 20    | 30    | 40  | 50    | 60    |
| Fresh udon noodles (g)                    | 110      | 220   | 330   | 440 | 550   | 660   |
| Sesame seeds (g)                          | 5        | 10    | 15    | 20  | 25    | 30    |
| Mesclun* (g)                              | 40       | 60    | 90    | 120 | 150   | 180   |
| Persian cucumber* (pcs)                   | 1/2      | 1     | 1 1/2 | 2   | 2 1/2 | 3     |
| Garlic (pcs)                              | 1/2      | 1     | 1 1/2 | 2   | 2 1/2 | 3     |
| East Asian-style sauce* (g)               | 20       | 35    | 55    | 70  | 90    | 105   |
| Lemon* (pcs)                              | 1/2      | 1     | 1 1/2 | 2   | 2 1/2 | 3     |
| Rainbow slaw mix* (g)                     | 100      | 200   | 300   | 400 | 500   | 600   |
| Tomato (pcs)                              | 1/2      | 1     | 1 1/2 | 2   | 2 1/2 | 3     |
| Not included                              |          |       |       |     |       |       |
| Sunflower oil (tbsp)                      | 1/2      | 1     | 1 1/2 | 2   | 2 1/2 | 3     |
| Honey [or plant-based alternative] (tbsp) | 1        | 2     | 3     | 4   | 5     | 6     |
| [Plant-based] mayonnaise (tbsp)           | 1 1/2    | 3     | 4 1/2 | 6   | 7 1/2 | 9     |
| Salt and pepper (to taste)                | To Taste |       |       |     |       |       |

\* store in the fridge

## Nutritional values

|                       | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal)       | 3068 /733   | 526 /126 |
| Total fat(g)          | 36,7 g      | 6,3 g    |
| of which saturated(g) | 4,7         | 0,8      |
| Carbohydrates (g)     | 66,5        | 11,4     |
| of which sugars (g)   | 24,4        | 4,2      |
| Fibre (g)             | 8,2         | 1,4      |
| Protein (g)           | 30,9        | 5,3      |
| Salt (g)              | 3,64        | 0,62     |

## Allergens

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

1



## Prepare

- Grate the ginger.
- Crush or mince the garlic.

3



## Make the salad

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

2



## Fry the meatballs

- Heat a drizzle of sunflower oil in a frying pan over medium-high heat and fry the meatballs for 8 - 9 minutes until done.
- Add the soy sauce, the garlic, the East Asian-style sauce and the honey (see Tip).
- Mix well and fry for 2 more minutes, then take the pan off the heat and set aside, covered.

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

4



## Serve

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