



Basa à la Meunière with Carrot & Lentil Purée

with spinach & toasted almonds

Family Calorie Smart

Total time: 35 - 45 min.



Carrot



Onion



Garlic



Lemon



Red split lentils



Shaved almonds



Smoked paprika



Spinach



Basa fillet



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

You'll make a variation of the classic fish à la meunière - fish prepared "in the manner of the miller's wife". You'll dust the fish with flour, fry it and finish it with a touch of fresh lemon.



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, lidded deep frying pan, kitchen paper, plate, immersion blender, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Carrot* (unit(s))	¾	1½	2	3	3¾	4½
Onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Red split lentils (g)	30	60	90	120	150	180
Shaved almonds (g)	10	20	30	40	50	60
Smoked paprika (tsp)	½	1	1½	2	2½	3
Spinach* (g)	100	200	300	400	500	600
Basa fillet* (unit(s))	1	2	3	4	5	6
Not included						
Flour (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	125	250	375	500	625	750
[Plant-based] butter (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)	2301 /550	378 /90
Total fat (g)	28	5
of which saturated(g)	10,8	1,8
Carbonhydrates (g)	35	6
of which sugars (g)	13,3	2,2
Fiber (g)	14	2
Protein (g)	36	6
Salt (g)	1,3	0,2

Allergens

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



Prepare

- Prepare the stock.
- Cut the carrot into crescents.
- Slice the onion into half rings and crush or mince the garlic.
- Cut the lemon into wedges.



Make the purée

- When the carrot and lentils are done, take the pan off the heat and process until smooth with an immersion blender.
- Add the smoked paprika and half of the butter, then season to taste with salt and pepper.
- Keep the purée warm over a low heat, covered.



Fry the vegetables

- Heat the olive oil in a deep frying pan over medium heat. Fry the carrots with the onion and garlic for 3 - 4 minutes, seasoning to taste with salt and pepper.
- Add the lentils and the stock, then cover with the lid and bring to a boil.
- Allow to stew for 15 - 20 minutes, or until the lentils are done.



Fry the fish

- Melt the rest of the butter in the same pan you used for the almonds over medium-high heat.
- Fry the fish for 3 minutes per side.
- Remove from the pan and set aside under aluminum foil.
- Fry the spinach in the same pan, allowing it to wilt and reduce.



Toast the almonds

- Heat a clean frying pan over high heat and toast the almonds until golden-brown. Remove from the pan and set aside.
- Transfer the flour to a plate.
- Pat the fish dry with kitchen paper and season with salt and pepper.
- Coat it with the flour and tap off any excess, then set aside until later use.



Serve

- Serve the lentil purée on plates and top with the spinach and the fish.
- Squeeze a lemon wedge over each portion and garnish with the toasted almond flakes.
- Serve the rest of the lemon wedges alongside.

Enjoy!



Linguine with Homemade Spinach Pesto

with roasted cherry tomatoes & pecorino

Family Veggie Quick

Total time: 25 - 30 min.



Linguine



Garlic



Red onion



Red cherry tomatoes



Spinach



Arugula



Fresh basil



Lemon



Roasted cashew nuts



Grated Pecorino DOP



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

Spinach pesto is milder than traditional basil pesto, with a hint of sweetness from the spinach. Its subtle flavour won't overpower delicate ingredients, so it's a great choice for lighter dishes like fish or pasta.



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

Tall container, oven dish, pot or saucepan, immersion blender, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Linguine (g)	90	180	270	360	450	540
Garlic (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1½	2	2½	3
Red cherry tomatoes (g)	125	250	375	500	625	750
Spinach* (g)	50	100	150	200	250	300
Arugula* (g)	20	40	60	80	100	120
Fresh basil* (g)	10	20	30	40	50	60
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Roasted cashew nuts (g)	10	20	30	40	50	60
Grated Pecorino DOP* (g)	20	40	60	80	100	120
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	2	4	6	8	10	12
Salt and pepper (totaste)	0	0	0	0	0	0
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3690 /882	832 /199
Total fat (g)	50	11
of which saturated(g)	11,5	2,6
Carbonhydrates (g)	79	18
of which sugars (g)	13,1	3
Fiber (g)	9	2
Protein (g)	25	6
Salt (g)	1	0,2

Allergens

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



Prepare

- Preheat the oven to 200°C. Boil plenty of salted water in a pot or saucepan.
- Halve the tomatoes and crush or mince the garlic.
- Slice the onion into half rings. Pull the basil leaves off the stems and juice the lemon.
- Boil the linguine for 9 - 11 minutes. Reserve some of the pasta water, then drain and set aside.



Make the pesto

- Transfer the spinach, garlic, basil and cashews to a tall container, along with half of the cheese.
- Add the extra virgin olive oil, along with (per person) 1 tbsp lemon juice and ½ tbsp pasta water.
- Use an immersion blender to process into a smooth pesto. Taste and season with salt and pepper as needed.
- Add as much pesto as preferred to the linguine and mix well to combine.



Roast the tomatoes

- In an oven dish, combine the tomatoes with the onion, the balsamic vinegar and a generous drizzle of olive oil.
- Season generously with salt and pepper, then roast in the oven for 12 - 15 minutes.
- Heat a clean frying pan over medium-high heat. Toast the cashews until lightly golden-brown, then remove from the pan and set aside.
- Fry the spinach in the same pan for 3 - 4 minutes, or until wilted and reduced.



Serve

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

Enjoy!



Risotto Caprese

with mozzarella, chili pepper & spinach

Veggie Calorie Smart

Total time: 35 - 45 min.



Onion



Tomato



Risotto rice



Red chili pepper



Fresh basil



Sicilian-style herb mix



Grana Padano flakes DOP



Mozzarella



Crema di balsamico



Spinach



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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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Tomato (unit(s))	1½	3	4½	6	7½	9
Risotto rice (g)	75	150	225	300	375	450
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Fresh basil* (g)	2½	5	7½	10	12½	15
Sicilian-style herb mix (sachet(s))	⅓	⅔	1	1½	1½	2
Grana Padano flakes DOP* (g)	20	40	60	80	100	120
Mozzarella* (ball(s))	½	1	1½	2	2½	3
Crema di balsamico (ml)	4	8	12	16	20	24
Spinach* (g)	100	200	300	400	500	600
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	250	500	750	1000	1250	1500
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2728 /652	394 /94
Total fat (g)	26	4
of which saturated(g)	13	1,9
Carbonhydrates (g)	78	11
of which sugars (g)	8,5	1,2
Fiber (g)	6	1
Protein (g)	29	4
Salt (g)	1,8	0,3

Allergens

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

1



Prepare

- Prepare the stock.
- Chop the onion.
- Heat a drizzle of olive oil in a pot or saucepan over medium-low heat and fry the onion for 2 minutes.

2



Dice the tomato

- In the meantime, dice the tomato into 1cm chunks and set aside.
- Add the risotto rice to the onion and fry for 1 minute, stirring continuously.

3



Prepare the risotto

- Pour in a third of the stock and allow to slowly incorporate, stirring regularly (see Tip).
- Repeat with another third of the stock.
- In the meantime, deseed and finely chop the **red chili pepper**.*

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

Tip: if preferred, substitute a third of the stock for white wine.

4



Finish the risotto

- Stir the tomato into the risotto, then pour in the rest of the stock and allow to incorporate, stirring continuously.
- The risotto is done when the rice is soft but still al dente. This should take around 20 - 25 minutes (see Tip).
- When the risotto is almost done, tear the spinach directly into the pot and mix well, allowing it to wilt and reduce.

Tip: you may need more or less liquid depending on the size of your pan. Taste and then add the stock or water accordingly.

5



Season the risotto

- Roughly chop the basil.
- When the risotto is finished, take the pan off the heat and stir in the Sicilian herbs, along with half each of the basil and Grana Padano.
- Season to taste with salt and pepper, then cover with the lid and allow to stand for 2 minutes.

6



Serve

- Tear the mozzarella into smaller pieces.
- Serve the risotto on plates and top with the mozzarella.
- Garnish with the rest of the Grana Padano and basil, along with some **red chili pepper** as preferred.
- Drizzle with the crema di balsamico to finish.

Enjoy!



Piri Piri Shrimp with Tomato Salsa

over pesto rosso rice with zesty herb sauce

Quick Calorie Smart

Total time: 25 - 30 min.



White long grain rice



Shrimp



Garlic



Red onion



Bell pepper



Roma tomato



Lemon



Fresh flat leaf
parsley & chives



Pesto rosso



Piri piri seasoning



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

Piri-piri is a small but spicy pepper. It's appropriately nicknamed the "African red devil".



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

Microplane, pot or saucepan, salad bowl, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
White long grain rice (g)	75	150	225	300	375	450
Shrimp* (g)	80	160	240	320	400	480
Garlic (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1	2	2	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Roma tomato (unit(s))	1	2	3	4	5	6
Lemon* (unit(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley & chives* (g)	5	10	15	20	25	30
Pesto rosso* (g)	20	40	60	80	100	120
Piri piri seasoning (tsp)	1½	3	4½	6	7½	9
Not included						
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Balsamic vinegar (tsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
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)	2904 /694	617 /148
Total fat (g)	30	6
of which saturated(g)	3,6	0,8
Carbonhydrates (g)	82	17
of which sugars (g)	12,7	2,7
Fiber (g)	8	2
Protein (g)	20	4
Salt (g)	1,4	0,3

Allergens

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



Boil the rice

- Boil plenty of salted water in a pot or saucepan.
- Cut the bell pepper into strips and then dice the tomato.
- Boil the rice for 12 - 15 minutes.
- Reserve some of the cooking liquid, then drain and set aside.



Fry the shrimp

- Heat a light drizzle of olive oil in a frying pan over medium-high heat. Fry the onion with the bell pepper for 3 - 4 minutes.
- Stir in the shrimp and the **piri-piri spices*** and fry for another 3 minutes, or until the shrimp turn pink.
- In a salad bowl, combine the tomato with the rest of the fresh herbs and some extra virgin olive oil as preferred. Season generously with salt and pepper.

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



Make the sauce

- Slice the onion into half rings and crush or mince the garlic.
- Finely chop the fresh herbs.
- Zest the lemon and then cut it into quarters.
- In a small bowl, combine the mayonnaise with the garlic and half of the fresh herbs, along with (per person): a quarter teaspoon of lemon zest, half a tablespoon of water and the juice of 1 lemon wedge. Mix well and then season to taste with salt and pepper.



Serve

- Shortly before serving, stir the pesto and the balsamic vinegar into the rice. Add a splash of the reserved cooking liquid as necessary to make the rice more creamy. Season to taste with salt and pepper.
- Serve the rice on deep plates and arrange everything on top.
- Serve with the salsa and drizzle with the sauce. Serve any remaining lemon wedges alongside.

Enjoy!



Shakshuka Curry with Greek-Style Cheese

in fragrant coconut sauce with pita, spinach & fennel

Veggie

Total time: 30 - 40 min.



Garlic



Ginger paste



Red chili pepper



Leek



Fennel



Egg



Coconut milk



Spinach



Pita bread



Lime



Greek-style cheese



Yellow curry spices



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

Though not common, fennel can actually grow up to 2 meters tall. Fortunately, the fennel in your box is a lot smaller than that, and therefore much easier to prepare!



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, small bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Ginger paste* (g)	5	10	15	20	25	30
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Leek* (unit(s))	½	1	2	2	3	3
Fennel* (unit(s))	½	1	1	2	2	3
Egg* (unit(s))	2	4	6	8	10	12
Coconut milk (ml)	90	180	250	360	430	540
Spinach* (g)	50	100	150	200	250	300
Pita bread (unit(s))	2	4	6	8	10	12
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Greek-style cheese* (g)	25	50	75	100	125	150
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	50	100	150	200	250	300
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3217 /769	481 /115
Total fat (g)	42	6
of which saturated(g)	22,2	3,3
Carbonhydrates (g)	61	9
of which sugars (g)	9,7	1,5
Fiber (g)	10	2
Protein (g)	33	5
Salt (g)	2,8	0,4

Allergens

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



Prepare

- Crush or mince the garlic.
- Deseed and finely chop the **red chili pepper**.*
- Chop the leek into half rings.
- Quarter the fennel and remove the tough core, then chop the fennel into strips.

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



Add the eggs

- Meanwhile, preheat the oven to 200°C (see Tip).
- Transfer the pitas to a parchment-lined baking sheet.
- Make small wells in the vegetable mixture for each egg.
- Crack the eggs into the wells so as to mostly submerge them with the sauce.

Tip: you'll use the oven later to heat the pitas, but you can also do this in a toaster instead.



Fry the aromatics

- Heat a drizzle of olive oil in a deep frying pan over medium-high heat (see Tip).
- Fry the garlic with the ginger paste and **chili pepper** for 1 minute.
- Add the curry spices and fry for another minute.

Tip: use a pan with a thick base, as this will poach the eggs more easily. If you are cooking for more than three people, use more pans as necessary.



Poach the eggs

- Cover with the lid and allow the eggs to poach for 8 - 10 minutes (see Tip).
- If necessary, remove the lid halfway through cooking so as to allow any excess liquid to evaporate.

Tip: the eggs are done when the whites are opaque and the yolks are still soft. However, you can also poach for more time if you'd prefer the yolks to be more well-done.



Make the curry

- Add the leek and the fennel and fry for 3 - 5 minutes.
- Prepare the stock and then add this to the pan, along with the coconut milk.
- Mix well to combine and cook for 3 - 4 minutes.
- Stir in the spinach and allow to wilt and reduce. Season to taste with salt and pepper.



Serve

- Heat the pitas in the oven for 4 - 6 minutes.
- Cut the lime into wedges and crumble the cheese into a small bowl.
- Serve the shakshuka on plates and garnish with the cheese. Squeeze a lime wedge over each portion and serve the pitas alongside.

Enjoy!



Veggie No-Chicken Pasties with Crunchy Apple Salad

with sour cream dressing & Surinamese-style spices

Veggie

Total time: 40 - 50 min.



Vegan chicken pieces



Puff pastry



Garlic



Onion



Yellow carrot



Butter lettuce



Apple



Organic sour cream



Fresh flat leaf parsley



Surinamese-style spices



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

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!



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, salad bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Vegan chicken pieces* (g)	80	160	240	320	400	480
Puff pastry* (roll(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	1	2	2	3	3
Onion (unit(s))	½	1	1	2	2	3
Yellow carrot* (unit(s))	⅓	⅔	1	1	1½	1½
Butter lettuce* (head)	½	1	1½	2	2½	3
Apple* (unit(s))	½	1	1½	2	2½	3
Organic sour cream* (g)	25	50	75	100	125	150
Fresh flat leaf parsley* (g)	2½	5	7½	10	12½	15
Surinamese-style spices (sachet(s))	½	1	1½	2	2½	3
Not included						
Mustard (tsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tsp)	½	1	1½	2	2½	3
[Plant-based] milk (splash)	½	1	1½	2	2½	3
Olive oil (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)	4017 /960	739 /177
Total fat (g)	56	10
of which saturated(g)	23,5	4,3
Carbonhydrates (g)	84	15
of which sugars (g)	17,7	3,3
Fiber (g)	12	2
Protein (g)	26	5
Salt (g)	2,2	0,4

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Chop the onion and crush or mince the garlic. Finely chop the parsley.
- Roll out the puff pastry onto a parchment-lined baking sheet.
- Using half a roll of puff pastry for each person, cut the pastry into thirds so as to make three pasties.



Make the pasties

- Stir in two thirds of the sour cream and half each of the parsley and apple. Season to taste with salt and pepper.
- Spread 2 tbsp of the filling over one side of each piece of pastry.
- Fold the other half over the filling and carefully press the edges together with a fork.
- Brush the pasties with the milk, then bake in the oven for 20 - 25 minutes or until done.



Fry the veggie chicken

- Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the garlic and onion for 2 minutes.
- Add the veggie chicken and the Surinamese-style spices, then fry for 7 - 8 minutes. Season to taste with salt and pepper.
- In the meantime, core and dice the apple.
- Roughly chop the lettuce and slice the carrot into thin crescents.



Serve

- In a salad bowl, combine the extra virgin olive oil with the mustard, the honey and the rest of the sour cream. Season to taste with salt and pepper.
- Add the lettuce and the carrot, along with the rest of the apple and parsley. Toss well to combine with the dressing.
- Serve the pasties with the salad alongside.

Enjoy!



Cheesy Cottage Pie

with leek, carrot & thyme

Family

Total time: 50 - 60 min.



Potatoes



Carrot



Onion



Garlic



Leek



Bay leaf



Tomato paste



Fresh thyme



Worcestershire sauce



Grated cheddar



Beef-pork mince with Italian herbs



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

Aside from adding depth and complexity to dishes, bay leaves are surprisingly useful in repelling insects with their strong, bitter scent. So if you're worried about pests in your pantry or garden, keep this herb handy!



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

Deep frying pan, oven dish, pot or saucepan, potato masher

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Carrot* (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	1	2	2	3	3
Leek* (unit(s))	½	1	1½	2	2½	3
Bay leaf (unit(s))	1	1	2	2	3	3
Tomato paste (can)	½	1	1½	2	2½	3
Fresh thyme* (g)	2	3	4	5	7	8
Worcestershire sauce (g)	15	30	45	60	75	90
Grated cheddar* (g)	25	50	75	100	125	150
Beef-pork mince with Italian herbs* (g)	100	200	300	400	500	600
Not included						
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Flour (tbsp)	½	1	1½	2	2½	3
Low sodium beef stock (ml)	75	150	225	300	375	450
Mustard (tsp)	1	2	3	4	5	6
[Plant-based] milk (splash)	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)	3464 /828	428 /102
Total fat (g)	40	5
of which saturated(g)	20,6	2,5
Carbonhydrates (g)	79	10
of which sugars (g)	24,2	3
Fiber (g)	17	2
Protein (g)	36	4
Salt (g)	2,9	0,4

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Wash or peel the potatoes and cut them into rough pieces, then transfer to a pot or saucepan.
- Submerge with water and boil for 12 - 15 minutes or until done, then drain and set aside.
- Finely dice the carrot. Chop the onion and crush or mince the garlic. Finely chop the leek.



Mash the potatoes

- To the frying pan, add the bay leaf, tomato paste, Worcestershire sauce, remaining thyme and flour. Mix well to combine, then pour in the stock.
- Allow to cook gently for 8 - 10 minutes, seasoning to taste with salt and pepper.
- Mash the potatoes with the mustard, a knob of butter and a splash of milk. Season to taste with salt and pepper.



Make the filling

- Melt a knob of butter in a deep frying pan over medium-high heat. Fry the carrot and leek for 2 - 3 minutes.
- Add the garlic and onion and fry for 2 more minutes, then add the mince and fry for 3 minutes, separating it as you do so.
- Prepare the stock in the meantime.
- Remove the thyme leaves from their stems and set some aside to use later as a garnish.



Serve

- Discard the bay leaf, then transfer the sauce to an oven dish.
- Top with the mashed potato and the cheese, then bake in the oven for 15 - 20 minutes, or until golden-brown.
- Serve the cottage pie on plates.
- Garnish with the reserved thyme to finish.

Enjoy!



Baked Greek-Style Cheese with Cherry Tomatoes & Pecans

over sweet potato mash with arugula & lamb's lettuce

Veggie

Total time: 30 - 40 min.



Potatoes



Sweet potato



Red onion



Red cherry tomatoes



Romano pepper



Italian seasoning



Salted pecans



Greek-style cheese



Arugula & lamb's lettuce



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

While pecans are commonly referred to as nuts, they're actually a type of fruit! They fall into the category of "drupes" – fruits which contain a hard pit at the center. Other examples of drupes include peaches, plums, cherries and olives.



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

Oven dish, pot or saucepan, potato masher

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Sweet potato (g)	75	150	225	300	375	450
Red onion (unit(s))	1	2	3	4	5	6
Red cherry tomatoes (g)	125	250	375	500	625	750
Romano pepper* (unit(s))	½	1	2	2	3	3
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Salted pecans (g)	10	20	30	40	50	60
Greek-style cheese* (g)	50	100	150	200	250	300
Arugula & lamb's lettuce* (g)	30	60	90	120	150	180
Not included						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1	2	3	4	5	6
Mustard (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tsp)	1½	3	4½	6	7½	9
[Plant-based] milk (splash)	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)	3167 /757	445 /106
Total fat (g)	40	6
of which saturated(g)	12,6	1,8
Carbonhydrates (g)	76	11
of which sugars (g)	25	3,5
Fiber (g)	16	2
Protein (g)	21	3
Salt (g)	2,2	0,3

Allergens

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



Boil the potatoes

- Preheat the oven to 220°C.
- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Weigh both types of potatoes, then peel or thoroughly wash them and cut into rough pieces.
- Boil for 12 – 15 minutes until done. Reserve some of the cooking liquid, then drain and set aside.



Mash the potatoes

- Bake in the oven for 15 - 18 minutes.
- Scatter over the pecans and return to the oven for 3 - 5 more minutes.
- Mash the potatoes with a splash of milk or cooking liquid as preferred.
- Stir in the mustard and then season to taste with salt and pepper.



Assemble

- Slice the onion into half rings and cut the Romano pepper into strips.
- Transfer both to an oven dish, along with the tomatoes.
- Place the slab of cheese in the middle of the oven dish, on top of the vegetables.
- Drizzle everything with the balsamic vinegar and scatter over the Italian seasoning. Drizzle generously with olive oil and season with salt and pepper.



Serve

- Serve the arugula & lamb's lettuce on plates and drizzle with the extra virgin olive oil.
- Top first with the mashed potatoes and then with the roasted vegetables, the baked cheese and the pecans.
- Drizzle with any residual cooking juices from the oven dish as preferred.

Enjoy!



Hearty Chicken Soup with Orecchiette

with carrot, leek & parsley

Family Quick Calorie Smart

Total time: 25 - 30 min.



Fresh flat leaf parsley



Leek



Garlic



Onion



Orecchiette



Carrot



Cooking cream



Surinamese-style spices



Chicken fillets



Cook along and win a SMEG fridge

La cucina tastes even better with a touch of SMEG: Italian design, premium quality, and cooking pleasure.

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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

Pot or saucepan, lidded soup pot

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Leek* (unit(s))	½	1	2	2	3	3
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Orecchiette (g)	45	90	135	180	225	270
Carrot* (unit(s))	1	1	2	2	3	3
Cooking cream (g)	50	100	150	200	250	300
Surinamese-style spices (sachet(s))	⅓	⅓	1	1⅓	1⅓	2
Chicken fillets* (g)	100	200	300	400	500	600
Not included						
Low sodium chicken stock (ml)	300	600	900	1200	1500	1800
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Mustard (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)	2431 /581	316 /75
Total fat (g)	24	3
of which saturated(g)	14,5	1,9
Carbonhydrates (g)	52	7
of which sugars (g)	14,8	1,9
Fiber (g)	9	1
Protein (g)	37	5
Salt (g)	1,8	0,2

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan and prepare the stock.
- Weigh the pasta and cook for 11 - 13 minutes, then drain and set aside.
- Meanwhile, slice the leek into rings.
- Slice the onion into half rings and crush or mince the garlic.



Make the soup

- Dice the chicken.
- Pour in the stock, then stir in the carrot, the chicken, the Surinamese-style spices and the mustard.
- Cover with the lid and allow to cook for 8 - 10 minutes.



Fry the vegetables

- Melt a generous knob of butter in a soup pot over medium-high heat.
- Fry the garlic with the leek and onion for 3 - 4 minutes.
- Meanwhile, slice the carrot into crescents and finely chop the parsley.



Serve

- Add the pasta and the cream, along with a splash of stock or water as necessary if the soup is still too thick.
- Mix well and taste, then season with salt and pepper.
- Serve the soup in bowls and garnish with the parsley to finish.

Enjoy!



Eggplant Fatteh with Roasted Chickpeas

with flatbread chips & tahini yogurt sauce

Veggie Quick Calorie Smart

Total time: 25 - 30 min.



Wholewheat
Lebanese flatbread



Chickpeas



Garlic



Tomato



Romano pepper



Eggplant



Lemon



Fresh flat leaf parsley



Chopped tomatoes



Organic full-fat yogurt



Tahini



Ras el hanout



Our recipe developer June says:

"Fatteh is a popular Middle Eastern dish. Not only is it delicious, it's also a brilliant way to use up stale pita or flatbread! My favourite thing about fatteh, aside from the layers, its creamy, crunchy texture, and savoury spices, is that it's a shared dish."



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 parchment-lined baking sheet, small bowl, sieve, 2x frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Wholewheat Lebanese flatbread (unit(s))	1	2	3	4	5	6
Chickpeas (pack)	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	1	2	3	4	5	6
Romano pepper* (unit(s))	½	1	1	2	2	3
Eggplant* (unit(s))	½	1	2	2	3	3
Lemon* (unit(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Chopped tomatoes (pack)	½	1	1½	2	2½	3
Organic full-fat yogurt* (g)	50	100	150	200	250	300
Tahini (g)	15	25	40	50	65	75
Ras el hanout (sachet(s))	½	1	1½	2	2½	3

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2636 /630	355 /85
Total fat (g)	24	3
of which saturated(g)	4,6	0,6
Carbonhydrates (g)	76	10
of which sugars (g)	27	3,6
Fiber (g)	18	2
Protein (g)	22	3
Salt (g)	1,5	0,2

Allergens

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



Chop the vegetables

- Preheat the oven to 200°C.
- Dice the eggplant into 1cm cubes and slice the Romano pepper into thin rings.
- Transfer the eggplant and Romano pepper to a parchment-lined baking sheet and drizzle lightly with olive oil. Season with salt and pepper, then toss well to coat.
- Roast in the oven for 15 - 18 minutes.



Make the tomato sauce

- Heat a light drizzle of olive oil in a frying pan over medium-high heat. Fry the garlic with the fresh tomato for 2 minutes.
- Add the balsamic vinegar, the honey and the chopped tomatoes from the pack. Allow to simmer for 4 - 6 minutes.
- Transfer the eggplant and Romano pepper to the sauce and simmer for 1 minute (see Tip).

Tip: if the sauce seems to watery, simmer for more time as needed.



Prepare the flatbread

- Cut the flatbread into bite-sized strips and transfer to another parchment-lined baking sheet.
- Drizzle lightly with olive oil and season to taste with salt and pepper.
- Bake in the oven for 5 - 7 minutes, above the vegetables.



Make the yogurt sauce

- Cut half of the lemon into wedges and juice the rest into a small bowl.
- To the lemon juice, add the yogurt and the tahini.
- Season to taste with salt and pepper, then mix well to combine.



Fry the chickpeas

- Drain the chickpeas.
- Heat a clean frying pan over medium-high heat. Fry the chickpeas for 8 - 9 minutes.
- Add the ras el hanout and fry for 1 more minute. Season to taste with salt and pepper.
- Crush or mince the garlic and roughly chop the parsley. Dice the tomato.



Serve

- Serve the vegetables in their sauce on deep plates.
- Top with the tahini yogurt sauce and the chickpeas.
- Garnish with the parsley.
- Serve the crispy flatbread and the lemon wedges alongside.

Enjoy!



Creamy Hot Smoked Salmon Gratin

with cheese, leek, courgette & dill

Family

Total time: 55 - 65 min.



Potatoes



Courgette



Leek



Fresh dill



Grated Gouda



Hot smoked salmon flakes



Cooking cream



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

Today, you'll serve a luxurious gratin made with hot smoked salmon, courgette and leeks. The combination of the creamy roux with the fresh dill really completes this dish!



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

Lidded frying pan, oven dish, pot or saucepan, saucepan, whisk

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Courgette* (unit(s))	½	1	2	2	3	3
Leek* (unit(s))	½	1	1	2	2	3
Fresh dill* (g)	2½	5	7½	10	12½	15
Grated Gouda* (g)	15	25	40	50	65	75
Hot smoked salmon flakes* (g)	75	150	225	300	375	450
Cooking cream (g)	75	150	225	300	375	450
Not included						
Low sodium vegetable stock (ml)	125	250	375	500	625	750
Flour (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
[Plant-based] butter (tbsp)	2	4	6	8	10	12
Water (ml)	30	60	90	120	150	180
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3368 /805	436 /104
Total fat (g)	52	7
of which saturated(g)	28,9	3,7
Carbonhydrates (g)	52	7
of which sugars (g)	9,1	1,2
Fiber (g)	10	1
Protein (g)	31	4
Salt (g)	1,7	0,2

Allergens

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



Prepare

- Preheat the oven to 200°C and prepare the stock.
- Boil plenty of salted water in a pot or saucepan. Peel or wash the potatoes and cut into 2cm chunks.
- Boil the potatoes for 10 - 13 minutes, then drain and set aside.
- Meanwhile, dice the courgette and thinly slice the leek.



Make the sauce

- Melt a knob of butter in a saucepan over medium heat. Fry the flour for 2 - 3 minutes, stirring continuously.
- Lower the heat, then pour in the cream and whisk continuously to incorporate.
- Repeat with the stock, then turn up the heat. Allow to simmer gently for 3 - 4 minutes until thickened and reduced.
- Stir in two thirds of the dill and season to taste with salt and pepper.



Fry the vegetables

- Melt a knob of butter in a frying pan over medium-high heat.
- Fry the leek with the courgette for 3 - 4 minutes, then add the water (see pantry for amount).
- Cover with the lid and allow to stew for 6 - 8 minutes, stirring regularly. Season to taste with salt and pepper.
- Meanwhile, roughly chop the dill.



Serve

- Grease an oven dish with a light drizzle of olive oil. Transfer the leek and courgette to the oven dish, then top with the fish and cover with the potatoes.
- Scatter over the cheese and then pour over the sauce. Bake the gratin for 15 - 25 minutes, or until golden-brown.
- Serve the gratin on plates and garnish with the rest of the dill.

Enjoy!



Moroccan-Inspired Stew with Greek-Style Cheese

with lemon, dates & parsley

Veggie

Total time: 40 - 50 min.



Greek-style cheese



Potatoes



Garlic



Onion



Carrot



Courgette



African-inspired
spice mix



Lemon



Fresh ginger



Chopped dates



Fresh flat leaf parsley



Bell pepper



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

From sweet to savoury, from tea to cake, ginger is incredibly versatile!
Ginger combines excellently with slightly sweet ingredients like carrot
and pumpkin, as well as with other spices such as aniseed and chili.

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

Lidded deep frying pan, microplane, pot or saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Greek-style cheese* (g)	100	200	300	400	500	600
Potatoes (g)	200	400	600	800	1000	1200
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Carrot* (unit(s))	½	1	1	1	2	2
Courgette* (unit(s))	½	1	1	2	2	3
African-inspired spice mix (sachet(s))	½	1	1½	2	2½	3
Lemon* (unit(s))	½	1	1½	2	2½	3
Fresh ginger* (tsp)	1	2	3	4	5	6
Chopped dates (g)	20	40	60	80	100	120
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Bell pepper* (unit(s))	½	1	2	2	3	3

Not included						
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	65	130	195	260	325	390
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3217 /769	421 /101
Total fat (g)	43	6
of which saturated(g)	20	2,6
Carbonhydrates (g)	70	9
of which sugars (g)	29,9	3,9
Fiber (g)	16	2
Protein (g)	27	4
Salt (g)	3,5	0,5

Allergens

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



Prepare

- Prepare the stock. Boil plenty of generously salted water in a pot or saucepan.
- Thoroughly wash the potatoes and cut into rough pieces.
- Slice the onion into half rings and crush or mince the garlic. Finely grate the ginger.
- Cut the bell pepper into thin strips. Slice the courgette and carrot into crescents.



Boil the potatoes

- In the meantime, boil the potatoes for 12 - 15 minutes or until done.
- Drain and set aside.

Did you know... 🥔 potatoes are very healthy; besides being a good source of fibre and complex carbohydrates, they're also rich in potassium and high in vitamins C, B6 and B11.



Fry the vegetables

- Heat a generous drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the courgette, carrot, bell pepper, onion, garlic and ginger for 3 - 4 minutes.
- Stir in the dates and fry for a further 1 - 2 minutes.



Prepare the toppings

- Finely chop the parsley and quarter the lemon.
- Squeeze some lemon juice directly into the vegetables as preferred.
- Allow to cook for 5 - 6 more minutes over medium-high heat, uncovered. Season to taste with salt and pepper.



Simmer

- Stir in the African-inspired spices and the stock.
- Cover with the lid and allow to simmer for 10 - 12 minutes over medium heat.
- Make some space among the vegetables at the bottom of the pan and then place the Greek-style cheese here.
- Season with salt and pepper and cook for 1 - 2 more minutes.



Serve

- Stir the extra virgin olive oil and two thirds of the parsley into the potatoes, then season to taste with salt and pepper.
- Serve the potatoes and vegetable stew on deep plates.
- Garnish with the rest of the parsley and any remaining lemon wedges.

Enjoy!



Sticky BBQ Tofu with Zesty Corn Salsa & Sweet Chili Mayo

over fragrant rice with sunflower seeds

Veggie Express

Total time: 15 - 20 min.



Corn



BBQ spice rub



Bell pepper



Sweet chili sauce



Lime



BBQ Sauce



Fresh coriander



Jasmine rice



Tofu



Cucumber



Sunflower seeds



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

In this recipe, you'll use a BBQ spice rub. The paprika and roasted onion in this spice mix add a complex, smoky flavour.



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

Microplane, pot or saucepan, kitchen paper, salad bowl, small bowl, sieve, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Corn (g)	70	140	210	285	350	425
BBQ spice rub (sachet(s))	½	1	1½	2	2½	3
Bell pepper* (unit(s))	½	1	1½	2	2½	3
Sweet chili sauce* (sachet(s))	½	1	1½	2	2½	3
Lime* (unit(s))	¼	½	¾	1	1¼	1½
BBQ Sauce (g)	50	100	150	200	250	300
Fresh coriander* (g)	5	10	15	20	25	30
Jasmine rice (g)	75	150	225	300	375	450
Tofu* (g)	100	200	300	400	500	600
Cucumber* (unit(s))	½	¾	1	1½	1¾	2
Sunflower seeds (g)	10	20	30	40	50	60
Not included						
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Sunflower oil (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
Extra virgin olive 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
Cornstarch [or flour] (tbsp)	½	1	1½	2	2½	3
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3519 /841	596 /142
Total fat (g)	39	7
of which saturated(g)	5,1	0,9
Carbonhydrates (g)	107	18
of which sugars (g)	31,4	5,3
Fiber (g)	8	1
Protein (g)	22	4
Salt (g)	2	0,3

Allergens

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



Boil the rice

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cook the rice for 10 - 12 minutes, then drain.
- Stir half of the **BBQ rub*** into the rice, then set aside until serving.

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



Make the salsa

- Drain the corn and roughly chop the coriander. Dice the bell pepper and the cucumber.
- Zest and juice the lime.
- In a salad bowl, combine the corn with the bell pepper, the cucumber, the lime juice, the extra virgin olive oil and the coriander. Season to taste with salt and pepper.
- In a small bowl, combine the mayonnaise with the sweet chili sauce.



Fry the tofu

- Wrap the tofu in kitchen paper and squeeze out the excess liquid, then dice it.
- Season the tofu with salt and pepper, then coat with the cornstarch.
- Heat a generous drizzle of sunflower oil in a frying pan over medium-high heat. Fry the tofu for 3 - 4 minutes.
- Stir in the BBQ sauce, the honey and the rest of the **BBQ rub**. Lower the heat and cook for 1 more minute.



Serve

- Serve the rice in bowls and scatter over the lime zest as preferred.
- Arrange everything on top and then drizzle with the sweet chili mayonnaise.
- Garnish with the sunflower seeds to finish.

Enjoy!



Cheesy Smashburger Tostadas

with dill pickle mayo & crunchy cucumber slaw

Express

Total time: 15 - 20 min.



Shredded red cabbage



Chopped pickles



Cucumber



Fresh dill & chives



Mini tortillas



Grated cheddar



Red onion



Pork mince



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

With these tostadas, you can imagine that you're in Latin America for a while! A tostada is a toasted, baked or deep-fried tortilla, which is then topped with other tasty ingredients.



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, salad bowl, small bowl, two frying pans

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Shredded red cabbage* (g)	50	100	150	200	250	300
Chopped pickles* (g)	25	50	75	100	125	150
Cucumber* (unit(s))	½	1	1½	2	2½	3
Fresh dill & chives* (g)	5	10	15	20	25	30
Mini tortillas (unit(s))	4	8	12	16	20	24
Grated cheddar* (g)	40	75	115	150	190	225
Red onion (unit(s))	½	1	1	2	2	3
Pork mince* (g)	100	200	300	400	500	600
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Mustard (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (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)	4284 /1024	775 /185
Total fat (g)	65	12
of which saturated(g)	18,7	3,4
Carbonhydrates (g)	70	13
of which sugars (g)	15,7	2,8
Fiber (g)	7	1
Protein (g)	38	7
Salt (g)	3,8	0,7

Allergens

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



Prepare

- Finely chop the onion and transfer half of it to a bowl.
- Add the mince and knead well to combine.
- Divide the mince into 3 balls per person, then press these on top of the tortillas.
- Flatten the mince as much as possible so as to create a 0.5cm border.



Make the cucumber slaw

- In the meantime, dice the cucumber.
- Finely chop the chives and the dill, or use scissors if preferred.
- In a salad bowl, combine the extra virgin olive oil with the white balsamic vinegar and the honey.
- Add the red cabbage, the cucumber and half of the fresh herbs, then toss well to combine with the dressing. Season to taste with salt and pepper.



Fry the tortillas

- Heat the sunflower oil in two frying pans over medium high heat.
- Fry the tortillas with the mince facing downwards for 3 minutes.
- Flip the tortillas over and fry for 1 minute.
- Top with the cheese and allow it to melt (see Tip).

Health Tip 🍏 this recipe is high in calories. If you're watching your calorie intake, use just half of the cheese and keep the rest to use another time.



Serve

- In a small bowl, combine the mayonnaise with the mustard and pickles, along with the rest of the onion and fresh herbs. Season to taste with salt and pepper.
- Top the tortillas with some of the cucumber slaw and drizzle with the sauce.
- Serve the rest of the slaw alongside.

Enjoy!



Crispy Chicken Wraps

with mango ketchup & rainbow slaw

Quick

Total time: 15 - 20 min.



Onion



Oranje chicken schnitzel



Mango ketchup



Rainbow slaw mix



Flour tortillas



Bell pepper



Little gem



BBQ spice rub



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

Little Gem is the younger brother of Romaine. Its slightly sweeter flavour and firmer bite suit this dish perfectly!



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, small bowl, 2x frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Oranjehoen crispy chicken schnitzel* (unit(s))	1	2	3	4	5	6
Mango ketchup* (g)	45	90	135	180	225	270
Rainbow slaw mix* (g)	100	200	300	400	500	600
Flour tortillas (unit(s))	2	4	6	8	10	12
Bell pepper* (unit(s))	½	1	2	2	3	3
Little gem* (unit(s))	1	2	3	4	5	6
BBQ spice rub (sachet(s))	½	1	1½	2	2½	3
Not included						
[Plant-based] mayonnaise (tbsp)	2	4	6	8	10	12
Sunflower oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Water for the sauce (tbsp)	1	2	3	4	5	6
Sambal (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)	4063 /971	627 /150
Total fat (g)	51	8
of which saturated(g)	6,6	1
Carbonhydrates (g)	93	14
of which sugars (g)	21,9	3,4
Fiber (g)	12	2
Protein (g)	30	5
Salt (g)	2,9	0,4

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Slice the onion into half rings. Cut the bell pepper into strips.
- Heat a drizzle of sunflower oil in a frying pan over medium-high heat. When the pan is nice and hot, fry the schnitzel for 5 minutes until golden-brown, turning regularly.
- When the schnitzel is done, remove from the pan and cut it into strips.



Make the slaw

- In a bowl, combine the slaw mix with the sugar, white wine vinegar and half of the mayonnaise (see Tip). Season to taste with salt and pepper.
- In a small bowl, combine the mango ketchup with the rest of the mayonnaise and the water for the sauce.
- Taste and add some sambal if preferred.

Health Tip 🍏 if you're watching your calorie intake, substitute the mayonnaise for yogurt.



Heat the tortillas

- Heat a drizzle of sunflower oil in another frying pan over medium-high heat. Fry the onion and bell pepper with the **BBQ rub*** for 4 - 6 minutes. Season to taste with salt and pepper.
 - Wrap the tortillas in aluminum foil and heat in the oven for 2 - 3 minutes.
 - Roughly chop the lettuce in the meantime.
- *Take care, this ingredient is spicy! Use as preferred.



Serve

- Serve the tortillas on plates.
- Serve all the toppings separately at the table and allow everyone to assemble their own wraps as preferred.
- Drizzle with the mango sauce to finish.

Enjoy!



Creamy Chicken Spaghetti

with Grana Padano & fresh basil

Family Quick

Total time: 15 - 20 min.



Chicken mince with
Mediterranean herbs



Mascarpone



Fresh basil



Garlic



Romano pepper



Grana Padano
flakes DOP



Onion



Passata



Spaghetti



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

Mascarpone is considered a fresh cheese, just like cottage cheese, cream
cheese and fresh meikaas. If the cheese production doesn't include
maturation, then it is classified as a fresh cheese.



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
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
Spaghetti (g)	90	180	270	360	450	540
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium beef 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)	3272 /782	643 /154
Total fat (g)	30	6
of which saturated(g)	14,7	2,9
Carbonhydrates (g)	84	16
of which sugars (g)	16,8	3,3
Fiber (g)	9	2
Protein (g)	42	8
Salt (g)	2,2	0,4

Allergens

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



Prepare

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

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



Finish

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



Make the sauce

- Heat a drizzle of olive oil in a large deep frying pan over medium-high heat.
- Fry the mince with the garlic and onion for 4 - 5 minutes, separating it 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.



Serve

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

Enjoy!



Cheesy Oyster Mushroom Fusilli with Lentils & Basil

in tomato sauce with Sicilian-style herbs

Veggie Quick

Total time: 20 - 25 min.



Red split lentils



Wholewheat fusilli



Garlic



Onion



Carrot



Oyster mushrooms



Passata



Worcestershire sauce



Italian seasoning



Sicilian-style herb mix



Fresh basil



Grana Padano flakes DOP



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

Pot or saucepan, large deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red split lentils (g)	25	50	75	100	125	150
Wholewheat fusilli (g)	90	180	270	360	450	540
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	2	2	3	3
Oyster mushrooms* (g)	100	200	300	400	500	600
Passata (g)	200	390	400	780	790	1170
Worcestershire sauce (g)	10	15	25	30	40	45
Italian seasoning (sachet(s))	½	1	1	2	2	3
Sicilian-style herb mix (sachet(s))	½	1	2	2	3	3
Fresh basil* (g)	5	10	15	20	25	30
Grana Padano flakes DOP* (g)	10	20	30	40	50	60
Grated Gouda* (g)	15	25	40	50	65	75

Not included

Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
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)	2950 /705	513 /123
Total fat (g)	17	3
of which saturated(g)	6,1	1,1
Carbonhydrates (g)	95	16
of which sugars (g)	23,8	4,1
Fiber (g)	23	4
Protein (g)	31	5
Salt (g)	2	0,3

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Slice the carrot into thin crescents.
- Boil the pasta for 4 minutes, then add the carrots and the lentils and cook for 8 - 10 more minutes.
- Reserve some of the pasta water, then drain and set aside.



Chop the basil

- Deglaze with the Worcestershire sauce, then add the passata, the Sicilian-style herbs, the balsamic vinegar and the sugar.
- Allow the sauce to simmer until the pasta, lentils and carrots are done. Season to taste with salt and pepper.
- Chop the basil in the meantime.



Fry the vegetables

- Chop the onion and crush or mince the garlic.
- Heat a drizzle of olive oil in a large deep frying pan over medium-high heat. Fry the garlic and onion for 3 - 4 minutes.
- Tear the oyster mushrooms into rough pieces and add them to the frying pan, along with the Italian seasoning. Fry for 6 - 8 minutes.



Serve

- Transfer the pasta, lentils and carrot to the sauce. Mix well to combine.
- Add a splash of pasta water as necessary if it seems too thick. Season generously with salt and pepper.
- Serve the pasta on deep plates. Garnish with both cheeses and the basil.

Enjoy!



Asian-Inspired Chicken Udon Salad

with peanuts & fresh coriander

Quick Calorie Smart

Total time: 25 - 30 min.



Fresh udon noodles



Seasoned chicken mince



Garlic



Ginger paste



Lime



East Asian-style sauce



Reduced salt soy sauce



Red chili pepper



Red onion



Cucumber



Roma tomato



Fresh coriander



Unsalted peanuts



There is a special ingredient in your box! This soy sauce contains less salt, but still has the same great taste as always.

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

Salad bowl, small bowl, wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Fresh udon noodles (g)	110	220	330	440	550	660
Seasoned chicken mince* (g)	100	200	300	400	500	600
Garlic (unit(s))	½	1	1½	2	2½	3
Ginger paste* (g)	5	10	15	20	25	30
Lime* (unit(s))	¼	½	¾	1	1¼	1½
East Asian-style sauce* (g)	35	70	105	140	175	210
Reduced salt soy sauce (ml)	5	10	15	20	25	30
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Red onion (unit(s))	½	1	1½	2	2½	3
Cucumber* (unit(s))	½	1	1½	2	2½	3
Roma tomato (unit(s))	1	2	3	4	5	6
Fresh coriander* (g)	5	10	15	20	25	30
Unsalted peanuts (g)	10	20	30	40	50	60
Not included						
Sunflower oil (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)	2243 /536	398 /95
Total fat (g)	19	3
of which saturated(g)	3,8	0,7
Carbonhydrates (g)	58	10
of which sugars (g)	16,5	2,9
Fiber (g)	8	1
Protein (g)	30	5
Salt (g)	3,2	0,6

Allergens

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



Prepare

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



Fry the mince

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

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



Make the salad

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

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



Serve

- Transfer the noodles to the salad bowl and toss well to combine.
- Serve on plates and garnish with the peanuts. Serve any remaining lime wedges alongside.
- Drizzle with the rest of the sauce and finish with the **chili pepper** as preferred. Season to taste with salt and pepper.

Enjoy!



Wholewheat Spaghetti in Roasted Bell Pepper Sauce

with goat's cheese, courgette & fresh basil

Family Veggie Calorie Smart

Total time: 45 - 55 min.



Bell pepper



Courgette



Sicilian-style herb mix



Garlic



Red onion



Fresh basil



Fresh goat's cheese



Wholewheat spaghetti



Passata



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

Scan the QR-code on your recipe card for a chance to win a SMEG fridge.

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, deep frying pan, tall container, immersion blender, pot or saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Bell pepper* (unit(s))	1	2	3	4	5	6
Courgette* (unit(s))	½	1	2	2	3	3
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	1	2	2	3	3
Red onion (unit(s))	½	1	1	2	2	3
Fresh basil* (g)	2½	5	7½	10	12½	15
Fresh goat's cheese* (g)	50	100	150	200	250	300
Wholewheat spaghetti (g)	90	180	270	360	450	540
Passata (g)	100	200	300	400	500	600
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Water for the sauce (ml)	30	60	90	120	150	180
Balsamic vinegar (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)	2853 /682	461 /110
Total fat (g)	26	4
of which saturated(g)	10,7	1,7
Carbonhydrates (g)	78	13
of which sugars (g)	20,6	3,3
Fiber (g)	16	3
Protein (g)	25	4
Salt (g)	1,4	0,2

Allergens

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



Roast the vegetables

- Preheat the oven to 220°C. Quarter and deseed the bell pepper, then dice the courgette.
- Transfer both to a parchment-lined baking sheet and drizzle with olive oil. Scatter over a third of the Sicilian-style herbs, then toss well to combine.
- Cover the vegetables loosely with aluminum foil, then roast in the oven for 13 - 15 minutes.
- Remove the foil and then return to the oven for a further 10 minutes



Make the sauce

- Deglaze with the passata, the balsamic vinegar and the water for the sauce.
- Lower the heat and allow to simmer gently for 6 - 8 minutes.
- Meanwhile, roughly chop the basil and crumble the goat's cheese.
- Transfer the roasted bell pepper to a tall container and use an immersion blender to process into a smooth sauce.



Boil the spaghetti

- Boil plenty of water in a pot or saucepan. Cook the spaghetti for 10 - 12 minutes until done, then drain and set aside.
- Meanwhile, chop the onion and crush or mince the garlic.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the garlic and onion with the rest of the Sicilian-style herbs for 2 minutes.



Serve

- Transfer the bell pepper sauce to the frying pan, along with the roasted courgette. Season to taste with salt and pepper and allow to simmer for 4 - 6 minutes over medium heat.
- Transfer the spaghetti to the sauce and mix well to combine.
- Serve the spaghetti on plates. Top with the goat's cheese and garnish with the basil.

Enjoy!



Pork Escalope with Mangetout

with carrot mash & shallot jus

Family Calorie Smart

Total time: 35 - 45 min.



Shallot



Garlic



Potatoes



Carrot



Pork escalope



Mangetout



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

Mangetout, or snow peas, are a type of pea eaten whole, pod and all. They're sweet and crisp, adding a fresh crunch to stir-fries, salads, and sides.



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

Oven dish, lidded pot or saucepan, potato masher, saucepan, frying pan, whisk

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Shallot (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
Potatoes (g)	200	400	600	800	1000	1200
Carrot* (unit(s))	¾	2	2½	3	4½	5
Pork escalope* (unit(s))	1	2	3	4	5	6
Mangetout* (g)	100	150	200	250	350	400
Not included						
Low sodium beef stock (ml)	125	250	375	500	625	750
Balsamic vinegar (tsp)	1	2	3	4	5	6
Mustard (tsp)	½	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)	2423 /579	323 /77
Total fat (g)	22	3
of which saturated(g)	13,5	1,8
Carbonhydrates (g)	63	8
of which sugars (g)	18,2	2,4
Fiber (g)	17	2
Protein (g)	33	4
Salt (g)	1,5	0,2

Allergens

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



Prepare

- Take the pork out of the fridge and allow it to reach room temperature (see Tip).
- Preheat the oven to 160°C and prepare the stock.
- Boil plenty of water in a pot or saucepan for the vegetables.
- Chop the shallot and crush or mince the garlic.

Tip: for the best result, do this 30 - 60 minutes before you start cooking.



Make the jus

- Increase the heat under the frying pan, then deglaze with the stock and the balsamic vinegar.
- Stir in the mustard and season with pepper, then allow to cook for 4 - 6 minutes or until reduced by half.
- Shortly before serving, whisk a generous knob of butter into the jus.



Boil the vegetables

- Peel or thoroughly wash the potatoes then cut them into rough pieces. Dice the carrot into 2cm chunks.
- Boil the carrots for 5 minutes, covered.
- Add the potatoes and cook for 15 minutes, ensuring the vegetables are fully submerged. Season with salt and pepper.
- Reserve a small amount of the cooking liquid, then drain and set aside.



Boil the mangetout

- Boil plenty of water in a saucepan and cook the mangetout for 4 - 6 minutes, then drain and rinse under cold water.
- Transfer the reserved shallot and garlic to the carrot and potatoes, then mash until smooth.
- Add a splash of the reserved cooking liquid if necessary, then season to taste with salt and pepper.



Fry the pork

- Melt a knob of butter in a frying pan over medium heat and fry the shallot and garlic for 3 - 4 minutes, then remove half from the pan and set aside.
- Meanwhile, season the pork with salt and pepper.
- Fry the pork in the same pan for 3 - 4 minutes or until evenly browned.
- Transfer the pork to an oven dish and roast for 6 - 8 minutes.



Serve

- Slice the pork.
- Serve the mash on plates, topped with the pork and the mangetout.
- Serve with the jus.

Enjoy!



Homemade Chicken Nuggets & Fries

with sour cream salad & sweet chili sauce

Family Calorie Smart

Total time: 45 - 55 min.



Potatoes



Organic sour cream



Ground paprika



Chicken fillets



Cucumber



Panko breadcrumbs



Sweet chili sauce



Butter lettuce



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

Have a glass of water - or eat a cucumber! Cucumbers are about 96% water, and just one medium cucumber is equal to more than 170ml of water, so you can snack and stay hydrated at the same time.



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, 2x bowl, deep plate, kitchen paper, plate, salad bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Organic sour cream* (g)	25	50	75	100	125	150
Ground paprika (tsp)	1	2	3	4	5	6
Chicken fillets* (g)	100	200	300	400	500	600
Cucumber* (unit(s))	½	1	1½	2	2½	3
Panko breadcrumbs (g)	25	50	75	100	125	150
Sweet chili sauce* (sachet(s))	1	2	3	4	5	6
Butter lettuce* (head)	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tsp)	1	2	3	4	5	6
Mustard (tsp)	1	2	3	4	5	6
Sunflower oil (ml)	30	60	90	120	150	180
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2887 /690	435 /104
Total fat (g)	32	5
of which saturated(g)	5,6	0,8
Carbonhydrates (g)	63	10
of which sugars (g)	9,2	1,4
Fiber (g)	10	1
Protein (g)	37	6
Salt (g)	1,1	0,2

Allergens

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

1



Bake the fries

- Preheat the oven to 220°C.
- Wash or peel the potatoes and cut into fries of no more than 1cm thickness.
- 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 bake in the oven for 30 - 40 minutes or until golden-brown, tossing halfway.

4



Bread the nuggets

- Transfer the panko to a deep plate and season with salt and pepper.
- Coat the nuggets with the panko.

2



Make the nuggets

- In a bowl, combine half of the sour cream with the paprika and the mustard, then season with salt and pepper.
- Cut the chicken into 3cm uniform pieces, so as to make the nuggets.
- Coat the nuggets with the sour cream sauce.

5



Fry the nuggets

- Prepare a plate lined with kitchen paper.
- Heat the sunflower oil in a frying pan over medium-high heat.
- When the oil is nice and hot, fry the nuggets for 2 - 3 minutes per side or until golden-brown.
- Transfer the nuggets to the plate.

3



Make the salad

- Roughly shred the lettuce and slice the cucumber into crescents, then transfer both to a salad bowl.
- Add the extra virgin olive oil and the white balsamic vinegar, along with the rest of the sour cream.
- Toss well to combine, seasoning to taste with salt and pepper.

6



Serve

- Serve the nuggets with the fries and the salad.
- Serve the sweet chili sauce alongside.

Enjoy!



Hamburger with Cheesy Basil Pesto Mash

with oregano courgette, fried onions & spinach

Family Quick

Total time: 25 - 30 min.



Pesto cheese cubes



Potatoes



Courgette



Onion



Spinach



Dried oregano



Basil crème



Fresh basil



Hamburger from Meatier



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

While you might associate basil mostly with Italian food, it actually originated in India over 4,000 years ago, before slowly making its way to Europe - and now to your plate!



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, deep frying pan, pot or saucepan, potato masher, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pesto cheese cubes* (g)	25	50	75	100	125	150
Potatoes (g)	250	500	750	1000	1250	1500
Courgette* (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Spinach* (g)	50	100	200	200	300	300
Dried oregano (sachet(s))	⅓	⅓	1	1⅓	1⅓	2
Basil crème (ml)	10	15	20	24	35	39
Fresh basil* (g)	5	10	15	20	25	30
Hamburger from Meatier* (unit(s))	1	2	3	4	5	6
Not included						
Low sodium vegetable stock cube (unit(s))	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
White balsamic 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)	3393 /811	534 /128
Total fat (g)	47	7
of which saturated(g)	23,3	3,7
Carbonhydrates (g)	58	9
of which sugars (g)	10,2	1,6
Fiber (g)	14	2
Protein (g)	34	5
Salt (g)	3,2	0,5

Allergens

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



Prepare

- Peel or thoroughly wash the potatoes and cut them into rough pieces.
- Transfer to a pot or saucepan and submerge with water, then crumble in the stock cube (see pantry for amount). Boil for 12 - 15 minutes.
- Reserve a small amount of cooking liquid, then drain and return to the pot.
- Meanwhile, slice the onion into half rings and cut the courgette into 5cm batons.



Mash the potatoes

- Deglaze the onion with the white balsamic vinegar, then keep warm over medium heat until serving. Season with salt and pepper.
- Chop the basil into ribbons.
- Meanwhile, mash the potatoes with a knob of butter and a splash of cooking liquid as preferred.
- Stir in the cheese, the basil and the basil crème. Season to taste with salt and pepper.



Fry the vegetables and burger

- Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the courgette with the oregano for 5 - 7 minutes.
- When the courgette is done, stir in the spinach and allow to wilt and reduce, then season with salt and pepper.
- Meanwhile, melt a knob of butter in a frying pan over medium-high heat. Fry the onion with the burger for 3 - 4 minutes per side.
- Remove the burger from the pan and set aside under aluminum foil.



Serve

- Serve the mashed potatoes on plates and arrange everything on top.
- Finish with the balsamic onions.

Enjoy!



Chicken Thigh Strips with Kohlrabi

over fragrant bulgur with labneh, vadouvan & spinach

Calorie Smart

Total time: 35 - 45 min.



Chicken thigh strips with kebab spices



Bulgur



Red onion



Kohlrabi



Spinach



Labneh



Vadouvan



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

Labneh gets its name from the Arabic word “laban”, meaning milk.



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

Lidded frying pan, lidded pot or saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken thigh strips with kebab spices* (g)	100	200	300	400	500	600
Bulgur (g)	75	150	225	300	375	450
Red onion (unit(s))	½	1	1	2	2	3
Kohlrabi* (unit(s))	½	1	2	2	3	3
Spinach* (g)	100	200	300	400	500	600
Labneh* (g)	40	80	120	160	200	240
Vadouvan (sachet(s))	½	1	1½	2	2½	3
Not included						
Low sodium vegetable stock (ml)	175	350	500	675	850	1025
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Water (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
White balsamic vinegar (tsp)	½	1	1½	2	2½	3
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)	2887 /690	410 /98
Total fat (g)	27	4
of which saturated(g)	5,4	0,8
Carbonhydrates (g)	66	9
of which sugars (g)	14	2
Fiber (g)	15	2
Protein (g)	37	5
Salt (g)	2	0,3

Allergens

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



Make the bulgur

- Prepare the stock and chop the onion.
- Heat a light drizzle of olive oil in a pot or saucepan over medium-high heat and fry the onion for 2 minutes.
- Stir in the vadouvan and the bulgur, then fry for 1 minute, stirring continuously.
- Pour in the stock and then boil over low heat for 10 - 12 minutes, covered. Stir regularly and then set aside when finished.



Finish the kohlrabi

- Stir the honey and half of the spinach into the kohlrabi.
- Fry for 1 - 2 more minutes, allowing the spinach to wilt and reduce.
- Transfer the kohlrabi and spinach to the bulgur.
- Add the white balsamic vinegar and the rest of the spinach, then mix well to combine.



Prepare the kohlrabi

- Peel and finely dice the kohlrabi.
- Heat the water in a frying pan over medium-high heat (see pantry for amount). Stew the kohlrabi for 3 - 5 minutes, covered.
- Remove the lid and lightly drizzle with olive oil, then fry for 3 - 4 minutes. Season to taste with salt and pepper.
- Meanwhile, roughly chop the spinach



Serve

- In the meantime, heat a light drizzle of olive oil in another frying pan over medium-high heat. Fry the chicken for 7 minutes.
- Stir half of the chicken into the bulgur, then serve on plates.
- Top the bulgur with the rest of the chicken. Drizzle with extra virgin olive oil as preferred and dollop with the labneh to finish.

Enjoy!



Shrimp & Avocado Salad

with creamy green sauce, fresh herbs & pickled onion

Quick

Total time: 25 - 30 min.



Shrimp



Avocado



Red onion



Potatoes



Little gem



Fresh chives, dill
& flat leaf parsley



Yellow mustard seeds



Garlic



Honey-ginger dressing



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

Mustard plants are hardy and are grown around the world. Almost every part of the plant is edible, including the flowers, leaves and seeds!



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

Lidded deep frying pan, blender or immersion blender, tall container, salad bowl, small saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Shrimp* (g)	80	160	240	320	400	480
Avocado (unit(s))	½	1	2	2	3	3
Red onion (unit(s))	½	1	1	1½	2	2½
Potatoes (g)	200	400	600	800	1000	1200
Little gem* (unit(s))	1	2	3	4	5	6
Fresh chives, dill & flat leaf parsley* (g)	5	10	15	20	25	30
Yellow mustard seeds (sachet(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Honey-ginger dressing (ml)	15	25	40	50	65	75
Not included						
Water for the potatoes (ml)	50	100	150	200	250	300
Olive oil (tbsp)	1	2	3	4	5	6
White wine vinegar (ml)	30	60	90	120	150	180
Water for the sauce (ml)	25	50	75	100	125	150
Sugar (tsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White 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)	2803 /670	440 /105
Total fat (g)	43	7
of which saturated(g)	6,1	1
Carbonhydrates (g)	50	8
of which sugars (g)	11,3	1,8
Fiber (g)	11	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.



Make the wedges

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



Make the sauce

- To a tall container, add the mayonnaise, the extra virgin olive oil and the white balsamic vinegar, along with an eighth of the avocado per person.
- Season with salt and pepper, then use an immersion blender to process into a smooth sauce. Add a splash of water as necessary if it seems too thick.
- Stir in half each of the parsley and the chives, then set aside until serving.



Prepare the onion

- Meanwhile, finely chop the onion.
- In a small saucepan over medium heat, combine the white wine vinegar with the sugar and the water for the sauce.
- When the sugar has dissolved, add the onion and the mustard seeds and allow to cook gently for 10 - 15 minutes.



Fry the shrimp

- Meanwhile, crush or mince the garlic.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the garlic with the shrimp for 3 minutes.
- Remove from the heat, then add the honey ginger dressing and the dill.
- Mix well to combine and season to taste with salt and pepper.



Chop the vegetables

- Halve and pit the avocado, then remove the skin and slice the flesh.
- Cut the little gem into strips.
- Separate the dill from the herb mix, then finely chop it and set aside.
- Finely chop the parsley and the chives.



Serve

- In a salad bowl, combine the little gem with the potatoes and the green sauce.
- Toss well, then serve on plates and drizzle with the pickled onion.
- Arrange everything on top and garnish with the rest of the fresh herbs.

Enjoy!



Poké Bowl with Fried Chicken

with avocado, orange & cucumber

Family Quick

Total time: 25 - 30 min.



Chicken fillets



Soy sauce



Cucumber



Avocado



Easy peel orange



Korean-style spice mix



Black sesame seeds



Garlic



Quick-cook brown rice



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

Poké bowls hail from Hawaii, inspired by traditional poké - seasoned raw fish. Now, they're easily customizable, featuring endless combinations of proteins, veggies, and dressings!



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 bowl, pot or saucepan, kitchen paper, plate, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken fillets* (g)	100	200	300	400	500	600
Soy sauce (ml)	10	20	30	40	50	60
Cucumber* (unit(s))	¼	½	1	1½	1½	2
Avocado (unit(s))	½	1	2	2	3	3
Easy peel orange* (unit(s))	½	1	1	2	2	3
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
Black sesame seeds (sachet(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Quick-cook brown rice (g)	75	150	225	300	375	450
Not included						
Low sodium vegetable stock (ml)	180	360	540	720	900	1080
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Sunflower oil (ml)	30	60	90	120	150	180
Flour (g)	25	50	75	100	125	150
Water (ml)	30	60	90	120	150	180
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	¾	½	¾	1	1¼	1½
[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)	3644 /871	526 /126
Total fat (g)	46	7
of which saturated(g)	7,6	1,1
Carbonhydrates (g)	75	11
of which sugars (g)	12,5	1,8
Fiber (g)	6	1
Protein (g)	37	5
Salt (g)	3	0,4

Allergens

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



Boil the rice

- Prepare the stock. Crush or mince the garlic.
- Melt a small knob of butter in a pot or saucepan over medium-high heat. Fry the garlic for 1 - 2 minutes, then stir in the rice and the stock.
- Bring to a boil, then lower the heat and cook for 10 minutes until done.
- Meanwhile, use a sharp knife to remove the skin and the white pith from the orange, then dice the flesh.



Fry the chicken

- Add a small amount of the batter to the pan. If the oil starts bubbling, then it's hot enough.
- Carefully add the chicken and fry for 4 - 6 minutes, turning halfway (see Tip).
- Transfer to the plate.

Tip: if it spatters too much, reduce the heat and carefully cover the pan.



Make the batter

- Pat the chicken dry with kitchen paper and cut into 2cm chunks, then season with salt and pepper.
- In a large bowl, combine the Korean-style spices with the flour and the water (see pantry for amounts).
- Coat the chicken with the batter.
- Heat the sunflower oil in a frying pan over medium-high heat. Prepare a plate lined with kitchen paper.



Serve

- Dice the cucumber. Halve and pit the avocado, then slice the flesh.
- In a small bowl, combine the soy sauce with the mayonnaise and the honey. Stir the white wine vinegar into the rice.
- Serve the rice in bowls or deep plates. Arrange everything on top, then drizzle with the sauce and garnish with the sesame seeds.

Enjoy!



Mujaddara with Harissa Cherry Tomatoes & Cucumber Yogurt

classic Levantine rice & lentils with fried onions

Veggie Quick Calorie Smart

Total time: 25 - 30 min.



Basmati rice



Lentils



Cucumber



Organic full-fat yogurt



Ground cumin



Ground turmeric



Red cherry tomatoes



Fresh flat leaf
parsley & mint



Garlic



Lemon



Hello Harissa



Onion



Onion chutney



Ground cinnamon



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

Mujaddara is a comforting Middle Eastern dish of lentils, rice, and caramelized onions. It's simple, flavourful and makes for a satisfying and delicious meal!



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, bowl, lidded pot or saucepan, sieve, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Basmati rice (g)	75	150	225	300	375	450
Lentils (pack)	½	1	1½	2	2½	3
Cucumber* (unit(s))	¼	½	¾	1	1¼	1½
Organic full-fat yogurt* (g)	50	100	150	200	250	300
Ground cumin (sachet(s))	½	1	1½	2	2½	3
Ground turmeric (tsp)	1	2	3	4	5	6
Red cherry tomatoes (g)	125	250	375	500	625	750
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
Garlic (unit(s))	½	1	1½	2	2½	3
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Hello Harissa (sachet(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Onion chutney* (g)	20	40	60	80	100	120
Ground cinnamon (tsp)	¾	1½	2¼	3	3¾	4½
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	250	500	750	1000	1250	1500

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2812 /672	343 /82
Total fat (g)	18	2
of which saturated(g)	3,9	0,5
Carbonhydrates (g)	106	13
of which sugars (g)	22,8	2,8
Fiber (g)	12	1
Protein (g)	19	2
Salt (g)	2,9	0,4

Allergens

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



Prepare

- Heat the oven to 200°C.
- Prepare the stock in a pot or saucepan. Add the rice, cumin, cinnamon and turmeric.
- Boil the rice for 10 - 12 minutes, covered, then turn off the heat and allow to stand for 5 minutes, still covered.
- Crush or mince the garlic in the meantime.



Fry the onion

- Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the onion for 4 minutes, then add the onion chutney and fry for 1 more minute. Season with salt and pepper.
- Transfer the lentils to the rice and mix well to combine.
- Finely dice the cucumber and roughly chop the fresh herbs.
- Cut half of the lemon into wedges and juice the rest into a bowl.



Roast the tomatoes

- Transfer the tomatoes to a parchment-lined baking sheet and drizzle with olive oil.
- Add the balsamic vinegar, the honey, the Hello Harissa* and half of the garlic. Season with salt and pepper, then toss well to coat.
- Roast in the oven for 10 - 15 minutes.
- In the meantime, drain and rinse the lentils. Slice the onion into half rings.

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



Serve

- To the lemon juice, add the cucumber, the yogurt, the rest of the garlic and half of the herbs. Mix well and season to taste with salt and pepper.
- Serve the mujaddara on deep plates. Top with the onions, cucumber yogurt and tomatoes.
- Garnish with the rest of the fresh herbs. Serve the lemon wedges alongside.

Enjoy!



Sticky Piri Piri Salmon with Carrot Ribbons

over giant couscous with coriander dressing

Quick

Total time: 20 - 25 min.



Salmon fillet



Piri piri seasoning



Giant couscous



Courgette



Red onion



Carrot



Korean-style spice mix



Fresh coriander



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

Salmon, like flamingos, are pink because of their diet! They get this colour from the pigment they absorb from shrimp, for example.



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, deep frying pan, lidded pot or saucepan, kitchen paper, peeler or cheese slicer, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Salmon fillet* (unit(s))	1	2	3	4	5	6
Piri piri seasoning (tsp)	1½	3	4½	6	7½	9
Giant couscous (g)	75	150	225	300	375	450
Courgette* (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	1½	2	2½	3
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
Fresh coriander* (g)	5	10	15	20	25	30
Not included						
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
White wine vinegar (tbsp)	1¼	2½	3¾	5	6¼	7½
Sugar (tsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (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)	3740 /894	550 /132
Total fat (g)	46	7
of which saturated(g)	7	1
Carbonhydrates (g)	85	13
of which sugars (g)	29,9	4,4
Fiber (g)	12	2
Protein (g)	31	5
Salt (g)	1,6	0,2

Allergens

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



Prepare

- Prepare the stock in a pot or saucepan and boil the giant couscous for 12 - 14 minutes, covered.
- Drain if necessary and then set aside, still covered.
- Meanwhile, shave the carrot into thin ribbons using a peeler or cheese slicer.
- In a bowl, combine the sugar with the white wine vinegar. Add the carrot ribbons and toss well to combine, then set aside.



Fry the fish

- Pat the fish dry with kitchen paper and then coat it with the **piri piri spices**.*
- Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the fish for 2 - 3 minutes on its skin, then for a further 2 minutes on the other side.
- Add the honey during the final minute of cooking.

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



Fry the vegetables

- Cut the courgette into crescents and slice the onion into half rings.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the courgette and onion for 5 - 7 minutes.
- Finely chop the coriander in the meantime.



Serve

- Stir the Korean-style spices and the fried vegetables into the giant couscous. Season to taste with salt and pepper, then serve on deep plates and arrange everything on top.
- Combine the residual pickling liquid from the carrots with the mayonnaise and half of the coriander.
- Drizzle with the dressing and garnish with the rest of the coriander to finish.

Enjoy!



Steak with Creamy Fennel Risotto

with roasted tomato, lemon & Italian seasoning

Calorie Smart

Total time: 45 - 55 min.



Risotto rice



Marinated steak



Garlic



Red onion



Fennel



Tomato



Lemon



Cream cheese



Italian seasoning



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

Tomatoes were originally brought to Europe by explorers. Initially grown as ornamental plants in South America, they were soon discovered for their delightful flavour and culinary versatility.



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, microplane, frying pan, wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Risotto rice (g)	75	150	225	300	375	450
Marinated steak* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	1	2	2	3	3
Red onion (unit(s))	½	1	1	2	2	3
Fennel* (unit(s))	½	1	2	2	3	3
Tomato (unit(s))	1	2	3	4	5	6
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Cream cheese* (g)	25	50	75	100	125	150
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Not included						
Low sodium vegetable stock (ml)	350	700	1050	1400	1750	2100
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
White wine vinegar (tbsp)	1½	3	4½	6	7½	9
Sugar (tsp)	1	2	3	4	5	6
[Plant-based] butter (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)	2841 /679	336 /80
Total fat (g)	25	3
of which saturated(g)	12,8	1,5
Carbonhydrates (g)	84	10
of which sugars (g)	15,1	1,8
Fiber (g)	7	1
Protein (g)	33	4
Salt (g)	1,7	0,2

Allergens

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



Prepare

- Take the steak out of the fridge and allow it to reach room temperature.
- Preheat the oven to 200°C and prepare the stock.
- Quarter the tomato and transfer to a parchment-lined baking sheet, then lightly drizzle with olive oil. Season with salt and pepper, then roast in the oven for 18 - 20 minutes.
- Chop the onion and crush or mince the garlic.



Finish the risotto

- The risotto is done when the rice is soft but still al dente. This should take around 25 - 30 minutes.
- Add extra water and cook longer if you'd prefer the risotto to be less al dente.
- Meanwhile, zest the lemon and then cut it into wedges.



Fry the fennel

- Quarter the fennel and remove the tough core, then chop the fennel into thin strips.
- Set aside any fennel fronds to use later as garnish.
- Melt a knob of butter in a wok or deep frying pan over medium-high heat. Fry the onion with three quarters of the fennel for 4 - 5 minutes.
- Add the garlic and the risotto rice and fry for 2 minutes over low heat.



Fry the steak

- When the risotto is done, add the cream cheese, Italian seasoning and ½ tsp lemon zest per person.
- Mix well and season to taste with salt and pepper.
- Melt a knob of butter in a frying pan over medium-high heat. When the pan is nice and hot, fry the steak for 1 - 3 minutes per side.
- Remove from the pan, season with pepper and allow to rest under aluminum foil



Make the risotto

- In a bowl, combine the rest of the fennel with the sugar and two thirds of the white wine vinegar.
- Season with a pinch of salt and set aside, stirring occasionally.
- Deglaze the pan with the rest of the white wine vinegar, then pour in a third of the stock and allow it to incorporate slowly, stirring regularly.
- Repeat with the rest of the stock, adding it in two more batches.



Serve

- Slice the steak against the grain.
- Serve the risotto on deep plates, topped with the steak and the roasted tomato. Squeeze a lemon wedge directly over each portion and garnish with the reserved fennel fronds.
- Serve the fennel salad and the rest of the lemon wedges alongside.

Enjoy!



Tuna Melt-Style Naan Pizza

with Sicilian-style herbs, chives & crunchy salad

Quick

Total time: 25 - 30 min.



Garlic



Tuna packed in water



Naan



Grated Gouda



Persian cucumber



Roma tomato



Passata



Sicilian-style herb mix



Red onion



Fresh chives



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

In this recipe, you'll use naan as the base for your pizza. Since the naan is already baked, it only needs to go into the oven for a short while - a big time-saver!



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, large salad bowl, sieve, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Tuna packed in water (can)	1	1	2	2	3	3
Naan (unit(s))	1	2	3	4	5	6
Grated Gouda* (g)	25	50	75	100	125	150
Persian cucumber* (unit(s))	½	1	1½	2	2½	3
Roma tomato (unit(s))	1	2	3	4	5	6
Passata (g)	100	200	300	400	500	600
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1½	2	2½	3
Fresh chives* (g)	5	10	15	20	25	30
Not included						
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	1	2	3	4	5	6
Mustard (tsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
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)	3021 /722	578 /138
Total fat (g)	27	5
of which saturated(g)	7,3	1,4
Carbonhydrates (g)	83	16
of which sugars (g)	19,2	3,7
Fiber (g)	8	1
Protein (g)	33	6
Salt (g)	2,7	0,5

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Slice the onion into half rings and crush or mince the garlic.
- Heat a light drizzle of olive oil in a frying pan over medium-high heat.
- Fry the garlic with the passata, the Sicilian herbs, the balsamic vinegar and half of the sugar for 4 - 5 minutes. Season to taste with salt and pepper.



Make the salad

- In the meantime, slice the cucumber into thin crescents.
- Cut the tomato into wedges and finely chop the chives.
- In a large salad bowl, combine the white wine vinegar with the extra virgin olive oil, the mustard and the rest of the sugar.
- Season to taste with salt and pepper.



Assemble

- Meanwhile, transfer the naan to a parchment-lined baking sheet and bake in the oven for 4 - 5 minutes.
- Drain the tuna.
- Spread the tomato sauce over the naan, then top with the tuna and half of the onion.
- Scatter over the cheese, then bake in the oven for 5 - 8 minutes.



Serve

- Shortly before serving, transfer the tomato, cucumber and chives to the salad bowl.
- Add the rest of the onion, then toss well to combine with the dressing.
- Serve the naan pizzas with the salad alongside.

Enjoy!



Basa in Lemon-Caper Butter Sauce

over fragrant giant couscous with olives & parsley

Quick Calorie Smart

Total time: 15 - 20 min.



Giant couscous



Basa fillet



Passata



Red onion



Romano pepper



Lemon



Kalamata olives



Capers



Fresh flat leaf parsley



Dried oregano



Ground paprika



Sicilian-style herb mix



Cook along and win a SMEG fridge

La cucina tastes even better with a touch of SMEG: Italian design, premium quality, and cooking pleasure.

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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

Microplane, pot or saucepan, kitchen paper, small bowl, 2x frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Giant couscous (g)	75	150	225	300	375	450
Basa fillet* (unit(s))	1	2	3	4	5	6
Passata (g)	100	200	300	390	500	590
Red onion (unit(s))	½	1	1	2	2	3
Romano pepper* (unit(s))	½	1	2	2	3	3
Lemon* (unit(s))	½	1	1½	2	2½	3
Kalamata olives (g)	15	30	45	60	75	90
Capers (g)	15	30	45	60	75	90
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Dried oregano (sachet(s))	¼	½	¾	1	1¼	1½
Ground paprika (tsp)	1½	3	4½	6	7½	9
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Not included						
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Olive oil (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)	2841 /679	562 /134
Total fat (g)	26	5
of which saturated(g)	10,7	2,1
Carbonhydrates (g)	75	15
of which sugars (g)	18,5	3,7
Fiber (g)	9	2
Protein (g)	35	7
Salt (g)	2,5	0,5

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan.
- Cook the giant couscous for 12 - 14 minutes, then drain and set aside.
- Meanwhile, cut the Romano pepper into strips and slice the onion into half rings.
- Heat a drizzle of olive oil in a frying pan over medium high heat. Fry the Romano pepper with half of the onion for 3 - 5 minutes.



Finish the giant couscous

- Slice the olives and roughly chop the parsley.
- When the tomato sauce is done, transfer it to the giant couscous and mix well to combine.
- Add the olives and the oregano, along with the paprika and two thirds of the parsley.
- Mix well and season to taste with salt and pepper.



Make the sauce

- Deglaze with the balsamic vinegar, then add the passata, the Sicilian-style herbs and the sugar.
- Mix well and cook for 5 more minutes. Add a splash of water as necessary if it seems too thick.
- Meanwhile, zest the lemon and then cut it into wedges.
- Juice 1 lemon wedge per person into a small bowl.



Serve

- Pat the fish dry with kitchen paper and season with salt and pepper.
- Melt a generous knob of butter in a frying pan over medium-high heat. Fry the fish with the capers and the rest of the onion for 3 minutes per side, then add the lemon juice.
- Top the giant couscous with the fish in its sauce. Garnish with the lemon zest and the rest of the parsley.

Enjoy!



BBQ Tempeh Burritos with Smashed Avocado

with tomato-corn salsa, fragrant rice & coriander

Veggie Quick

Total time: 15 - 20 min.



Diced tempeh



Wholewheat tortilla



BBQ Sauce



Corn



Bell pepper



Mexican-style spices



White long grain rice



Tomato



Smoked paprika



Fresh coriander



Avocado



Peruvian-style spice mix



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

The difference between tempeh and tofu is that tofu is made from soy milk, while tempeh is made from fermented whole soybeans. This gives the tempeh a firmer, chewier texture and a nutty, earthy taste.



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, pot or saucepan, sieve, frying pan, two small bowls

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Diced tempeh* (g)	80	160	240	320	400	480
Wholewheat tortilla (unit(s))	2	4	6	8	10	12
BBQ Sauce (g)	25	50	75	100	125	150
Corn (g)	70	140	200	285	340	425
Bell pepper* (unit(s))	½	1	2	2	3	3
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
White long grain rice (g)	25	50	75	100	125	150
Tomato (unit(s))	1	2	3	4	5	6
Smoked paprika (tsp)	¾	1½	2¼	3	3¾	4½
Fresh coriander* (g)	5	10	15	20	25	30
Avocado (unit(s))	½	1	1½	2	2½	3
Peruvian-style spice mix (sachet(s))	½	1	1½	2	2½	3
Not included						
Sunflower oil (tbsp)	¼	½	¾	1	1¼	1½
White wine vinegar (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)	3109 /743	606 /145
Total fat (g)	28	5
of which saturated(g)	4	0,8
Carbonhydrates (g)	86	17
of which sugars (g)	23	4,5
Fiber (g)	16	3
Protein (g)	31	6
Salt (g)	2,3	0,4

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Boil plenty of water in a pot or saucepan. Cook the rice for 8 - 10 minutes.
- Drain, then stir in the Peruvian-style spice mix and set aside.
- Slice the bell pepper into strips.



Prepare the fillings

- Drain the corn and dice the tomato.
- In a small bowl, mix the corn with the tomato, white wine vinegar, and coriander. Season to taste with salt and pepper.
- Halve and pit the avocado, then remove the skin and dice the flesh.
- In another small bowl, smash the avocado with the **Mexican-style spices*** and then season to taste with salt and pepper.

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



Fry the tempeh

- Heat a light drizzle of sunflower oil in a frying pan over medium-high heat and fry the tempeh with the bell pepper for 4 minutes.
- Add the BBQ sauce and smoked paprika to the pan and fry for another 2 minutes.
- Meanwhile, roughly chop the coriander.



Serve

- Wrap the tortillas in aluminum foil and heat them in the oven for 2 - 3 minutes.
- Spread the tortillas with the rice, then top with the fillings as preferred.
- Tightly roll the tortillas, wrapping them in aluminum foil so as to keep the burritos firmly together.

Enjoy!



Pork & Eggplant Grain Bowl with Tahini Sauce

with crispy onions, cherry tomato salad & fresh herbs

Express

Total time: 10 - 15 min.



Seasoned pork strips



Wholewheat couscous



Black garlic marinade



Eggplant



Shallot



Red cherry tomatoes



Lime



Middle Eastern
spice mix



Fresh mint



Tahini sauce



Crispy fried onions



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

The black garlic marinade in this recipe is made using real black garlic, which adds a lovely caramelised, umami flavour to this dish.

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

Lidded pot or saucepan, plastic wrap, salad bowl, frying pan, heatproof bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Seasoned pork strips* (g)	100	200	300	400	500	600
Wholewheat couscous (g)	75	150	225	300	375	450
Black garlic marinade* (g)	15	30	45	60	75	90
Eggplant* (unit(s))	½	1	1½	2	2½	3
Shallot (unit(s))	½	1	1½	2	2½	3
Red cherry tomatoes (g)	125	250	375	500	625	750
Lime* (unit(s))	½	1	1½	2	2½	3
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Fresh mint* (g)	5	10	15	20	25	30
Tahini sauce* (g)	20	40	60	80	100	120
Crispy fried onions (g)	15	30	45	60	75	90
Not included						
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
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)	3197 /764	437 /105
Total fat (g)	30	4
of which saturated(g)	8,1	1,1
Carbonhydrates (g)	75	10
of which sugars (g)	25,1	3,4
Fiber (g)	22	3
Protein (g)	40	5
Salt (g)	2,9	0,4

Allergens

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



Prepare the couscous

- Prepare the stock in a pot or saucepan.
- Transfer the couscous to the stock, then cover and allow to stand for 8 minutes.
- Add the black garlic marinade and mix well to combine.
- Season to taste with salt and pepper.



Make the salad

- Heat a drizzle of sunflower oil in a frying pan over high heat. Fry the pork with the rest of the Middle Eastern spices for 4 - 5 minutes, or until done.
- Drizzle with the honey, then turn off the heat.
- Halve the tomatoes. Chop the shallot and roughly chop the mint. Transfer all of this to a salad bowl.
- Cut the lime into six wedges.



Microwave the eggplant

- Cut the eggplant lengthways into wedges.
- Scatter over half of the Middle Eastern spices and transfer to a heatproof bowl.
- Cover with plastic wrap, then microwave on high for 4 - 5 minutes until completely soft.
- If any of the wedges are still firm, microwave for 1 - 2 more minutes as needed.



Serve

- Squeeze one lime wedge per person directly into the salad bowl.
- Add some extra virgin olive oil as preferred and toss well to combine. Season to taste with salt and pepper.
- Serve the couscous in bowls and arrange everything on top. Drizzle with the tahini sauce and garnish with the crispy onions. Serve the rest of the lime wedges alongside.

Enjoy!