



Fragrant Coconut Fish Stew

inspired by Brazilian moqueca, over rice with coriander

Quick

Total time: 25 - 30 min.



Red onion



Carrot



Mexican-style spices



Coconut milk



Chopped tomatoes



White long grain rice



Fresh coriander



Pollock



Garlic



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Before you start

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

Equipment

Lidded pot or saucepan, kitchen paper, lidded wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red onion (unit(s))	½	1	1	2	2	3
Carrot* (unit(s))	½	1	1	1	2	2
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Coconut milk (ml)	125	250	375	500	625	750
Chopped tomatoes (pack)	½	1	1½	2	2½	3
White long grain rice (g)	75	150	225	300	375	450
Fresh coriander* (g)	2½	5	7½	10	12½	15
Pollock* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	½	1	1½	2	2½	3
Not included						
Low sodium fish stock cube (unit(s))	½	½	1	1½	1½	2
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3025 /723	490 /117
Total fat (g)	31	5
of which saturated(g)	24	3,9
Carbonhydrates (g)	80	13
of which sugars (g)	15,5	2,5
Fiber (g)	11	2
Protein (g)	30	5
Salt (g)	2,1	0,3

Allergens

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



1. Prepare

- Chop the **onion** and dice the **carrot**.
- Crush or mince the **garlic**.
- Boil plenty of salted water in a pot or saucepan for the **rice**.



2. Make the stew

- Melt the butter in a wok or deep frying pan over medium heat.
- Fry the **garlic, onion** and **Mexican spices*** for 2 minutes.
- Stir in the **carrot, coconut milk** and **chopped tomatoes**, then crumble in the stock cube (see pantry for amount).
- Allow to simmer gently over medium-low heat for 10 - 12 minutes, covered.

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



3. Boil the rice

- Boil the **rice** for 10 - 12 minutes, covered, then drain and set aside.
- Finely chop the **coriander** (see Tip 1).
- Pat the fish dry with kitchen paper and cut into 3cm chunks. Shortly before serving, transfer the fish to the stew and poach gently for 2 - 3 minutes.
- Season to taste with salt and pepper (see Tip 2).

Tip 1: coriander stalks are also full of flavour. Don't discard them, but be sure to chop them extra fine. **Tip 2:** if you'd prefer the stew to be spicier, you can add sambal from your pantry!



4. Serve

- Serve the **rice** with the fish stew.
- Garnish with the **fresh coriander**.

Did you know... 🌱 *tinned tomatoes contain almost as many vitamins and minerals as fresh ones. Altogether, this recipe contains more than 300g of vegetables!*

Enjoy!



Roasted Cauliflower in Green Curry Sauce

over rice with spinach, lemongrass & Thai basil

Calorie Smart Plant-Based

Total time: 35 - 45 min.



Cauliflower



Garlic



Red onion



Lime



Fresh lemongrass



Thai basil



Quick-cook brown rice



Chopped cashews



Green curry spices



Coconut milk



Spinach



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Before you start

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Equipment

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Cauliflower* (g)	250	500	750	1000	1250	1500
Garlic (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	½	1	1	2	2	3
Lime* (unit(s))	¼	½	¾	1	1½	1½
Fresh lemongrass* (unit(s))	½	1	1½	2	2½	3
Thai basil* (g)	2½	5	7½	10	12½	15
Quick-cook brown rice (g)	75	150	225	300	375	450
Chopped cashews (g)	10	20	30	40	50	60
Green curry spices (sachet(s))	½	1	1½	2	2½	3
Coconut milk (ml)	90	180	250	360	430	540
Spinach* (g)	50	100	150	200	250	300

Not included

Olive oil (tbsp)	¼	½	¾	1	1½	1½
Sugar (tsp)	1	2	3	4	5	6
Flour (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	75	150	225	300	375	450
Sunflower oil (tbsp)	¼	½	¾	1	1½	1½
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2853 /682	450 /108
Total fat (g)	29	5
of which saturated(g)	15,7	2,5
Carbonhydrates (g)	85	13
of which sugars (g)	11,3	1,8
Fiber (g)	13	2
Protein (g)	17	3
Salt (g)	0,7	0,1

Allergens

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1. Roast the cauliflower

Preheat the oven to 200°C and prepare the stock. Cut the head of the **cauliflower** into florets and dice the stem, then transfer to a bowl. Drizzle with the olive oil and season with salt and pepper, then toss well to coat. Transfer to a parchment-lined baking sheet and roast in the oven for 25 - 30 minutes until the **cauliflower** is golden-brown, tossing halfway.



4. Fry the aromatics

Heat the sunflower oil in the same wok or frying pan over medium-high heat. Fry the **garlic** and **onion** for 2 minutes, then add the **green curry spices** and the flour and fry for 1 more minute.



2. Prepare

Boil plenty of water in a pot or saucepan for the **rice**. Chop the **onion** and crush or mince the **garlic**. Cut the **lime** into wedges and tear the **Thai basil** into smaller pieces. Bruise or pierce the **lemongrass** in three places.



5. Finish the curry

Add the **coconut milk**, **lemongrass**, sugar and stock. Bring to the boil and allow to simmer for 5 minutes. Stir in the **spinach** and half of the **Thai basil**, then simmer for 2 more minutes.



3. Toast the cashews

Boil the **rice** for 10 minutes until done, then drain and set aside. In the meantime, heat a clean wok or deep frying pan over medium-high heat and toast the **cashews** until golden-brown. Remove from the pan and set aside.



6. Serve

Remove the **lemongrass** from the curry and season to taste with salt and pepper. Serve the **rice** and roasted **cauliflower** on plates, then top with the **green curry** sauce. Garnish with the **cashews** and the rest of the **Thai basil**. Serve with the **lime wedges**.

Enjoy!



Chicken Thigh Strips over Tomato Orzo

with cucumber-mint yogurt sauce

Family Quick Calorie Smart

Total time: 25 - 30 min.



[Persian] cucumber



Orzo



Red onion



Passata



Garlic



BBQ spice rub



Fresh mint



Bell pepper



Organic full-fat yogurt



Chicken thigh strips with Mediterranean herbs



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Before you start

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Equipment

Bowl, deep frying pan, pot or saucepan, lidded pot or saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
[Persian] cucumber* (unit(s))	½	1	1½	2	2½	3
Orzo (g)	75	150	225	300	375	450
Red onion (unit(s))	½	1	1	2	2	3
Passata (g)	100	200	300	390	500	590
Garlic (unit(s))	1	1	2	2	3	3
BBQ spice rub (sachet(s))	½	1	1½	2	2½	3
Fresh mint* (g)	5	10	15	20	25	30
Bell pepper* (unit(s))	½	1	2	2	3	3
Organic full-fat yogurt* (g)	50	100	150	200	250	300
Chicken thigh strips with Mediterranean herbs* (g)	100	200	300	400	500	600
Not included						
Sugar (tsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
White wine vinegar (tsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2732 /653	482 /115
Total fat (g)	23	4
of which saturated(g)	5,5	1
Carbonhydrates (g)	76	13
of which sugars (g)	19	3,4
Fiber (g)	10	2
Protein (g)	32	6
Salt (g)	1,5	0,3

Allergens

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



1. Prepare

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cook the **orzo** for 10 - 12 minutes, then reserve some of the cooking liquid before draining and setting aside.
- Deseed the **bell pepper** and cut it into thin strips.
- Slice the **cucumber** into crescents and finely chop the **mint**.



3. Fry the chicken strips

- Heat the rest of the olive oil in a deep frying pan over medium-high heat.
- Fry the **bell pepper** with the rest of the **garlic** and **onion** for 3 - 4 minutes.
- Add the **chicken** and fry for 4 - 5 more minutes.
- Meanwhile, stir the **orzo** into the sauce and allow to simmer gently for 2 minutes. Season to taste with salt and pepper.

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



2. Make the sauce

- Slice the **onion** into half rings and crush or mince the **garlic**.
- Heat a third of the olive oil in a pot or saucepan over medium-high heat.
- Fry the **BBQ rub*** with half each of the **onion** and **garlic** for 2 minutes over medium-high heat.
- Add the **passata**, the sugar and 50ml pasta water per person. Lower the heat and cover with the lid, then allow to simmer for 10 - 12 minutes.

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



4. Serve

- In a bowl, combine the **cucumber** with the **yogurt**, white wine vinegar, extra virgin olive oil and half of the **mint**.
- Season to taste with salt and pepper.
- Serve the **tomato orzo** on deep plates and top with the **chicken**, vegetables and **yogurt** sauce.
- Garnish with the rest of the **mint**.

Enjoy!



Thai-Style Meatball Noodles

with pak choi, fresh orange & peanuts

Quick

Total time: 25 - 30 min.



Red onion



Garlic



Pak choi



Red chili pepper



Easy peel orange



Beef-pork meatballs with Thai seasoning



Wholewheat noodles



Salted peanuts



Carrot



Soy sauce



Crispy fried onions



Ginger stir-fry sauce



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Before you start

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Equipment

Aluminum foil, deep frying pan, pot or saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Pak choi* (unit(s))	½	1	2	2	3	3
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Easy peel orange* (unit(s))	¼	½	¾	1	1¼	1½
Beef-pork meatballs with Thai seasoning* (unit(s))	4	8	12	16	20	24
Wholewheat noodles (g)	100	200	300	400	500	600
Salted peanuts (g)	10	20	30	40	50	60
Carrot* (unit(s))	½	1	1	1	2	2
Soy sauce (ml)	20	40	60	80	100	120
Crispy fried onions (g)	15	30	45	60	75	90
Ginger stir-fry sauce (g)	20	35	55	70	90	105

Not included

Honey [or plant-based alternative] (tsp)	1½	3	4½	6	7½	9
[Reduced salt] ketjap manis (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Black pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3908 /934	767 /183
Total fat (g)	35	7
of which saturated(g)	11,1	2,2
Carbohydrates (g)	110	22
of which sugars (g)	29	5,7
Fiber (g)	12	2
Protein (g)	37	7
Salt (g)	4,7	0,9

Allergens

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1. Prepare

- Heat the sunflower oil in a deep frying pan over medium-high heat. Fry the **meatballs** for 5 - 7 minutes or until done.
- Remove from the pan and set aside under aluminium foil.
- Deseed and finely chop the **red chili pepper**.*
- Discard the base of the **pak choi** and finely chop both the leaves and the stems, being sure to keep them separate.

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



2. Fry the vegetables

- Chop the **onion** and crush or mince the **garlic**.
- Slice the **carrot** into crescents.
- Place the same pan over medium-high heat and fry the **onion**, **garlic**, **carrot** and **chili pepper** for 2 - 3 minutes.
- Add the **meatballs**, **pak choi** stems, **soy sauce** and honey, then fry for 2 - 3 minutes (see Tip).

Health Tip 🍌 if you're watching your salt intake, use just half of the soy sauce and then add more later as preferred when serving.



3. Boil the noodles

- Boil plenty of water in a pot or saucepan and cook the **noodles** for 3 - 4 minutes, then drain and rinse under cold water.
- Meanwhile, peel the **orange** and finely dice the flesh.
- Roughly chop the **peanuts** (see Tip).

Health Tip 🍌 this recipe is high in calories. If you're watching your calorie intake, serve just half of the peanuts or omit them altogether. You can keep the rest to use another time.



4. Serve

- Add the ketjap, **ginger** stir-fry sauce, **noodles** and **pak choi** leaves to the frying pan. Fry for 1 - 2 minutes and season to taste with pepper.
- Serve the **noodles** on plates and top with the **orange**.
- Garnish with the **peanuts** and the **crispy onions**.

Enjoy!



Risotto with Jerusalem Artichoke

with Parmigiano Reggiano, hazelnuts & parsley

Veggie

Total time: 45 - 55 min.



Shallot



Leek



Risotto rice



Jerusalem artichoke



Hazelnuts



Lemon



Fresh flat leaf parsley



Parmigiano Reggiano
DOP



There is a special ingredient in your box! The Jerusalem artichoke - also known as topinambur - is back! This seasonal tuber has a sweet, nutty flavour.

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



Before you start

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

Equipment

Microplane, lidded pot or saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Shallot (unit(s))	½	1	1	2	2	3
Leek* (unit(s))	½	1	1½	2	2½	3
Risotto rice (g)	75	150	225	300	375	450
Jerusalem artichoke* (g)	100	200	300	400	500	600
Hazelnuts (g)	15	30	45	60	75	90
Lemon* (unit(s))	¼	½	¾	1	1½	1½
Fresh flat leaf parsley* (g)	2½	5	7½	10	12½	15
Parmigiano Reggiano DOP* (unit(s))	1	1	2	1	3	2
Not included						
Low sodium vegetable stock (ml)	350	700	1050	1400	1750	2100
White balsamic vinegar (tsp)	¼	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3201 / 765	438 / 105
Total fat (g)	36	5
of which saturated(g)	17,5	2,4
Carbonhydrates (g)	84	11
of which sugars (g)	8,1	1,1
Fiber (g)	18	2
Protein (g)	19	3
Salt (g)	1,4	0,2

Allergens

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1. Prepare

Prepare the stock. Chop the **shallot**. Slice the **leek** into thin half rings, then wash thoroughly. Melt two thirds of the butter in a pot or saucepan over medium-high heat. Fry the **shallot** for 1 minute, then add the **leek** and fry for 5 more minutes.



4. Fry the Jerusalem artichoke

Peel or thoroughly wash the **Jerusalem artichoke** and then thinly slice it (see Tip). Roughly chop the **hazelnuts**. Melt the rest of the butter in a frying pan over medium-high heat. Fry the **Jerusalem artichoke** for 10 - 12 minutes or until golden-brown and soft. Season to taste with salt and pepper, then add the **hazelnuts** and fry for 2 more minutes.

Tip: for the best result, be sure to keep the slices thin.



2. Toast the rice

Stir in the **risotto rice** and toast the grains for 1 minute, then at the white balsamic vinegar and a third of the stock. Allow the stock to slowly incorporate, stirring regularly.



5. Season to taste

Add a splash of warm or boiling water to the risotto and then remove from the heat. Allow to stand for 5 minutes, covered (see Tip). Thoroughly wash the **lemon**, then zest and juice it. Grate the **cheese** and finely chop the **parsley**. Stir the **cheese** and 1 tsp **lemon juice** per person into the risotto. Season to taste with salt and pepper.

Tip: this way, the risotto will continue cooking and become creamier.



3. Finish the risotto

Repeat with the rest of the stock, adding it in two more batches. The **risotto** is done when the **rice** is soft but still al dente. This should take around 20 - 25 minutes. Add extra water and cook longer if you'd prefer the risotto to be less al dente (see Tip).

Tip: this recipe calls for more stock than is typical, which means the risotto will be looser and less dry. If you'd prefer to keep the texture more traditional, just use less stock.



6. Serve

Serve the risotto on plates and top with the **Jerusalem artichoke** and the **hazelnuts**. Garnish with the **parsley** and **lemon zest** as preferred, along with a generous amount of black pepper.

Did you know... 🌱 Jerusalem artichoke is very rich in iron, providing more iron per gram than steak.

Enjoy!



Veggie Tostadas with Lime Dressing

with plant-based mince, quick-pickled onion & coriander

Family Quick Plant-Based

Total time: 20 - 25 min.



Mini tortillas



Magic Mince from the Vegetarian Butcher



Carrot



Black beans



Mexican-style spices



Radicchio & romaine



Passata



Lime



Red onion



Fresh coriander



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Before you start

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Equipment

Parchment-lined baking sheet, bowl, lidded deep frying pan, microplane, potato masher, 2x small bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Mini tortillas (unit(s))	3	6	9	12	15	18
Magic Mince from the Vegetarian Butcher* (g)	75	150	225	300	375	450
Carrot* (unit(s))	1	1	2	2	3	3
Black beans (pack)	¼	½	¾	1	1¼	1½
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Radicchio & romaine* (g)	25	50	100	100	150	150
Passata (g)	50	100	150	200	250	300
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Red onion (unit(s))	½	1	1	2	2	3
Fresh coriander* (g)	5	10	15	20	25	30
Not included						
Sunflower oil (tbsp)	1	2	3	4	5	6
Red wine vinegar (tbsp)	1	2	3	4	5	6
Water for the sauce (tbsp)	1½	3	4½	6	7½	9
Sugar (tsp)	1½	3	4½	6	7½	9
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3059 /731	606 /145
Total fat (g)	34	7
of which saturated(g)	4,2	0,8
Carbonhydrates (g)	71	14
of which sugars (g)	20,8	4,1
Fiber (g)	19	4
Protein (g)	29	6
Salt (g)	2,9	0,6

Allergens

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



1. Prepare

- Preheat the oven to 200°C.
- Chop half of the **onion** and then slice the rest into half rings.
- Quarter the **carrot** lengthways and then thinly slice.
- Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat and fry the **carrot** with the chopped **onion** for 6 - 8 minutes, covered.

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



2. Pickle the onion

- In a bowl, combine the red wine vinegar with two thirds of the sugar.
- Add the rest of the **onion** and season to taste with salt, then mix well and set aside, stirring occasionally.
- Zest and juice the **lime**.
- In a small bowl, combine the mayonnaise with the rest of the sugar, along with (per person) half a tablespoon of water, a teaspoon of **lime juice** and half a teaspoon of the zest. Season to taste with salt and pepper.



3. Make the filling

- Stir the **black beans** and **Mexican-style spices*** into the vegetables, then roughly mash to combine.
- Stir in the **vegan mince** and the **passata** and fry for 2 - 3 more minutes, then season to taste with salt and pepper.
- In a small bowl, combine (per person) a tablespoon of water and half a tablespoon of sunflower oil.
- Spread this over the **tortillas** and then place wet-side down on a parchment-lined baking sheet.

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



4. Serve

- Spread the topping over the **tortillas** and press down with a spoon, then bake in the oven for 5 minutes.
- Roughly chop the **coriander** in the meantime. Top the tostadas with the **lettuce** and quick-pickled **onion**.
- Drizzle with the **lime** mayo and garnish with the **coriander**.
- Serve the tostadas with the rest of the **lime** mayo alongside.

Enjoy!



Middle-Eastern Spiced Eggplant with Bulgur

with homemade muhammara & naan bread

Veggie

Total time: 45 - 55 min.



Eggplant



Romano pepper



Middle Eastern spice mix



Garlic



Naan bread



Bulgur



Red chili pepper



Lemon



Fresh flat leaf parsley



Chopped walnuts



Ground cumin



Yazzara



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Before you start

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Equipment

Parchment-lined baking sheet, tall container, microplane, lidded pot or saucepan, small bowl, immersion blender, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Eggplant* (unit(s))	½	1	1½	2	2½	3
Romano pepper* (unit(s))	1	2	3	4	5	6
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Naan bread (unit(s))	½	1	1½	2	2½	3
Bulgur (g)	75	150	225	300	375	450
Red chili pepper* (unit(s))	¼	¼	¼	¼	¼	¼
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Fresh flat leaf parsley* (g)	2½	5	7½	10	12½	15
Chopped walnuts (g)	10	20	30	40	50	60
Ground cumin (sachet(s))	¼	¼	1	1½	1½	2
Yazzara* (g)	40	80	120	160	200	240
Not included						
Brown sugar (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	2	4	6	8	10	12
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3724 /890	585 /140
Total fat (g)	42	7
of which saturated(g)	5,9	0,9
Carbonhydrates (g)	99	16
of which sugars (g)	18,1	2,8
Fiber (g)	22	3
Protein (g)	20	3
Salt (g)	1,9	0,3

Allergens

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



1. Prepare

Preheat the oven to 200°C. Halve the **eggplant** lengthways and score the flesh in a criss-cross pattern, but don't go deep enough to pierce through the skin. Heat a drizzle of olive oil in a frying pan over high heat. Lay the **eggplant** skin-side down in the pan and fry for 2 minutes. Reduce the heat, turn the **eggplant** over and fry for another 5 minutes. Halve the **Romano pepper** lengthways, deseed and cut into strips.



4. Prepare the aromatics

Deseed the **red chili pepper*** and finely chop an eighth of it for each person. Wash the **lemon**, then zest it and cut into wedges. Roughly chop the **parsley**. When the **eggplant** is done, take the **Romano pepper** and **garlic** off the baking sheet. Turn off the oven but leave the **eggplant** and naan inside to keep warm. Squeeze the **garlic** out of its skin.

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



2. Roast the vegetables

In a small bowl, combine a drizzle of olive oil with 1 tsp **Middle Eastern-style spices** per person. Transfer the **eggplant** to a parchment-lined baking sheet, skin-side down, then top with the oil. Place the **Romano pepper** and **garlic** on the same baking sheet, drizzle with olive oil and season with salt and pepper. Roast the vegetables for 12 - 15 minutes, adding the naan during the last 2 - 3 minutes of cooking time.



5. Make the muhammara

Transfer half of the **Romano pepper** to a tall container, along with the **walnuts**, **garlic**, **red chili pepper**, **cumin** and brown sugar. Add the rest of the **Middle Eastern-style spices** and drizzle with olive oil. Process into a uniformly thick paste using an immersion blender. Squeeze in 1 **lemon wedge** per person and season to taste with salt and pepper, then process again.



3. Cook the bulgur

Prepare the stock in a pot or saucepan. Cook the **bulgur** for 10 - 12 minutes, covered, until done. Stir regularly, then drain when finished and set aside.



6. Serve

Stir the parsley and the rest of the **Romano pepper** into the **bulgur**, along with 1 tsp **lemon zest** per person. Serve the **bulgur** in deep plates or bowls and top with the **eggplant**. Serve the muhammara and **yazzara** on the side. Garnish with the rest of **lemon wedges** and serve with the naan.

Enjoy!



Spaghetti Al Limone with Panko Topping

with Brussels sprouts & courgette

Veggie Quick

Total time: 25 - 30 min.



Spaghetti



Lemon



Grated aged Gouda



Fresh lemon thyme



Courgette



Cooking cream



Brussels sprouts



Grana Padano flakes DOP



Panko breadcrumbs



Aglio e olio



There is a special ingredient in your box! Freely translated, Grana Padano means 'the grain of Padania'. This cheese originates from the Italian Po Valley, also known as the Padan Plain. Scan the QR code to let us know what you thought of the ingredient!



Before you start

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

Equipment

Bowl, deep frying pan, large frying pan, large pot or saucepan, microplane, small bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Spaghetti (g)	90	180	270	360	450	540
Cooking cream (g)	75	150	225	300	375	450
Lemon* (unit(s))	½	1	1½	2	2½	3
Brussels sprouts* (g)	100	200	300	400	500	600
Grated aged Gouda* (g)	15	25	40	50	65	75
Grana Padano flakes DOP* (g)	10	20	30	40	50	60
Fresh lemon thyme* (g)	2½	5	7½	10	12½	15
Panko breadcrumbs (g)	15	25	40	50	65	75
Courgette* (unit(s))	½	1	1½	2	2½	3
Aglio e olio* (g)	25	50	75	100	125	150
Not included						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
[Plant-based] butter (tbsp)	¼	1½	2¼	3	3¾	4½
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3946 /943	790 /189
Total fat (g)	48	10
of which saturated(g)	21,4	4,3
Carbonhydrates (g)	94	19
of which sugars (g)	15,6	3,1
Fiber (g)	12	3
Protein (g)	28	6
Salt (g)	1,3	0,3

Allergens

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



1. Prepare

- Boil plenty of salted water in a large pot or saucepan. Cook the **spaghetti** for 10 - 12 minutes, then drain and set aside.
- Halve the **Brussels sprouts**. Quarter the **courgette** lengthways and then cut into thin slices.
- Heat the olive oil in a deep frying pan over medium-high heat. Fry the **Brussels sprouts** with the **courgette** for 4 - 6 minutes.
- In the meantime, zest the **lemon** and then cut it into quarters.



3. Make the sauce

- To the vegetables, add the **cream** and crumble in the stock cube (see pantry for amount). Allow to reduce for 4 minutes over medium heat.
- Add the **cheese**, the **aglio e olio*** and 1 tsp **lemon zest** per person, then cook for 1 more minute.
- Stir in the **spaghetti** and mix well to combine. Season to taste with salt and pepper.

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



2. Make the topping

- Melt the butter in a large frying pan over medium-high heat and fry the **panko** with the whole **lemon thyme** sprigs for 2 - 3 minutes or until golden-brown (see Tip).
- Transfer the **panko** to a small bowl and allow it to cool, then remove the **lemon thyme** springs.
- In a bowl, combine the honey with the juice of a quarter **lemon** per person. Add this to the vegetables and cook for 1 more minute.

Tip: be sure to stir continuously so as to prevent the panko from burning.



4. Serve

- Serve the **spaghetti** on plates.
- Add any remaining **lemon zest** to the **panko** and mix well, then use this to garnish the **spaghetti** (see Tip).
- Serve the rest of the **lemon wedges** alongside.

Health Tip 🍋 if you're watching your calorie intake, use just half of the panko topping. You can keep the rest to use tomorrow.

Enjoy!



Pork Tenderloin Stuffed with Ham & Cheese

with green beans & potato wedges

Calorie Smart

Total time: 45 - 55 min.



Potatoes



Onion



Pork tenderloin



Ham



Grated aged Gouda



Green beans



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Before you start

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

Equipment

Parchment-lined baking sheet, bowl, lidded frying pan, oven dish, kitchen paper

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Onion (unit(s))	½	1	1	2	2	3
Pork tenderloin* (unit(s))	1	2	3	4	5	6
Ham* (slice(s))	2	4	6	8	10	12
Grated aged Gouda* (g)	15	25	40	50	65	75
Green beans* (g)	150	300	600	600	900	900

Not included

[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Water (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1	2	3	4	5	6
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2573 /615	417 /100
Total fat (g)	25	4
of which saturated(g)	10,2	1,7
Carbohydrates (g)	51	8
of which sugars (g)	5,7	0,9
Fiber (g)	14	2
Protein (g)	40	6
Salt (g)	1,7	0,3

Allergens

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



1. Prepare

Preheat the oven to 210°C. Wash or peel the **potatoes** and cut into wedges. Pat the wedges dry with kitchen paper, then transfer to a bowl and drizzle with olive oil. Season with salt and pepper, then toss well to coat.



2. Bake the wedges

Transfer the **potato** wedges to a parchment-lined baking sheet. Bake in the oven for 30 - 40 minutes or until golden-brown, tossing halfway. Meanwhile, cut open the **pork tenderloin** in the same way you would a **bread roll**. Fold the **ham** into a smaller square, then place this inside the **pork**, along with the **cheese**. Season generously with salt and pepper.



3. Roast the pork tenderloin

Top the **pork** with the butter, then transfer to a small oven dish. Roast in the oven for 14 - 16 minutes when the **potatoes** are nearly done (see Tip). Remove from the oven and allow to rest briefly before serving.

Tip: if the oven dish won't fit next to the wedges, place it on the shelf underneath.



4. Chop the vegetables

Meanwhile, discard the tips of the **green beans** and then cut in half. Chop the **onion**. Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the **onion** for 1 - 2 minutes. Add the **green beans** and fry for 2 - 3 minutes, then add the water (see pantry for amount).



5. Cook the green beans

Cover with the lid and allow to stew for 6 minutes, then remove the lid and cook for 4 - 6 minutes or until al dente (see Tip). Season to taste with salt and pepper.

Tip: if you'd prefer the beans to be less al dente, add an extra splash of water and cook longer.



6. Serve

Serve the **potato wedges** and **green beans** on plates, with the stuffed **pork tenderloin** alongside. Drizzle the **pork** with the residual cooking juices from the oven dish.

Did you know... 🌱 green beans are high in potassium, which helps maintain a healthy blood pressure. They're also a good source of iron and folic acid, both of which help us feel more energised.

Enjoy!



Jerusalem Artichoke Soup with Za'atar Flatbread

with crispy harissa chickpeas, labneh & lemon

Veggie Quick

Total time: 25 - 30 min.



Jerusalem artichoke



Garlic



Onion



Courgette



Lemon



Harissa



Za'atar



Chickpeas



Ras el hanout



Labneh



Potatoes



Lebanese flatbread with beetroot



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

Za'atar is a green spice blend that's very popular in the Middle East! This fresh herby blend owes its flavour to ingredients such as sumac and thyme.



Tear me out!



Before you start

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

Equipment

Parchment-lined baking sheet, immersion blender, oven dish, kitchen paper, small bowl, lidded soup pot, sieve

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Jerusalem artichoke* (g)	100	200	300	400	500	600
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Courgette* (unit(s))	½	1	2	2	3	3
Lemon* (unit(s))	½	¾	1	1½	1½	2
Harissa* (g)	15	30	45	60	75	90
Za'atar (sachet(s))	½	1	1½	2	2½	3
Chickpeas (pack)	½	1	1½	2	2½	3
Ras el hanout (sachet(s))	½	1	1½	2	2½	3
Labneh* (g)	20	40	60	80	100	120
Potatoes (g)	100	200	300	400	500	600
Lebanese flatbread with beetroot (pack)	½	1	1	1	2	2
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	250	500	750	1000	1250	1500
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
Salt (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3833 /916	415 /99
Total fat (g)	36	4
of which saturated(g)	6,4	0,7
Carbonhydrates (g)	110	12
of which sugars (g)	11,8	1,3
Fiber (g)	27	3
Protein (g)	26	3
Salt (g)	1,8	0,2

Allergens

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



1. Prepare

- Preheat the oven to 180°C and prepare the stock.
- Drain and rinse the **chickpeas**.
- Chop the **onion** and crush or mince the **garlic**. Peel the **Jerusalem artichoke**, then dice this and the **courgette** into 2cm cubes.
- Peel or thoroughly wash the **potatoes** and then cut them into 1cm chunks.

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



3. Bake the flatbread

- Add the **potatoes** and the stock to the vegetables, then bring to a boil.
- Lower the heat, then cover with the lid and allow to simmer gently for 10 - 15 minutes. In a small bowl, combine the **za'atar** with the extra virgin olive oil.
- Season to taste with salt. Spread the **za'atar** oil over the **flatbread** and then transfer to a parchment-lined baking sheet.
- Bake in the oven for 2 - 3 minutes.



2. Cook the vegetables

- Heat the olive oil in a soup pot over medium-high heat.
- Fry the **onion**, **garlic**, **Jerusalem artichoke** and **courgette** for 4 - 5 minutes.
- Meanwhile, pat the **chickpeas** dry with kitchen paper and then transfer to an oven dish. Add the **harissa** and **ras el hanout**, then toss well to coat.
- Roast the **chickpeas** in the oven for 12 - 15 minutes.



4. Serve

- Cut the **lemon** into six wedges, then squeeze one wedge per person directly into the soup.
- Use an immersion blender to process into a smooth soup. Serve the soup in bowls or deep plates.
- Top with the **chickpeas** and a dollop of **labneh**.
- Cut the **flatbread** into pieces, then serve this and the rest of the **lemon** wedges alongside.

Enjoy!



Pumpkin Soup with Ciabatta Croutons

with crème fraîche, pumpkin seeds & lentils

Veggie Quick Calorie Smart

Total time: 25 - 30 min.



Onion



Garlic



Fresh thyme



Diced pumpkin



Sweet potato



Red split lentils



Pumpkin seeds



Wholegrain ciabatta



Organic crème fraîche



The pumpkin seed is the champion among seeds and nuts due to its high magnesium content. Among other benefits, this mineral is essential for healthy blood pressure.



Before you start

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

Equipment

Immersion blender, lidded soup pot, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Fresh thyme* (g)	2½	5	7½	10	12½	15
Diced pumpkin* (g)	150	300	450	600	750	900
Sweet potato (g)	75	150	225	300	375	450
Red split lentils (g)	50	100	150	200	250	300
Pumpkin seeds (g)	10	20	30	40	50	60
Wholegrain ciabatta (unit(s))	½	1	1½	2	2½	3
Organic crème fraîche* (g)	25	50	75	100	125	150
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	300	600	900	1200	1500	1800
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2678 /640	367 /88
Total fat (g)	28	4
of which saturated(g)	8,6	1,2
Carbonhydrates (g)	65	9
of which sugars (g)	15,4	2,1
Fiber (g)	24	3
Protein (g)	23	3
Salt (g)	1,5	0,2

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**.
- Discard the **thyme** stalks and finely chop the leaves.
- Heat a drizzle of olive oil in a soup pot over medium-high heat. Fry the **onion** for 2 - 3 minutes.



2. Make the soup

- Add the **pumpkin**, **garlic** and half of the **thyme** to the pot. Fry for a further 3 - 4 minutes.
- Peel or thoroughly wash the **sweet potato** and cut it into rough pieces.
- Deglaze with the honey and the white balsamic vinegar, then add the stock, the **sweet potato** and the lentils. Cover with the lid and boil for 12 - 15 minutes.



3. Make the croutons

- Cut the **ciabatta** into 1cm cubes.
- Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the **ciabatta** with the **pumpkin seeds** for 6 - 8 minutes so as to make croutons. Season to taste with salt and pepper.
- When the vegetables are done, remove from the heat and use an immersion blender to process into a smooth soup. Blend in an extra splash of water if you'd prefer the soup to be less thick.



4. Serve

- Blend two thirds of the **crème fraîche** into the soup, then serve in bowls or deep plates.
- Garnish with the rest of the **crème fraîche**.
- Top with the croutons and **pumpkin seeds**, along with the rest of the **thyme**.

Enjoy!



Giant Couscous with Roasted Pepper

with yogurt, almonds & Greek-style cheese

Veggie

Total time: 40 - 50 min.



Bell pepper



Garlic



Fresh curly parsley



Greek-style cheese



Salted almonds



Giant couscous



Ground cumin



Organic full-fat yogurt



Sliced carrots



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Before you start

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

Equipment

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Bell pepper* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
Fresh curly parsley* (g)	2½	5	7½	10	12½	15
Greek-style cheese* (g)	50	100	150	200	250	300
Salted almonds (g)	15	30	45	60	75	90
Giant couscous (g)	75	150	225	300	375	450
Ground cumin (sachet(s))	⅓	⅔	1	1½	1¾	2
Organic full-fat yogurt* (g)	50	100	150	200	250	300
Sliced carrots* (g)	75	150	225	300	375	450

Not included

Low sodium vegetable stock (ml)	150	300	450	600	750	900
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3435 /821	548 /131
Total fat (g)	45	7
of which saturated(g)	13,5	2,2
Carbonhydrates (g)	75	12
of which sugars (g)	12,9	2,1
Fiber (g)	11	2
Protein (g)	26	4
Salt (g)	2	0,3

Allergens

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



1. Roast the bell pepper

- Preheat the oven to 220°C and prepare the stock.
- Deseed the **bell pepper** and chop into strips, then transfer to a parchment-lined baking sheet.
- Drizzle with the sunflower oil and then roast for 20 - 25 minutes or until soft, tossing halfway.

Did you know... 🌱 thanks to the bell pepper, this recipe surpasses the RDA of vitamin C; one bell pepper provides more than double.



2. Prepare the toppings

- Crush or mince the **garlic**. Finely chop the **parsley** and crumble the **Greek-style cheese**.
- Roughly chop the **almonds**. Heat half of the olive oil in a pot or saucepan over medium-high heat and toast the **giant couscous** for 1 minute.
- Pour in the stock (take care that it doesn't splash), then set the heat to low and boil the **giant couscous** for 13 - 15 minutes until done (see Tip).

Tip: add an extra splash of water as necessary if it gets too dry.



3. Fry the carrot

- Heat the rest of the olive oil in a wok or deep frying pan over medium-low heat.
- Fry the **garlic** for 1 minute, then stir in the **carrot** and **cumin** and turn the heat to medium-high.
- Fry for 7 - 10 minutes or until the **carrot** is done, then season to taste with salt and pepper.



4. Serve

- Meanwhile, in a bowl combine the **yogurt** with the extra virgin olive oil and the honey, then season to taste with salt and pepper.
- Transfer the **carrot** to the **giant couscous**, along with half each of the **cheese**, **bell pepper**, **parsley** and **almonds**.
- Mix well to combine, then serve on plates and drizzle with the **yogurt** sauce.
- Top with the rest of the **bell pepper**, then garnish with the rest of the **cheese**, **parsley** and **almonds**.

Enjoy!



Plant-Based Chicken Bowl

over rice with curry mayo, mushrooms & butter lettuce

Calorie Smart Express Plant-Based

Total time: 15 - 20 min.



Vegan chicken pieces



Butter lettuce



White long grain rice



Curry sauce



Pre-cut mushroom mix



Red onion



Korean-style spice mix



There is an improved ingredient in your box! These plant-based chicken pieces are now even more delicious both in taste and texture. Enjoy!

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



Before you start

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

Equipment

Pot or saucepan, small bowl, wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Vegan chicken pieces* (g)	80	160	240	320	400	480
Butter lettuce* (head)	½	1	2	2	3	3
White long grain rice (g)	75	150	225	300	375	450
Curry sauce* (ml)	20	40	60	80	100	120
Pre-cut mushroom mix* (g)	90	175	270	350	445	525
Red onion (unit(s))	½	1	1	2	2	3
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
Not included						
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
[Reduced salt] soy sauce (tsp)	½	1	1½	2	2½	3

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2862 /684	668 /160
Total fat (g)	31	7
of which saturated(g)	4,1	1
Carbonhydrates (g)	77	18
of which sugars (g)	10,8	2,5
Fiber (g)	9	2
Protein (g)	23	5
Salt (g)	2,5	0,6

Allergens

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



1. Prepare

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cook the **rice** for 12 - 15 minutes, then drain and set aside.
- Slice the **onion** into half rings.



2. Fry the vegan chicken

- Heat the olive oil in a wok or deep frying pan over medium-high heat.
- Fry the plant-based **chicken** with the **onion**, **mushrooms** and Korean-style **spices** for 7 - 8 minutes.
- Stir in the **soy sauce** and fry for 1 more minute.



3. Make the sauce

- In a small bowl, combine the curry sauce with the mayonnaise and 1 tsp water per person.
- Roughly chop the **lettuce**.



4. Serve

- Serve the **lettuce** in bowls and top with the **rice**.
- Top with the **mushrooms** and plant-based **chicken**.
- Drizzle with the curry mayo to finish.

Enjoy!



BBQ Portobello Pitas with Aioli

with Romano pepper & rainbow slaw

Veggie Express

Total time: 15 - 20 min.



Pita bread



Garlic



Red onion



Green Romano pepper



Portobello mushroom



BBQ spice rub



Fresh flat leaf parsley & chives



Rainbow slaw mix



BBQ Sauce



Aioli



Sunflower seeds



Cook and win a getaway week-end

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Before you start

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

Equipment

Bowl, large frying pan, small bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pita bread (unit(s))	2	4	6	8	10	12
Garlic (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1	2	2	3
Green Romano pepper* (unit(s))	½	1	2	2	3	3
Portobello mushroom* (unit(s))	2	4	6	8	10	12
BBQ spice rub (sachet(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley & chives* (g)	5	10	15	20	25	30
Rainbow slaw mix* (g)	50	100	150	200	250	300
BBQ Sauce (g)	25	50	75	100	125	150
Aioli* (g)	25	50	75	100	125	150
Sunflower seeds (g)	10	20	30	40	50	60

Not included

[Reduced salt] soy sauce (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
White wine vinegar (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Water (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3653/873	683/163
Total fat (g)	51	10
of which saturated(g)	11,7	2,2
Carbonhydrates (g)	78	15
of which sugars (g)	23,1	4,3
Fiber (g)	12	2
Protein (g)	18	3
Salt (g)	3	0,6

Allergens

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



1. Prepare

- Preheat the oven to 200°C and bake the **pitas** for 6 - 8 minutes, or use a toaster if preferred.
- Slice the **onion** into half rings and crush or mince the **garlic**. Cut the **Romano pepper** into thin rings.
- Heat a large clean frying pan over high heat.
- Cut the **portobello mushrooms** into strips of around 1cm thickness and fry for 2 - 3 minutes until evenly browned.



2. Make the slaw

- Stir in the butter, **garlic**, **onion**, **BBQ rub*** and **Romano pepper**, then fry for 5 - 6 more minutes.
- Roughly chop the fresh herbs and set half aside, then transfer the rest to a bowl.
- Add the **slaw mix**, **sunflower seeds**, mayonnaise and white wine vinegar. Mix well to combine and season to taste with salt and pepper.

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



3. Make the sauce

- In a small bowl, combine the **BBQ sauce** with the honey, **soy sauce** and water (see pantry for amounts).
- Remove the frying pan from the heat and stir the sauce into the **mushrooms** (see Tip).



4. Serve

- Cut open the **pitas** and spread with some of the **aioli** as preferred, then fill with some of the slaw and **portobello mushroom**.
- Serve the rest alongside, garnished with the rest of the fresh herbs.
- Serve with the rest of the **aioli**.

Tip: if you'd like to make it spicier, add some sambal or chili flakes as preferred!

Enjoy!



Richly Fragrant Pork Couscous

with Greek-style cheese, almonds & raisins

Quick

Total time: 10 - 15 min.



Pork sausage with tomato & rosemary



Wholewheat couscous



Sliced carrots



Passata



African-inspired spice mix



Spinach



Greek-style cheese



Salted almonds



Raisins



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

In this recipe, you'll use wholewheat couscous. This contains plenty of fibre, meaning that this recipe is both nutritious and delicious!



Tear me out!



Before you start

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

Equipment

Bowl, lidded pot or saucepan, plastic wrap, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pork sausage with tomato & rosemary* (unit(s))	2	4	6	8	10	12
Wholewheat couscous (g)	75	150	225	300	375	450
Sliced carrots* (g)	150	300	450	600	750	900
Passata (g)	100	200	300	390	500	590
African-inspired spice mix (sachet(s))	¼	½	¾	1	1¼	1½
Spinach* (g)	50	100	150	200	250	300
Greek-style cheese* (g)	25	50	75	100	125	150
Salted almonds (g)	20	30	40	50	70	80
Raisins (g)	20	40	60	80	100	120
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium beef stock (ml)	75	150	225	300	375	450
Extra virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½
Water for the sauce (ml)	30	60	90	120	150	180
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3996 /955	630 /151
Total fat (g)	44	7
of which saturated(g)	13	2,1
Carbonhydrates (g)	93	15
of which sugars (g)	28,4	4,5
Fiber (g)	10	2
Protein (g)	79	13
Salt (g)	2,6	0,4

Allergens

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



1. Boil the carrot

- Transfer the **carrot** to a pot or saucepan and then submerge with water.
- Boil for 8 - 9 minutes, covered, then drain and set aside.
- Prepare the stock in the meantime.

Did you know... 🥕 carrots are rich in vitamin A, which not only supports growth but is also good for your skin, hair, nails, eyes and immune system. You can also find vitamin A in kale, spinach, broccoli and eggs.



3. Make the sauce

- Cut open the **sausages** and squeeze the **meat** out of the skins.
- Heat the olive oil in a frying pan over medium high heat. Fry the **sausage meat** for 4 minutes, then add the **passata**, **African-inspired spices** and the water for the sauce (see pantry for amount).
- Bring to the boil, then cook gently over a low heat for 2 - 3 minutes.
- Add the **carrot** and mix well to combine. Season to taste with salt and pepper.



2. Prepare the couscous

- In a bowl, combine the **couscous** with the **raisins**, white wine vinegar, extra virgin olive oil and honey (see pantry for amounts).
- Stir in the stock, then add the **spinach** and cover the bowl with plastic wrap.
- Set aside for 8 minutes, then mix well to combine.



4. Serve

- Serve the **spinach couscous** on plates.
- Top with the sauce and crumble over the **Greek-style cheese**.
- Garnish with the **almonds** to finish.

Enjoy!



Creamy Chicken Mafaldine

with cherry tomatoes, Sicilian-style herbs & parsley

Quick

Total time: 10 - 15 min.



Mafaldine



Chicken mince with Italian seasoning



Cooking cream



Sicilian-style herb mix



Red onion



Red cherry tomatoes



Bell pepper strips



Fresh flat leaf parsley



Grated Gouda



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Before you start

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

Equipment

Deep frying pan, pot or saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Mafaldine (g)	90	180	270	360	450	540
Chicken mince with Italian seasoning* (g)	100	200	300	400	500	600
Cooking cream (g)	75	150	225	300	375	450
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1½	2	2½	3
Red cherry tomatoes (g)	125	250	375	500	625	750
Bell pepper strips* (g)	50	100	150	200	250	300
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Grated Gouda* (g)	15	25	40	50	65	75
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium chicken stock (ml)	50	100	150	200	250	300
Balsamic vinegar (tsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3197 /764	578 /138
Total fat (g)	30	5
of which saturated(g)	14	2,5
Carbonhydrates (g)	84	15
of which sugars (g)	14,7	2,7
Fiber (g)	10	2
Protein (g)	36	7
Salt (g)	1,5	0,3

Allergens

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



1. Prepare

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



2. Fry the chicken

- Heat the olive oil in a deep frying pan over high-heat. Fry the **bell pepper** strips with the **chicken mince** for 2 - 3 minutes.
- Meanwhile, chop the **onion** and add it to the pan. Fry for 1 - 2 more minutes.

Did you know... 🌱 as well as vitamin C, bell peppers are also high in vitamin E. This antioxidant is also found in sunflower oil, wholegrain products, nuts, seeds and green vegetables.



3. Make the sauce

- Deglaze with the balsamic vinegar, then add the **cream**, the **Sicilian-style herbs** and the stock. Mix well and simmer for 3 - 4 minutes.
- Meanwhile, halve the **cherry tomatoes** and roughly chop the **parsley**.
- Transfer the **mafaldine** to the sauce, along with the **cherry tomatoes** and the Gouda.
- Toss well to combine, adding a splash of pasta water as necessary. Season to taste with salt and pepper.



4. Serve

- Serve the **mafaldine** on deep plates.
- Garnish with the **parsley** to finish.

Enjoy!



No-Fuss Shrimp Curry in Coconut Sauce

over rice with peanuts & coriander

Total time: 35 - 45 min.



Shrimp



Garlic



Red chili pepper



Onion



Tomato



Bell pepper



Curry powder



Coconut milk



Jasmine rice



Salted peanuts



Fresh coriander



Ground coriander



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Before you start

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

Equipment

Oven dish, lidded pot or saucepan, kitchen paper

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Shrimp* (g)	80	160	240	320	400	480
Garlic (unit(s))	½	1	1½	2	2½	3
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Onion (unit(s))	½	1	1	2	2	3
Tomato (unit(s))	1	2	3	4	5	6
Bell pepper* (unit(s))	½	1	2	2	3	3
Curry powder (sachet(s))	½	1	1½	2	2½	3
Coconut milk (ml)	125	250	375	500	625	750
Jasmine rice (g)	75	150	225	300	375	450
Salted peanuts (g)	10	20	30	40	50	60
Fresh coriander* (g)	5	10	15	20	25	30
Ground coriander (tsp)	1	2	3	4	5	6
Not included						
Sunflower oil (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Water (ml)	180	360	540	720	900	1080
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3213 /768	597 /143
Total fat (g)	40	7
of which saturated(g)	21,3	4
Carbonhydrates (g)	76	14
of which sugars (g)	10,1	1,9
Fiber (g)	10	2
Protein (g)	23	4
Salt (g)	1,3	0,2

Allergens

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



1. Prepare

- Preheat the oven to 200°C.
- Slice the **onion** into half rings and crush or mince the **garlic**.
- Deseed and finely chop the **red chili pepper**.* Cut the **bell pepper** into thin strips and dice the **tomato**.
- Transfer all of this to an oven dish.

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



2. Boil the rice

- Add the **curry powder**, sunflower oil and **ground coriander**, then crumble in the stock cube (see pantry for amount).
- Toss well to coat, then roast in the oven for 12 - 15 minutes.
- Meanwhile, boil the water in a pot or saucepan and cook the **rice** for 10 - 12 minutes, covered. Remove from the heat and allow to stand for 5 minutes.



3. Add the shrimp

- Pat the **shrimp** dry with kitchen paper, then transfer to the oven dish.
- Add the **coconut milk**, then bake in the oven for 5 - 9 minutes or until the **shrimp** are done.
- Mix well, seasoning to taste with salt and pepper.



4. Serve

- Meanwhile, roughly chop the **peanuts** and the **coriander**.
- Serve the **rice** on plates and top with the **shrimp** curry.
- Garnish with the **peanuts** and the **coriander**.

Enjoy!



Chicken Breast with Baby Potato Salad

with cherry tomatoes, cucumber & corn

Family Quick Calorie Smart

Total time: 20 - 25 min.



Baby potatoes



Chicken breast with Mediterranean herbs



Red onion



Red cherry tomatoes



[Persian] cucumber



Italian seasoning



Corn



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Before you start

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

Equipment

Large salad bowl, pot or saucepan, sieve, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Baby potatoes (g)	200	400	600	800	1000	1200
Chicken breast with Mediterranean herbs* (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	¼	½	1	1	1½	1½
Red cherry tomatoes (g)	65	125	250	250	375	375
[Persian] cucumber* (unit(s))	½	1	1	2	2	3
Italian seasoning (sachet(s))	¼	½	1	1½	1½	2
Corn (g)	40	80	140	155	220	235
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1½	3	4½	6	7½	9
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2577 /616	421 /101
Total fat (g)	33	5
of which saturated(g)	4,8	0,8
Carbonhydrates (g)	48	8
of which sugars (g)	10,4	1,7
Fiber (g)	10	2
Protein (g)	31	5
Salt (g)	2,1	0,3

Allergens

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



1. Boil the potatoes

- Boil plenty of salted water in a pot or saucepan for the **baby potatoes**.
- Wash the **baby potatoes** and cut them in half, or any larger ones into quarters.
- Cook the **baby potatoes** for 12 - 14 minutes until done, then drain and rinse under cold water.
- Set aside and allow to cool (see Tip).

Tip: allow the baby potatoes to cool completely, otherwise they will absorb all the dressing later.



3. Make the salad

- Drain the **corn** and halve the **cherry tomatoes**. Finely dice the **cucumber**.
- In a large salad bowl, combine the mayonnaise with the white balsamic vinegar and the **Italian herbs**.
- Transfer the **potatoes, cucumber, tomatoes, onion** and **corn** to the bowl, then toss well to combine with the dressing. Season to taste with salt and pepper.



2. Fry the chicken

- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the **chicken breast** for 2 - 3 minutes per side.
- Meanwhile, finely chop the **onion** (see Tip).
- Reduce the heat and fry the **chicken** for 4 - 5 more minutes, or until done.

Tip: the onion will be served raw, but you can fry it with the chicken instead if preferred.



4. Serve

- Slice the **chicken** into strips.
- Serve the **baby potato** salad on plates and top with the **chicken**.

Enjoy!



Orzotto Alla Norma with Eggplant

with fresh basil & Parmigiano Reggiano

Veggie Calorie Smart

Total time: 30 - 40 min.



Eggplant



Garlic



Chopped tomatoes



Orzo



Fresh basil



Parmigiano Reggiano DOP



Ground paprika



Cream cheese



Sicilian-style herb mix



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Before you start

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

Equipment

Parchment-lined baking sheet, large deep frying pan with lid, microplane

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Eggplant* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
Chopped tomatoes (pack)	½	1	1½	2	2½	3
Orzo (g)	75	150	225	300	375	450
Fresh basil* (g)	5	10	15	20	25	30
Parmigiano Reggiano DOP* (unit(s))	1	1	2	1	3	2
Ground paprika (tsp)	1½	3	4½	6	7½	9
Cream cheese* (g)	25	50	75	100	125	150
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Not included						
Low sodium vegetable stock (ml)	125	250	375	500	625	750
Olive oil (tbsp)	1½	3	4½	6	7½	9
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2874 /687	408 /98
Total fat (g)	30	4
of which saturated(g)	9,8	1,4
Carbonhydrates (g)	77	11
of which sugars (g)	21	3
Fiber (g)	14	2
Protein (g)	23	3
Salt (g)	2,2	0,3

Allergens

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



1. Roast the eggplant

- Preheat the oven to 220°C and prepare the stock.
- Dice the **eggplant** into 1cm chunks and transfer to a parchment-lined baking sheet.
- Drizzle generously with olive oil and scatter over the Sicilian-style herbs. Season with salt and pepper, then toss well to coat.
- Roast the **eggplant** for 20 - 25 minutes, tossing halfway.



2. Make the sauce

- Crush or mince the **garlic**. Heat a drizzle of olive oil in a large deep frying pan over medium-high heat and fry the **garlic** with the **chopped tomatoes** for 5 - 6 minutes.
- Add the **orzo**, stock, **paprika**, balsamic vinegar and sugar to the **tomatoes**. Cover with the lid and bring to the boil, then reduce the heat.
- Allow to cook for 15 - 20 minutes over low heat, stirring regularly.
- Add a splash of water as necessary if the **orzotto** becomes too dry.



3. Finish

- Finely chop the **basil** and grate the **Parmigiano Reggiano**, then stir half of each into the **orzotto**.
- Add the **cream cheese** and three quarters of the roasted **eggplant**, then mix well to combine and season to taste with salt and pepper.



4. Serve

- Serve the **orzotto** on deep plates and top with the rest of the roasted **eggplant**.
- Garnish with the rest of the **basil** and **Parmigiano Reggiano**.

Enjoy!



Teriyaki Steak Stir-Fry

over wholewheat noodles with quick-pickled cucumber

Calorie Smart

Total time: 30 - 40 min.



Steak strips



Leek



Carrot



Garlic



Fresh ginger



Teriyaki sauce



Wholewheat noodles



East Asian-style sauce



[Persian] cucumber



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Before you start

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

Equipment

2x bowl, microplane, pot or saucepan, frying pan, wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Steak strips* (g)	100	200	300	400	500	600
Leek* (unit(s))	½	1	1	2	2	3
Carrot* (unit(s))	1	1	2	2	3	3
Garlic (unit(s))	½	1	1½	2	2½	3
Fresh ginger* (tsp)	1	2	3	4	5	6
Teriyaki sauce (g)	15	30	50	60	80	90
Wholewheat noodles (g)	50	100	150	200	250	300
East Asian-style sauce* (g)	17½	35	52½	70	87½	105
[Persian] cucumber* (unit(s))	½	1	¾	1	1¾	2

Not included

Sugar (tsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	1¼	2½	3¾	5	6¼	7½
Extra virgin olive oil (totaste)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2251 /538	484 /116
Total fat (g)	15	3
of which saturated(g)	2,2	0,5
Carbonhydrates (g)	65	14
of which sugars (g)	24,6	5,3
Fiber (g)	8	2
Protein (g)	32	7
Salt (g)	2	0,4

Allergens

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



1. Prepare

Crush or mince the **garlic** and finely grate the **ginger**. In a bowl, prepare the marinade by combining the **teriyaki sauce**, **garlic** and **ginger** with a fifth of the white wine vinegar, along with salt and pepper to taste. Transfer the **steak strips** to the bowl, mix well to combine and set aside to marinate.



4. Fry the steak strips

Heat another drizzle of sunflower oil in a frying pan over medium-high heat. When the pan is nice and hot, fry the **steak strips** in their marinade for 1 minute until evenly browned, leaving them slightly rare if preferred (see Tip).

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



2. Prepare the cucumber

Thinly slice the **cucumber**. Transfer to a bowl along with the sugar and the rest of the white wine vinegar. Add a pinch of salt, then mix well and set aside.



5. Finish the stir-fry

In the meantime, boil the **noodles** for 3 - 4 minutes, then drain and transfer to the vegetables. Stir in the **East Asian-style sauce** and cook for 1 more minute, then drizzle with extra-virgin olive oil as preferred.

Did you know... 🌱 *wholegrains contain more fibre than white grains, as well as 3 - 5 times more vitamins and minerals; such as calcium, magnesium and iron, along with vitamins B1, B2 and E.*



3. Fry the vegetables

Boil plenty of water in a pot or saucepan for the **noodles**. Chop the **leek** into thin half rings and finely dice the **carrot**. Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat and fry the **carrot** and **leek** for 6 - 8 minutes, seasoning with salt and pepper.



6. Serve

Serve the **noodles** and vegetables on plates and top with the **steak strips**. Serve the quick-pickled **cucumber** on the side.

Did you know... 🍗 *steak is not only high in iron, it's also rich in potassium, which benefits blood pressure. Other good sources of potassium are bananas, potatoes, wholegrains, pulses, nuts, vegetables, salmon and milk.*

Enjoy!



Blue Cheese Cauliflower Steak

with rosemary potato wedges & mushrooms

Veggie Calorie Smart

Total time: 45 - 55 min.



Mushrooms



Garlic



Smoked paprika



Fresh rosemary



Potatoes



Cauliflower



Fresh flat leaf parsley



Cooking cream



Middle Eastern
spice mix



Blue cheese cubes



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Before you start

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

Equipment

Parchment-lined baking sheet, 2x bowl, lidded frying pan, tall container, pot or saucepan, small bowl, immersion blender

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Mushrooms* (g)	65	125	190	250	315	375
Garlic (unit(s))	1	2	3	4	5	6
Smoked paprika (tsp)	1	2	3	4	5	6
Fresh rosemary* (sprig)	1	1½	2	2½	3½	4
Potatoes (g)	200	400	600	800	1000	1200
Cauliflower* (g)	375	750	1125	1500	1875	2250
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Cooking cream (g)	50	100	150	200	250	300
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Blue cheese cubes* (g)	25	50	75	100	125	150

Not included

Olive oil (tbsp)	1½	3	4½	6	7½	9
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2619 /626	350 /84
Total fat (g)	35	5
of which saturated(g)	12,9	1,7
Carbonhydrates (g)	52	7
of which sugars (g)	3	0,4
Fiber (g)	17	2
Protein (g)	20	3
Salt (g)	1,6	0,2

Allergens

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



1. Prepare the mushrooms

Preheat the oven to 200°C. Quarter the **mushrooms** and crush or mince the **garlic**. Transfer both to a bowl along with the **smoked paprika** (see Tip). Drizzle with olive oil and season with salt and pepper, then toss well to coat and set aside.

Tip: smoked paprika has a strong flavour, so be sure to check the amount and add it carefully.



2. Roast the potatoes

Discard the **rosemary** stems and finely chop the leaves. Wash the **potatoes** and cut them into wedges. Transfer both to a bowl, drizzle with olive oil and season with salt and pepper, then toss well to coat. Transfer to one side of a parchment-lined baking sheet and roast in the oven for 15 minutes. Toss the wedges and then transfer the **mushrooms** to the other side of the baking sheet, then return to the oven for another 15 - 25 minutes (see Tip).

Tip: the mushrooms may burn easily, so be sure to keep an eye on them and cover with aluminium foil if necessary.



3. Prepare the cauliflower

Boil plenty of salted water in a pot or saucepan. For each person, cut a 2cm thick slice from the middle of the **cauliflower**. Keep the stem attached so as to keep the **cauliflower steak** intact, then set aside. Cut the rest of the **cauliflower** into florets and boil for 10 - 12 minutes, then drain and set aside (see Tip).

Tip: the cauliflower should be well-cooked, so as to make a smoother purée. Boil it longer if necessary.



4. Fry the cauliflower steak

Heat a drizzle of olive oil in a large frying pan over medium-high heat. Season the **cauliflower steak** with salt and pepper and carefully fry it for 1 - 3 minutes per side until golden-brown. Lower the heat and cover with the lid, then continue cooking for 8 - 10 more minutes. Turn halfway and season with pepper.

Did you know... 🥦 cauliflower is very nutrient-dense; it contains calcium for strong bones and teeth, vitamin C for a healthy immune system, potassium for healthy blood pressure and fibre for gut health.



5. Make the purée

In the meantime, finely chop the **parsley**. Transfer the boiled **cauliflower** to a tall container, along with the **cream**, **Middle Eastern spices** and half of the **parsley**. Use an immersion blender to process into a smooth, thick purée. Transfer back to the same saucepan and keep warm over a low heat. Season to taste with plenty of salt and pepper.



6. Serve

Crumble the **blue cheese cubes** into a small bowl and combine with the rest of the **parsley** and the roasted **mushrooms**. Serve the purée on plates and top with the **cauliflower** steaks and the **mushroom-blue cheese** topping. Serve the **potato** wedges alongside. Garnish with any remaining **Middle Eastern spices**.

Enjoy!



Caramelised Pear Salad with Blue Cheese

with courgette ribbons, potatoes & walnuts

Veggie Calorie Smart

Total time: 40 - 50 min.



Potatoes



Courgette



Pear



Red onion



Chopped walnuts



Blue cheese cubes



Arugula & lamb's lettuce



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

Did you know that walnuts are the only nuts that contains ALA? ALA is a plant-based omega-3 fatty acid that is good for your heart, blood vessels, and brain.



Tear me out!



Before you start

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

Equipment

Parchment-lined baking sheet, peeler or cheese slicer, salad bowl, 2x frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Courgette* (unit(s))	¾	1½	2	3	3½	4½
Pear* (unit(s))	½	1	2	2	3	3
Red onion (unit(s))	½	1	1	2	2	3
Chopped walnuts (g)	10	20	40	40	60	60
Blue cheese cubes* (g)	40	75	100	150	175	225
Arugula & lamb's lettuce* (g)	40	60	90	120	150	180

Not included

Olive oil (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tsp)	1	2	3	4	5	6
White wine vinegar (tsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	¾	¾	¾	1	1¼	1½
Extra virgin olive oil (totaste)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2607 /623	406 /97
Total fat (g)	34	5
of which saturated(g)	12	1,9
Carbonhydrates (g)	60	9
of which sugars (g)	16,3	2,5
Fiber (g)	13	2
Protein (g)	18	3
Salt (g)	1,6	0,2

Allergens

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



1. Prepare

Preheat the oven to 180°C. Thoroughly wash the **potatoes** and give them a 1cm dice. Shave the **courgette** into thin ribbons using a peeler or **cheese** slicer. Core the **pear** then cut into wedges. Chop the **onion**.



2. Roast the courgette

Transfer the **courgette** ribbons to a parchment-lined baking sheet and drizzle with olive oil. Season with salt and pepper, then toss well to coat. Roast in the oven for 8 - 10 minutes or until done, then transfer to a salad bowl along with the white wine vinegar and the **onion** (see Tip). Season to taste with salt and pepper, then mix well to combine.

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



3. Fry the potatoes

Heat a clean frying pan over medium-high heat and toast the **walnuts**, then remove from the pan and set aside. Heat a drizzle of olive oil in the same pan and fry the **potatoes** for 15 - 20 minutes.



4. Fry the pear

Melt the butter in another frying pan over medium-high heat and fry the **pear** for 8 - 16 minutes or until soft and golden-brown. This will take longer if the **pear** isn't ripe yet. Deglaze with the balsamic vinegar, remove from the pan and set aside.

Did you know... 🍏 not only are pears delicious, they're also an excellent source of fibre; just one pear provides a sixth of the RDA. They're a great addition to a meal or to enjoy on their own as a snack.



5. Make the salad

Add the **lettuce** to the **courgette** and toss well to combine. Add a splash of extra virgin olive oil as preferred and season to taste with salt and pepper.



6. Serve

Serve the **potatoes** with the salad alongside. Top the salad with the **pear** and then garnish with the **blue cheese** and the toasted **walnuts**.

Enjoy!



Shakshuka Potatoes with Garlic Bread

with Italian herbs & goat's cheese

Veggie

Total time: 45 - 55 min.



Potatoes



Garlic



Italian seasoning



Chopped tomatoes with basil



Spinach



Fresh goat's cheese



Egg



White ciabatta



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

You can very easily experiment with shakshuka. For example, this Italian version is prepared with goat's cheese and garlic bread.



Tear me out!



Before you start

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

Equipment

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	100	200	300	400	500	600
Garlic (unit(s))	1	2	3	4	5	6
Italian seasoning (sachet(s))	½	¾	1	1½	1¾	2
Chopped tomatoes with basil (pack)	½	1	1½	2	2½	3
Spinach* (g)	50	100	150	200	250	300
Fresh goat's cheese* (g)	25	50	75	100	125	150
Egg* (unit(s))	2	4	6	8	10	12
White ciabatta (unit(s))	1	2	3	4	5	6
Not included						
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3176 /759	536 /128
Total fat (g)	35	6
of which saturated(g)	10,4	1,8
Carbonhydrates (g)	76	13
of which sugars (g)	12,8	2,2
Fiber (g)	12	2
Protein (g)	33	6
Salt (g)	4	0,7

Allergens

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



1. Prepare

Preheat the oven to 200°C. Boil plenty of water in a pot or saucepan for the **potatoes**. Peel or thoroughly wash the **potatoes**, then dice them into 1cm chunks. Crush or mince the **garlic**. Parboil the **potatoes** for 5 - 6 minutes, covered, then drain and set aside.



2. Make the sauce

Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the **Italian herbs** with half of the **garlic** for 30 seconds, then add the **chopped tomatoes** and the balsamic vinegar. Crumble in the stock cube. Mix well, then cover with the lid and allow to reduce gently for 5 - 7 minutes.



3. Finish the sauce

Add the **potatoes** and the **spinach** to the sauce. Mix well and allow the **spinach** to wilt and reduce (see Tip). Season to taste with salt and pepper. Crumble the **goat's cheese** in the meantime.

Tip: allow the sauce to reduce as much as possible; the eggs will poach more easily in a thicker sauce.



4. Poach the eggs

Make small, deep wells in the sauce for the **eggs** and crack one **egg** into each. Season the **eggs** with salt and pepper, then top with half of the **goat's cheese**. Allow the **eggs** to poach for 4 - 6 minutes, covered, then remove the lid and continue poaching for 2 - 4 minutes (see Tip).

Tip: the cooking time depends on your pan. Check the eggs regularly and cook for more or less time as preferred.



5. Make the garlic bread

In a small bowl, combine the rest of the **garlic** with a drizzle of olive oil. Cut open the **bread roll** and spread with the **garlic** oil, then transfer to a parchment-lined baking sheet. Bake in the oven for 10 minutes.



6. Serve

Serve the shakshuka on plates. Garnish with the rest of the **goat's cheese** and serve the **garlic bread** alongside.

Did you know... 🌱 eating less meat is beneficial for your health; in particular, it reduces the risk of cardiovascular diseases.

Enjoy!



Creamy Eggplant Conchiglie

with goat's cheese, fresh herbs & Romano pepper

Veggie

Total time: 30 - 40 min.



Onion



Garlic



Romano pepper



Tomato paste



Sicilian-style herb mix



Tomato



Fresh goat's cheese



Conchiglie



Cooking cream



Eggplant



Fresh flat leaf parsley
& basil



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

Conchiglie is pronounced as 'con-keel-yay'. It means 'shell' in Italian!



Tear me out!



Before you start

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

Equipment

Large deep frying pan with lid, pot or saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Romano pepper* (unit(s))	½	1	2	2	3	3
Tomato paste (can)	½	¾	1	1½	1½	2
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Tomato (unit(s))	½	1	1	2	2	3
Fresh goat's cheese* (g)	50	75	125	150	200	225
Conchiglie (g)	90	180	270	360	450	540
Cooking cream (g)	75	150	225	300	375	450
Eggplant* (unit(s))	½	1	2	2	3	3
Fresh flat leaf parsley & basil* (g)	5	10	15	20	25	30
Not included						
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	1	2	3	4	5	6
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3042 / 727	625 / 149
Total fat (g)	29	6
of which saturated(g)	15,9	3,3
Carbonhydrates (g)	90	19
of which sugars (g)	23,2	4,8
Fiber (g)	14	3
Protein (g)	25	5
Salt (g)	1,8	0,4

Allergens

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



1. Prepare

Boil plenty of water in a pot or saucepan for the **conchiglie**, then crumble in half of the stock cube (see pantry for amount). Chop the **onion** and crush or mince the **garlic**.



2. Chop the vegetables

Deseed the **Romano pepper** and slice it into thin strips. Chop the **eggplant** into 1cm chunks and then dice the **tomato**.



3. Boil the conchiglie

Boil the **conchiglie** for 9 - 11 minutes, then reserve some of the pasta water before draining and setting aside.



4. Fry the vegetables

Heat a drizzle of olive oil in a large deep frying pan over medium-high heat. Fry the **onion** with the **Romano pepper** and **eggplant** for 5 - 7 minutes or until the **eggplant** is golden-brown. Stir in the **garlic**, **Sicilian herbs** and **tomato paste** and fry for 2 - 3 more minutes. Season to taste with salt and pepper.



5. Make the sauce

Crumble in the rest of the stock cube, then add the **tomato**, **cream** and sugar, along with 45ml pasta water per person. Cover with the lid and allow to simmer for 6 - 8 minutes. Finely chop the fresh herbs in the meantime.



6. Serve

Stir the **conchiglie** into the vegetables and mix well to combine, then serve. Crumble over the **goat's cheese** and garnish with the fresh herbs.

Enjoy!



Hamburger with Creamy Portobello Sauce

with garlic mash & carrot fries

Total time: 35 - 45 min.



Potatoes



Yellow carrot



Carrot



Portobello mushroom



Onion



Garlic



Hamburger from Meatier



Yellow mustard seeds



Heavy cream



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

Portobello is a true superfood, both nutritional value and in size. They're loaded with vitamin B and can be up to 15 cm wide!



Tear me out!



Before you start

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

Equipment

Aluminum foil, parchment-lined baking sheet, bowl, pot or saucepan, potato masher, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Yellow carrot* (unit(s))	½	1	1	1	2	2
Carrot* (unit(s))	½	1	1	1	2	2
Portobello mushroom* (unit(s))	1	2	3	4	5	6
Onion (unit(s))	¼	½	¾	1	1½	1½
Garlic (unit(s))	½	1	1½	2	2½	3
Hamburger from Meatier* (unit(s))	1	2	3	4	5	6
Yellow mustard seeds (sachet(s))	¼	½	¾	1	1½	1½
Heavy cream* (ml)	50	100	150	200	250	300
Not included						
[Plant-based] milk (splash)	1	2	3	4	5	6
Red wine vinegar (tsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Olive oil (tbsp)	½	1	1½	2	2½	3
Flour (tsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3678 /879	563 /135
Total fat (g)	57	9
of which saturated(g)	28,8	4,4
Carbonhydrates (g)	53	8
of which sugars (g)	10,4	1,6
Fiber (g)	12	2
Protein (g)	29	4
Salt (g)	1,9	0,3

Allergens

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



1. Roast the carrots

Preheat the oven to 200°C. Boil plenty of salted water in a pot or saucepan for the **potatoes**. Peel or thoroughly wash the **potatoes** and cut into rough pieces. Cut the **carrots** into fries of around 1 - 2cm thickness and transfer to a bowl. Drizzle with olive oil and season with salt and pepper, then toss well to coat. Transfer to a parchment-lined baking sheet and bake for 25 - 35 minutes.



4. Fry the burger

Heat a drizzle of sunflower oil in a frying pan over medium-high heat. Fry the **burger** for 2 - 3 minutes per side or until done, then remove from the pan and set aside under aluminum foil.



2. Chop the vegetables

Finely dice the **portobello**. Chop the **onion** and peel the **garlic clove**. Boil the **potatoes** for 10 minutes, then add the **garlic clove** and cook for 5 more minutes until done. Reserve some of the cooking liquid, then drain.



5. Make the sauce

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



3. Mash the potatoes

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



6. Serve

Serve the **burgers** with the **garlic** mash. Top with the creamy **portobello** sauce and serve the **carrot** fries alongside.

Did you know... 🥕 carrots are rich in vitamin A, which not only supports growth but is also good for your skin, hair, nails, eyes and immune system. You can also find vitamin A in kale, spinach, broccoli and eggs.

Enjoy!



Sweet & Spicy Hake over Rice Noodles

with stir-fried vegetables & furikake

Quick

Total time: 20 - 25 min.



Skin-on hake fillet



Rice noodles



Red onion



Garlic



Carrot



Bell pepper



East Asian-style sauce



Ponzu



Furikake



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

You'll season this dish with furikake, a Japanese topping made of dried fish and vegetables with seaweed, sesame seeds and salt.



Tear me out!



Before you start

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

Equipment

Aluminum foil, bowl, pot or saucepan, sieve, frying pan, wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Skin-on hake fillet* (unit(s))	1	2	3	4	5	6
Rice noodles (g)	50	100	150	200	250	300
Red onion (unit(s))	½	1	2	2	3	3
Garlic (unit(s))	1	2	3	4	5	6
Carrot* (unit(s))	½	1	1	2	2	3
Bell pepper* (unit(s))	½	1	2	2	3	3
East Asian-style sauce* (g)	35	70	105	140	175	210
Ponzu (g)	15	24	35	45	59	69
Furikake (sachet(s))	½	1	1½	2	2½	3
Not included						
Honey [or plant-based alternative] (tbsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	1	2	3	4	5	6
Sambal (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
[Reduced salt] ketjap manis (tsp)	2	4	6	8	10	12
Water (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2891/691	586/140
Total fat (g)	25	5
of which saturated(g)	6,8	1,4
Carbonhydrates (g)	87	18
of which sugars (g)	39	7,9
Fiber (g)	10	2
Protein (g)	27	6
Salt (g)	4,3	0,9

Allergens

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



1. Prepare

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



3. Fry the fish

- Heat the rest of the sunflower oil in a wok or deep frying pan over medium-high heat. Stir-fry the vegetables for 6 - 7 minutes.
- Melt the butter in another frying pan over medium-high heat. Fry the fish without its marinade for 2 - 3 minutes on its skin.
- Set the marinade aside to use in the next step.
- Flip the fish and add the water (see pantry for amount). Fry for 1 - 2 minutes on the other side.



2. Boil the noodles

- Chop the **onion** into half rings.
- Chop the **bell pepper** into strips and cut the **carrot** into matchsticks of around 0.5cm thickness.
- Boil the **rice noodles** for 6 - 7 minutes until a dente. Reserve a small amount of the cooking liquid, then drain and rinse under cold water.
- Transfer the **noodles** back to the pot and drizzle with half of the sunflower oil, then toss well to coat so as to prevent the **noodles** from sticking together.



4. Serve

- Transfer the **noodles** to the vegetables and stir in the marinade and reserved cooking liquid as preferred. Fry for 1 more minute, seasoning to taste with salt and pepper.
- Serve the **noodles** in bowls and top with the fish.
- Garnish with the **furikake** to finish.

Enjoy!



Honey Mustard Salmon with Baby Potatoes

with rainbow carrots & fresh thyme

Family Calorie Smart

Total time: 40 - 50 min.



Baby potatoes



Carrot



Salmon fillet



Garlic



Fresh thyme



Yellow carrot



Red onion



Cook and win a getaway week-end
Restore your balance with a week-end getaway by cooking with us in January. Scan and join the challenge!



Before you start

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

Equipment

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Baby potatoes (g)	200	400	600	800	1000	1200
Carrot* (unit(s))	1	1	2	2	3	3
Salmon fillet* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
Fresh thyme* (g)	2½	5	7½	10	12½	15
Yellow carrot* (unit(s))	1	1	2	2	3	3
Red onion (unit(s))	½	1	2	2	3	3

Not included

Olive oil (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	50	100	150	200	250	300
Mustard (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
Brown sugar (tsp)	1	2	3	4	5	6
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2761 /660	404 /97
Total fat (g)	30	4
of which saturated(g)	4,8	0,7
Carbonhydrates (g)	65	10
of which sugars (g)	18,6	2,7
Fiber (g)	16	2
Protein (g)	26	4
Salt (g)	0,8	0,1

Allergens

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



1. Roast the potatoes

Preheat the oven to 220°C and prepare the stock. Wash the **baby potatoes** and cut them in half or any larger ones into quarters. Transfer to a bowl and drizzle with olive oil. Season to taste with salt and pepper, then toss well to coat. Transfer to one side of a parchment-lined baking sheet and roast for 30 - 35 minutes, tossing halfway.



2. Chop the vegetables

Halve all the **carrots** lengthways and cut into crescents of 1cm thickness. Slice the **onion** into half rings and crush or mince the **garlic**. Pull the leaves off half a sprig of **thyme** per person, then roughly chop.

Did you know... 🥕 carrots are rich in vitamin A, which not only supports growth but is also good for your skin, hair, nails, eyes and immune system. You can also find vitamin A in kale, spinach, broccoli and eggs



3. Stew the vegetables

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



4. Make the sauce

In a small bowl, combine the honey with the mustard.



5. Bake the salmon

Pat the **salmon** dry with kitchen paper and season with salt and pepper. Spread the honey mustard sauce over the **salmon**, then transfer to the baking sheet with the **potatoes** and return to the oven for 10 - 12 minutes.



6. Serve

Serve the **salmon** with the **potatoes** and **carrots**.

Enjoy!



Steak with Kohlrabi Potato Salad

with chives, fried onion, arugula & lamb's lettuce

Quick Calorie Smart

Total time: 25 - 30 min.



Kohlrabi



Carrot



Red onion



Arugula & lamb's lettuce



Marinated steak



Potatoes



Fresh chives



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

Kohlrabi adds a fresh and crunchy twist to this dish. This relatively uncommon vegetable grows above ground, and contains calcium and vitamin C, as well as a variety of other beneficial minerals!



Tear me out!



Before you start

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

Equipment

Aluminum foil, grater, lidded pot or saucepan, salad bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Kohlrabi* (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	2	2	3	3
Red onion (unit(s))	½	1	1	2	2	3
Arugula & lamb's lettuce* (g)	20	40	60	90	100	130
Marinated steak* (unit(s))	1	2	3	4	5	6
Potatoes (g)	200	400	600	800	1000	1200
Fresh chives* (g)	2½	5	7½	10	12½	15
Not included						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	1	2	3	4	5	6
White wine vinegar (tsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2017 /482	348 /83
Total fat (g)	18	3
of which saturated(g)	6,1	1,1
Carbonhydrates (g)	48	8
of which sugars (g)	12,5	2,2
Fiber (g)	13	2
Protein (g)	32	6
Salt (g)	0,9	0,2

Allergens

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



1. Prepare

- Take the **steak** out of the fridge and allow it to reach room temperature.
- Boil plenty of water in a pot or saucepan.
- Wash the **potatoes** and cut them in smaller pieces.
- Boil the **potatoes** for 12 - 15 minutes, covered, then drain and rinse under cold water.



3. Fry the steak

- Slice the **onion** into half rings.
- Melt the butter in a frying pan over medium-high heat. When the butter is nice and hot, fry the **onion** with the **steak** for 1 - 3 minutes per side.
- Remove the **steak** from the pan and season with pepper, then allow to rest under aluminium foil.



2. Chop the vegetables

- Discard the top of the **kohlrabi**, then peel and cut into thin matchsticks.
- Peel or wash the **carrot**, then grate it.
- Finely chop the **chives**.
- In a salad bowl, combine the mayonnaise with the mustard, the white wine vinegar and two thirds of the **chives**. Season to taste with salt and pepper.



4. Serve

- Transfer the **potatoes**, **kohlrabi**, **carrot** and **lettuce** to the salad bowl. Toss well to combine with the dressing, then season to taste with salt and pepper.
- Serve the salad on plates with the **steak** alongside.
- Top the **steak** with the fried **onion** and garnish with the rest of the **chives**.

Enjoy!



Steak with Balsamic Strawberry Jus

over garlic mash with sweet apple sauerkraut

Quick

Total time: 25 - 30 min.



Sauerkraut



Marinated steak



Potatoes



Red onion



Strawberry sauce



Apple



Garlic



Chiara's favorite

Our recipe developer Chiara says:

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



Before you start

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

Equipment

Aluminum foil, pot or saucepan, potato masher, sieve or colander, 2x frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Sauerkraut* (g)	125	250	375	500	625	750
Marinated steak* (unit(s))	1	2	3	4	5	6
Potatoes (g)	250	500	750	1000	1250	1500
Red onion (unit(s))	½	1	1	2	2	3
Strawberry sauce (ml)	25	50	75	100	125	150
Apple* (unit(s))	½	1	2	2	3	3
Garlic (unit(s))	1	1	2	2	3	3
Not included						
[Plant-based] butter (tbsp)	2½	5	7½	10	12½	15
[Plant-based] milk (splash)	1	2	3	4	5	6
Mustard (tsp)	2	4	6	8	10	12
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Brown sugar (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3230 /772	465 /111
Total fat (g)	35	5
of which saturated(g)	21,6	3,1
Carbonhydrates (g)	73	11
of which sugars (g)	25	3,6
Fiber (g)	14	2
Protein (g)	33	5
Salt (g)	2,9	0,4

Allergens

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



1. Prepare

- Peel or thoroughly wash the **potatoes** and cut them into rough pieces. Transfer to a pot or saucepan and submerge with water, then boil the **potatoes** for 10 minutes.
- Peel the **garlic clove** and add it to the pot, then boil for 5 more minutes. Reserve 30ml per person of the cooking liquid, then drain and set aside.
- Slice the **onion** into half rings. Core and dice the **apple**.
- Drain and rinse the **sauerkraut** under cold water.



3. Fry the steak

- Melt a knob of butter in a frying pan over medium-high heat. When the butter is nice and hot, fry the **steak** for 1 - 3 minutes per side (see Tip).
- Remove from the pan and season to taste with salt and pepper. Allow to rest for at least 3 minutes under aluminum foil.
- Fry the **onion** in the same pan for 2 - 3 minutes over medium heat.

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



2. Cook the sauerkraut

- Melt a knob of butter in a frying pan over medium-high heat. Fry the **apple** for 2 - 3 minutes.
- Lower the heat and stir in the sugar, then caramelize for 1 minute.
- Add the **sauerkraut** and cook gently for 6 minutes, then add a knob of butter and cook for 2 more minutes. Season with salt and pepper.
- Mash the **potatoes** and **garlic** with a knob of butter, the mustard and a splash of milk. Season to taste with salt and pepper.



4. Serve

- Add the **strawberry sauce**, the balsamic vinegar and the reserved cooking liquid. Mix well and allow to reduce gently for 2 minutes, then turn off the heat. Stir in a knob of butter and season to taste with salt and pepper.
- Cut the **steak** into strips. Serve the **garlic** mash on plates and top with the **steak**. Serve the **sauerkraut** alongside.
- Top the **steak** with the balsamic **strawberry** jus to finish.

Enjoy!



Chicken Bulgur Bowl with Mexican Spices

with avocado, tomato & beetroot tortilla chips

Family Quick

Total time: 15 - 20 min.



Tomato



Bulgur



Mexican-style spices



Lime



Avocado



Chopped red onion



Beetroot tortilla chips



Romano pepper



Chicken mince with Mexican seasoning



Cook and win a getaway week-end

Restore your balance with a week-end getaway by cooking with us in January. Scan and join the challenge!



Before you start

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

Equipment

Pot or saucepan, small bowl, wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Tomato (unit(s))	1	2	3	4	5	6
Bulgur (g)	75	150	225	300	375	450
Mexican-style spices (sachet(s))	¼	½	¾	1	1¼	1½
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Avocado (unit(s))	½	1	2	2	3	3
Chopped red onion* (g)	40	75	75	150	150	225
Beetroot tortilla chips (g)	25	50	75	100	125	150
Romano pepper* (unit(s))	½	1	1½	2	2½	3
Chicken mince with Mexican seasoning* (g)	100	200	300	400	500	600
Not included						
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Water for the sauce (ml)	5	10	15	20	25	30
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3590 /858	567 /135
Total fat (g)	45	7
of which saturated(g)	10,7	1,7
Carbonhydrates (g)	74	12
of which sugars (g)	7,5	1,2
Fiber (g)	21	3
Protein (g)	32	5
Salt (g)	2,1	0,3

Allergens

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



1. Prepare

- Prepare the stock in a pot or saucepan.
- Boil the **bulgur** for 10 - 12 minutes until done, stirring regularly.
- Dice the **Romano pepper** and the **tomato**.



2. Fry the mince

- Heat the olive oil in a wok or deep frying pan over medium-high heat and fry the **onion** and **Romano pepper** for 1 minute.
- Add the **chicken mince** and fry for 3 minutes, separating it as you do so.
- Halve and pit the **avocado**, then remove the skin and slice the flesh.



3. Make the sauce

- Cut the **lime** into wedges.
- In a small bowl, combine the mayonnaise with the **Mexican-style spices***, the water and the juice of 1 **lime wedge** per person.
- Season to taste with salt and pepper.

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



4. Serve

- Serve the **bulgur** in bowls or deep plates.
- Top with the **chicken mince**, **tomato**, **avocado** and **tortilla** chips.
- Garnish with the rest of the **lime wedges**.
- Drizzle over the dressing and season to taste with salt and pepper.

Enjoy!



Pulled Chicken Wraps

with sour cream sauce & rainbow slaw

Family Quick

Total time: 15 - 20 min.



Red onion



Mexican-style spices



Organic sour cream



Pulled chicken



Wholewheat mini tortilla



Rainbow slaw mix



Tomato



Sour cream is made by fermenting fresh cream with lactic acid. Its fresh and tangy flavour makes it an excellent accompaniment for both savoury and sweet dishes!



Before you start

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

Equipment

Aluminum foil, bowl, lidded frying pan, salad bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red onion (unit(s))	1	2	3	4	5	6
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Organic sour cream* (g)	25	50	75	100	125	150
Pulled chicken* (g)	100	200	300	400	500	600
Wholewheat mini tortilla (unit(s))	3	6	9	12	15	18
Rainbow slaw mix* (g)	100	200	300	400	500	600
Tomato (unit(s))	½	1	1½	2	2½	3
Not included						
Extra virgin olive oil (tsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3025 /723	622 /149
Total fat (g)	42	9
of which saturated(g)	8,7	1,8
Carbonhydrates (g)	49	10
of which sugars (g)	13,7	2,8
Fiber (g)	14	3
Protein (g)	31	6
Salt (g)	2,6	0,5

Allergens

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



1. Prepare

- Preheat the oven to 180°C (see Tip).
- Slice the **onion** into half rings.
- Dice the **tomato**.
- In a bowl, combine the **sour cream** with half of the **Mexican-style spices*** and 1 tsp water per person. Mix well and set aside until further use.

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

Tip: you can also heat the tortillas individually in a frying pan if preferred. Do this shortly before serving.



3. Make the slaw

- In a salad bowl, combine the white wine vinegar with the extra-virgin olive oil.
- Add the **slaw mix** and mayonnaise, then mix well to combine and season to taste with salt and pepper.



2. Fry the pulled chicken

- Heat a drizzle of sunflower oil in a frying pan over medium-high heat and fry the **onion** for 1 - 2 minutes.
- Add the **pulled chicken** and the rest of the **Mexican-style spices** and fry for 4 - 6 minutes, covered.
- Wrap the **tortillas** in aluminium foil and heat in the oven for 3 minutes.



4. Serve

- Fill the **tortillas** with the **tomato** and some of the slaw, then add the **pulled chicken** and the **sour cream** sauce.
- Serve with the rest of the slaw.

Enjoy!



Shrimp & Chorizo Flatbread Pizzas

with Greek-style cheese, tomato salsa & green Romano pepper

Calorie Smart Express

Total time: 15 - 20 min.



Shrimp



Red onion



Green Romano pepper



Passata



Greek-style spice mix



Wholewheat
Lebanese flatbread



Diced chorizo



Greek-style cheese



Tomato



There is a special ingredient in your box! Wholewheat products help reduce the risk of cardiovascular disease, among other things. This wholewheat Lebanese flatbread is a better choice than the white variety, and just as tasty!



Before you start

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

Equipment

Parchment-lined baking sheet, bowl, kitchen paper, small bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Shrimp* (g)	80	160	240	320	400	480
Red onion (unit(s))	½	1	1	2	2	3
Green Romano pepper* (unit(s))	½	1	2	2	3	3
Passata (g)	100	200	300	390	500	590
Greek-style spice mix (sachet(s))	½	1	1½	2	2½	3
Wholewheat Lebanese flatbread (unit(s))	2	4	6	8	10	12
Diced chorizo* (g)	25	50	75	100	125	150
Greek-style cheese* (g)	25	50	75	100	125	150
Tomato (unit(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tsp)	1	2	3	4	5	6
Sugar (tsp)	1	2	3	4	5	6
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2895 /692	589 /141
Total fat (g)	25	5
of which saturated(g)	9	1,8
Carbonhydrates (g)	79	16
of which sugars (g)	17,4	3,5
Fiber (g)	9	2
Protein (g)	34	7
Salt (g)	3,2	0,7

Allergens

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



1. Prepare

- Preheat the oven to 200°C.
- Pat the **shrimp** dry with kitchen paper.
- Slice the **onion** into half rings and cut the **Romano pepper** into strips.
- In a small bowl, combine the **passata** with the **Greek-style spices** and the olive oil, along with half of each the balsamic vinegar and sugar. Season to taste with salt and pepper.



2. Bake the flatbreads

- Transfer the flatbreads to a parchment-lined baking sheet and spread with the sauce.
- Top with the **onion**, **Romano pepper**, **chorizo** and **shrimp**. Season to taste with salt and pepper.
- Bake the flatbreads in the oven for 6 - 8 minutes.



3. Make the salsa

- Meanwhile, dice the **tomato** and transfer to a bowl.
- Add the extra virgin olive oil, along with the rest of the sugar and balsamic vinegar.
- Mix well to combine and season to taste with salt and pepper.



4. Serve

- Serve the **flatbread** pizzas on plates.
- Crumble over the **Greek-style cheese**.
- Top with the **tomato** salsa to finish.

Enjoy!

Did you know... 🍅 tomatoes are high in vitamins A, C and E, as well as lycopene, an antioxidant which protects our cells against damage. The riper the tomato, the richer it is in lycopene!