Homemade Chicken Nuggets & Fries

with sour cream salad & sweet chili sauce

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




Potatoes


Cucumber


Organic sour cream


Ground paprika


Panko breadcrumbs


Sweet chili sauce


Chicken tenderloin


Roma tomato

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Cucumber* (unit(s))	½	1	1½	2	2½	3
Organic sour cream* (g)	25	50	75	100	125	150
Ground paprika (tsp)	1	2	3	4	5	6
Panko breadcrumbs (g)	25	50	75	100	125	150
Sweet chili sauce* (g)	35	70	105	140	175	210
Chicken tenderloin* (g)	100	200	300	400	500	600
Roma tomato (unit(s))	1	2	3	4	5	6
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	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3155 /754	442 /106
Total fat (g)	33	5
of which saturated(g)	5,8	0,8
Carbonhydrates (g)	82	11
of which sugars (g)	13,8	1,9
Fiber (g)	8	1
Protein (g)	35	5
Salt (g)	0,8	0,1

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.

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

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.

3



Make the salad

- Cut the tomato into wedges 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.

4



Bread the nuggets

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

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.

Air Fryer Option: *drizzle the chicken with oil and fry for 8 - 12 minutes at 190°C. Shake halfway and avoid overcrowding the basket.*

6



Serve

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

Creamy Beef Penne

with tomato salsa, spinach & Gouda

Total time: 25 - 35 min. Family Quick




Penne


Red onion


Garlic


Dried oregano


Spinach


Tomato


Herbed cream cheese


Grated Gouda


Beef mince with Italian seasoning

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Penne (g)	90	180	270	360	450	540
Red onion (unit(s))	½	1	2	2	3	3
Garlic (unit(s))	1	2	3	4	5	6
Dried oregano (sachet(s))	¼	½	¾	1	1¼	1½
Spinach* (g)	75	150	200	300	350	450
Tomato (unit(s))	1	2	3	4	5	6
Herbed cream cheese* (g)	35	75	110	150	185	225
Grated Gouda* (g)	15	25	40	50	65	75
Beef mince with Italian seasoning* (g)	100	200	300	400	500	600
Not included						
Low sodium chicken stock cube (unit(s))	¼	½	¾	1	1¼	1½
Extra virgin olive oil (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
White balsamic vinegar (tsp)	1	2	3	4	5	6
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3615 /864	759 /182
Total fat (g)	43	9
of which saturated(g)	18,6	3,9
Carbonhydrates (g)	77	16
of which sugars (g)	11,3	2,4
Fiber (g)	7	2
Protein (g)	40	8
Salt (g)	2	0,4

Allergens

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

1



Prepare

- Boil plenty of salted water in a pot or saucepan for the pasta.
- Chop the onion and crush or mince the garlic.
- Cook the pasta for 10 - 12 minutes, covered, then reserve some of the pasta water before draining and setting aside.

2



Fry the mince

- Heat a light drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the onion and garlic for 2 minutes, then add the mince and the oregano.
- Fry for 3 minutes, separating it as you do so, then tear the spinach directly into the pan and allow to wilt and reduce.
- Add the cream cheese, then crumble in the stock cube (see pantry for amount). Mix well and season to taste with salt and pepper.

3



Make the salsa

- Meanwhile, dice the tomato and transfer to a bowl.
- Add the extra virgin olive oil and white balsamic vinegar, then mix well to combine. Season to taste with salt and pepper.

4



Serve

- Stir the pasta into the creamy spinach sauce and cook for 1 more minute, adding a splash of pasta water as necessary if the sauce is too thick.
- Serve the pasta on plates.
- Garnish with the tomato salsa and the grated cheese.

Bang Bang Cauliflower with Chili Mayo

over garlic rice with crunchy vegetables

Total time: 35 - 45 min. Vegetarian



- Sweet chili sauce
- Panko breadcrumbs
- Cauliflower florets
- Garlic
- Jasmine rice
- Spinach
- Carrot
- Red onion
- Persian cucumber
- Soy sauce
- Sesame seeds
- Mayonnaise

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Sweet chili sauce* (g)	35	70	105	140	175	210
Panko breadcrumbs (g)	25	50	50	75	100	125
Cauliflower florets* (g)	100	200	300	400	500	600
Garlic (unit(s))	½	1	1½	2	2½	3
Jasmine rice (g)	75	150	225	300	375	450
Spinach* (g)	75	150	200	300	350	450
Carrot* (unit(s))	½	1	1	1	2	2
Red onion (unit(s))	¼	½	¾	1	1¼	1½
Persian cucumber* (unit(s))	½	1	2	2	3	3
Soy sauce (ml)	10	20	30	40	50	60
Sesame seeds (g)	10	20	30	40	50	60
Mayonnaise (g)	25	50	75	100	125	150
Not included						
Olive oil (tbsp)	1¼	2½	3¾	5	6¼	7½
Water for the rice (ml)	250	500	750	1000	1250	1500
White wine vinegar (tsp)	1	2	3	4	5	6
Salt	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3527 /843	463 /111
Total fat (g)	42	6
of which saturated(g)	5,2	0,7
Carbonhydrates (g)	100	13
of which sugars (g)	15	2
Fiber (g)	9	1
Protein (g)	20	3
Salt (g)	2,3	0,3

Allergens

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

1



Prepare

- Preheat the oven to 200°C.
- In a large bowl, combine the mayonnaise with the sweet chili sauce.
- Transfer half of this to a small bowl and set aside.
- In a second large bowl, combine the panko with a pinch of salt and a light drizzle of olive oil.

2



Roast the cauliflower

- Transfer the cauliflower florets to the large bowl and coat with the chili mayonnaise.
- Transfer to the panko and toss well to coat.
- Transfer the cauliflower to a parchment-lined baking sheet and roast in the oven for 20 - 25 minutes.

Air Fryer Option: *drizzle the cauliflower with oil and fry for 10 - 15 minutes at 200°C. Shake halfway and avoid overcrowding the basket.*

3



Cook the rice

- Crush or mince the garlic.
- Heat a drizzle of olive oil in a pot or saucepan over a low heat. Fry the garlic for 1 - 2 minutes, then add the rice and the water (see pantry for amount).
- Boil the rice for 10 - 12 minutes, covered, then take the pan off the heat and allow to rest for 5 minutes.
- Drain if necessary and set aside.

4



Chop the vegetables

- Roughly chop the spinach and remove any thick stems.
- Cut the carrot into thin crescents and chop the onion.
- Thinly slice the cucumber.

5



Fry the vegetables

- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the carrot for 4 - 6 minutes.
- Stir in the spinach, onion and soy sauce and fry for 2 more minutes.
- Meanwhile, make the 'bang bang' sauce by combining the reserved chili mayonnaise with the white wine vinegar.

6



Serve

- Serve the garlic rice on deep plates.
- Top with the fried vegetables and panko cauliflower.
- Serve with the 'bang bang' sauce and the cucumber. Garnish with the sesame seeds.

Chicken with Giant Couscous & Herbed Cheese Cubes

with lamb's lettuce, cucumber & bell pepper

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




Giant couscous


Persian cucumber


Bell pepper


Red onion


Lamb's lettuce


Herbed cheese cubes


Sicilian-style herb mix


Chicken tenderloin

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Giant couscous (g)	75	150	225	300	375	450
Persian cucumber* (unit(s))	½	1	1½	2	2½	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Red onion (unit(s))	½	1	1	2	2	3
Lamb's lettuce* (g)	20	40	60	80	100	120
Herbed cheese cubes* (g)	25	50	75	100	125	150
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Chicken tenderloin* (g)	100	200	300	400	500	600
Not included						
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
White wine vinegar (tsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
Mustard (tsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2900 /693	455 /109
Total fat (g)	27	4
of which saturated(g)	9	1,4
Carbonhydrates (g)	68	11
of which sugars (g)	15,5	2,4
Fiber (g)	7	1
Protein (g)	42	7
Salt (g)	1,7	0,3

Allergens

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

1



Boil the giant couscous

- Prepare the stock in a pot or saucepan.
- Boil the giant couscous for 12 - 14 minutes, covered.
- Fluff through the giant couscous with a fork and then set aside.
- Slice the onion into half-rings and dice the bell pepper (see Tip).

Tip: *the bell pepper will be served raw, but if preferred you can fry it in the next step instead.*

2



Fry the chicken

- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the onion with the chicken and the Sicilian-style herbs for 5 - 6 minutes, or until the chicken is done.
- Season to taste with salt and pepper.

3



Make the salad

- Meanwhile, dice the cucumber.
- In a salad bowl, combine the extra virgin olive oil with the white wine vinegar, the honey and the mustard.
- Season to taste with salt and pepper.
- Add the lamb's lettuce, the cucumber, the bell pepper, the onion, the cheese and the giant couscous, then toss well to combine.

4



Serve

- Serve everything on plates.

Linguine with Homemade Spinach Pesto

with roasted tomatoes & pecorino

Total time: 25 - 35 min. Family Quick Vegetarian




Linguine


Garlic


Red onion


Mini Roma tomatoes


Baby spinach


Arugula


Fresh basil


Lemon


Roasted cashew nuts


Grated Pecorino DOP

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
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
Mini Roma tomatoes* (g)	125	250	375	500	625	750
Baby spinach* (g)	60	125	180	250	305	375
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)	1¼	2½	3¾	5	6¼	7½
Balsamic vinegar (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	2	4	6	8	10	12
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3812 /911	830 /198
Total fat (g)	54	12
of which saturated(g)	11,7	2,5
Carbonhydrates (g)	80	17
of which sugars (g)	13,2	2,9
Fiber (g)	9	2
Protein (g)	25	5
Salt (g)	1	0,2

Allergens

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1



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.

2



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 light drizzle of olive oil in a frying pan over medium-high heat. Fry the spinach for 3 - 4 minutes, or until wilted and reduced.

3



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 0.5 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.

4



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.

Plant-Based Teriyaki Burger with Spicy Slaw on Ciabatta

with gomashio potatoes & quick-pickled cucumber

Total time: 40 - 50 min. Family Plant-Based




Unbelievabull burger from the Vegetarian Butcher®


White ciabatta


Potatoes


Red onion


Cucumber


Rainbow slaw mix


Teriyaki sauce


Gomashio

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Unbelievabull burger from the Vegetarian Butcher®* (unit(s))	1	2	3	4	5	6
White ciabatta (unit(s))	1	2	3	4	5	6
Potatoes (g)	200	400	600	800	1000	1200
Red onion (unit(s))	½	1	1½	2	2½	3
Cucumber* (unit(s))	½	1	1½	2	2½	3
Rainbow slaw mix* (g)	50	100	150	200	250	300
Teriyaki sauce (g)	25	50	75	100	125	150
Gomashio (sachet(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	2	4	6	8	10	12
Sugar (tsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Sambal (tsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3711 /887	531 /127
Total fat (g)	40	6
of which saturated(g)	9,7	1,4
Carbonhydrates (g)	106	15
of which sugars (g)	24,9	3,6
Fiber (g)	14	2
Protein (g)	24	3
Salt (g)	4	0,6

Allergens

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

1



Roast the potatoes

- Preheat the oven to 200°C.
- Dice the potatoes and transfer to a parchment-lined baking sheet. Drizzle with olive oil and season with salt and pepper, then toss well to coat.
- Roast in the oven for 25 - 30 minutes or until golden-brown, tossing halfway.
- Meanwhile, slice the cucumber.

2



Make the slaw

- In a bowl, combine the cucumber with the sugar, half of the white wine vinegar and a pinch of salt.
- In another bowl, combine the mayonnaise with the sambal and the rest of the vinegar.
- Add the slaw mix and toss well to combine. Season to taste with salt and pepper.
- Heat the bread roll in the oven for 5 - 7 minutes.

3



Fry the burger

- In a small bowl, combine the honey with the teriyaki sauce.
- Slice the onion.
- Melt a knob of butter in a frying pan over medium-high heat. When the pan is nice and hot, fry the burger with the onion for 2 minutes per side.
- Add the teriyaki sauce and fry for 1 - 2 more minutes per side.

4



Serve

- Cut open the bread roll and top with the burger and the onion, along with some of the cucumber and the slaw.
- Serve the rest of the cucumber and the slaw alongside.
- Garnish the potatoes with the gomashio.

Tomato & Basil Risotto with Coconut Milk

with arugula, Parmigiano Reggiano & sunflower seeds

Total time: 40 - 50 min. Vegetarian



- Risotto rice
- Onion
- Garlic
- Courgette
- Arugula
- Fresh basil
- Tomato paste
- Coconut milk
- Sunflower seeds
- Parmigiano Reggiano DOP
- Mini Roma tomatoes

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Risotto rice (g)	75	150	225	300	375	450
Onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Courgette* (unit(s))	¼	½	¾	1	1¼	1½
Arugula* (g)	40	60	80	100	140	160
Fresh basil* (g)	5	10	15	20	25	30
Tomato paste (can)	¼	½	¾	1	1¼	1½
Coconut milk (ml)	75	150	215	300	365	450
Sunflower seeds (g)	10	20	30	40	50	60
Parmigiano Reggiano DOP* (g)	20	40	60	80	100	120
Mini Roma tomatoes* (g)	125	250	375	500	625	750
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	275	550	825	1100	1375	1650
Balsamic vinegar (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3381 /808	439 /105
Total fat (g)	45	6
of which saturated(g)	22,5	2,9
Carbonhydrates (g)	84	11
of which sugars (g)	14,9	1,9
Fiber (g)	7	1
Protein (g)	19	2
Salt (g)	1,3	0,2

Allergens

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

1



Prepare

- Prepare the stock and pull the basil leaves off of the stems.
- Transfer the coconut milk and the basil stems to the stock, then mix well to combine and set aside.
- Chop the onion and crush or mince the garlic.
- Halve the tomatoes and slice the courgette into crescents.

2



Fry the vegetables

- Heat a clean deep frying pan over high heat and toast the sunflower seeds until they start to turn golden-brown, then remove from the pan and set aside.
- Heat a generous drizzle of olive oil in the same pan over high heat.
- Fry the onion with the courgette and three quarters of the tomatoes for 3 - 4 minutes.

3



Make the risotto

- Reduce the heat to medium-high and deglaze with the balsamic vinegar.
- Add the tomato paste, the risotto rice and the garlic, then mix well and fry for 1 - 2 more minutes.
- Turn down the heat, then gradually add the stock one ladle at a time (being sure to discard the basil stems).
- Allow the stock to slowly incorporate, stirring regularly.

4



Prepare the garnishes

- The risotto is done when the rice is soft but still al dente, which should take around 18 - 20 minutes.
- Add extra water and cook longer if you'd prefer the risotto to be less al dente.
- In the meantime, chop the basil leaves into strips.
- Finely grate the Parmigiano Reggiano.

5



Finish

- When the risotto is done, add a knob of butter and half each of the basil, the Parmigiano Reggiano and the sunflower seeds.
- Mix well to combine, then season to taste with salt and pepper.

6



Serve

- Serve the arugula on deep plates.
- Top with the risotto and the rest of the tomatoes.
- Garnish with the rest of the basil, the Parmigiano Reggiano and the sunflower seeds.

No-Fish Fingers with Creamy Yogurt-Dill Potato Salad

with radish-mesclun salad & lemon wedges

Total time: 20 - 30 min. Quick Vegetarian




Plant-based fish fingers


Baby potatoes


Cucumber


Lemon


Fresh dill


Onion


Radish


Organic full-fat yogurt


Mesclun

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Plant-based fish fingers* (unit(s))	3	6	9	12	15	18
Baby potatoes (g)	250	500	750	1000	1250	1500
Cucumber* (unit(s))	½	1	1	2	2	3
Lemon* (unit(s))	½	1	1½	2	2½	3
Fresh dill* (g)	2½	5	7½	10	12½	15
Onion (unit(s))	½	1	1	2	2	3
Radish* (bunch)	½	1	2	2	3	3
Organic full-fat yogurt* (g)	25	50	75	100	125	150
Mesclun* (g)	40	90	120	180	210	270
Not included						
White wine vinegar (tbsp)	1	2	3	4	5	6
Mustard (tsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Water (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Extra virgin olive oil (tbsp)	1½	3	4½	6	7½	9
[Plant-based] mayonnaise (tbsp)	1½	3	4½	6	7½	9
Sugar (tsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3770 /901	471 /112
Total fat (g)	53	7
of which saturated(g)	7,6	0,9
Carbonhydrates (g)	81	10
of which sugars (g)	17,1	2,1
Fiber (g)	17	2
Protein (g)	18	2
Salt (g)	1,9	0,2

Allergens

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

1



Prepare

- Boil plenty of salted water in a pot or saucepan.
- Wash the baby potatoes and slice them into rounds of 1cm thickness.
- Cook the baby potatoes for 12 - 15 minutes and then drain. Rinse under cold water and set aside.
- Thinly slice the cucumber and transfer to a large bowl. Add a pinch of salt and toss well to combine. Allow to stand for 10 minutes, then drain the excess liquid.

2



Fry the 'fish' fingers

- Heat a drizzle of sunflower oil in a frying pan over medium heat. Fry the 'fish' fingers for 3 minutes per side, or until evenly browned.
- Meanwhile, finely chop the onion and the dill.
- Juice half of the lemon and then cut the rest into wedges.
- Remove and discard the radish leaves, then slice the radishes.

3



Make the radish salad

- In a large salad bowl, combine the extra virgin olive oil and the sugar with half each of the onion and the white wine vinegar.
- Add the mesclun, the radishes and some lemon juice as preferred.
- Season to taste with salt and pepper, then toss well to combine. Set aside until serving.

4



Serve

- In a large bowl, combine the yogurt with the mayonnaise, the dill and the mustard, along with the rest of the onion and the white wine vinegar. Add the water and crumble in the stock cube (see pantry for amounts).
- Add the cucumber and the baby potatoes, then mix well to combine. Season with salt and pepper.
- Serve everything on plates with the lemon wedges alongside.

Sticky Veggie No-Chicken with Escarole 'Stamppot'

with Korean-style spices & crispy onions

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



- Potatoes
- Chopped escarole
- Carrot
- Korean-style spice mix
- Garlic
- Plant-based chicken pieces
- Scallions
- East Asian-style sauce
- Crispy fried onions

SEASONAL INGREDIENT

There is a special ingredient in your box! Escarole is a versatile seasonal vegetable. It's tasty raw in stamppot or in a salad, but it also makes a delicious side dish when stewed.
Scan the QR code to let us know what you thought of the ingredient!

NUTRI-SCORE A B C D E

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	300	600	900	1200	1500	1800
Chopped escarole* (g)	150	300	450	600	750	900
Carrot* (unit(s))	½	1	1	2	2	3
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	2	3	4	5	6
Plant-based chicken pieces* (g)	80	160	240	320	400	480
Scallions* (g)	41¼	83⅓	125	166¼	208⅓	249⅓
East Asian-style sauce* (g)	35	70	105	140	175	210
Crispy fried onions (g)	15	30	45	60	75	90
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	½	1	1½	2	2½	3
[Reduced salt] ketjap manis (tsp)	1	2	3	4	5	6
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3092 /739	418 /100
Total fat (g)	29	4
of which saturated(g)	9	1,2
Carbonhydrates (g)	97	13
of which sugars (g)	21,4	2,9
Fiber (g)	15	2
Protein (g)	24	3
Salt (g)	3,2	0,4

Allergens

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

1



Boil the vegetables

- Boil plenty of salted water in a large pot or saucepan for the vegetables.
- Peel or thoroughly wash the carrot and potatoes, then cut them into rough pieces.
- Boil the carrot and poatoes for 12 - 15 minutes, covered, then drain and set aside.

2



Prepare the escarole

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

3



Fry the scallions

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

4



Serve

- Add the veggie chicken and fry for 4 minutes, stirring occasionally.
- Stir in the ketjap and the East Asian-style sauce, then fry for 2 - 3 more minutes.
- Serve the stamppot on deep plates and top with the veggie chicken in its sauce. Garnish with the scallion greens and the crispy onions.

Supergreen Naan Pizza with Greek-Style Cheese & Olives

with courgette, lemon, dill & pickled onion

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




Naan


Courgette


Fresh dill


Greek-style spice mix


Spinach


Red onion


Green olives


Lemon


Greek-style cheese


Fresco spalmabile - cream cheese

Recipe Developer Sarah: "For this recipe, I was inspired by Greek cuisine: fresh dill, olives, feta and a Greek-style spice mix with a hint of cinnamon. At first glance, the combination with naan may seem a bit strange, but believe me, the flavours go together perfectly!"

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Naan (unit(s))	1	2	3	4	5	6
Courgette* (unit(s))	½	1	2	2	3	3
Fresh dill* (g)	5	10	15	20	25	30
Greek-style spice mix (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Spinach* (g)	100	200	300	400	500	600
Red onion (unit(s))	½	1	1	2	2	3
Green olives (g)	15	30	45	60	75	90
Lemon* (unit(s))	½	1	1½	2	2½	3
Greek-style cheese* (g)	25	50	75	100	125	150
Fresco spalmabile - cream cheese* (g)	25	50	75	100	125	150
Not included						
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Red wine vinegar (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2799 /669	534 /128
Total fat (g)	29	5
of which saturated(g)	9,3	1,8
Carbonhydrates (g)	78	15
of which sugars (g)	17,4	3,3
Fiber (g)	9	2
Protein (g)	23	4
Salt (g)	2,5	0,5

Allergens

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

1



Prepare

- Preheat the oven to 200°C.
- Slice the courgette into crescents and the onion into half rings.
- Heat a light drizzle of olive oil in a large frying pan over medium-high heat. Fry the courgette with half of the onion for 5 - 7 minutes.
- Season to taste with salt and pepper, then remove half of this mixture from the pan and set aside until step 4.

2



Pickle the onion

- To the pan, add two thirds of the spinach and half of the Greek-style spices*. Allow to wilt and reduce.
- In a bowl, combine the red wine vinegar with the sugar, a pinch of salt and the rest of the onion.
- In a small bowl, combine the cream cheese with the rest of the Greek-style spices and a splash of water as needed.

**Take care, this ingredient can quickly become overpowering! Check the amount carefully and add gradually as preferred.*

3



Make the naan pizza

- Transfer the naan to a parchment-lined baking sheet.
- Top with the cream cheese sauce and the fried vegetables, then crumble over the cheese. Bake in the oven for 6 - 8 minutes.
- In the meantime, roughly chop the dill and the olives. Juice half of the lemon into a salad bowl.
- Add the extra virgin olive oil and half of the dill, then mix well to combine. Season with salt and pepper.

4



Serve

- Tear the rest of the spinach into smaller pieces directly into the salad bowl.
- Add the olives and the rest of the fried vegetables, then toss well to combine with the dressing.
- Garnish the naan pizza with the pickled onion and the rest of the dill.
- Cut the rest of the lemon into wedges and serve alongside.

Moroccan-Inspired Stew with Greek-Style Cheese

with lemon, dates & parsley

Total time: 40 - 50 min. Vegetarian Health Conscious Choice




Greek-style cheese


Potatoes


Garlic


Red onion


Green Romano pepper


Diced pumpkin


African-inspired spice mix


Lemon


Fresh ginger


Chopped dates


Fresh flat leaf parsley

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
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
Red onion (unit(s))	½	1	1	2	2	3
Green Romano pepper* (unit(s))	½	1	2	2	3	3
Diced pumpkin* (g)	150	300	450	600	750	900
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
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	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3155 /754	443 /106
Total fat (g)	42	6
of which saturated(g)	20	2,8
Carbonhydrates (g)	70	10
of which sugars (g)	23,8	3,3
Fiber (g)	11	2
Protein (g)	26	4
Salt (g)	3,2	0,5

Allergens

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

1



Prepare

- Prepare the stock.
- Slice the onion into half-rings and crush or mince the garlic. Finely grate the ginger. Cut the Romano pepper into thin strips.
- Heat a generous drizzle of olive oil in a deep frying pan over medium-high heat. Fry the pumpkin, the Romano pepper, the onion, the garlic and the ginger for 3 - 4 minutes.
- Stir in the dates and fry for 1 - 2 more minutes.

2



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 cheese here. Season with salt and pepper, then cook for 1 - 2 more minutes.
- Boil plenty of generously salted water in a pot or saucepan.
- Thoroughly wash the potatoes and cut into rough pieces.

3



Boil the potatoes

- Boil the potatoes for 12 - 15 minutes or until done, then drain and set aside.
- 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.

4



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.

Wholewheat Veggie Quesadillas

with pico de gallo & chili mayo

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




Wholewheat tortilla


Red onion


Courgette


Bell pepper


Green Romano pepper


Tomato


Fresh coriander


Lime


Mexican-style spices


Sweet chili sauce


Herbed cheese cubes


Ground paprika


Grated Tex-Mex cheese

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Wholewheat tortilla (unit(s))	2	4	6	8	10	12
Red onion (unit(s))	½	1	1½	2	2½	3
Courgette* (unit(s))	½	1	1	2	2	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Green Romano pepper* (unit(s))	½	1	2	2	3	3
Tomato (unit(s))	1	2	3	4	5	6
Fresh coriander* (g)	5	10	15	20	25	30
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Mexican-style spices (sachet(s))	¼	½	¾	1	1¼	1½
Sweet chili sauce* (g)	8¾	17½	26¼	35	43¾	52½
Herbed cheese cubes* (g)	25	50	75	100	125	150
Ground paprika (tsp)	1½	3	4½	6	7½	9
Grated Tex-Mex cheese* (g)	35	75	115	150	190	225
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	¾	1½	2¼	3	3¾	4½
Extra virgin olive oil	to taste					
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2962 /708	523 /125
Total fat (g)	41	7
of which saturated(g)	15,9	2,8
Carbonhydrates (g)	52	9
of which sugars (g)	17,5	3,1
Fiber (g)	16	3
Protein (g)	27	5
Salt (g)	2,6	0,5

Allergens

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

1



Prepare

- Preheat the oven to 220°C.
- Finely chop the onion and slice the courgette into crescents. Cut the bell pepper and Romano pepper into strips.
- Transfer the bell pepper, Romano pepper and courgette to a large bowl and drizzle lightly with olive oil.
- Add the Mexican-style spices* and the paprika. Season with salt and pepper, then toss well to coat.

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

3



Make the quesadillas

- Heat a light drizzle of olive oil in a frying pan over medium-high heat and fry the vegetables for 4 - 5 minutes.
- Transfer the tortillas to a parchment-lined baking sheet. Top with the fried vegetables, leaving half of each tortilla empty.
- Add both cheeses, then fold the tortillas over and press down so as to seal the quesadillas.
- Bake the quesadillas on the top shelf of the oven for 6 - 8 minutes.

2



Make the pico de gallo

- Quarter the lime.
- Dice the tomato and finely chop the coriander.
- In a bowl, combine the tomato with the coriander and the onion (see Tip).
- Add the juice of 1 lime wedge per person and extra virgin olive oil as preferred. Season to taste with salt and pepper, then mix well to combine.

Tip: *if preferred, you can also fry the onion in the next step instead.*

4



Serve

- In a small bowl, combine the mayonnaise with the sweet chili sauce.
- Serve the quesadillas with any remaining lime wedges.
- Serve the pico de gallo and the chili mayo alongside.

Creamy Chickpea Wraps with Yogurt Sauce

with cucumber salad & gomashio

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




Garlic


Onion


Chickpeas


Korean-style spice mix


Tomato paste


Coconut milk


Cucumber


Arugula & lamb's lettuce


Wholewheat mini tortilla


Organic full-fat yogurt


Fresh mint


Gomashio


Gochujang

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	1	2	3	4	5	6
Chickpeas (pack)	½	1	1½	2	2½	3
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
Tomato paste (can)	½	1	1½	2	2½	3
Coconut milk (ml)	45	90	135	180	225	270
Cucumber* (unit(s))	½	1	1½	2	2½	3
Arugula & lamb's lettuce* (g)	45	90	135	180	225	270
Wholewheat mini tortilla (unit(s))	4	8	12	16	20	24
Organic full-fat yogurt* (g)	50	100	150	200	250	300
Fresh mint* (g)	5	10	15	20	25	30
Gomashio (sachet(s))	½	1	1½	2	2½	3
Gochujang* (g)	12½	25	37½	50	62½	75
Not included						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	25	50	75	100	125	150
White wine vinegar (tbsp)	½	1	1½	2	2½	3

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3297 /788	482 /115
Total fat (g)	35	5
of which saturated(g)	15,5	2,3
Carbonhydrates (g)	81	12
of which sugars (g)	23,7	3,5
Fiber (g)	28	4
Protein (g)	27	4
Salt (g)	2,6	0,4

Allergens

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

1



Prepare

- Prepare the stock (see Tip).
- Chop the onion and crush or mince the garlic.
- Drain and rinse the chickpeas.
- Pull the mint leaves off the stems and then chop them into thin ribbons.

Tip: *if it's inconvenient to prepare a small amount of stock, you can prepare 500ml instead (using 1 stock cube) and then measure out the amount you need for the recipe. You can freeze the rest of the stock to use another time.*

2



Make the yogurt sauce

- In a small bowl, combine the yogurt with half of the chopped mint and some extra virgin olive oil as preferred.
- Season to taste with salt and pepper.
- Preheat the oven to 200°C (see Tip).

Tip: *you will heat the tortillas in the oven later on, however you can alternatively use a frying pan if preferred.*

3



Fry the chickpeas

- Melt a knob of butter in a frying pan over medium heat and fry the onion with the garlic for 3 - 5 minutes.
- Add the Korean-style spices, the tomato paste, the gochujang* and chickpeas and fry for 1 - 2 minutes, or until fragrant.

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

4



Finish the chickpeas

- Add the coconut milk and the stock.
- Allow the sauce to thicken and reduce for 4 - 6 minutes over medium heat, stirring occasionally.
- Crush the chickpeas gently with the back of a spoon if preferred. Season to taste with salt and pepper.

5



Make the salad

- Slice the cucumber into thin crescents.
- In a large bowl, combine the white wine vinegar with the honey and extra virgin olive oil.
- Season to taste with salt and pepper, then add the lettuce and cucumber. Toss well to combine with the dressing.
- Meanwhile, heat the mini tortillas in the oven for 2 - 3 minutes (see Tip).

Tip: *if you would prefer softer tortillas, wrap them in foil and heat for the same amount of time.*

6



Serve

- Fill the tortillas with some of the cucumber salad and the chickpeas.
- Top with the yogurt sauce and serve the rest of the cucumber salad alongside.
- Garnish with the gomashio and the rest of the mint.

Naked Cheeseburger Bowl with Baby Potatoes

with salad, pickles & fried onion

Total time: 35 - 45 min. Health Conscious Choice




Baby potatoes


Butter lettuce


Tomato


Red onion


Chopped pickles


Worcestershire sauce


Grated cheddar


Hamburger from Meatier

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Baby potatoes (g)	200	400	600	800	1000	1200
Butter lettuce* (head)	¼	½	¾	1	1¼	1½
Tomato (unit(s))	1½	3	5	6	8	9
Red onion (unit(s))	½	1	1	2	2	3
Chopped ⊠⊠pickles* (g)	25	50	75	100	125	150
Worcestershire sauce (g)	10	15	20	30	35	45
Grated cheddar* (g)	15	25	40	50	65	75
Hamburger from Meatier* (unit(s))	1	2	3	4	5	6
Not included						
White wine vinegar (tsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Water for the sauce (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3125 /747	511 /122
Total fat (g)	47	8
of which saturated(g)	17,2	2,8
Carbonhydrates (g)	48	8
of which sugars (g)	12,8	2,1
Fiber (g)	10	2
Protein (g)	29	5
Salt (g)	2,9	0,5

Allergens

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

1



Fry the potatoes

- Wash the potatoes and cut them in half. Heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the potatoes for 15 minutes, covered, tossing regularly.
- Remove the lid, then season with salt and pepper.
- Fry for 5 - 10 more minutes until done.

Air Fryer Option: *drizzle the potatoes with oil and fry for 15 - 25 minutes at 200°C. Shake halfway and avoid overcrowding the basket.*

2



Chop the vegetables

- Meanwhile, roughly tear or shred the lettuce.
- Cut the tomato into wedges and slice the onion into half-rings.
- Finely chop the pickles.

Did you know... *the tomato in this recipe contains potassium, a mineral that contributes to normal muscle function.*

3



Make the sauce

- In a small bowl, combine the mayonnaise with the Worcestershire sauce and half of the chopped pickles.
- Add the white wine vinegar and the water for the sauce.
- Season with a pinch of salt and mix well, then set aside until serving.

4



Fry the burger

- Melt a knob of butter in a frying pan over medium-high heat.
- Fry the burger for 3 - 4 minutes on one side.
- Add half of the onion, then flip the burger and top with the cheese.
- Fry for another 3 - 4 minutes.

5



Make the salad

- Transfer the lettuce and tomato to a salad bowl, along with the rest of the onion.
- Add half of the mayonnaise sauce and toss well to combine, seasoning to taste with salt and pepper.

6



Serve

- Serve the salad with the potatoes on deep plates.
- Top with the burger and the fried onion.
- Garnish with the rest of the pickles.
- Serve the rest of the sauce alongside.

Hake with Bacon Lardons & Fennel

over orzotto with roasted tomatoes

Total time: 30 - 40 min. Health Conscious Choice




Fennel


Mini Roma tomatoes


Red onion


Garlic


Orzo


Hake fillet


Bacon lardons


Sicilian-style herb mix

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Fennel* (unit(s))	½	1	2	2	3	3
Mini Roma tomatoes* (g)	125	250	375	500	625	750
Red onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Orzo (g)	75	150	225	300	375	450
Hake fillet* (unit(s))	1	2	3	4	5	6
Bacon lardons* (g)	40	80	100	160	180	240
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Not included						
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
White balsamic vinegar (tsp)	1	2	3	4	5	6
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3033 /725	443 /106
Total fat (g)	32	5
of which saturated(g)	10,8	1,6
Carbonhydrates (g)	67	10
of which sugars (g)	14	2
Fiber (g)	9	1
Protein (g)	37	5
Salt (g)	2,9	0,4

Allergens

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

1



Prepare

- Preheat the oven to 180°C and prepare the stock. Boil a shallow layer of water in a pot or saucepan.
- Quarter the fennel and remove the tough core, then cut into thin strips (see Tip).
- Boil the fennel for 5 minutes, then drain and set aside.
- Halve the tomatoes in the meantime.

Tip: *you can set aside any fennel fronds to use later as garnish.*

2



Bake

- Pat the fish dry with kitchen paper, then season with salt and pepper.
- Transfer the tomatoes and the fennel to an oven dish, then scatter over the Sicilian-style spices. Drizzle with olive oil, then toss well to coat.
- Top with the fish and the bacon lardons, then drizzle with olive oil.
- Roast in the oven for 15 -18 minutes.

3



Make the orzo

- Chop the onion and crush or mince the garlic.
- Melt a knob of butter in a deep frying pan over medium heat. Fry the onion with the garlic for 2 minutes.
- Add the orzo and fry for 1 minute, then deglaze with the white balsamic vinegar and the stock.
- Boil for 10 - 12 minutes, covered, stirring regularly. Add some water as necessary if it seems too dry.

4



Serve

- Transfer the fennel, the tomatoes and the bacon lardons to the orzo.
- Add half of the cooking juices from the oven dish, then mix well to combine. Add more of the cooking juices as preferred.
- Serve the orzo on plates, topped with the fish.

Za'atar Pork Wraps with Fresh Herbs

with orange cream cheese, zesty salsa & sumac

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



- Flour tortillas
- Za'atar
- Sumac
- Onion
- Tomato
- Orange
- Middle Eastern spice mix
- Fresh flat leaf parsley & mint
- Green Romano pepper
- Pork mince
- Fresco spalmabile - cream cheese

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Flour tortillas (unit(s))	2	4	6	8	10	12
Za'atar (sachet(s))	½	1	1½	2	2½	3
Sumac (tsp)	1½	3	4½	6	7½	9
Onion (unit(s))	1	2	3	4	5	6
Tomato (unit(s))	1	2	3	4	5	6
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Orange* (unit(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
Green Romano pepper* (unit(s))	½	1	1½	2	2½	3
Pork mince* (g)	100	200	300	400	500	600
Fresco spalmabile - cream cheese* (g)	50	100	150	200	250	300
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Water (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative]	to taste					
Extra virgin olive oil	to taste					
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3234 /773	618 /148
Total fat (g)	44	8
of which saturated(g)	14,1	2,7
Carbonhydrates (g)	62	12
of which sugars (g)	15,5	3
Fiber (g)	8	2
Protein (g)	30	6
Salt (g)	3	0,6

Allergens

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

1



Prepare

- Preheat the oven to 200°C.
- Slice the onion into half rings. Cut the Romano pepper into thin rings. Dice the tomato.
- Juice half of the orange and then dice the rest. Finely chop the fresh herbs.
- In a bowl, combine the tomato with the diced orange and the extra virgin olive oil. Season to taste with salt and pepper, then set aside.

2



Fry the vegetables

- Heat a drizzle of olive oil in a large deep frying pan over medium-high heat.
- Fry the onion with the Romano pepper and the Middle Eastern-style spices for 3 minutes.
- Add the mince to the vegetables and fry for 3 minutes, then taste and season with salt and pepper.
- Set aside until serving, covered to keep warm.

Did you know... *the mince in this recipe contains potassium, a mineral that contributes to normal muscle function.*

3



Heat the tortillas

- In a small bowl, combine the water with a drizzle of olive oil (see pantry for amounts). Spread this over one side of the tortillas and then top with the za'atar.
- Transfer to a parchment-lined baking sheet and bake in the oven for 3 minutes.
- Meanwhile, in a bowl combine the cream cheese with two thirds of the sumac and 1.5 tbsp orange juice per person.

4



Serve

- Spread the empty side of the tortillas with the cream cheese.
- Serve all the toppings separately and allow everyone to fill their own tortillas.
- Garnish with the fresh herbs and the rest of the sumac. Drizzle with honey as preferred, then fold over the tortillas.

Chicken Meatballs with Apricot-Harissa Dressing

over bulgur with shaved almonds & fresh herbs

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




Bulgur


Chicken meatballs with Mediterranean herbs


Red onion


Bell pepper


Carrot


Tomato


Fresh flat leaf parsley & mint


Shaved almonds


African-inspired spice mix


Apricot chutney


Hello Harissa

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Bulgur (g)	75	150	225	300	375	450
Chicken meatballs with Mediterranean herbs* (unit(s))	3	6	9	12	15	18
Red onion (unit(s))	½	1	1½	2	2½	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Carrot* (unit(s))	½	1	1	2	2	3
Tomato (unit(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
Shaved almonds (g)	10	20	30	40	50	60
African-inspired spice mix (sachet(s))	½	1	1½	2	2½	3
Apricot chutney (g)	25	50	75	100	125	150
Hello Harissa (sachet(s))	½	1	1½	2	2½	3
Not included						
Low sodium chicken stock cube (unit(s))	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	¼	½	¾	1	1¼	1½
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2908 /695	557 /133
Total fat (g)	24	5
of which saturated(g)	6,2	1,2
Carbonhydrates (g)	89	17
of which sugars (g)	24,6	4,7
Fiber (g)	18	3
Protein (g)	33	6
Salt (g)	2,9	0,6

Allergens

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

1



Prepare

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

2



Toast the almonds

- Slice the onion into half-rings.
- Cut the bell pepper into strips.
- Slice the carrot into crescents.
- Heat a clean deep frying pan over high heat and toast the almonds until golden-brown. Remove from the pan and set aside.

3



Fry the vegetables

- Melt a small knob of butter in the same pan over medium-high heat. Fry the meatballs with the onion, the bell pepper and the carrot for 3 - 4 minutes. Season with salt and pepper.
- Lower the heat and cover with the lid. Fry for 5 - 7 minutes, or until the meatballs are done.
- Remove the meatballs from the pan and set aside.
- In the meantme, finely chop the fresh herbs.

4



Add the bulgur

- Remove the pan from the heat, then add the bulgur, the African-inspired spices and half of the fresh herbs.
- Season to taste with salt and pepper, then toss well to combine.
- Meanwhile, dice the tomato and transfer to a tall container.

5



Make the dressing

- To the tomato, add the apricot chutney, the Hello Harissa* and the mayonnaise.
- Use an immersion blender torocess into a smooth dressing.
- Add some extra mayonnaise if you'd prefer the dressing to be thicker.
- Season to taste with salt and pepper.

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

6



Serve

- Serve everything on deep plates and drizzle with the apricot-harissa dressing.
- Garnish with the toasted almonds and the rest of the fresh herbs.

Fusion Chicken Meatloaf with Curry Udon

in fragrant coconut sauce with lime & gomashio

Total time: 40 - 50 min.



- Scallions
- Garlic
- Panko breadcrumbs
- Gomashio
- Soy sauce
- East Asian-style sauce
- Yellow curry spices
- Carrot
- Lime
- Coconut milk
- Fresh udon noodles
- Red chili pepper
- Ginger paste
- Bell pepper
- Seasoned chicken mince

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Scallions* (g)	62½	125	125	250	250	375
Garlic (unit(s))	1	2	3	4	5	6
Panko breadcrumbs (g)	12½	25	37½	50	62½	75
Gomashio (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Soy sauce (ml)	5	10	15	20	25	30
East Asian-style sauce* (g)	17½	35	52½	70	87½	105
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	1	2	3	4	5	6
Lime* (unit(s))	½	1	1½	2	2½	3
Coconut milk (ml)	80	160	250	330	410	490
Fresh udon noodles (g)	110	220	330	440	550	660
Red chili pepper* (unit(s))	½	1	1½	2	2½	3
Ginger paste* (g)	5	10	15	20	25	30
Bell pepper* (unit(s))	½	1	1½	2	2½	3
Seasoned chicken mince* (g)	100	200	300	400	500	600
Not included						
Sunflower oil (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	50	100	150	200	250	300
White wine vinegar (tsp)	1	2	3	4	5	6

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3050 /729	435 /104
Total fat (g)	38	5
of which saturated(g)	16	2,3
Carbonhydrates (g)	67	10
of which sugars (g)	18,7	2,7
Fiber (g)	12	2
Protein (g)	30	4
Salt (g)	3,9	0,6

Allergens

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

1



Prepare

- Preheat the oven to 200°C.
- Prepare the stock and crush or mince the garlic.
- Finely chop the scallions and separate the white part from the greens.
- Deseed and finely chop the red chili pepper*.

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

2



Bake the meatloaf

- Transfer the mince to an oven dish. Add the panko and the soy sauce, along with half each of the gomashio, the ginger paste, the chili pepper, the garlic and the white part of the scallions.
- Knead well to combine and then shape into a meatloaf.
- Drizzle lightly with sunflower oil and then coat with half of the East Asian-style sauce.
- Bake in the oven for 20 - 25 minutes.

3



Chop the vegetables

- Take the meatloaf out of the oven and increase the heat to 220°C.
- Drizzle lightly with sunflower oil again, then coat with the rest of the East Asian-style sauce. Return to the oven for 8 - 10 more minutes, or until done.
- Meanwhile, slice the carrot into crescents and chop the bell pepper into strips.
- Juice half of the lime and then cut the rest into wedges.

4



Fry the vegetables

- Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat.
- Fry the rest of the ginger paste, the chili pepper, the garlic and the white part of the scallions for 1 - 2 minutes.
- Add the yellow curry spices and fry for 2 - 3 more minutes.
- Add the bell pepper and the carrot, then fry for another 2 - 3 minutes.

5



Make the sauce

- Deglaze with the white wine vinegar, then pour in the stock and the coconut milk.
- Mix well to combine, then cover with the lid and bring to the boil.
- Allow to reduce for 5 minutes, then remove the lid and add the noodles.
- Cook for another 5 minutes, then stir in the lime juice. Season to taste with salt and pepper.

6



Serve

- Slice the meatloaf.
- Serve the noodles and the curry sauce on plates, then top with the meatloaf.
- Garnish with the scallion greens and the rest of the gomashio.
- Serve the lime wedges alongside.

Falafel with Yogurt Sauce & Couscous

with roasted vegetables & quick-pickled onion

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




Sweet potato


Cauliflower


Courgette


Middle Eastern spice mix


Red onion


Organic full-fat yogurt


Wholewheat couscous


Fresh flat leaf parsley & mint


Falafel

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Sweet potato (g)	75	150	225	300	375	450
Cauliflower* (g)	150	300	500	600	800	900
Courgette* (unit(s))	½	1	1½	2	2½	3
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1	2	2	3
Organic full-fat yogurt* (g)	50	100	150	200	250	300
Wholewheat couscous (g)	40	75	110	150	185	225
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
Falafel* (unit(s))	4	8	12	16	20	24
Not included						
Sugar (tsp)	½	1	1½	2	2½	3
Water (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1½	3	4½	6	7½	9
[Plant-based] mayonnaise (tbsp)	¾	1½	2¼	3	3¾	4½
Low sodium vegetable stock (ml)	90	175	260	350	435	525
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3209 /767	449 /107
Total fat (g)	42	6
of which saturated(g)	7,1	1
Carbonhydrates (g)	70	10
of which sugars (g)	22,8	3,2
Fiber (g)	17	2
Protein (g)	18	3
Salt (g)	2	0,3

Allergens

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

1



Prepare

- Preheat the oven to 220°C.
- Prepare the stock in a pot or saucepan.
- Peel and dice the sweet potato into 2cm chunks.
- Cut the head of the cauliflower into florets and then dice the stem into 2cm chunks.

Did you know... *the cauliflower in this recipe contains vitamin B6, a nutrient that supports the immune system.*

2



Roast the vegetables

- Transfer the cauliflower and the sweet potato to a parchment-lined baking sheet.
- Scatter over the Middle Eastern spices and drizzle lightly with olive oil.
- Season with salt and pepper, then toss well to coat.
- Roast for 25 - 30 minutes, then remove from the oven and set aside to cool.

3



Pickle the onion

- Slice the onion into thin half-rings (see Tip).
- In a bowl, combine the onion with the white wine vinegar, the sugar and the water (see pantry for amount).
- Add a generous pinch of salt and set aside until serving, stirring occasionally.

Tip: *if you don't like raw onion, skip the rest of this step and fry it with the courgette instead.*

4



Fry the courgette

- Remove the stock from the heat. Add the couscous and then allow to stand for 10 minutes, covered.
- Meanwhile, slice the courgette into crescents.
- Heat a light drizzle of olive oil in a frying pan over high heat.
- Fry the courgette for 4 - 5 minutes, then remove from the pan and set aside.

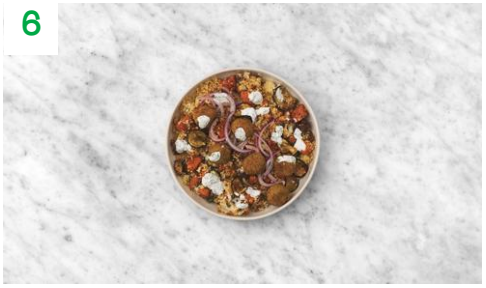
5



Make the yogurt sauce

- Heat a generous drizzle of olive oil in a frying pan over high heat. Fry the falafel for 3 - 5 minutes, or until crispy.
- Meanwhile, roughly chop the fresh herbs.
- In a bowl, combine the mayonnaise with the yogurt and the fresh herbs. Season to taste with salt and pepper.

6



Serve

- Drain the onion in the meantime.
- Transfer the roasted vegetables and the courgette to the couscous. Add the extra virgin olive oil and mix well to combine.
- Serve everything on deep plates and top with the yogurt sauce.
- Garnish with the quick-pickled onion.

Cheat's Bolognese with Parmigiano Reggiano

over penne with basil & mini Roma tomatoes

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



- Mini Roma tomatoes
- Beef mince with Italian seasoning
- Fresh basil
- Garlic
- Penne
- Carrot
- Tomato paste
- Worcestershire sauce
- Parmigiano Reggiano DOP
- Onion
- Italian seasoning

Recipe developer Selma: Its name may be difficult to pronounce, but Worcestershire sauce really is a perfect condiment. I find the taste hard to describe - actually, it's a little mix of everything: sour, umami, salty and even a little sweet. It's great for easily adding a lot of flavour to sauces!"

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Mini Roma tomatoes* (g)	125	250	375	500	625	750
Beef mince with Italian seasoning* (g)	100	200	300	400	500	600
Fresh basil* (g)	2½	5	7½	10	12½	15
Garlic (unit(s))	½	1	1½	2	2½	3
Penne (g)	90	180	270	360	450	540
Carrot* (unit(s))	½	1	2	2	3	3
Tomato paste (can)	½	1	1½	2	2½	3
Worcestershire sauce (g)	10	15	25	30	40	45
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Onion (unit(s))	½	1	1	2	2	3
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Not included						
[Plant-based] milk (ml)	30	60	90	120	150	180
Olive oil (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Low sodium beef stock (ml)	75	150	225	300	375	450
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3251 /777	545 /130
Total fat (g)	28	5
of which saturated(g)	10,6	1,8
Carbonhydrates (g)	89	15
of which sugars (g)	23,5	3,9
Fiber (g)	10	2
Protein (g)	38	6
Salt (g)	1,9	0,3

Allergens

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

1



Chop the vegetables

- Boil plenty of water in a pot or saucepan for the pasta.
- Chop the onion and crush or mince the garlic.
- Grate the carrot.

2



Boil the pasta

- Boil the pasta for 11 - 13 minutes, then drain and set aside.
- In the meantime, halve the tomatoes and prepare the stock.
- Heat a drizzle of olive oil in a deep frying pan over medium heat. Fry the garlic the carrot and the onion for 4 - 5 minutes, covered.
- Add the mince and the Italian seasoning, then fry for 3 more minutes.

3



Finish the sauce

- Add the stock, the tomato paste, the milk, the Worcestershire sauce, the balsamic vinegar and the tomatoes.
- Mix well to combine and allow to simmer for 6 - 7 minutes.
- Season to taste with salt and pepper.

4



Serve

- Chop the basil into ribbons.
- Serve the pasta on plates and top with the sauce.
- Grate the cheese directly over the pasta.
- Garnish with the basil to finish.

Hoisin Salmon with Sticky Soy Vegetables

over furikake rice with gomashio, lime & sesame dressing

Total time: 30 - 40 min. Health Conscious Choice



- Salmon fillet
- Hoisin sauce
- Jasmine rice
- Onion
- Courgette
- Furikake
- Sesame oil
- Gomashio
- Lime
- Garlic
- Romano pepper

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Salmon fillet* (unit(s))	1	2	3	4	5	6
Hoisin sauce (g)	15	25	40	50	65	75
Jasmine rice (g)	75	150	225	300	375	450
Onion (unit(s))	½	1	1	2	2	3
Courgette* (unit(s))	½	1	2	2	3	3
Furikake (sachet(s))	½	1	1½	2	2½	3
Sesame oil (ml)	5	10	15	20	25	30
Gomashio (sachet(s))	½	1	1½	2	2½	3
Lime* (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Romano pepper* (unit(s))	½	1	1½	2	2½	3
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tsp)	2	4	6	8	10	12
Sambal (tsp)	½	1	1½	2	2½	3
[Reduced salt] soy sauce (tbsp)	1	2	3	4	5	6
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3113 /744	641 /153
Total fat (g)	32	7
of which saturated(g)	4,7	1
Carbonhydrates (g)	89	18
of which sugars (g)	21,6	4,4
Fiber (g)	6	1
Protein (g)	31	6
Salt (g)	3,2	0,7

Allergens

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

1



Prepare

- Preheat the oven to 200°C. Boil plenty of water in a pot or saucepan.
- Cut the onion into wedges.
- Slice the courgette into crescents. Cut the Romano pepper into strips.
- Transfer the vegetables to a large bowl and drizzle with sunflower oil. Season to taste with salt and pepper, then toss well to coat.

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

2



Roast the vegetables

- Transfer the vegetables to a parchment-lined baking sheet and roast in the oven for 7 minutes.
- Meanwhile, spread two thirds of the hoisin sauce over the fish.
- Place the fish skin-side down among the vegetables, then return the baking sheet to the oven for a further 10 - 15 minutes.

3



Boil the rice

- Boil the rice for 12 - 15 minutes, then drain and set aside.
- Meanwhile, crush or mince the garlic.
- In a small bowl, combine the garlic with the soy sauce, the sambal and half of the honey.
- Pour this over the roasted vegetables and toss well to combine, then return to the oven until done.

4



Serve

- Cut the lime into six wedges. In a small bowl, combine the sesame oil with the rest of the honey and hoisin sauce, along with the juice of one lime wedge per person.
- Stir the furikake into the rice. Serve the rice on plates and arrange everything on top.
- Drizzle with the hoisin dressing and garnish with the gomashio. Serve the rest of the lime wedges alongside.

Steak with Greek-Style Cheese & Pickled Onion

over bulgur with spinach, bell pepper & tomato

Total time: 15 - 25 min. Quick




Red onion


Bell pepper


Tomato


Greek-style cheese


Italian seasoning


Spinach


Marinated steak


Bulgur

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red onion (unit(s))	½	1	1	2	2	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Tomato (unit(s))	½	1	1	2	2	3
Greek-style cheese* (g)	25	50	75	100	125	150
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Spinach* (g)	50	100	150	200	250	300
Marinated steak* (unit(s))	1	2	3	4	5	6
Bulgur (g)	75	150	225	300	375	450
Not included						
Balsamic vinegar (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1	2	3	4	5	6
Low sodium mushroom or vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
Red wine vinegar (tbsp)	1	2	3	4	5	6
Sugar (tsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3858 /922	748 /179
Total fat (g)	51	10
of which saturated(g)	11,6	2,2
Carbonhydrates (g)	76	15
of which sugars (g)	15,9	3,1
Fiber (g)	13	2
Protein (g)	45	9
Salt (g)	2,3	0,4

Allergens

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

1



Prepare

- Remove the steak from the fridge and allow it to reach room temperature.
- Transfer the bulgur to a pot or saucepan and submerge with water, then crumble in the stock cube (see pantry for amount).
- Bring to the boil and cook the bulgur for 10 minutes until done, then drain and set aside.
- Meanwhile, slice the onion into thin half-rings.

2



Pickle the onion

- In a bowl, combine the sugar with half of the red wine vinegar.
- Add half of the onion, then season with salt and pepper. Toss well to combine and then set aside, stirring occasionally.
- Dice the bell pepper and the tomato.
- In a bowl, combine the mayonnaise with the rest of the red wine vinegar.

3



Fry the steak

- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the steak for 1 - 3 minutes per side.
- Remove from the pan and season with pepper, then allow to rest under aluminum foil.
- Heat a drizzle of olive oil in the same pan over medium-high heat. Fry the bell pepper, the Italian seasoning and the rest of the onion for 3 - 4 minutes.

4



Serve

- Transfer the spinach, the tomato, the pickled onion, the balsamic vinegar and the extra virgin olive oil to the bulgur, then mix well to combine.
- Serve the bulgur on deep plates with everything else alongside.
- Drizzle with the mayonnaise and crumble over the cheese to finish.

Honey-Mustard Salmon with Baby Potatoes

with rainbow carrots & fresh thyme

Total time: 40 - 50 min. Family Health Conscious Choice




Baby potatoes


Carrot


Salmon fillet


Garlic


Fresh thyme


Yellow carrot


Red onion

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Baby potatoes (g)	200	400	600	800	1000	1200
Carrot* (unit(s))	1	1	2	2	3	3
Salmon fillet* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
Fresh thyme* (g)	2½	5	7½	10	12½	15
Yellow carrot* (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	½	1	2	2	3	3
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	50	100	150	200	250	300
Mustard (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
Brown sugar (tsp)	1	2	3	4	5	6
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2824 /675	413 /99
Total fat (g)	31	4
of which saturated(g)	4,7	0,7
Carbonhydrates (g)	67	10
of which sugars (g)	22,2	3,3
Fiber (g)	16	2
Protein (g)	26	4
Salt (g)	0,7	0,1

Allergens

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

1



Roast the potatoes

- Preheat the oven to 220°C.
- Prepare the stock.
- Wash the baby potatoes and cut them in half, or any larger ones into quarters.
- Transfer to a bowl and drizzle with olive oil. Season to taste with salt and pepper, then toss well to coat.

Air Fryer Option: *drizzle the potatoes with oil and fry for 15 - 25 minutes at 200°C. Shake halfway and avoid overcrowding the basket.*

2



Chop the vegetables

- Transfer to one side of a parchment-lined baking sheet and roast for 30 - 35 minutes, tossing halfway.
- Halve the carrots lengthways and cut into crescents of 1cm thickness.
- Slice the onion into half rings and crush or mince the garlic.
- Pull the leaves off of half a sprig of thyme per person, then roughly chop. In a small bowl, combine the honey with the mustard.

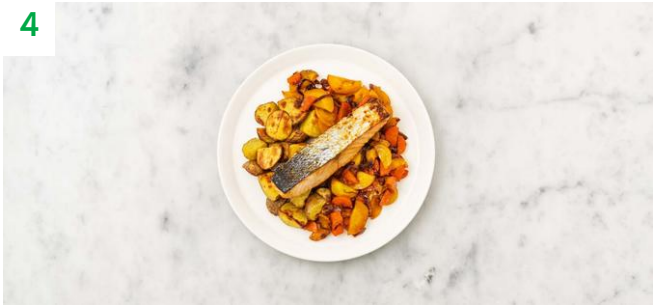
3



Stew the vegetables

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

4



Serve

- Pat the fish dry with kitchen paper and season with salt and pepper, then spread with the honey-mustard sauce.
- Transfer to the baking sheet alongside the potatoes and return to the oven for 10 - 12 minutes.
- Serve the fish with the potatoes and carrots.

Asian-Inspired Chicken Noodle Salad

with peanuts & fresh coriander

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




Garlic


Ginger paste


East Asian-style sauce


Ketjap manis


Red chili pepper


Red onion


Cucumber


Roma tomato


Fresh coriander


Unsalted peanuts


Seasoned chicken mince


Fresh udon noodles


Lemon

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Ginger paste* (g)	5	10	15	20	25	30
East Asian-style sauce* (g)	35	70	105	140	175	210
Ketjap manis (g)	20	40	60	80	100	120
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
Seasoned chicken mince* (g)	100	200	300	400	500	600
Fresh udon noodles (g)	110	220	330	440	550	660
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Not included						
Sunflower oil (tbsp)	¼	½	¾	1	1¼	1½
Sugar (tsp)	½	1	1½	2	2½	3
[Reduced salt] soy sauce	to taste					
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2322 /555	403 /96
Total fat (g)	18	3
of which saturated(g)	3,6	0,6
Carbonhydrates (g)	67	12
of which sugars (g)	26,1	4,5
Fiber (g)	7	1
Protein (g)	30	5
Salt (g)	3,5	0,6

Allergens

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

1



Prepare

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

2



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.*

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

3

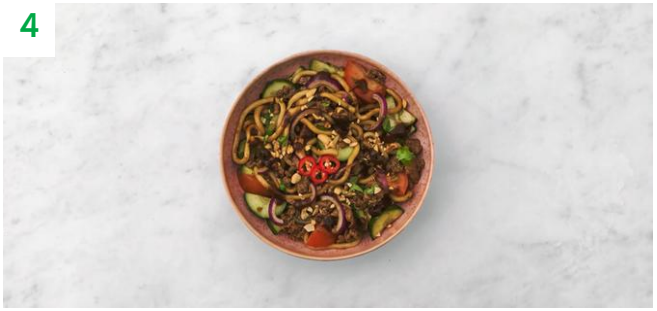


Fry the mince

- Heat a light 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.*

4



Serve

- Transfer the noodles to the salad bowl and toss well to combine.
- Serve on plates and garnish with the peanuts. Serve any remaining lemon wedges alongside.
- Drizzle with the rest of the sauce and season to taste with pepper.
- Finish with the chili pepper and/or some soy sauce as preferred.

Ghanaian-Inspired Beef & Peanut Stew

over rice with sweet potato, lime & spinach

Total time: 20 - 30 min. Quick



- Basmati rice
- Carrot
- Spinach
- Tagine paste
- Sweet potato
- Red onion
- Peanut butter
- African-inspired spice mix
- Seasoned beef mince
- Lime

NEW INGREDIENT

There is a new ingredient in your box! This tagine paste combines warm spices with sweet apricot, tomato and garlic, to add a rich, savoury-sweet depth of flavour to any dish.
Scan the QR code to let us know what you thought of the ingredient!

NUTRI-SCORE A B C D E

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Basmati rice (g)	75	150	225	300	375	450
Carrot* (unit(s))	½	1	1½	2	2½	3
Spinach* (g)	100	200	300	400	500	600
Tagine paste (g)	22½	45	67½	90	112½	135
Sweet potato (g)	75	150	225	300	375	450
Red onion (unit(s))	½	1	1½	2	2½	3
Peanut butter (tub)	1	2	3	4	5	6
African-inspired spice mix (sachet(s))	½	1	1½	2	2½	3
Seasoned beef mince* (g)	100	200	300	400	500	600
Lime* (unit(s))	½	1	1½	2	2½	3
Not included						
Water for the rice (ml)	175	350	525	700	875	1050
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Low sodium beef or vegetable stock (ml)	125	250	375	500	625	750
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3556 /850	424 /101
Total fat (g)	36	4
of which saturated(g)	9,8	1,2
Carbonhydrates (g)	98	12
of which sugars (g)	15,6	1,9
Fiber (g)	11	1
Protein (g)	36	4
Salt (g)	3,2	0,4

Allergens

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

1



Prepare

- Prepare the stock.
- Boil the water for the rice in a pot or saucepan and cook the rice for 10 - 12 minutes, covered.
- Turn off the heat and allow to stand for 5 minutes, still covered.
- Peel or thoroughly wash the sweet potato and the carrot, then dice both into 1cm cubes.

2



Fry the vegetables

- Heat a drizzle of sunflower oil in a deep frying pan over high heat. Fry the carrot and the sweet potato with a splash of water for 5 minutes, covered.
- Meanwhile, chop the onion and transfer to the pan.
- Add the mince and fry for 2 - 3 minutes, separating it as you do so.
- Stir in the African-inspired spices and fry for 1 more minute.

3



Finish

- Gradually add the spinach, tearing it directly into the pan. Season to taste with salt and pepper.
- Add the stock, the peanut butter and the tagine paste, then mix well and bring to the boil.
- Cover with the lid and simmer for 4 minutes over medium-high heat, or until serving.
- Zest the lime and cut it into wedges.

4



Serve

- Serve the rice on plates and top with the stew.
- Garnish with some lime zest as preferred and serve the lime wedges alongside.

Harira-Style Soup with Roasted Chickpeas

with African-inspired spices, labneh & pita bread

Total time: 35 - 45 min. Vegetarian



- Lentils
- African-inspired spice mix
- Red onion
- Carrot
- Fresh ginger
- Fresh flat leaf parsley
- Labneh
- Chickpeas
- BBQ spice rub
- Chopped dates
- Pita bread
- Chopped tomatoes
- Garlic
- Romano pepper

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Lentils (pack)	½	1	1	2	2	3
African-inspired spice mix (sachet(s))	½	1	1½	2	2½	3
Red onion (unit(s))	1	2	3	4	5	6
Carrot* (unit(s))	1	1	2	2	3	3
Fresh ginger* (tsp)	1	2	3	4	5	6
Fresh flat leaf parsley* (g)	2½	5	7½	10	12½	15
Labneh* (g)	40	80	120	150	200	230
Chickpeas (pack)	½	1	2	2	3	3
BBQ spice rub (sachet(s))	¼	½	¾	1	1¼	1½
Chopped dates (g)	20	40	60	80	100	120
Pita bread (unit(s))	2	4	6	8	10	12
Chopped tomatoes (pack)	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Romano pepper* (unit(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Low sodium vegetable stock (ml)	200	400	600	800	1000	1200
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3561 /851	356 /85
Total fat (g)	25	3
of which saturated(g)	3,9	0,4
Carbonhydrates (g)	112	11
of which sugars (g)	37	3,7
Fiber (g)	31	3
Protein (g)	31	3
Salt (g)	4,2	0,4

Allergens

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

1



Prepare

- Preheat the oven to 220°C and prepare the stock (see Tip).
- Grate the ginger and roughly chop the onion.
- Crush or mince the garlic and cut the carrot into crescents.
- Finely dice the Romano pepper.

Health Tip: *this recipe is high in salt. If you're watching your salt intake, substitute the stock for boiling water.*

2



Make the soup

- Heat a drizzle of olive oil in a soup pot over medium-high heat.
- Fry the ginger, garlic, onion, carrot, Romano pepper and chopped dates for 2 - 3 minutes.
- Add the chopped tomatoes and the stock, then bring to a boil and cook for 8 - 10 minutes, covered.

3



Prepare the chickpeas

- Drain the chickpeas and set aside half to use later.
- Pat the rest of the chickpeas dry with kitchen paper, then transfer to a bowl.
- Add the BBQ spice rub* and a light drizzle of olive oil.
- Season with salt and pepper, then toss well to coat.

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

4

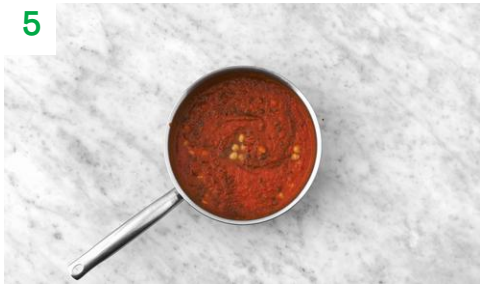


Bake the pitas

- Transfer the chickpeas to a parchment-lined baking sheet and roast in the oven for 20 minutes, or until golden-brown and crunchy.
- Bake the pitas in the oven for 4 - 6 minutes, or use a toaster if preferred.
- Roughly chop the parsley and drain the lentils.

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

5



Finish

- Add the African-inspired spices to the soup and then process until smooth with an immersion blender.
- Stir in the lentils and the reserved chickpeas.
- Taste the soup and season with salt and pepper if necessary, then cook for 2 - 3 more minutes.

6



Serve

- Serve the soup on deep plates.
- Top with the roasted chickpeas and garnish with the parsley and labneh.
- Serve with the pitas on the side.

Butternut Squash Tikka Masala with Mango Chutney

over rice with shaved almonds & green beans

Total time: 40 - 50 min. Vegetarian



- Butternut squash
- Jasmine rice
- Garlic
- Onion
- Green beans
- Tomato paste
- Tikka masala paste
- Crème fraîche
- Mango chutney
- Shaved almonds

NEW INGREDIENT

There is a new ingredient in your box! Tikka masala paste provides a flavourful base of Indian spices, perfect for giving a mild kick to any dish.
Scan the QR code to let us know what you thought of the ingredient!

NUTRI-SCORE A B C D E

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Butternut squash* (unit(s))	⅓	⅔	1	1⅓	1⅔	2
Jasmine rice (g)	75	150	225	300	375	450
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	2	2	3	3
Green beans* (g)	75	150	200	300	350	450
Tomato paste (can)	¼	½	¾	1	1¼	1½
Tikka masala paste (g)	37½	75	112½	150	187½	225
Crème fraîche* (g)	25	50	75	100	125	150
Mango chutney* (g)	20	40	60	80	100	120
Shaved almonds (g)	10	20	30	40	50	60
Not included						
Water for the rice (ml)	175	350	525	700	875	1050
Low sodium vegetable stock (ml)	75	150	225	300	375	450
Olive oil (tbsp)	1	2	3	4	5	6
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3548 /848	417 /100
Total fat (g)	34	4
of which saturated(g)	8,4	1
Carbonhydrates (g)	120	14
of which sugars (g)	16,3	1,9
Fiber (g)	14	2
Protein (g)	18	2
Salt (g)	2,7	0,3

Allergens

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

1



Prepare

- Preheat the oven to 220°C and prepare the stock.
- Boil the water for the rice in a pot or saucepan.
- Peel the butternut squash, then cut the neck off of the round base. Halve the base lengthways, then scoop out the seeds and the stringy part of the flesh.
- Dice the butternut squash into 1cm cubes.

2



Roast the butternut squash

- Transfer the butternut squash to a parchment-lined baking sheet and drizzle with olive oil, then season with salt and pepper.
- Toss well to coat and roast for 18 - 20 minutes, tossing halfway.
- Meanwhile, slice the onion into half-rings and crush or mince the garlic.
- Discard the tips of the green beans and then cut into thirds.

3



Cook the rice

- Boil the rice for 10 - 12 minutes, covered.
- Turn off the heat and allow to stand for 5 minutes, still covered.
- Meanwhile, heat a drizzle of olive oil in a deep frying pan over medium-high heat and fry the onion for 4 - 5 minutes.
- Add the garlic, the tomato paste and the tikka masala paste. Fry for 1 minute, then add the stock and the green beans.

4



Serve

- Bring the curry to a simmer, then lower the heat and cook for 8 - 10 minutes.
- Remove from the heat, then stir in the crème fraîche, the butternut squash, the mango chutney and a splash of water if necessary.
- Serve the rice in bowls and top with the curry.
- Garnish with the almonds to finish.

Korean-Style Gochujang Beef Bibimbap Bowl

bring the sensational food trend home!

Total time: 30 - 40 min. Health Conscious Choice




Carrot


Garlic


Green beans


Gochujang


Jasmine rice


Beef mince with East Asian spices


Red onion

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Carrot* (unit(s))	½	1	2	2	3	3
Garlic (unit(s))	1	2	3	4	5	6
Green beans* (g)	100	200	300	400	500	600
Gochujang* (g)	15	25	40	50	65	75
Jasmine rice (g)	75	150	225	300	375	450
Beef mince with East Asian spices* (g)	100	200	300	400	500	600
Red onion (unit(s))	½	1	1	2	2	3
Not included						
Water for the rice (ml)	150	300	450	600	750	900
White wine vinegar (tbsp)	½	1	1½	2	2½	3
[Reduced salt] soy sauce (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Water for the sauce (ml)	25	50	75	100	125	150
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Salt	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2774 /663	461 /110
Total fat (g)	23	4
of which saturated(g)	7,7	1,3
Carbonhydrates (g)	89	15
of which sugars (g)	19,7	3,3
Fiber (g)	8	1
Protein (g)	30	5
Salt (g)	2,6	0,4

Allergens

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

1



Prepare

- Boil the water for the rice in a pot or saucepan (see pantry for amount).
- Cook the rice for 10 - 12 minutes, covered.
- Turn off the heat and allow to stand for 5 minutes, still covered.

2



Chop the vegetables

- Slice the onion into half-rings.
- Use a peeler or cheese slicer to shave the carrot into thin ribbons.
- In a small bowl, combine the carrot with the onion, the white wine vinegar, the sugar and a pinch of salt. Set aside until further use.
- Crush or mince the garlic and discard the tips of the green beans.

Did you know... *the green beans in this recipe contain contains fibre, a nutrient that contributes to digestive regularity.*

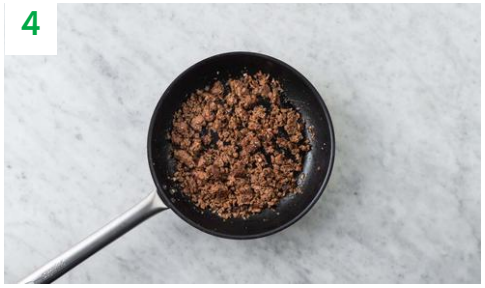
3



Stir-fry the green beans

- Heat a drizzle of sunflower oil in a large frying pan over high heat and fry the green beans for 2 - 3 minutes.
- Reduce the heat to medium-high, then add half of the garlic and stir-fry for 1 minute.
- Add a splash of water and cook for 4 - 5 minutes, covered.
- Remove from the pan and set aside under aluminum foil.

4



Fry the mince

- In the same pan, fry the mince for 3 minutes over medium-high heat, separating it as you do so.
- Stir in the rest of the garlic and fry for 1 more minute.

5



Make the sauce

- In a bowl, combine the soy sauce with the honey, the gochujang* and the water for the sauce.
- Transfer this sauce to the frying pan and mix well, then bring to the boil.
- Lower the heat and allow to simmer for 2 - 3 minutes, or until thickened and reduced.

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

6



Serve

- Transfer the pickling liquid from the carrots to the rice, then fluff through with a fork.
- Serve the rice in bowls with everything else alongside.

Shrimp Mafaldine in Creamy Lemon Sauce

with leek, tomato & fresh dill

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




Onion


Garlic


Tomato


Leek


Fresh dill


Shrimp


Cooking cream


Mafaldine


Lemon


Hello Buon Appetito

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Tomato (unit(s))	1½	3	4½	6	7½	9
Leek* (unit(s))	½	1	2	2	3	3
Fresh dill* (g)	5	10	15	20	25	30
Shrimp* (g)	80	160	240	320	400	480
Cooking cream (g)	75	150	225	300	375	450
Mafaldine (g)	90	180	270	360	450	540
Lemon* (unit(s))	½	1	1½	2	2½	3
Hello Buon Appetito (sachet(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	25	50	75	100	125	150
Extra virgin olive oil	to taste					
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2791 /667	464 /111
Total fat (g)	21	3
of which saturated(g)	9,4	1,6
Carbonhydrates (g)	87	14
of which sugars (g)	16,2	2,7
Fiber (g)	8	1
Protein (g)	30	5
Salt (g)	1,3	0,2

Allergens

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

1



Prepare

- Boil plenty of salted water in a pot or saucepan for the mafaldine. Prepare the stock.
- Chop the onion and crush or mince the garlic.
- Dice the tomato and slice the leek into half rings.
- Pull the dill leaves off the stems.

3



Make the sauce

- Boil the mafaldine for 7 - 9 minutes, then drain and set aside.
- Zest the lemon, then juice half of it and cut the rest into wedges.
- To the frying pan, add the stock, the lemon juice, the tomatoes, the leek, the cream, the Hello Buon Appetito and half of the dill.
- Allow to simmer until the mafaldine is done. Season to taste with salt and pepper.

2



Fry the shrimp

- Heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the garlic and onion for 1 minute, then stir in the shrimp and fry for 3 minutes until done.
- Deglaze with the white wine vinegar (see Tip).

Tip: *if you have white wine at home, use this instead of vinegar so as to add more flavour.*

4



Serve

- Transfer the mafaldine to the sauce. Toss well to combine, then season to taste with salt and pepper.
- Serve the mafaldine on deep plates and drizzle with extra virgin olive oil as preferred.
- Garnish with the lemon zest and the rest of the dill to finish.
- Serve the lemon wedges alongside.

Chicken Bulgur Bowl with Orange Vinaigrette

with Greek-style cheese, carrot & raisins

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




Bulgur


Greek-style cheese


Orange


Raisins


African-inspired spice mix


Spinach


Onion


Carrot


Persian cucumber


Chicken breast

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Bulgur (g)	75	150	225	300	375	450
Greek-style cheese* (g)	25	50	75	100	125	150
Orange* (unit(s))	½	1	1½	2	2½	3
Raisins (g)	10	20	30	40	50	60
African-inspired spice mix (sachet(s))	½	1	1½	2	2½	3
Spinach* (g)	50	100	200	200	300	300
Onion (unit(s))	½	1	1	2	2	3
Carrot* (unit(s))	½	1	1	2	2	3
Persian cucumber* (unit(s))	½	1	1½	2	2½	3
Chicken breast* (unit(s))	1	2	3	4	5	6
Not included						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Red wine vinegar (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2795 /668	530 /127
Total fat (g)	20	4
of which saturated(g)	10,1	1,9
Carbonhydrates (g)	81	15
of which sugars (g)	19,8	3,8
Fiber (g)	14	3
Protein (g)	46	9
Salt (g)	1,8	0,3

Allergens

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

1



Cook the bulgur

- Transfer the bulgur to a pot or saucepan and submerge with plenty of water, then crumble in the stock cube (see pantry for amount).
- Bring to a boil and cook the bulgur for 10 minutes, then drain and set aside.
- Meanwhile, chop the onion and slice the carrot.
- Dice half of the orange and then juice the rest. Dice the cucumber.

2



Fry the chicken

- Slice the chicken into strips.
- Melt a knob of butter in a frying pan over medium-high heat. Fry the chicken with the carrot and half of the African-inspired spices for 6 - 8 minutes until done. Season with salt and pepper, then remove from the pan and set aside.
- Fry the onion in the same pan for 2 - 3 minutes.
- Stir in half of the spinach and allow to wilt and reduce.

3



Make the vinaigrette

- In a small bowl, combine the orange juice with the mustard, the red wine vinegar and the extra virgin olive oil. Season to taste with salt and pepper.
- In a large bowl, combine the bulgur with the rest of the spinach and the African-inspired spices, along with half of the orange vinaigrette.
- Season to taste with salt and pepper.

4



Serve

- Serve the bulgur on deep plates with everything else on top.
- Garnish with the raisins, the cucumber and the orange.
- Crumble over the Greek-style cheese and drizzle with the rest of the vinaigrette to finish.

Chicken Curry Vol Au Vents

with parsley, arugula-cucumber salad & Romano pepper

Total time: 25 - 35 min. Quick



- Puff pastry cup
- Romano pepper
- Onion
- Garlic
- Carrot
- Curry powder
- Arugula
- Fresh flat leaf parsley
- Persian cucumber
- Chicken thigh strips

Recipe Developer Sarah: "These puff pastry cups remind me of home, where my parents always filled them with canned ragout. But making them yourself is a breeze! This version uses curry powder for a flavourful twist on a classic meal."

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Puff pastry cup (unit(s))	2	4	6	8	10	12
Romano pepper* (unit(s))	½	1	1	2	2	3
Onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	1	1	2	2
Curry powder (sachet(s))	½	1	1½	2	2½	3
Arugula* (g)	30	60	90	120	150	180
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Persian cucumber* (unit(s))	½	1	1½	2	2½	3
Chicken thigh strips* (g)	100	200	300	400	500	600
Not included						
Low sodium chicken stock (ml)	75	150	225	300	375	450
[Plant-based] milk (ml)	75	150	225	300	375	450
Flour (tbsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Mustard (tbsp)	¼	½	¾	1	1¼	1½
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tbsp)	¼	½	¾	1	1¼	1½
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3523 /842	595 /142
Total fat (g)	56	10
of which saturated(g)	26,5	4,5
Carbonhydrates (g)	54	9
of which sugars (g)	16,7	2,8
Fiber (g)	7	1
Protein (g)	30	5
Salt (g)	1,3	0,2

Allergens

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

1



Prepare

- Preheat the oven to 180°C. Slice the carrot into crescents.
- Melt a knob of butter in a deep frying pan over medium-high heat and fry the chicken with the carrot for 3 minutes.
- Meanwhile, cut the Romano pepper into thin strips. Chop the onion and crush or mince the garlic.
- Transfer all three to the pan and fry for 4 minutes.

3



Make the salad

- Transfer the pastry cups to a parchment-lined baking sheet and heat in the oven for 5 - 8 minutes.
- Meanwhile, roughly chop the parsley.
- Slice the cucumber into thin crescents.
- In a salad bowl, combine the mustard with the honey and the extra virgin olive oil. Season to taste with salt and pepper.

2



Make the curry

- Prepare the stock.
- Stir the flour, the curry spices and a knob of butter into the vegetables, then fry for 1 - 2 minutes.
- Add the stock and the milk, then mix well until smooth.
- Allow to reduce over low heat for 6 - 8 minutes. Season to taste with salt and pepper (see Tip).

Tip: *increase the heat if it seems too watery.*

4



Serve

- Shortly before serving, transfer the arugula and the cucumber to the salad bowl, then toss to combine with the dressing.
- Stir half of the parsley into the curry.
- Stuff the puff pastry cups with the curry and serve the salad alongside.
- Garnish with the rest of the parsley.

Chicken Drumsticks & Za'atar-Dressed Salad

over fragrant giant couscous with shaved almonds

Total time: 30 - 40 min.



- Shaved almonds
- Red onion
- Garlic
- Curry powder
- Giant couscous
- Raisins
- Bell pepper
- Persian cucumber
- Za'atar
- Fresh flat leaf parsley & mint
- Chicken drumsticks in Baharat marinade

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Shaved almonds (g)	10	20	30	40	50	60
Red onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Curry powder (sachet(s))	½	1	1½	2	2½	3
Giant couscous (g)	75	150	225	300	375	450
Raisins (g)	10	20	30	40	50	60
Bell pepper* (unit(s))	½	1	1½	2	2½	3
Persian cucumber* (unit(s))	½	1	1½	2	2½	3
Za'atar (sachet(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
Chicken drumsticks in Baharat marinade* (unit(s))	2	4	6	8	10	12
Not included						
Low sodium chicken stock (ml)	150	300	450	600	750	900
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Water (ml)	50	100	150	200	250	300
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Red wine vinegar (tbsp)	¾	1½	2¼	3	3¾	4½
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3623 /866	489 /117
Total fat (g)	39	5
of which saturated(g)	10,2	1,4
Carbonhydrates (g)	75	10
of which sugars (g)	18,9	2,6
Fiber (g)	10	1
Protein (g)	50	7
Salt (g)	2,4	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 and crush or mince the garlic.
- Dice the cucumber and the bell pepper (see Tip).
- Heat a clean frying pan over high heat and toast the almonds until golden-brown. Remove from the pan and set aside.

Tip: *the bell pepper will be served raw, but you can also fry it with the onion in step 4 if preferred.*

3



Boil the giant couscous

- Heat a light drizzle of olive oil in a saucepan over medium heat. Fry the garlic with the giant couscous, the curry powder and the rest of the onion for 1 minute.
- Pour in the stock, then lower the heat and boil for 10 - 12 minutes, covered.
- Add the raisins and boil for 2 more minures. Season to taste with salt and pepper, then fluff through it with a fork.

2



Cook the chicken drumsticks

- Make two incisions into the chicken drumsticks, making sure to cut to the bone.
- Heat a light drizzle of olive oil in the same pan over high heat and fry the chicken with half of the onion for 5 - 6 minutes.
- Reduce the heat and add the water (see pantry for amount). Cook for 15 - 18 minutes, covered, turning regularly.
- Stir in a knob of butter.

4



Serve

- Roughly chop the fresh herbs.
- In a salad bowl, combine the extra virgin olive oil with the red wine vinegar, the za'atar and the fresh herbs.
- Add the cucumber and the bell pepper, then toss well to combine. Season to taste with salt and pepper.
- Serve everything on deep plates and garnish with the almonds.

Southeast Asian-Style Shrimp Noodle Soup

with Thai basil, lime & vegetables

Total time: 15 - 25 min. Quick




Shrimp

Rice noodles


Vietnamese-style sauce


Fish sauce


Thai basil


Lime


Vegetable mix with cabbage


Pak choi

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Shrimp* (g)	80	160	240	320	400	480
Rice noodles (g)	50	100	150	200	250	300
Vietnamese-style sauce* (sachet(s))	½	1	1½	2	2½	3
Fish sauce (ml)	10	20	30	40	50	60
Thai basil* (g)	5	10	15	20	25	30
Lime* (unit(s))	½	1	1½	2	2½	3
Vegetable mix with cabbage* (g)	200	400	600	800	1000	1200
Pak choi* (unit(s))	½	1	1½	2	2½	3
Not included						
Low sodium vegetable stock (ml)	350	700	1050	1400	1750	2100
Sunflower oil (tbsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
[Reduced salt] soy sauce (tsp)	1	2	3	4	5	6
Sambal	to taste					
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2222 /531	257 /61
Total fat (g)	22	3
of which saturated(g)	6,4	0,7
Carbonhydrates (g)	58	7
of which sugars (g)	11,5	1,3
Fiber (g)	9	1
Protein (g)	22	3
Salt (g)	7,1	0,8

Allergens

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

1



Prepare

- Boil plenty of water in a pot or saucepan and cook the noodles for 4 minutes, then drain and rinse under cold water.
- Transfer to bowls and set aside.

2



Chop the pak choi

- Prepare the stock in the same pot, then add the Vietnamese-style sauce, the soy sauce and the fish sauce (see Tip).
- Discard the base of the pak choi and finely chop both the leaves and the stems, being sure to keep them separate.

Health Tip: *if you're watching your salt intake, use just half of the fish sauce.*

3



Fry the vegetables

- Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat. Fry the vegetable mix with the white part of the pak choi for 4 - 5 minutes.
- Add the green part of the pak choi and fry for 1 more minute.
- Season with salt and pepper, then transfer to the bowls, placing them on top of the noodles.

4



Fry the shrimp

- Meanwhile, juice half of the lime and cut the rest into wedges.
- Pat the shrimp dry with kitchen paper.
- Heat a drizzle of sunflower oil with a knob of butter in the same pan over medium-high heat. Fry the shrimp for 3 minutes until done.
- Deglaze with the lime juice, then transfer to the bowls as well.

5



Finish

- Meanwhile, roughly chop the Thai basil.

6



Serve

- Transfer the broth to the bowls and garnish with the Thai basil.
- Finish with some sambal as preferred and serve the lime wedges alongside.

Caribbean-Style Wings with Sweet Mango Dip

with apple slaw, lime & roast potatoes

Total time: 40 - 50 min.




Chicken wings


Copacabana-style spice mix


Mango chutney


Sweet chili sauce


Potatoes


Rainbow slaw mix


Piri piri seasoning


Apple


Red onion


Lime


Garlic


Smoked paprika

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken wings* (unit(s))	3	6	9	12	15	18
Mango chutney* (g)	20	40	60	80	100	120
Sweet chili sauce* (g)	17½	35	52½	70	87½	105
Potatoes (g)	200	400	600	800	1000	1200
Rainbow slaw mix* (g)	100	200	300	400	500	600
Piri piri seasoning (tsp)	1½	3	4½	6	7½	9
Apple* (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1½	2	2½	3
Lime* (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	2	3	4	5	6
Smoked paprika (sachet(s))	½	1	1½	2	2½	3
Copacabana-style spice mix (sachet(s))	½	1	1½	2	2½	3
Not included						
Sunflower oil (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	¼	½	¾	1	1¼	1½
Mustard (tsp)	1	2	3	4	5	6
Salt and pepper	to taste					
Red wine vinegar (tsp)	1	2	3	4	5	6

* *store in the fridge*

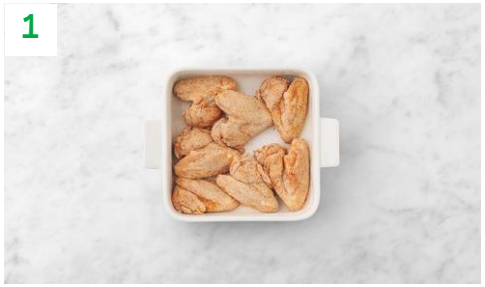
Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4050 /968	501 /120
Total fat (g)	47	6
of which saturated(g)	13,1	1,6
Carbonhydrates (g)	75	9
of which sugars (g)	20,6	2,5
Fiber (g)	12	1
Protein (g)	62	8
Salt (g)	1,4	0,2

Allergens

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

1



Marinate the chicken

- Preheat the oven to 220°C. Zest the lime, then juice half of it and cut the rest into wedges.
- Transfer the chicken to an oven dish and drizzle with sunflower oil.
- Add the Copacabana-style spices, the mustard and the lime juice, along with half each of the lime zest and the smoked paprika.
- Toss well to coat, then set aside to marinate.

2



Prepare the potatoes

- Peel or thoroughly wash the potatoes and then dice them.
- Cut the onion into wedges.
- Transfer to a bowl and drizzle with sunflower oil.
- Add the piri piri seasoning* and the rest of the smoked paprika. Season with salt and pepper, then toss well to coat.

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

3



Roast the potatoes

- Transfer the potatoes to one side of a parchment-lined baking sheet and place the oven dish alongside (see Tip).
- Roast everything in the oven for 30 - 35 minutes, tossing halfway.

Tip: *if you're cooking for more than three people, keep the oven dish separate and use the entire baking sheet for the potatoes instead.*

4



Make the slaw

- Meanwhile, thinly slice the apple.
- In a large salad bowl, combine the mayonnaise with the red wine vinegar, the apple, the slaw mix and the rest of the lime zest.
- Season to taste with salt and pepper, then toss well to combine.

5



Make the sauce

- Crush or mince the garlic.
- In a small bowl, combine the mango chutney with the garlic and the sweet chilli sauce.

6



Serve

- Serve the apple slaw on plates with everything else alongside.
- Serve with the mango dip and the lime wedges.

Cheesy Roasted Vegetable Lasagne

with mozzarella, eggplant & Sicilian-style herbs

Total time: 60 - 70 min. Vegetarian




Garlic


Eggplant


Courgette


Sicilian-style herb mix


Diced tomatoes with garlic & onion


Passata


Shredded mozzarella

Fresh lasagne sheets


Grated Gouda

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Eggplant* (unit(s))	½	1	2	2	3	3
Courgette* (unit(s))	½	1	1	2	2	3
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Diced tomatoes with garlic & onion (pack)	½	1	1½	2	2½	3
Passata (g)	100	200	300	390	500	590
Shredded mozzarella* (g)	50	100	150	200	250	300
Fresh lasagne sheets* (unit(s))	2	4	6	8	10	12
Grated Gouda* (g)	15	25	40	50	65	75
Not included						
Olive oil (ml)	30	60	90	120	150	180
Water for the sauce (ml)	30	60	90	120	150	180
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3590 /858	490 /117
Total fat (g)	48	7
of which saturated(g)	14,2	1,9
Carbonhydrates (g)	72	10
of which sugars (g)	23,1	3,2
Fiber (g)	11	1
Protein (g)	30	4
Salt (g)	3,4	0,5

Allergens

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

1



Roast the vegetables

- Preheat the oven to 200°C.
- In a small bowl, combine the olive oil with the Sicilian-style herbs.
- Slice the eggplant and the courgette into rounds of 0.5cm thickness.
- Transfer to a parchment-lined baking sheet and drizzle with three quarters of the oil. Season with salt and pepper, then toss well to coat and roast for 10 - 12 minutes.

2



Make the sauce

- Crush or mince the garlic.
- Heat the rest of the oil mixture in a deep frying pan over medium-high heat and fry the garlic for 1 - 2 minutes, or until fragrant.
- Deglaze with the diced tomatoes, the passata, the balsamic vinegar and the water for the sauce.
- Season to taste with salt and pepper, then cover with the lid and allow to reduce gently until the roasted vegetables are done.

3



Make the lasagne

- Transfer a shallow layer of sauce to the oven dish, then top with a layer of the lasagne sheets. Press down so as to evenly distribute the sauce.
- Top with another layer of sauce and then with the roasted vegetables, then scatter over the Gouda.
- Repeat until the vegetables and most of the sauce have been used, then finish with the rest of the sauce.
- Top with the mozzarella, then bake for 25 - 30 minutes.

4



Serve

- Allow to rest for at least 3 minutes before serving, so that the lasagne can firm up and cool down.
- Serve the lasagne on plates.

Chicken with Orzotto Alla Melanzane

with eggplant, Parmigiano Reggiano & Italian herbs

Total time: 40 - 50 min. Family




Orzo


Garlic


Red onion


Eggplant


Italian seasoning


Parmigiano Reggiano DOP


Chopped tomatoes with basil


Chicken breast with Mediterranean herbs

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Orzo (g)	75	150	225	300	375	450
Garlic (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1	2	2	3
Eggplant* (unit(s))	½	1	2	2	3	3
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Chopped tomatoes with basil (pack)	½	1	1½	2	2½	3
Chicken breast with Mediterranean herbs* (unit(s))	1	2	3	4	5	6
Not included						
Low sodium vegetable stock (ml)	150	300	450	600	750	900
Flour (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	1½	3	4½	6	7½	9
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

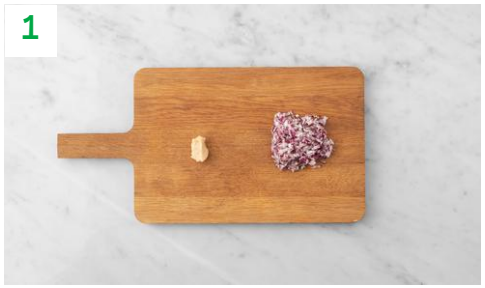
Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3452 /825	452 /108
Total fat (g)	32	4
of which saturated(g)	10,3	1,3
Carbonhydrates (g)	84	11
of which sugars (g)	24,5	3,2
Fiber (g)	10	1
Protein (g)	44	6
Salt (g)	2,4	0,3

Allergens

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

1



Prepare

- Prepare the stock.
- Dice the eggplant into 1cm cubes and transfer to a bowl, along with the flour.
- Season with salt and pepper, then toss well to coat.
- Chop the onion and crush or mince the garlic.

2



Fry the eggplant

- Heat a generous drizzle of olive oil in a frying pan over medium-high heat.
- Fry the eggplant for 8 - 10 minutes until evenly browned, then remove from the pan and set aside.

3



Make the sauce

- Heat a drizzle of olive oil in another frying pan over medium-high heat.
- Fry the onion with the Italian seasoning for 3 - 4 minutes.
- Stir in the garlic and the orzo, then fry for 1 more minute.
- Deglaze with the diced tomatoes and the balsamic vinegar, then stir in the sugar and allow to reduce for 2 - 3 minutes.

4



Make the orzotto

- Pour in the stock, then bring to a boil.
- Lower the heat and allow to reduce gently for 15 - 17 minutes, or until the orzo is done.
- Stir regularly so as to prevent the orzo from sticking to the bottom of the pan.
- Add more water as necessary if it seems too dry.

5



Fry the chicken

- Melt a knob of butter in the same pan you used for the eggplant over medium-high heat and fry the chicken for 2 minutes per side.
- Reduce the heat and fry for a further 4 minutes per side, or until done.
- Turn off the heat and set aside until serving, covered.
- Meanwhile, grate the Parmigiano Reggiano.

6



Serve

- When the orzotto is done, stir in half each of the eggplant and the Parmigiano Reggiano. Season to taste with salt and pepper.
- Serve the orzotto on plates with everything else alongside.
- Garnish with the rest of the Parmigiano Reggiano to finish.

Kabkabou-Style Harissa Fish Stew with Capers

Tunisian-inspired, over couscous with tomato sauce

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




Pollock


Garlic


Onion


Capers


Carrot


Ground cumin


Tinned cherry tomatoes


Harissa


Wholewheat couscous

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pollock* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Capers (g)	15	30	45	60	75	90
Carrot* (unit(s))	½	1	1½	2	2½	3
Ground cumin (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Tinned cherry tomatoes (can)	½	1	1½	2	2½	3
Harissa* (g)	15	30	45	60	75	90
Wholewheat couscous (g)	75	150	225	300	375	450
Not included						
Low sodium vegetable stock (ml)	100	200	300	400	500	600
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2669 /638	396 /95
Total fat (g)	23	3
of which saturated(g)	10,1	1,5
Carbonhydrates (g)	65	10
of which sugars (g)	17,2	2,5
Fiber (g)	18	3
Protein (g)	33	5
Salt (g)	1,5	0,2

Allergens

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

1



Chop the vegetables

- Prepare the stock and drain the capers.
- Chop the onion and crush or mince the garlic. Slice the carrot into thin crescents.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the onion and the carrot for 3 - 4 minutes.
- Add the garlic and half of the cumin. Fry for 3 - 4 more minutes.

2



Make the stew

- Pat the fish dry with kitchen paper and cut it into smaller chunks. Season with salt and pepper.
- Transfer the tomatoes to the pan, along with the capers and the harissa.
- Season to taste with salt and pepper, then mix well to combine.
- Place the fish on top of the vegetables and poach for 6 - 8 minutes over medium-low heat, covered.

3



Prepare the couscous

- In the meantime, melt a generous knob of butter in a pot or saucepan over medium-high heat and bloom the rest of the cumin for 30 - 60 seconds.
- When the butter begins to foam, add the couscous and the stock.
- Take the pan off the heat and allow to stand for 8 minutes, covered.
- Fluff through the couscous with a fork when finished to separate the grains.

4



Serve

- Serve the couscous on deep plates and top with the stew.

Hamburger with Creamy Portobello Sauce

with garlic mash & carrot fries

Total time: 35 - 45 min.




Potatoes


Yellow carrot


Carrot


Portobello mushroom


Onion


Garlic


Hamburger from Meatier


Yellow mustard seeds


Cooking cream

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Yellow carrot* (unit(s))	¾	1	1	2	2	3
Carrot* (unit(s))	½	1	1	1	2	2
Portobello mushroom* (unit(s))	1	2	3	4	5	6
Onion (unit(s))	¼	½	¾	1	1¼	1½
Garlic (unit(s))	½	1	1½	2	2½	3
Hamburger from Meatier* (unit(s))	1	2	3	4	5	6
Yellow mustard seeds (sachet(s))	¼	½	¾	1	1¼	1½
Cooking cream (g)	75	150	225	300	375	450
Not included						
Red wine vinegar (tsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Olive oil (tbsp)	½	1	1½	2	2½	3
Flour (tsp)	½	1	1½	2	2½	3
[Plant-based] milk	splash					
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3707 /886	568 /136
Total fat (g)	58	9
of which saturated(g)	29,2	4,5
Carbonhydrates (g)	61	9
of which sugars (g)	11,1	1,7
Fiber (g)	10	2
Protein (g)	28	4
Salt (g)	1,8	0,3

Allergens

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

1



Roast the carrots

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

2



Chop the vegetables

- Peel or thoroughly wash the potatoes and cut into rough chunks.
- Finely dice the portobello. Chop the onion and peel the garlic clove.
- Boil the potatoes for 10 minutes, then add the garlic clove and cook for 5 more minutes until done.
- Reserve some of the cooking liquid, then drain.

3



Mash the potatoes

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

4



Fry the burger

- Heat a drizzle of sunflower oil in a frying pan over medium-high heat.
- Fry the burger for 3 - 4 minutes per side, then remove from the pan and set aside under aluminum foil.

5



Make the sauce

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

6



Serve

- Serve the burger with the garlic mash.
- Top with the creamy portobello sauce and serve the carrot fries alongside.

Chicken Parm with Homemade Fries

with tomato sauce & arugula salad

Total time: 45 - 55 min. Family



- Potatoes
- Onion
- Garlic
- Italian seasoning
- Passata
- Panko breadcrumbs
- Parmigiano Reggiano DOP
- Roma tomato
- Arugula & lamb's lettuce
- Chicken breast with Mediterranean herbs

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Passata (g)	100	200	300	390	500	590
Panko breadcrumbs (g)	25	50	75	100	125	150
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Roma tomato (unit(s))	½	1	2	2	3	3
Arugula & lamb's lettuce* (g)	20	40	60	90	100	130
Chicken breast with Mediterranean herbs* (unit(s))	1	2	3	4	5	6
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tsp)	½	1	1½	2	2½	3
Sugar (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1½	3	4½	6	7½	9
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4008 /958	586 /140
Total fat (g)	49	7
of which saturated(g)	11,8	1,7
Carbonhydrates (g)	89	13
of which sugars (g)	18,9	2,8
Fiber (g)	10	1
Protein (g)	41	6
Salt (g)	2,1	0,3

Allergens

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

1



Make the fries

- Preheat the oven to 220°C.
- Wash or peel the potatoes and cut them 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 one side of a parchment-lined baking sheet and bake in the oven for 30 - 35 minutes or until golden-brown, tossing halfway.

2



Make the tomato sauce

- Chop the onion and crush or mince the garlic.
- Heat a drizzle of olive oil in a saucepan over medium-high heat. Fry the garlic and the onion for 2 - 3 minutes.
- Add the Italian seasoning, the passata and the sugar, along with half of the balsamic vinegar.
- Bring to a boil, then lower the heat and allow to simmer gently for 10 minutes. Stir regularly, seasoning to taste with salt and pepper.

3



Bread the chicken

- Butterfly the chicken by cutting it open along the side, then cover with a sheet of parchment paper.
- Smack the chicken with the base of a pan so as to flatten it (see Tip).
- Transfer the panko to a deep plate.
- Use half of the mayonnaise to coat the chicken, then coat it with the panko.

Tip: *ensure the chicken is uniformly thin, so as to ensure it cooks evenly.*

4



Fry the chicken

- Melt a knob of butter in a frying pan over medium-high heat and fry the chicken for 2 - 3 minutes per side.
- Meanwhile, grate the Parmigiano Reggiano.
- Transfer the chicken to an oven dish and top with the tomato sauce.
- Scatter over half of the Parmigiano Reggiano, then bake in the oven for 10 - 12 minutes.

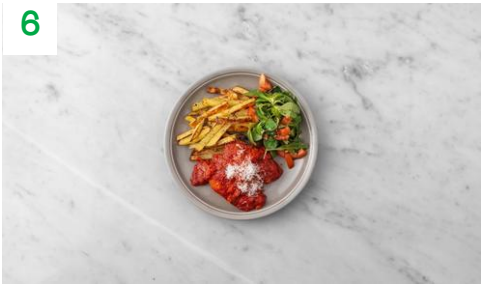
5



Make the salad

- Meanwhile, dice the tomato and transfer to a salad bowl, along with the lettuce.
- Shortly before serving, add the extra virgin olive oil and the rest of the balsamic vinegar.
- Toss well to combine, then season to taste with salt and pepper.

6



Serve

- Serve everything on plates.
- Garnish with the rest of the Parmigiano Reggiano.
- Serve the salad and the rest of the mayonnaise alongside.

Sweet & Sticky Squeaky Cheese Orzo Salad

with tomatoes, lemon & thyme

Total time: 20 - 30 min. Quick Vegetarian




Orzo


Red onion


Garlic


Cucumber


Sicilian-style herb mix


Fresh flat leaf parsley


Cypriot-style cheese


Dried thyme


Lemon


Mini Roma tomatoes

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Orzo (g)	75	150	225	300	375	450
Red onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Cucumber* (unit(s))	¼	½	1	1	1½	1½
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Cypriot-style cheese* (g)	100	200	300	400	500	600
Dried thyme (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Mini Roma tomatoes* (g)	125	250	375	500	625	750
Not included						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Balsamic vinegar (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tbsp)	1	2	3	4	5	6
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3427 /819	694 /166
Total fat (g)	38	8
of which saturated(g)	23,8	4,8
Carbonhydrates (g)	82	17
of which sugars (g)	27,2	5,5
Fiber (g)	8	2
Protein (g)	36	7
Salt (g)	3,6	0,7

Allergens

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

1



Prepare

- Preheat the oven to 220°C.
- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cook the orzo for 10 - 12 minutes, then drain and set aside (see Tip).
- Cut the onion into half rings and thinly slice the garlic. Dice the cucumber.

Tip: *if preferred, you can also rinse the orzo under cold water at this stage.*

2



Roast the tomatoes

- Transfer the onion, the garlic and the tomatoes to an oven dish, then drizzle with olive oil and the balsamic vinegar. Season with salt and pepper, then toss well to coat.
- Roast the vegetables in the oven for 15 minutes.
- Pat the cheese dry with kitchen paper and cut into three slabs per person.
- Juice the lemon and finely chop the parsley.

3



Fry the cheese

- Heat a clean non-stick frying pan over medium-high heat. Fry the cheese for 2 - 3 minutes per side (see Tip).
- Stir in half of the honey, then add the thyme and season with pepper.
- Deglaze the pan with 0.5 tbsp of lemon juice per person.

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

4



Serve

- In a salad bowl, combine the orzo with the cucumber, the roasted vegetables, the Sicilian-style herbs, the extra virgin olive oil, the rest of the honey, two thirds of the parsley and 1 tbsp lemon juice per person.
- Serve the orzo on deep plates and top with the cheese.
- Garnish with the rest of the parsley to finish.

Chili Sin Carne with Guacamole & Tortilla Chips

with spicy tomato salsa, corn & black beans

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




Tomato


Onion


Garlic


Black beans


Mexican-style spices


BBQ spice rub


Plant-based mince


Tomato paste


Green chili pepper


Lime


Beetroot tortilla chips


Corn


Guacamole

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Tomato (unit(s))	1	2	3	4	5	6
Onion (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	½	1	1½	2	2½	3
Black beans (pack)	½	1	1½	2	2½	3
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
BBQ spice rub (sachet(s))	½	1	1½	2	2½	3
Plant-based mince* (g)	75	150	225	300	375	450
Tomato paste (can)	½	1	1½	2	2½	3
Green chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Beetroot tortilla chips (g)	25	50	75	100	125	150
Corn (g)	70	140	210	280	350	420
Guacamole* (g)	40	80	120	160	200	240
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2628 /628	475 /113
Total fat (g)	27	5
of which saturated(g)	3,8	0,7
Carbonhydrates (g)	56	10
of which sugars (g)	18,7	3,4
Fiber (g)	26	5
Protein (g)	28	5
Salt (g)	2,3	0,4

Allergens

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

1



Prepare

- Chop the onion and crush or mince the garlic.
- Drain and rinse the beans. Deseed and finely chop the chili pepper*.
- Heat a drizzle of sunflower oil in a frying pan over medium-high heat.
- Fry the garlic with both spice mixes* and three quarters of the onion for 1 - 2 minutes.

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

2



Make the chili

- Add the mince, the tomato paste and the beans.
- Mix well to combine and fry for 3 - 4 minutes, then keep warm until serving.
- Meanwhile, dice the tomato and juice the lime.
- In a bowl, combine the tomato with the chili pepper, the extra virgin olive oil and half of the lime juice. Season to taste with salt and pepper.

3



Prepare the toppings

- In a small bowl, combine the guacamole with the rest of the onion and as much of the remaining lime juice as preferred.
- Season to taste with salt and pepper.
- In the meantime, drain the corn.

4



Serve

- Serve the chili on plates, then top with the corn and the tomato salsa.
- Serve the guacamole and the tortilla chips alongside.