Romanian-Style 'Ciulama de Pui': Creamy Chicken Stew

over mashed potatoes with parsley & mushrooms

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




Chicken thigh


Potatoes


Garlic


Onion


Parsnip


Chestnut mushrooms


Cooking cream


Ground paprika


Toasted onion powder


Fresh flat leaf parsley

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken thigh* (unit(s))	1	2	3	4	5	6
Potatoes (g)	250	500	750	1000	1250	1500
Garlic (unit(s))	1	1	2	2	3	3
Onion (unit(s))	½	1	1½	2	2½	3
Parsnip* (unit(s))	½	1	1½	2	2½	3
Chestnut mushrooms* (g)	125	250	400	500	650	750
Cooking cream (g)	75	150	225	300	375	450
Ground paprika (tsp)	¾	1½	2¼	3	3¾	4½
Toasted onion powder (sachet(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Not included						
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Low sodium chicken stock (ml)	50	100	150	200	250	300
Mustard (tsp)	½	1	1½	2	2½	3
Flour (tbsp)	½	1	1½	2	2½	3
[Plant-based] milk	splash					
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3084 /737	402 /96
Total fat (g)	35	5
of which saturated(g)	19,8	2,6
Carbonhydrates (g)	74	10
of which sugars (g)	13,8	1,8
Fiber (g)	15	2
Protein (g)	33	4
Salt (g)	0,6	0,1

Allergens

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

1



Prepare

- Peel or thoroughly wash the potatoes and then cut into rough pieces.
- Transfer to a pot or saucepan and submerge with water, then boil the potatoes for 12 - 15 minutes.
- Reserve a small amount of the cooking liquid, then drain and set aside.
- Quarter the mushrooms and slice the parsnip into crescents. Chop the onion and crush or mince the garlic.

2



Fry the chicken

- Melt a knob of butter in a large frying pan over medium-high heat. Fry the chicken with the garlic and the vegetables for 6 - 7 minutes per side, or until done. Season with salt and pepper.
- Meanwhile, prepare the stock.
- Roughly chop the parsley.
- Add the flour to the chicken and fry for one minute, then whisk in the cooking cream and the stock.

3



Mash the potatoes

- Bring to a boil, then whisk in the paprika and the onion powder. Cook for 3 - 5 minutes, or until thickened and reduced.
- Mash the potatoes with a knob of butter and a splash of milk or cooking liquid as preferred.
- Stir in the mustard, then season to taste with salt and pepper.

4



Serve

- Serve the mashed potatoes on plates and top with the creamy 'ciulama'.
- Garnish with the parsley to finish.

Pork Tenderloin Tips in Creamy Mushroom Sauce

over rice with parsley & bell pepper

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




White long grain rice


Pork tenderloin tips


Chestnut mushrooms


Bell pepper


Worcestershire sauce


Hello Umami


Cooking cream


Fresh curly parsley

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
White long grain rice (g)	75	150	225	300	375	450
Pork tenderloin tips* (g)	100	200	300	400	500	600
Chestnut mushrooms* (g)	125	250	375	500	625	750
Bell pepper* (unit(s))	½	1	1½	2	2½	3
Worcestershire sauce (g)	7½	15	22½	30	37½	45
Hello Umami (sachet(s))	½	1	1½	2	2½	3
Cooking cream (g)	75	150	225	300	375	450
Fresh curly parsley* (g)	5	10	15	20	25	30
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Mustard (tsp)	½	1	1½	2	2½	3
Low sodium beef stock (ml)	50	100	150	200	250	300
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2891 /691	531 /127
Total fat (g)	27	5
of which saturated(g)	10,7	2
Carbonhydrates (g)	77	14
of which sugars (g)	9,7	1,8
Fiber (g)	7	1
Protein (g)	34	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

- Prepare the stock.
- Boil plenty of salted water in a pot or saucepan.
- Cook the rice for 12 - 15 minutes, then drain and set aside.
- Meanwhile, slice the mushrooms and dice the bell pepper.

2



Fry the pork

- Heat a generous drizzle of olive oil in a deep frying pan over high heat and fry the pork for 2 minutes, then remove from the pan.
- Fry the mushrooms in the same pan for 3 - 4 minutes.
- Add the bell pepper and fry for 3 - 4 minutes.
- Lower the heat and deglaze with the Worcestershire sauce, then return the pork to the pan. Season with salt and pepper.

3



Make the stroganoff

- Add the Hello Umami, the mustard and the stock. Mix well to combine and cook for 2 minutes.
- Add the cream and bring to the boil, then adjust the heat to medium-high.
- Allow to simmer and reduce for 2 - 4 minutes, or until thick and creamy.
- Finely chop the parsley in the meantime.

4



Serve

- Serve the rice on plates with the stroganoff alongside.
- Garnish with the parsley to finish.

Green Borscht-Style Soup with Boiled Eggs & Croutons

with roasted turnip, sour cream & fresh herbs

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




Egg


Potatoes


Garlic


Onion


Turnip


Spinach


Fresh dill


Fresh flat leaf parsley


Organic sour cream


Wholegrain ciabatta

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Egg* (unit(s))	2	4	6	8	10	12
Potatoes (g)	100	200	300	400	500	600
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	1	2	3	4	5	6
Turnip* (unit(s))	½	1	1½	2	2½	3
Spinach* (g)	100	200	300	400	500	600
Fresh dill* (g)	5	10	15	20	25	30
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Organic sour cream* (g)	25	50	75	100	125	150
Wholegrain ciabatta (unit(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	1½	3	4½	6	7½	9
Low sodium vegetable stock (ml)	400	800	1200	1600	2000	2400
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2795 /668	280 /67
Total fat (g)	37	4
of which saturated(g)	8,7	0,9
Carbonhydrates (g)	52	5
of which sugars (g)	13,6	1,4
Fiber (g)	12	1
Protein (g)	29	3
Salt (g)	2,2	0,2

Allergens

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

1



Prepare

- Prepare the stock. Peel the potatoes and then roughly chop, along with the onion and the garlic.
- Heat a drizzle of olive oil in a soup pot over medium-high heat. Fry the onion and the garlic for 3 - 4 minutes.
- Add the potatoes and the stock, then bring to the boil and cook for 12 minutes.
- Stir in the spinach and cook for 2 - 4 more minutes.

2



Prepare the toppings

- Preheat the oven to 200°C.
- Peel the turnip, then dice into 1cm cubes and transfer to a parchment-lined baking sheet. Drizzle with olive oil and season with salt and pepper, then roast for 15 minutes.
- Dice the bread, then transfer to a bowl and drizzle with olive oil. Season with salt and pepper, then toss well to coat.
- Finely chop the fresh herbs.

3



Boil the eggs

- Boil plenty of water in a pot or saucepan and cook the eggs for 8 - 10 minutes.
- Toss the turnip, then add the bread and return the baking sheet to the oven for 5 more minutes.
- Add half of the fresh herbs to the soup and use an immersion blender to process until smooth, adding a splash of water if necessary.
- Season to taste with salt and pepper.

4



Serve

- Rinse the eggs under cold water, then peel and halve them.
- Serve the soup on deep plates, topped with the eggs, the turnip and the croutons.
- Garnish with the sour cream and the rest of the fresh herbs.

Courgette Boats with Edamame Salad & Cashews

over rice with garlic-scallion drizzle & crispy onions

Total time: 20 - 30 min. Quick Vegetarian

The edamame beans have a short use-by date. For best results, be sure to cook this recipe within two days of receiving your box. Enjoy!



- Jasmine rice
- Courgette
- Garlic
- Crispy fried onions
- Roasted cashew nuts
- Reduced salt soy sauce
- Sesame oil
- Scallions
- Sesame seeds
- Edamame
- Persian cucumber
- Fresh coriander
- Lime

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Jasmine rice (g)	75	150	225	300	375	450
Courgette* (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	2	3	4	5	6
Crispy fried onions (g)	15	30	45	60	75	90
Roasted cashew nuts (g)	10	20	30	40	50	60
Reduced salt soy sauce (ml)	20	40	60	80	100	120
Sesame oil (ml)	10	20	30	40	50	60
Scallions* (g)	62½	125	125	250	250	375
Sesame seeds (g)	5	10	15	20	25	30
Edamame* (g)	50	100	150	200	250	300
Persian cucumber* (unit(s))	½	1	2	2	3	3
Fresh coriander* (g)	5	10	15	20	25	30
Lime* (unit(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Sambal (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	1	2	3	4	5	6
Sugar (tsp)	½	1	1½	2	2½	3

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3452 /825	669 /160
Total fat (g)	38	7
of which saturated(g)	8,2	1,6
Carbonhydrates (g)	101	20
of which sugars (g)	26,2	5,1
Fiber (g)	8	2
Protein (g)	23	4
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

- Boil plenty of water in a pot or saucepan. Cook the rice for 12 - 15 minutes, then drain and set aside.
- Halve the courgette lengthways.
- Heat a drizzle of olive oil large frying pan over medium high heat. Fry the courgette face-down for 3 - 4 minutes.
- Flip, then add a splash of water and fry for 3 more minutes or until done, covered.

2



Make the dressing

- Slice the cucumber into thin rounds and crush or mince the garlic.
- Finely chop the scallions and separate the white part from the greens.
- Roughly chop the coriander and juice the lime.
- In a salad bowl, combine the sesame oil with the white wine vinegar, the sugar and half each of the soy sauce and the lime juice.

3



Fry the aromatics

- Heat a light drizzle of olive oil in a small saucepan over medium-heat. Fry the garlic with the white part of the scallions for 1 minute.
- Stir in the sambal, the honey and the rest of the soy sauce.
- Simmer for 30 - 60 seconds or until syrupy.
- Transfer the cucumber and the edamame to the salad bowl, then toss well to combine with the dressing.

4



Serve

- Stir the rest of the lime juice into the rice, then serve on deep plates with the salad alongside.
- Garnish the salad with the sesame seeds and the scallion greens.
- Top with the courgette and the garlic-scallion drizzle.
- Garnish with the cashews, the crispy onions and the coriander.

Chicken Burger with Courgette Caprese

with potato wedges & balsamic onion sauce

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



- Red onion
- Tomato
- Courgette
- Italian seasoning
- Mozzarella
- Potatoes
- Sicilian-style herb mix
- Fresh basil
- Chicken burger from Oranjehoen

There is a special ingredient in your box! This burger is made with Oranjehoen chicken. These chickens eat locally sourced, sustainable feed, and their C02 emissions are 22% lower than 1-star 'Beter Leven' chickens.
Scan the QR code to learn more about this supplier!

NUTRI-SCORE A B C D E

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red onion (unit(s))	½	1	1	2	2	3
Tomato (unit(s))	1½	3	5	6	8	9
Courgette* (unit(s))	½	1	1½	2	2½	3
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Mozzarella* (ball(s))	½	1	1½	2	2½	3
Potatoes (g)	200	400	600	800	1000	1200
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Fresh basil* (g)	5	10	15	20	25	30
Chicken burger from Oranjehoen* (unit(s))	1	2	3	4	5	6
Not included						
Water for the potatoes (ml)	50	100	150	200	250	300
Balsamic vinegar (tbsp)	2	4	6	8	10	12
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1	2	3	4	5	6
Extra virgin olive oil	to taste					
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3230 /772	436 /104
Total fat (g)	43	6
of which saturated(g)	19,7	2,7
Carbonhydrates (g)	57	8
of which sugars (g)	14,4	1,9
Fiber (g)	8	1
Protein (g)	39	5
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 200°C. Slice the courgette into rounds and transfer to a parchment-lined baking sheet.
- Add the Sicilian-style herbs and drizzle with olive oil, then season with salt and pepper. Roast in the oven for 20 - 22 minutes.
- Peel or thoroughly wash the potatoes and cut them into wedges.
- Transfer to a deep frying pan, then add the water (see pantry for amount).

2



Fry the wedges

- Steam the potato wedges for 10 minutes, covered. If necessary, drain the wedges and return to the pan.
- Drizzle with olive oil and fry for 5 - 7 minutes until the wedges are done.
- Add the Italian seasoning, then season to taste with salt and pepper.
- Meanwhile, slice the onion into half-rings.

3



Fry the burger

- Melt a knob of butter in a frying pan over medium-high heat and fry the onion for 2 minutes.
- Deglaze with half of the balsamic vinegar, then move the onion to one side of the pan.
- Melt a knob of butter on the other side of the pan and fry the burger for 7 - 8 minutes, turning regularly.
- Slice the mozzarella and the tomato. Chop the basil.

4



Serve

- On a plate, arrange the tomato, the courgette and the mozzarella slices in alternating order.
- Season to taste with salt and pepper, then drizzle with the extra virgin olive oil and the rest of the balsamic vinegar. Garnish with the basil.
- Serve the courgette caprese with everything else alongside.

Hearty Beef & Vegetable Pie

with onion chutney & green beans

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




Red onion


Carrot


Puff pastry


Green beans


Onion chutney


Curry powder


Ground turmeric


Seasoned beef mince

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red onion (unit(s))	½	1	1	2	2	3
Carrot* (unit(s))	½	1	1	1	2	2
Puff pastry* (roll(s))	⅓	⅔	1	1⅓	1⅔	2
Green beans* (g)	150	300	450	600	750	900
Onion chutney* (g)	20	40	60	80	100	120
Curry powder (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Ground turmeric (tsp)	½	1	1½	2	2½	3
Seasoned beef mince* (g)	100	200	300	400	500	600
Not included						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Low sodium beef stock (ml)	50	100	150	200	250	300
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3255 /778	609 /146
Total fat (g)	47	9
of which saturated(g)	24	4,5
Carbonhydrates (g)	56	11
of which sugars (g)	17	3,2
Fiber (g)	13	2
Protein (g)	29	5
Salt (g)	2	0,4

Allergens

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

1



Fry the vegetables

- Preheat the oven to 200°C and prepare the stock.
- Chop the onion. Wash or peel the carrot and then thinly slice it.
- Melt a knob of butter in a deep frying pan over medium-high heat.
- Fry the carrot and onion for 4 - 5 minutes, then add the mince and fry for 3 minutes, separating it as you do so.

2



Bake the pie

- Add the onion chutney, the turmeric, the curry powder and the stock.
- Bring to a boil and cook for 2 - 3 minutes until thickened and reduced. Season to taste with salt and pepper.
- Transfer the filling to an oven dish and top with the pastry.
- Pierce the surface several times with a fork, then bake in the oven for 20 - 25 minutes until golden-brown.

3



Boil the green beans

- In the meantime, discard the tips of the green beans.
- Transfer to a pot or saucepan and cover with a shallow layer of water, then add a pinch of salt.
- Cover with the lid and bring to a boil, then allow to cook gently for 6 - 8 minutes or until al dente.
- Drain and then season to taste with salt and pepper.

Did you know... *the green beans in this recipe contain folate, a vitamin that supports your memory function.*

4



Serve

- Serve the pie on plates with the green beans alongside.

Fried Basa with Fragrant Udon Noodle Soup

with Vietnamese-style sauce, mushrooms & cabbage

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




Carrot


Mushrooms


Fresh udon noodles


Vietnamese-style sauce


Onion


Ginger paste


Basa fillet


Garlic


Chopped sweetheart cabbage

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Carrot* (unit(s))	½	1	2	2	3	3
Mushrooms* (g)	65	125	190	250	315	375
Fresh udon noodles (g)	110	220	330	440	550	660
Vietnamese-style sauce* (sachet(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Ginger paste* (g)	5	10	15	20	25	30
Basa fillet* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
Chopped sweetheart cabbage* (g)	100	200	300	400	500	600
Not included						
Low sodium vegetable stock (ml)	375	750	1125	1500	1875	2250
Sunflower oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Sambal	to taste					
[Reduced salt] soy sauce	to taste					
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2125 /508	232 /55
Total fat (g)	18	2
of which saturated(g)	6,5	0,7
Carbonhydrates (g)	49	5
of which sugars (g)	13,5	1,5
Fiber (g)	10	1
Protein (g)	36	4
Salt (g)	3,4	0,4

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 quarter the mushrooms.
- Slice the carrot into crescents.

2



Make the soup

- Heat a drizzle of sunflower oil in a soup pot over medium-high heat.
- Fry the onion, the carrot and the ginger paste for 2 - 3 minutes, then add the cabbage.
- Stir-fry for 2 more minutes, then add the stock and boil for 3 - 4 minutes.
- Add the noodles and the mushrooms, then boil for another 3 - 4 minutes.

3



Fry the fish

- Pat the fish dry with kitchen paper.
- Crush or mince the garlic.
- Melt a knob of butter in a frying pan over medium-high heat. Fry the fish with the garlic for 2 - 3 minutes per side.
- Season to taste with salt and pepper.

4



Serve

- Stir the Vietnamese-style sauce into the soup.
- Taste and add some sambal as preferred, then season with salt and pepper if necessary.
- Serve everything in bowls or on deep plates.
- Finish with some soy sauce as preferred.

Chicken in Smoky Stroganoff-Style Sauce

over rice with mushrooms & parsley

Total time: 35 - 45 min. Health Conscious Choice




Chicken tenderloin


White long grain rice


Garlic


Onion


Bell pepper


Green Romano pepper


Mushrooms


Tomato paste


Fresh flat leaf parsley


Smoked paprika


Fresco spalmabile - cream cheese


Worcestershire sauce

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken tenderloin* (g)	100	200	300	400	500	600
White long grain rice (g)	75	150	225	300	375	450
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Green Romano pepper* (unit(s))	½	1	1	2	2	3
Mushrooms* (g)	65	125	250	250	375	375
Tomato paste (can)	¼	½	¾	1	1¼	1½
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Smoked paprika (tsp)	1	2	3	4	5	6
Fresco spalmabile - cream cheese* (g)	25	50	75	100	125	150
Worcestershire sauce (g)	10	15	25	30	40	45
Not included						
Low sodium chicken stock (ml)	75	150	225	300	375	450
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Flour (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	1	2	3	4	5	6
[Reduced salt] soy sauce (tbsp)	½	1	1½	2	2½	3
Red wine vinegar (tbsp)	¼	½	¾	1	1¼	1½

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2803 /670	468 /112
Total fat (g)	19	3
of which saturated(g)	11,3	1,9
Carbonhydrates (g)	85	14
of which sugars (g)	14,5	2,4
Fiber (g)	8	1
Protein (g)	38	6
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

- Boil plenty of salted water in a pot or saucepan and cook the rice for 12 - 15 minutes, then drain and set aside.
- Chop the onion and crush or mince the garlic.
- Cut all of the peppers into thin strips and quarter the mushrooms.
- Melt a knob of butter in a deep frying pan over medium-high heat. Fry the garlic, onion and peppers for 3 - 4 minutes.

2



Fry the chicken

- Add the tomato paste and fry for 2 - 3 minutes.
- Add the mushrooms and fry for 4 - 5 minutes, then add the flour and fry for 1 more minute.
- Meanwhile, cut the chicken into 2cm pieces.
- Melt a knob of butter in a frying pan over medium-high heat and sear the chicken for 2 - 3 minutes, then transfer to the vegetables.

Did you know... *the chicken in this recipe contains selenium, a mineral that supports the normal function of the immune system.*

3



Make the sauce

- Prepare the stock and roughly chop the parsley.
- Deglaze the deep frying pan with the red wine vinegar and the stock.
- Reduce the heat, then add the cream cheese, the smoked paprika, the mustard, the soy sauce, the Worcestershire sauce and half of the parsley.
- Mix well to combine and allow to simmer for 5 - 6 minutes. Season to taste with salt and pepper.

4



Serve

- Serve the rice on plates and top with the stroganoff.
- Garnish with the rest of the parsley to finish.

Spicy Red Chicken Curry with Rice Noodles

in fragrant coconut sauce with quick-pickled cucumber

Total time: 15 - 25 min. Quick




Chicken thigh strips

Rice noodles


Garlic


Ginger paste


Cucumber


Scallions


Beansprouts


Fish sauce


Red curry paste


Coconut milk

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken thigh strips* (g)	100	200	300	400	500	600
Rice noodles (g)	50	100	150	200	250	300
Garlic (unit(s))	½	1	1½	2	2½	3
Ginger paste* (g)	5	10	15	20	25	30
Cucumber* (unit(s))	½	1	1½	2	2½	3
Scallions* (g)	62½	125	187½	250	312½	375
Beansprouts* (g)	25	50	75	100	125	150
Fish sauce (ml)	10	20	30	40	50	60
Red curry paste* (sachet(s))	½	1	1½	2	2½	3
Coconut milk (ml)	125	250	375	500	625	750
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	1	2	3	4	5	6
Water for the sauce (ml)	30	60	90	120	150	180
Sambal			to taste			
Sugar (tsp)	1	2	3	4	5	6
Salt and pepper			to taste			

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3042 /727	502 /120
Total fat (g)	44	7
of which saturated(g)	24,1	4
Carbonhydrates (g)	58	10
of which sugars (g)	12,7	2,1
Fiber (g)	5	1
Protein (g)	26	4
Salt (g)	4,6	0,8

Allergens

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

1



Prepare

- Boil plenty of salted water in a pot or saucepan for the noodles.
- Slice the cucumber into crescents.
- In a bowl, combine the white wine vinegar with the sugar and a pinch of salt.
- Add the cucumber and toss well to combine, then set aside, stirring occasionally.

2



Fry the aromatics

- Meanwhile, crush or mince the garlic.
- Finely chop the scallions and set aside some of the greens to use later as garnish.
- Heat a drizzle of sunflower oil in a wok over medium-high heat.
- Fry the garlic, the scallions and the ginger paste for 1 - 2 minutes.

3



Fry the chicken

- Add the chicken and fry for 2 - 3 minutes over high heat until lightly browned.
- Deglaze with the fish sauce*.

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

4



Make the curry

- Transfer the curry paste* to the wok, then mix well to combine and fry for 1 more minute.
- Stir in the coconut milk, the water for the sauce and some sambal as preferred.
- Season to taste with salt and pepper, then bring to the boil.

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

5



Boil the noodles

- Allow the curry to simmer for 5 - 8 minutes over medium-high heat until thickened and reduced, stirring continuously.
- Meanwhile, boil the noodles for 4 minutes.
- Add the beansprouts and boil for 1 more minute, then drain and rinse under cold water.

6



Serve

- Transfer the noodles to the curry and toss well to combine. Season to taste with salt and pepper.
- Serve the curry on deep plates and garnish with the reserved scallion greens.
- Serve the quick-pickled cucumber alongside.

Vietnamese-Style 'Shaking Beef' with Umami Cucumber Salad

over rice with coriander & lime

Total time: 15 - 25 min. Quick



- Marinated steak strips
- Persian cucumber
- Lime
- Fish sauce
- Bell pepper
- Red onion
- Fresh coriander
- Garlic
- Oyster sauce
- Gomashio
- Basmati rice

Give your dish some extra heat. With Go-Tan Sriracha, you can give every bite an instant flavour boost. Simple, spicy and seriously tasty. Perfect over crispy tofu, chicken, or grilled vegetables. Give it a try!

NUTRI-SCORE A B C D E

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Marinated steak strips* (g)	100	200	300	400	500	600
Jasmine rice (g)	75	150	225	300	375	450
Persian cucumber* (unit(s))	½	1	1½	2	2½	3
Lime* (unit(s))	½	1	1½	2	2½	3
Fish sauce (ml)	10	20	30	40	50	60
Bell pepper* (unit(s))	½	1	2	2	3	3
Red onion (unit(s))	½	1	1	2	2	3
Fresh coriander* (g)	5	10	15	20	25	30
Garlic (unit(s))	1	2	3	4	5	6
Oyster sauce (g)	12½	25	35	50	60	75
Gomashio (sachet(s))	½	1	1½	2	2½	3
Not included						
Red wine vinegar (tbsp)	¼	½	¾	1	1¼	1½
Cane sugar (tbsp)	½	1	1½	2	2½	3
Sambal (tsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	½	1	1½	2	2½	3
[Reduced salt] soy sauce (tbsp)	½	1	1½	2	2½	3
Cornstarch [or flour] (tbsp)	½	1	1½	2	2½	3

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2443 /584	500 /119
Total fat (g)	13	3
of which saturated(g)	2,1	0,4
Carbonhydrates (g)	90	18
of which sugars (g)	18	3,7
Fiber (g)	7	1
Protein (g)	35	7
Salt (g)	6,2	1,3

Allergens

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

1



Prepare

- Boil plenty of water in a pot or saucepan and cook the rice for 12 - 15 minutes, then drain and set aside.
- Cut half of the lime into wedges and juice the rest into a salad bowl.
- Add the red wine vinegar, the cane sugar, the sambal and half of the fish sauce*.

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

3



Make the sauce

- In a small bowl, combine the oyster sauce with the garlic, the cornstarch, the soy sauce and the rest of the fish sauce (see Tip).
- Add this sauce and the steak strips to the wok, then stir fry for 1 - 2 minutes.

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.*

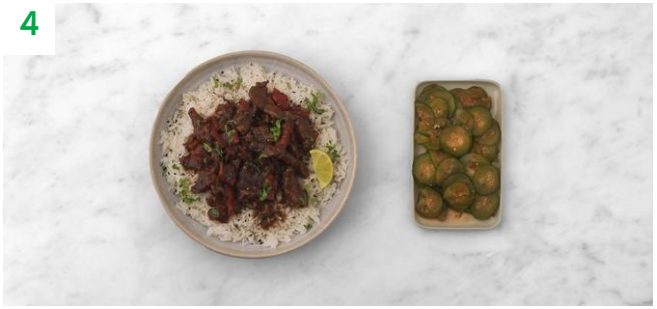
2



Make the salad

- Slice the cucumber and add it to the salad bowl, then toss well to combine. Set aside, stirring occasionally.
- Roughly dice the bell pepper and the onion.
- Heat a drizzle of sunflower oil in a wok or deep frying pan over high heat. Stir-fry the onion and bell pepper for 4 - 5 minutes.
- Meanwhile, crush or mince the garlic.

4



Serve

- Roughly chop the coriander.
- Serve the rice on deep plates and top with the stir-fry. Serve the cucumber salad and the lime wedges alongside.
- Garnish with the gomashio and the coriander.

Tip: *Want to add even more flavor to this dish? Drizzle some Go-Tan sriracha over it for an extra flavor boost! This is the Go-Tan touch!*

Teriyaki Pork Noodle Salad with Edamame & Peanuts

with sweet sesame dressing & crunchy vegetables

Total time: 15 - 25 min. Quick



The edamame beans have a short use-by date. For best results, be sure to cook this recipe within two days of receiving your box. Enjoy!

- Sticky pork belly
- Teriyaki sauce
- Ginger paste
- Edamame
- Radish
- Sesame oil
- Persian cucumber
- Red onion
- Unsalted peanuts
- Wholewheat noodles

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Sticky pork belly* (g)	120	240	360	480	600	720
Teriyaki sauce (g)	25	50	75	100	125	150
Ginger paste* (g)	5	10	15	20	25	30
Edamame* (g)	25	50	75	100	125	150
Radish* (bunch)	½	1	2	2	3	3
Sesame oil (ml)	5	10	15	20	25	30
Persian cucumber* (unit(s))	½	1	1	2	2	3
Red onion (unit(s))	1	2	3	4	5	6
Unsalted peanuts (g)	10	20	30	40	50	60
Wholewheat noodles (g)	50	100	150	200	250	300
Not included						
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
[Reduced salt] ketjap manis (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	1	2	3	4	5	6
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4155 /993	843 /201
Total fat (g)	64	13
of which saturated(g)	16,6	3,4
Carbonhydrates (g)	69	14
of which sugars (g)	24	4,9
Fiber (g)	6	1
Protein (g)	34	7
Salt (g)	3,1	0,6

Allergens

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

1



Prepare

- Dice the pork belly into 1cm cubes and chop the onion.
- Heat a generous drizzle of sunflower oil in a frying pan over medium heat. Fry the pork with the onion for 10 minutes.
- Add the teriyaki sauce and fry for 2 more minutes.
- Boil plenty of water in a pot or saucepan and cook the noodles for 4 - 5 minutes until al dente, then drain and set aside.

2



Make the dressing

- In the meantime, thinly slice the radishes.
- Slice the cucumber into crescents.
- In a salad bowl, combine the mayonnaise with the ketjap, the sesame oil, the ginger paste, the honey and the white wine vinegar (see Tip).

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

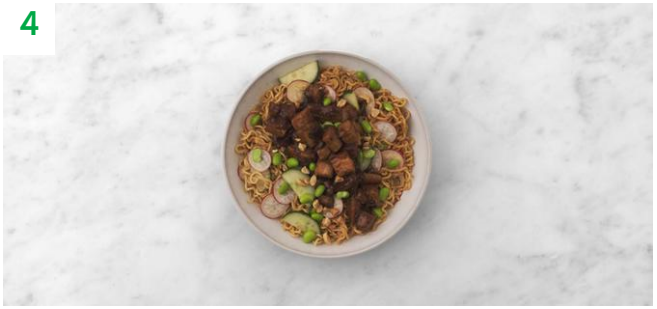
3



Make the salad

- Transfer the cucumber, the radishes and the noodles to the salad bowl.
- Season to taste with salt and pepper, then toss well to combine with the dressing.
- Roughly chop the peanuts.

4



Serve

- Serve everything on deep plates.
- Scatter over the edamame and the peanuts to finish.

Hake with Creamy Tomato Penne

with courgette, lemon & mint

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



- Penne
- Courgette
- Garlic
- Lemon
- Red onion
- Mini Roma tomatoes
- Cooking cream
- Italian seasoning
- Fresh mint
- Sicilian-style herb mix
- Hake fillet

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Penne (g)	90	180	270	360	450	540
Courgette* (unit(s))	½	1	2	2	3	3
Garlic (unit(s))	1	2	3	4	5	6
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Red onion (unit(s))	½	1	1	2	2	3
Mini Roma tomatoes* (g)	65	125	250	250	375	375
Cooking cream (g)	75	150	225	300	375	450
Italian seasoning (sachet(s))	¼	½	¾	1	1¼	1½
Fresh mint* (g)	2½	5	7½	10	12½	15
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Hake fillet* (unit(s))	1	2	3	4	5	6
Not included						
White wine vinegar (tsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Low sodium fish or vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3335 /797	607 /145
Total fat (g)	34	6
of which saturated(g)	18,2	3,3
Carbonhydrates (g)	83	15
of which sugars (g)	15,9	2,9
Fiber (g)	7	1
Protein (g)	36	7
Salt (g)	1,1	0,2

Allergens

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

1



Boil the pasta

- Boil plenty of water in a pot or saucepan and cook the pasta for 9 - 11 minutes, covered.
- Meanwhile, grate the courgette and crush or mince the garlic.
- Quarter the lemon and halve the tomatoes.
- Slice the onion into half rings.

2



Make the sauce

- Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the onion with the garlic and the tomatoes for 1 - 2 minutes.
- Stir in the cream, white wine vinegar and Italian herbs. Simmer for 1 minute over low heat, then crumble in the stock cube (see pantry for amount).
- Stir in the courgette and season to taste with salt and pepper.
- In the meantime, finely chop the mint leaves.

3



Fry the fish

- Melt a generous knob of butter in a frying pan over medium-high heat.
- Season the fish on both sides with the Sicilian-style herbs, then fry for 3 minutes per side.
- Deglaze with the juice of 1 lemon wedge per person.
- Add half of the mint, then season to taste with salt and pepper.

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

4



Serve

- Stir the pasta into the creamy courgette sauce and then serve on plates.
- Top with the fish in its butter sauce.
- Garnish with the rest of the mint and serve any remaining lemon wedges alongside.

Fusion Chicken Saté-Style Tacos with Atjar & Lime

with zingy peanut sauce & crispy onions

Total time: 15 - 25 min. Quick




Ginger paste


Tomato


Mini tortillas


Atjar


Crispy fried onions


Onion


Garlic


Chopped sweetheart cabbage


Peanut butter


Chicken thigh strips


Lime


Tomato paste

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Ginger paste* (g)	5	10	15	20	25	30
Tomato (unit(s))	½	1	1½	2	2½	3
Mini tortillas (unit(s))	4	8	12	16	20	24
Atjar* (g)	25	50	75	100	125	150
Crispy fried onions (g)	15	30	45	60	75	90
Onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	1	2	2	3	3
Chopped sweetheart cabbage* (g)	100	200	300	400	500	600
Peanut butter (tub)	1	2	3	4	5	6
Chicken thigh strips* (g)	100	200	300	400	500	600
Lime* (unit(s))	½	1	1½	2	2½	3
Tomato paste (can)	½	1	1½	2	2½	3
Not included						
[Reduced salt] ketjap manis (tbsp)	½	1	1½	2	2½	3
[Reduced salt] soy sauce (tsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	¾	1½	2¼	3	3¾	4½
Sunflower oil (tbsp)	¾	1½	2¼	3	3¾	4½
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4167 /996	759 /181
Total fat (g)	56	10
of which saturated(g)	12,7	2,3
Carbonhydrates (g)	86	16
of which sugars (g)	24,1	4,4
Fiber (g)	10	2
Protein (g)	37	7
Salt (g)	3,2	0,6

Allergens

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

1



Fry the chicken

- Heat a light drizzle of sunflower oil in a frying pan over medium-high heat and fry the chicken for 7 minutes.
- Chop the onion and crush or mince the garlic, then transfer both to the chicken and fry for 1 – 2 minutes.
- Add the tomato paste, the ginger paste and the ketjap, then fry for 2 – 3 minutes. Season to taste with salt and pepper.

2



Fry the cabbage

- Heat a drizzle of sunflower oil in a frying pan over medium-high heat.
- Stir-fry the cabbage with a pinch of salt for 3 – 4 minutes.
- Heat a clean frying pan over medium-high heat and warm the tortillas for 1 - 2 minutes per side.

3



Make the sauce

- Meanwhile, dice the tomato.
- Juice half of the lime and cut the rest into wedges.
- In a small bowl, combine the peanut butter with the lime juice, the soy sauce and the mayonnaise. Season to taste with salt and pepper.

4



Serve

- Serve all of the toppings separately at the table and allow everyone to assemble their own tacos as preferred.
- Serve the lime wedges alongside.

North Indian-Style 'Masala Pasta' with Beef & Coriander

in fragrant creamy sauce with Romano beans

Total time: 15 - 25 min. Quick




Beef mince with East Asian spices


Pre-cut Romano beans


Onion


Chopped tomatoes


Penne


Fresh coriander


Garlic


Ginger paste


Garam Masala


Mascarpone

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Beef mince with East Asian spices* (g)	100	200	300	400	500	600
Pre-cut Romano beans* (g)	100	200	300	400	500	600
Onion (unit(s))	½	1	1½	2	2½	3
Chopped tomatoes (pack)	½	1	1½	2	2½	3
Penne (g)	90	180	270	360	450	540
Fresh coriander* (g)	5	10	15	20	25	30
Garlic (unit(s))	½	1	1½	2	2½	3
Ginger paste* (g)	5	10	15	20	25	30
Garam Masala (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Mascarpone* (g)	25	50	75	100	125	150
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)	½	1	1½	2	2½	3
Balsamic vinegar (tsp)	1	2	3	4	5	6
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3481 /832	603 /144
Total fat (g)	35	6
of which saturated(g)	15,8	2,7
Carbonhydrates (g)	87	15
of which sugars (g)	17,7	3,1
Fiber (g)	12	2
Protein (g)	37	6
Salt (g)	2,2	0,4

Allergens

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

1



Prepare

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cook the pasta for 5 minutes.
- Add the Romano beans and boil for 5 - 6 minutes. Reserve some of the pasta water, then drain and set aside.
- Meanwhile, chop the onion and crush or mince the garlic.

2



Make the sauce

- Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the onion with the garlic, the garam masala* and the ginger paste for 2 minutes.
- Add the mince and fry for 3 more minutes.
- Deglaze with the balsamic vinegar, then add the sugar and the chopped tomatoes.
- Bring to a boil, then allow to simmer over medium heat until later use.

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

3



Finish

- Finely chop the coriander.
- Transfer the pasta and Romano beans to the sauce, along with the mascarpone and half of the coriander.
- Mix well to combine, adding a splash of pasta water as necessary if it seems too thick.
- Season to taste with salt and pepper, then cook for 1 more minute.

4



Serve

- Serve the pasta on deep plates.
- Garnish with the rest of the coriander.

Falafel Bulgur Bowl with Apricot Chutney & Yogurt Sauce

with Romano pepper, red cabbage slaw & lime

Total time: 15 - 25 min. Quick Vegetarian




Bulgur


Romano pepper


Red onion


Peruvian-style spice mix


Shredded red cabbage


Corn


Lime


Dill, mint & flat leaf parsley


Organic Greek yogurt


Apricot chutney


Falafel

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Bulgur (g)	75	150	225	300	375	450
Romano pepper* (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1½	2	2½	3
Peruvian-style spice mix (sachet(s))	½	1	1½	2	2½	3
Shredded red cabbage* (g)	100	200	400	400	600	600
Corn (g)	70	140	213¾	285	353¾	425
Lime* (unit(s))	½	1	1½	2	2½	3
Dill, mint & flat leaf parsley* (g)	5	10	15	20	25	30
Organic Greek yogurt* (g)	75	150	225	300	375	450
Apricot chutney (g)	25	50	75	100	125	150
Falafel* (unit(s))	4	8	12	16	20	24
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
Water for the sauce (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3485 /833	572 /137
Total fat (g)	34	6
of which saturated(g)	8,7	1,4
Carbonhydrates (g)	109	18
of which sugars (g)	25,7	4,2
Fiber (g)	22	4
Protein (g)	23	4
Salt (g)	2,8	0,5

Allergens

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

1



Prepare

- Transfer the bulgur to a pot or saucepan and submerge with water, then crumble in the stock cube (see pantry for amount).
- Bring to a boil, then cook the bulgur for 10 minutes until done. Drain and set aside.
- Meanwhile, halve the Romano pepper lengthways.
- Slice the onion into half-rings.

2



Fry the falafel

- Heat a drizzle of olive oil in a large frying pan over medium-high heat.
- Fry the Romano pepper with the onion for 8 minutes, covered.
- Add half of the Peruvian-style spices and fry for 1 more minute.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the falafel for 6 minutes.

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

3



Make the slaw

- Drain the corn and cut the lime into wedges.
- Finely chop the fresh herbs.
- In a salad bowl, combine the cabbage with the corn and the mayonnaise. Season to taste with salt and pepper.
- In a bowl, combine the fresh herbs with the yogurt and the water for the sauce. Season to taste with salt and pepper.

4



Serve

- Squeeze as much lime juice as preferred into the bulgur, then stir in the rest of the Peruvian-style spices.
- Serve the bulgur on deep plates and arrange everything on top.
- Finish with the apricot chutney and the yogurt sauce.
- Serve any remaining lime wedges alongside.

Goat's Cheese Salad with Balsamic Strawberry Dressing

with apple, beetroot & toasted walnuts

Total time: 15 - 25 min. Quick Vegetarian




Pre-cooked beetroot


Chopped walnuts


Apple


Persian cucumber


Red onion


Radicchio & iceberg lettuce


Strawberry sauce


Wholegrain ciabatta


Goat's Cheese

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pre-cooked beetroot* (g)	125	250	375	500	625	750
Chopped walnuts (g)	10	20	30	40	50	60
Apple* (unit(s))	½	1	1	2	2	3
Persian cucumber* (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	2	2	3	3
Radicchio & iceberg lettuce* (g)	50	100	150	200	250	300
Strawberry sauce (ml)	15	30	45	60	75	90
Wholegrain ciabatta (unit(s))	1	2	3	4	5	6
Goat's Cheese* (g)	60	125	200	250	325	375
Not included						
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3389 /810	614 /147
Total fat (g)	48	9
of which saturated(g)	21,6	3,9
Carbonhydrates (g)	63	11
of which sugars (g)	30,2	5,5
Fiber (g)	13	2
Protein (g)	25	5
Salt (g)	1,6	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.
- Weigh the beetroot and then dice it (see Tip).
- Slice the onion into thin half rings. Dice the cucumber.
- Core and dice the apple.

Tip: *beetroot can stain, so wear gloves or use a sandwich bag to hold it.*

2



Toast the walnuts

- Bake the bread roll in the oven for 6 - 8 minutes.
- Heat a clean frying pan over medium-high heat and toast the walnuts for 1 - 2 minutes or until golden-brown.
- Remove from the pan and set aside.

3



Fry the apple

- In a large salad bowl, combine the strawberry sauce with the balsamic vinegar and the extra virgin olive oil. Season to taste with salt and pepper.
- Melt a generous knob of butter in the same pan over medium-high heat. Fry the onion with the apple for 3 - 4 minutes (see Tip).

Tip: *keep an eye on the pan and add extra butter if necessary to prevent the apple from sticking to the pan.*

4



Serve

- Shortly before serving, add the lettuce and cucumber to the salad bowl and toss well to combine with the dressing.
- Serve the salad on plates and top with the beetroot, apple and onion.
- Crumble over the goat's cheese and garnish with the walnuts. Serve the bread alongside.

Minted Feta Grain Bowl with Zhoug & Almonds

with giant couscous, fennel, arugula & courgette

Total time: 15 - 25 min. Quick Vegetarian




Giant couscous


Dried apricot pieces


Courgette


Fennel


Peruvian-style spice mix


Shallot


Fresh mint


Salted almonds


Cress


Arugula


Zhoug


Feta

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Giant couscous (g)	75	150	225	300	375	450
Dried apricot pieces (g)	20	40	60	80	100	120
Courgette* (unit(s))	½	1	2	2	3	3
Fennel* (unit(s))	½	1	1	2	2	3
Peruvian-style spice mix (sachet(s))	½	1	1½	2	2½	3
Shallot (unit(s))	½	1	1½	2	2½	3
Fresh mint* (g)	5	10	15	20	25	30
Salted almonds (g)	20	40	60	80	100	120
Cress* (g)	10	20	30	40	50	60
Arugula* (g)	30	60	80	120	140	180
Zhoug (g)	25	45	70	90	115	135
Feta* (g)	50	100	150	200	250	300
Not included						
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Mustard (tsp)	1	2	3	4	5	6
Balsamic vinegar (tbsp)	¾	1½	2¼	3	3¾	4½
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3920 /937	780 /186
Total fat (g)	52	10
of which saturated(g)	13,1	2,6
Carbonhydrates (g)	86	17
of which sugars (g)	29,3	5,8
Fiber (g)	10	2
Protein (g)	28	6
Salt (g)	2,8	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 giant couscous for 12 minutes.
- Add the dried apricots and boil for 1 - 2 more minutes, then drain and rinse under cold water.
- Quarter the fennel and remove the tough core, then chop the fennel into thin strips.

2



Fry the vegetables

- Slice the shallot into half-rings.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the fennel with the shallot for 4 - 6 minutes.
- Meanwhile, dice the courgette.
- Add the Peruvian-style spices and the courgette, then fry for 3 - 4 more minutes. Season with salt and pepper.

3



Make the dressing

- Finely chop the mint and roughly chop the almonds.
- Tear off the cress or use scissors if preferred.
- In a salad bowl, combine the mustard with the balsamic vinegar, the honey, the extra virgin olive oil and half of the mint.
- Season to taste with salt and pepper.

4



Serve

- Add the arugula, the fried vegetables and the giant couscous, then toss well to combine with the dressing.
- Serve the salad on deep plates.
- Drizzle with the zhoug* and crumble over the cheese.
- Garnish with the cress, the almonds and the rest of the mint.

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

Crispy Veggie Schnitzel with Italian-Style Salad

with basil mayo, ciabatta croutons, tomatoes & arugula

Total time: 10 - 20 min. Quick Plant-Based




White ciabatta


Arugula & lamb's lettuce


Mini Roma tomatoes


Italian seasoning


Garlic


Basil crème


Red onion


Persian cucumber


Vegan schnitzel

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
White ciabatta (unit(s))	1	2	3	4	5	6
Arugula & lamb's lettuce* (g)	40	60	90	120	150	180
Mini Roma tomatoes* (g)	125	250	375	500	625	750
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	1	2	2	3	3
Basil crème (ml)	12	24	36	48	60	72
Red onion (unit(s))	½	1	1½	2	2½	3
Persian cucumber* (unit(s))	½	1	1½	2	2½	3
Vegan schnitzel* (unit(s))	1	2	3	4	5	6
Not included						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	2	4	6	8	10	12
Red wine vinegar (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4046 /967	741 /177
Total fat (g)	64	12
of which saturated(g)	11,5	2,1
Carbonhydrates (g)	71	13
of which sugars (g)	13,9	2,5
Fiber (g)	12	2
Protein (g)	20	4
Salt (g)	3,1	0,6

Allergens

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

1



Fry the schnitzel

- Melt a knob of butter in a frying pan over medium-high heat. When the butter is nice and hot, fry the schnitzel for 3 minutes per side until evenly golden-brown.
- Meanwhile, peel the garlic clove.
- Cut open the bread roll and rub the surface with the garlic clove.
- Dice the bread into 2cm cubes.

2



Make the croutons

- Heat a drizzle of olive oil in a large frying pan over medium-high heat. Fry the bread for 3 - 5 minutes, so as to make croutons.
- Season to taste with salt and pepper, then remove from the pan and set aside.
- Meanwhile, mince the onion.
- Dice the cucumber and halve the tomatoes.

3



Make the salad

- In a small bowl, combine the basil crème with the mayonnaise (see Tip).
- In a salad bowl, combine the onion with the Italian seasoning, the red wine vinegar and the extra virgin olive oil. Season to taste with salt and pepper.

Health Tip: *this recipe is high in calories. If you're watching your calorie intake, substitute the mayonnaise with yogurt.*

4



Serve

- Transfer the lettuce, the cucumber, the tomatoes and the croutons to the salad bowl, then toss well to combine with the dressing.
- Season to taste with salt and pepper.
- Serve everything on deep plates and drizzle with the basil mayonnaise to finish.

Fusion Linguine Carbonara with Kimchi & Bacon

with Grana Padano & double sesame cucumber salad

Total time: 15 - 25 min. Quick




Shallot


Bacon


Linguine


Garlic


Cucumber


Kimchi


Korean-style spice mix


Sesame oil


Grana Padano flakes DOP


Black sesame seeds


Cooking cream

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Shallot (unit(s))	1	2	3	4	5	6
Bacon* (slice(s))	4	8	12	16	20	24
Linguine (g)	90	180	270	360	450	540
Garlic (unit(s))	½	1	1½	2	2½	3
Cucumber* (unit(s))	½	1	1½	2	2½	3
Kimchi* (g)	25	50	75	100	125	150
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
Sesame oil (ml)	5	10	15	20	25	30
Grana Padano flakes DOP* (g)	10	20	30	40	50	60
Black sesame seeds (sachet(s))	½	1	1½	2	2½	3
Cooking cream (g)	75	150	225	300	375	450
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	1	2	3	4	5	6
Sugar (tsp)	1	2	3	4	5	6
[Reduced salt] soy sauce (tbsp)	½	1	1½	2	2½	3
Sambal (tsp)	½	1	1½	2	2½	3

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3406 /814	683 /163
Total fat (g)	41	8
of which saturated(g)	16	3,2
Carbonhydrates (g)	82	16
of which sugars (g)	16,1	3,2
Fiber (g)	5	1
Protein (g)	29	6
Salt (g)	3,5	0,7

Allergens

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

1



Prepare

- Boil plenty of water in a pot or saucepan.
- Cook the linguine for 9 - 11 minutes.
- Reserve 25ml pasta water per person, then drain and set aside.

2



Fry the bacon

- Slice the shallot into half-rings and crush or mince the garlic.
- Roughly chop the bacon.
- Heat a drizzle of sunflower oil in a frying pan over medium-high heat. Fry the bacon, the garlic and the shallot for 2 - 3 minutes.
- Roughly chop the kimchi* in the meatime.

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

3



Make the salad

- Add the sambal, the cream, the Korean-style spices, the kimchi and its brine. Simmer for 3 - 4 minutes, or until the linguine is done.
- Slice the cucumber into crescents
- In a salad bowl, combine the sesame oil with the soy sauce, the sugar and the white wine vinegar.
- Add the cucumber and toss well to combine with the dressing.

4



Serve

- Transfer the linguine and the pasta water to the sauce, then toss well to combine.
- Serve the linguine on plates and garnish with the cheese.
- Serve the salad alongside and garnish with the sesame seeds.

5-Minute Venison Meatballs with Red Wine Jus

fresh & tasty in a flash!

Total time: 5 - 15 min. Quick

Get a head start by boiling a full kettle of water.

Happy cooking!




Provençal venison meatballs


Mashed potato


Red wine jus


Broccolini


Pumpkin seeds

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Provençal venison meatballs* (unit(s))	6	12	18	24	30	36
Mashed potato* (g)	250	500	750	1000	1250	1500
Red wine jus (g)	30	60	90	120	150	180
Broccolini* (g)	100	200	300	400	500	600
Pumpkin seeds (g)	5	10	15	20	25	30
Not included						
Low sodium beef stock cube (unit(s))	¼	½	¾	1	1¼	1½
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2255 /539	456 /109
Total fat (g)	24	5
of which saturated(g)	8,5	1,7
Carbonhydrates (g)	46	9
of which sugars (g)	5,1	1
Fiber (g)	8	2
Protein (g)	29	6
Salt (g)	2,7	0,5

Allergens

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

1



Fry the meatballs

- Get started by boiling a full kettle of water for the broccolini.
- Transfer the meatballs to a frying pan over high heat. Drizzle with olive oil and fry for 4 - 5 minutes, or until serving.
- Use a knife to pierce several holes across the surface of the packaging, then microwave the mashed potatoes for 4 minutes at 900W.

2



Boil the broccolini

- Transfer the boiled water to a pot or saucepan and cook the broccolini for 3 minutes.
- Reserve 30ml cooking liquid per person, then drain and set aside.

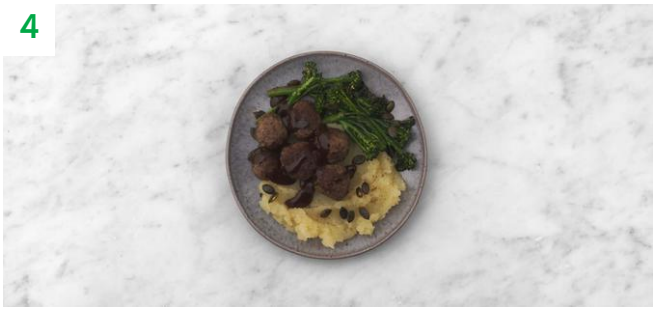
3



Make the sauce

- Transfer the red wine jus and the reserved cooking liquid to the frying pan.
- Add a knob of butter and crumble in the stock cube (see pantry for amount).
- Mix well to combine, allowing the butter to melt.
- Keep warm until serving.

4



Serve

- Serve the mashed potatoes on plates with everything else alongside.
- Pour over the red wine jus and garnish with the pumpkin seeds.

5-Minute Tortelloni Alfredo with Pulled Chicken

fresh & tasty in a flash!

Total time: 5 - 15 min. Quick

Get a head start by boiling a full kettle of water.

Happy cooking!




Pulled chicken


Cooking cream


Lemon


Spinach


Grana Padano flakes DOP


Tortelloni with ricotta & spinach


BBQ spice rub


Sicilian-style herb mix

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pulled chicken* (g)	100	200	300	400	500	600
Cooking cream (g)	75	150	225	300	375	450
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Spinach* (g)	100	200	300	400	500	600
Grana Padano flakes DOP* (g)	10	20	30	40	50	60
Tortelloni with ricotta & spinach* (g)	150	300	450	600	750	900
BBQ spice rub (sachet(s))	½	1	1½	2	2½	3
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium chicken stock cube (unit(s))	½	1	1½	2	2½	3
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3456 /826	735 /176
Total fat (g)	40	9
of which saturated(g)	16,8	3,6
Carbonhydrates (g)	70	15
of which sugars (g)	11,7	2,5
Fiber (g)	6	1
Protein (g)	42	9
Salt (g)	3,8	0,8

Allergens

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

1



Prepare

- Get started by boiling a full kettle of water for the tortelloni.
- Transfer the boiled water to a pot or saucepan and crumble in the stock cube.
- Boil the tortelloni for 3 minutes.
- Reserve some of the pasta water, then drain and set aside.

2



Fry the chicken

- Meanwhile, heat a drizzle of olive oil in a deep frying pan over medium-high heat and fry the pulled chicken for 2 minutes.
- Gradually add the spinach, tearing it directly into the pan.
- Stir in the cream, the tortelloni, the BBQ rub* and the Sicilian-style herbs.

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

3



Finish

- Add some of the reserved pasta water as needed and mix well to combine.
- Bring to a boil, then lower the heat and let simmer for 1 minute.
- Season to taste with salt and pepper.
- Meanwhile, cut the lemon into wedges (see Tip).

Tip: *if preferred, you can also zest the lemon first to use as garnish when serving.*

4



Serve

- Serve the tortelloni on deep plates and garnish with the cheese.
- Serve the lemon wedges alongside.

Signature Cheeseburger with Loaded Tortilla Chips

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

Total time: 10 - 20 min. Quick



- Hamburger from Meatier
- Charcoal burger bun
- Tomato
- Red onion
- Guacamole
- Grated cheddar
- Corn
- Mexican-style spices
- Tortilla chips

There is a special ingredient in your box! The Meatier burger comes from carefully selected cattle, raised under the best conditions, with a comfortable and spacious pasture.
Scan the QR code to learn more about this supplier!

NUTRI-SCORE A B C D E

Before you start

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

Ingredients for 1 - 6 servings

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

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3502 /837	786 /188
Total fat (g)	47	11
of which saturated(g)	16,1	3,6
Carbonhydrates (g)	65	15
of which sugars (g)	13,6	3,1
Fiber (g)	8	2
Protein (g)	32	7
Salt (g)	3,8	0,8

Allergens

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

1



Fry the burger

- Preheat the oven to 200°C. Bake the bread roll for 3 - 5 minutes.
- Slice the onion into half rings.
- Melt a small knob of butter in a frying pan over medium-high heat. Fry the onion with the burger for 3 - 4 minutes on one side.
- Flip the burger and top with the cheddar. Cover the pan with the lid so as to allow the cheese to melt. Reduce the heat and allow to cook for 3 - 4 minutes or until done.

2



Make the avocado dip

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

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

3



Prepare the tortilla chips

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

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

4



Serve

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

Signature Shakshuka with Fresh Goat's Cheese

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

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




Onion


Garlic


Red chili pepper


Carrot


Fresh curly parsley


Middle Eastern spice mix


Egg


Chopped tomatoes


Tomato


Bell pepper


Poppyseed roll


Goat's Cheese

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Carrot* (unit(s))	½	1	1	1	2	2
Fresh curly parsley* (g)	2½	5	7½	10	12½	15
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Egg* (unit(s))	2	4	6	8	10	12
Chopped tomatoes (pack)	½	1	1½	2	2½	3
Tomato (unit(s))	½	1	1½	2	2½	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Poppyseed roll* (unit(s))	1	2	3	4	5	6
Goat's Cheese* (g)	50	100	150	200	250	300
Not included						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1	2	3	4	5	6
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3297 /788	460 /110
Total fat (g)	42	6
of which saturated(g)	14,9	2,1
Carbonhydrates (g)	62	9
of which sugars (g)	21,6	3
Fiber (g)	16	2
Protein (g)	37	5
Salt (g)	3,2	0,4

Allergens

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

1



Prepare

- Preheat the oven to 210°C.
- Chop the onion and crush or mince the garlic.
- Deseed and finely chop the chili pepper*. Dice the carrot, the tomato and the bell pepper.
- Heat a generous drizzle of olive oil in a deep frying pan over medium-high heat. Fry the carrot for 3 - 4 minutes, then add the rest of the chopped ingredients and the Middle Eastern spices. Fry for 2 more minutes.

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

2



Make the sauce

- Finely chop the parsley.
- Stir in the diced tomatoes and half of the parsley, then crumble in the stock cube (see pantry for amount).
- Bring to a boil and allow to simmer gently for 5 - 7 minutes, uncovered (see Tip).
- Season to taste with salt and pepper.

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

3



Poach the eggs

- Make small wells in the sauce for each egg.
- Crack the eggs directly into the wells so as to mostly submerge them with the sauce, then season the eggs with salt and pepper.
- Crumble over the cheese, then cover with the lid and allow to poach for 4 - 6 minutes (see Tip).

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

4



Serve

- Remove the lid, then turn up the heat and poach for a further 2 - 4 minutes so as to allow any excess liquid to evaporate.
- In the meantime, bake the bread roll in the oven for 6 - 8 minutes.
- Serve the shakshuka on plates and garnish with the rest of the parsley.
- Serve the bread roll alongside.

Signature Shrimp Poké Bowl with Ponzu Mayo

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

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



- Ponzu
- Sushi rice
- Shrimp
- Persian cucumber
- Slaw mix
- Sesame oil
- Garlic
- Mango
- Gomashio
- Reduced salt soy sauce

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Ponzu (g)	12	24	36	48	60	72
Sushi rice (g)	75	150	225	300	375	450
Shrimp* (g)	80	160	240	320	400	480
Persian cucumber* (unit(s))	½	1	2	2	3	3
Slaw mix* (g)	50	100	150	200	250	300
Sesame oil (ml)	5	10	15	20	25	30
Garlic (unit(s))	½	1	1½	2	2½	3
Mango* (unit(s))	½	1	1	2	2	3
Gomashio (sachet(s))	½	1	1½	2	2½	3
Reduced salt soy sauce (ml)	10	20	30	40	50	60
Not included						
Water for the rice (ml)	175	350	525	700	875	1050
White wine vinegar (tbsp)	1	2	3	4	5	6
Sugar (tsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	¾	1½	2¼	3	3¾	4½
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2837 /678	451 /108
Total fat (g)	27	4
of which saturated(g)	6,9	1,1
Carbonhydrates (g)	84	13
of which sugars (g)	23,4	3,7
Fiber (g)	5	1
Protein (g)	22	4
Salt (g)	2,8	0,4

Allergens

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

1



Boil the rice

- Boil the water in a pot or saucepan (see pantry for amount).
- Add a pinch of salt, then cook the rice for 12 - 13 minutes over low heat, covered. Add an extra splash of water as necessary if the rice seems too dry.
- Turn off the heat, then stir in half each of the white wine vinegar and the sugar.
- Set aside until serving, covered.

2



Prepare the toppings

- In a bowl, combine the slaw mix with the sesame oil. Season to taste with salt and pepper.
- Dice the cucumber and transfer to another bowl. Add the rest of the white wine vinegar and sugar and toss well to combine.
- Peel and dice the mango.

3



Fry the shrimp

- Crush or mince the garlic.
- Melt a knob of butter in a frying pan over medium-high heat.
- Fry the shrimp with the garlic for 3 minutes (see Tip). Season to taste with salt and pepper.
- In a small bowl, combine the mayonnaise with the ponzu.

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

4



Serve

- Serve the rice in bowls and arrange everything on top.
- Garnish with the gomashio, then drizzle with the soy sauce and the ponzu mayo to finish.

Signature Chicken Tagliatelle with Guanciale

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

Total time: 15 - 25 min. Family Quick




Chicken mince with Mediterranean herbs


Mascarpone


Fresh basil


Garlic


Romano pepper


Grana Padano flakes DOP


Onion


Passata


Fresh tagliatelle


Guanciale

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken mince with Mediterranean herbs* (g)	100	200	300	400	500	600
Mascarpone* (g)	25	50	75	100	125	150
Fresh basil* (g)	5	10	15	20	25	30
Garlic (unit(s))	1	2	3	4	5	6
Romano pepper* (unit(s))	1	2	3	4	5	6
Grana Padano flakes DOP* (g)	20	40	60	80	100	120
Onion (unit(s))	½	1	1½	2	2½	3
Passata (g)	100	200	300	400	500	600
Fresh tagliatelle* (g)	125	250	375	500	625	750
Guanciale* (g)	40	80	120	160	200	240
Not included						
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Low sodium beef stock cube (unit(s))	¼	½	¾	1	1¼	1½
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4184 /1000	721 /172
Total fat (g)	52	9
of which saturated(g)	23,5	4
Carbonhydrates (g)	85	15
of which sugars (g)	14,3	2,5
Fiber (g)	9	2
Protein (g)	45	8
Salt (g)	3,4	0,6

Allergens

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

1



Prepare

- Boil plenty of salted water in a pot or saucepan for the tagliatelle (see Tip).
- Cut the Romano pepper into thin strips.
- Chop the onion and crush or mince the garlic.
- Boil the tagliatelle for 4 - 6 minutes, then reserve some of the pasta water before draining and setting aside.

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

2



Make the sauce

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

3



Finish

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

4



Serve

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

Signature Dahl with Crispy Chickpeas & Naan

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

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



- Onion
- Carrot
- Tomato paste
- Coconut milk
- Red split lentils
- Spinach
- Naan with herbs
- Lime
- Chickpeas
- African-inspired spice mix
- Fresh coriander
- Fresh ginger
- Curry powder
- Organic full-fat yogurt
- Yellow carrot

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	2	2	3	3
Carrot* (unit(s))	1	1	2	2	3	3
Tomato paste (can)	½	1	1½	2	2½	3
Coconut milk (ml)	90	180	250	360	430	540
Red split lentils (g)	25	50	75	100	125	150
Spinach* (g)	50	100	150	200	250	300
Naan with herbs (unit(s))	½	1	1½	2	2½	3
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Chickpeas (pack)	½	1	1½	2	2½	3
African-inspired spice mix (sachet(s))	½	1	1½	2	2½	3
Fresh coriander* (g)	5	10	15	20	25	30
Fresh ginger* (tsp)	1¼	2½	3¾	5	6¼	7½
Curry powder (sachet(s))	½	1	1½	2	2½	3
Organic full-fat yogurt* (g)	25	50	75	100	125	150
Yellow carrot* (unit(s))	1	1	2	2	3	3
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	150	300	450	600	750	900
Sunflower oil (tbsp)	½	1	1½	2	2½	3

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3339 /798	399 /95
Total fat (g)	37	4
of which saturated(g)	17	2
Carbonhydrates (g)	79	9
of which sugars (g)	19,7	2,4
Fiber (g)	30	4
Protein (g)	27	3
Salt (g)	1,9	0,2

Allergens

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

1



Prepare

- Preheat the oven to 180°C and prepare the stock.
- Chop the onion and finely grate the ginger.
- Dice the carrots into 1cm chunks (see Tip).

Tip: *be sure to finely dice the carrots, otherwise they will take longer to cook.*

2



Make the dahl

- Heat a drizzle of sunflower oil in a large deep frying pan over medium-high heat.
- Fry the onion with the carrot and ginger for 2 - 3 minutes, then stir in the curry powder, the tomato paste and half of the African-inspired spices.
- Fry for 2 more minutes, then add the coconut milk and the stock and bring to a boil.

3



Add the lentils

- Add the lentils and season with salt and pepper, then cover with the lid.
- Allow the dahl to cook for 10 minutes, covered, then add the spinach.
- Mix well and cook for another 10 minutes, or until the lentils are done.
- Add a splash of water if the dahl seems too dry.

4



Roast the chickpeas

- Drain and rinse the chickpeas, then pat them dry with kitchen paper.
- Transfer to a bowl and add the rest of the African-inspired spices.
- Drizzle with 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 15 - 20 minutes.

5



Finish

- Bake the naan for 3 - 4 minutes, then cut into triangles.
- Finely chop the coriander.
- Zest the lime and cut it into 6 wedges.
- In a bowl, combine the yoghurt with some lime zest as preferred. Season to taste with salt and pepper.

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

6



Serve

- When the dahl is done, squeeze in one lime wedge per person. Mix well and season to taste with salt and pepper.
- Serve the dahl in bowls and top with the crispy chickpeas.
- Drizzle with the yogurt sauce and garnish with the coriander.
- Serve with the naan and the rest of the lime wedges.

Signature Chicken Meatballs in Creamy Mushroom Sauce

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

Total time: 40 - 50 min. Health Conscious Choice



- Potatoes
- Onion
- Garlic
- Mushrooms
- Cooking cream
- Green beans
- Basil crème
- Fresh chives
- Chicken meatballs with Mediterranean herbs

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Mushrooms* (g)	65	125	250	250	375	375
Cooking cream (g)	75	150	225	300	375	450
Green beans* (g)	100	200	300	400	500	600
Basil crème (ml)	10	15	18	24	33	39
Fresh chives* (g)	2½	5	7½	10	12½	15
Chicken meatballs with Mediterranean herbs* (unit(s))	3	6	9	12	15	18
Not included						
Low sodium mushroom or vegetable stock (ml)	50	100	150	200	250	300
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1	2	3	4	5	6
Mustard (tsp)	½	1	1½	2	2½	3
Red wine vinegar (tbsp)	1	2	3	4	5	6
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3243 /775	461 /110
Total fat (g)	48	7
of which saturated(g)	20,8	3
Carbonhydrates (g)	55	8
of which sugars (g)	10,3	1,5
Fiber (g)	12	2
Protein (g)	31	4
Salt (g)	1,8	0,3

Allergens

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

1



Roast the potatoes

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

2



Slice the mushrooms

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

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

3



Fry the mushrooms

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

4



Fry the meatballs

- Meanwhile, halve the meatballs.
- Melt a knob of butter in a frying pan over medium-high heat.
- Fry the meatballs for 6 - 8 minutes until evenly browned.

5



Prepare the green beans

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

6



Serve

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