



Wild Boar Cheeseburger with Fries & Onion Chutney

on brioche with tomato-arugula salad

Family

Total time: 45 - 55 min.



Potatoes



Red onion



Tomato



Grated Gouda



Arugula



Onion chutney



Wild boar burger



Brioche bun



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

Wild boar is praised for its unique, gamey flavour. This is due to the boar's varied diet; they're omnivores, just like pigs!

Tear me out!



Before you start

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

Equipment

(parchment-lined) baking sheet(s), bowl(s), salad bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Red onion (unit(s))	½	1	2	2	3	3
Tomato (unit(s))	1½	3	4	6	7	9
Grated Gouda* (g)	15	25	40	50	65	75
Arugula* (g)	40	80	120	160	200	240
Onion chutney* (g)	20	40	60	80	100	120
Wild boar burger* (unit(s))	1	2	3	4	5	6
Brioche bun (unit(s))	1	2	3	4	5	6
Not included						
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
Mustard (tsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4105 /981	619 /148
Total fat (g)	54	8
of which saturated(g)	19	2,9
Carbonhydrates (g)	95	14
of which sugars (g)	22,2	3,3
Fiber (g)	11	2
Protein (g)	33	5
Salt (g)	2,1	0,3

Allergens

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



Prepare

- Preheat the oven to 220°C.
- Peel or thoroughly wash the potatoes and then cut into fries of no more than 1cm thickness (see Tip).

Health Tip this recipe is high in calories. If you're watching your calorie intake, serve the burger without the fries. You can keep the potatoes to use another time instead.



Bake the fries

- Transfer the fries 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 25 - 35 minutes.



Fry the onion

- Slice the onion into half rings.
- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the onion with a generous pinch of salt for 6 - 8 minutes until soft, then remove from the pan and set aside.
- Meanwhile, cut the tomato into wedges.

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



Fry the burger

- Melt a knob of butter in the same frying pan over medium-high heat.
- Fry the burger for 4 - 5 minutes per side.
- Top with the cheese during the final minute of cooking and allow to melt.



Make the salad

- In a salad bowl, combine the extra virgin olive oil with the balsamic vinegar and the mustard. Season to taste with salt and pepper.
- Transfer the tomato and the arugula to the salad bowl.
- Add half of the fried onion, then toss well to combine.



Serve

- Serve the fries on plates.
- Cut open the brioche bun and fill with the cheeseburger, the onion chutney and the rest of the fried onion.
- Serve with the salad alongside.

Enjoy!



Cheesy Chili Sin Carne Tacos with Guacamole

on hard-shell tacos with sour cream & salsa

Family | Veggie | Quick

Total time: 25 - 30 min.



Our recipe developer Sarah says:

"I love vegetarian food! I like to cook it in such a way that you don't miss the meat, so I chose lentils as a replacement for minced meat in this recipe. The Mexican-style spices add some heat to the dish and the two types of dips complete it."



Lentils



Taco shells



Passata



Red onion



Mexican-style spices



Organic sour cream



Guacamole



Green Romano pepper



Tomato



Grated cheddar



Corn

Before you start

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

Equipment

(parchment-lined) baking sheet(s), bowl(s), (lidded) deep frying pan(s), sieve

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Lentils (pack)	½	1	1½	2	2½	3
Taco shells (unit(s))	4	8	12	16	20	24
Passata (g)	100	200	300	390	500	590
Red onion (unit(s))	½	1	1	2	2	3
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Organic sour cream* (g)	25	50	75	100	125	150
Guacamole* (g)	40	80	160	160	240	240
Green Romano pepper* (unit(s))	½	1	2	2	3	3
Tomato (unit(s))	½	1	1½	2	2½	3
Grated cheddar* (g)	25	50	75	100	125	150
Corn (g)	70	140	140	285	280	425
Not included						
White wine vinegar (tsp)	1	2	3	4	5	6
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (totaste)			to taste			
Salt and pepper (totaste)			to taste			

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3314 /792	556 /133
Total fat (g)	40	7
of which saturated(g)	16	2,7
Carbonhydrates (g)	76	13
of which sugars (g)	17,6	3
Fiber (g)	13	2
Protein (g)	20	3
Salt (g)	3,5	0,6

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Dice the Romano pepper and chop the onion.
- Drain and rinse the lentils and the corn.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry two thirds of the onion with half of the Romano pepper for 2 - 3 minutes (see Tip).

Tip: the rest of the onion is served raw, but if preferred you can also fry it here instead.



Make the chili sin carne

- Add the corn, the **Mexican-style spices*** and the lentils, then fry for 3 - 4 minutes over high heat.
- Deglaze with the passata and then crumble in the stock cube (see pantry for amount).
- Allow to simmer gently until serving, adding a splash of water as necessary if the chili becomes too thick.

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



Make the salsa

- Dice the tomato and transfer to a bowl, along with the white wine vinegar.
- Add the rest of the onion and Romano pepper, then mix well to combine.
- Add extra virgin olive oil as preferred, then season to taste with salt and pepper.
- Transfer the taco shells to a parchment-lined baking sheet and heat in the oven for 4 - 5 minutes.



Serve

- Serve the chili sin carne, salsa, guacamole, cheese and sour cream in separate bowls.
- Serve the taco shells on plates and allow everyone to assemble their own tacos as preferred.

Enjoy!



Veggie Burger with Creamy Chive Sauce

with fried mushrooms & parsnip mashed potatoes

Veggie | Quick

Total time: 20 - 25 min.



Potatoes



Parsnip



Red onion



Chestnut mushrooms



Dried thyme



Unbelievabull
burger from the
Vegetarian Butcher®



Cooking cream



Fresh chives



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

Did you know that parsnips grow sweeter in cold temperatures? That's why this vegetable is harvested in winter!

Tear me out!



Before you start

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

Equipment

Aluminum foil, (lidded) pot or saucepan(s), potato masher, 2x frying pan, whisk

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Parsnip* (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1½	2	2½	3
Chestnut mushrooms* (g)	125	250	300	400	550	650
Dried thyme (sachet(s))	½	¾	1	1½	1½	2
Unbelievabull burger from the Vegetarian Butcher®* (unit(s))	1	2	3	4	5	6
Cooking cream (g)	50	100	150	200	250	300
Fresh chives* (g)	5	10	15	20	25	30
Not included						
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Low sodium vegetable stock (ml)	75	150	225	300	375	450
Mustard (tsp)	½	1	1½	2	2½	3
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Flour (tbsp)	½	1	1½	2	2½	3
[Plant-based] milk			splash			
Salt and pepper (totaste)			to taste			

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3171 /758	433 /103
Total fat (g)	43	6
of which saturated(g)	21,9	3
Carbonhydrates (g)	67	9
of which sugars (g)	14,4	2
Fiber (g)	19	3
Protein (g)	21	3
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 water in a pot or saucepan. Peel and roughly chop the potatoes and the parsnip.
- Boil both for 12 - 15 minutes, then drain return to the pot.
- Mash the potatoes and the parsnip with a knob of butter, the mustard and a splash of milk.
- Season to taste with salt and pepper, then set aside until serving.

2



Fry the mushrooms

- Chop the onion and quarter the mushrooms.
- Melt a knob of butter in a frying pan over medium-high heat. Fry the onion with the mushrooms and the thyme for 5 - 7 minutes.
- Deglaze with the white balsamic vinegar and fry for 1 more minute.
- Meanwhile, prepare the stock and finely chop the chives.

3



Make the sauce

- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the burger for 3 minutes per side. Remove from the pan and set aside under aluminum foil.
- Melt a knob of butter in the same pan over medium-high heat. Fry the flour for 1 - 2 minutes, or until golden-brown and fragrant.
- Add the stock and the cream, then whisk to incorporate.

4



Serve

- Turn the heat to low and allow the sauce to reduce until serving.
- Stir half of the chives into the sauce. Season to taste with salt and pepper.
- Serve the mash on plates with everything else alongside.
- Pour over the sauce and garnish with the rest of the chives.

Enjoy!



Beef Orzo with Middle Eastern Spices

with mascarpone, pepper & leek

Family Quick

Total time: 25 - 30 min.



Red chili pepper



Onion



Garlic



Bell pepper



Leek



Orzo



Middle Eastern spice mix



Tomato paste



Mascarpone



Beef mince with East Asian spices



Grated Italian cheese



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

Orzo means barley in Italian, but it's actually a variety of pasta. It gets its name from its shape, similar to that of a grain of barley.

Tear me out!



Before you start

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

Equipment

Large deep frying pan with lid, lidded pot or saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	1	2	2	3	3
Bell pepper* (unit(s))	½	1	1	2	2	3
Leek* (unit(s))	½	1	2	2	3	3
Orzo (g)	75	150	225	300	375	450
Middle Eastern spice mix (sachet(s))	¼	½	¾	1	1¼	1½
Tomato paste (can)	½	1	1½	2	2½	3
Mascarpone* (g)	25	50	75	100	125	150
Beef mince with East Asian spices* (g)	100	200	300	400	500	600
Grated Italian cheese* (g)	15	20	40	50	60	70
Not included						
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Balsamic vinegar (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3360 /803	491 /117
Total fat (g)	37	5
of which saturated(g)	21	3,1
Carbonhydrates (g)	77	11
of which sugars (g)	21,9	3,2
Fiber (g)	11	2
Protein (g)	36	5
Salt (g)	2,2	0,3

Allergens

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



Prepare

- Prepare the stock in a pot or saucepan.
- Chop the onion and crush or mince the garlic.
- Deseed and finely chop the **red chili pepper**. Dice the bell pepper.
- Boil the orzo in the stock for 10 - 12 minutes over low heat, covered, stirring regularly (see Tip).

Tip: add a splash of water as necessary if the orzo seems too dry.



Fry the mince

- Melt a knob of butter in a large deep frying pan over medium heat. Fry the onion with the garlic, **chili pepper*** and Middle Eastern spices for 2 minutes.
- Add the tomato paste and the mince and fry for 3 minutes, separating the mince as you do so.
- Meanwhile, cut the leek into half rings.

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



Finish

- Stir in the leek and the bell pepper, then fry for 5 minutes over medium heat, covered.
- Add the balsamic vinegar and the orzo and fry for 1 minute.
- Stir in half of the mascarpone and season to taste with salt and pepper.



Serve

- Serve the orzo on plates and top with the rest of the mascarpone.
- Garnish with the cheese to finish.

Enjoy!



Bang Bang Cauliflower with Chili Mayo

over garlic rice with crunchy vegetables

Veggie

Total time: 35 - 45 min.



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

This recipe is inspired by Bang Bang Chicken, a popular Chinese street food dish; “bàng” means “stick” in Mandarin, referring to the utensil which is traditionally used to tenderise the meat.

Tear me out!



Before you start

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

Equipment

(parchment-lined) baking sheet(s), 2x large bowl, lidded pot or saucepan, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Sweet chili sauce* (sachet(s))	1	2	3	4	5	6
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
Sriracha mayo* (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 (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3243 /775	425 /102
Total fat (g)	34	5
of which saturated(g)	4,5	0,6
Carbonhydrates (g)	102	13
of which sugars (g)	15,2	2
Fiber (g)	10	1
Protein (g)	20	3
Salt (g)	2,4	0,3

Allergens

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



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.



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.



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.



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.



Fry the vegetables

- Heat a drizzle of olive oil in a frying pan 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.



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.

Did you know... Spinach is full of nutrients but it is particularly rich in iron, which is essential for transporting oxygen throughout the body. This helps us feel energised.

Enjoy!



Roasted Cauliflower in Green Curry Sauce

over rice with spinach, lemongrass & Thai basil

Family | Plant-Based

Total time: 35 - 45 min.



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

The green curry spices you'll use to season this dish is full of fragrant spices like ginger, star anise and lemongrass - the perfect blend of flavours for a delicious green curry!

Tear me out!



Cauliflower



Garlic



Red onion



Lime



Fresh lemongrass



Thai basil



Quick-cook brown rice



Green curry spices



Coconut milk



Spinach



Pumpkin seeds

Before you start

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

Equipment

(parchment-lined) baking sheet(s), bowl(s), (lidded) pot or saucepan(s), (lidded) wok or deep frying pan(s)

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Cauliflower* (g)	250	500	750	1000	1250	1500
Garlic (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	½	1	1	2	2	3
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Fresh lemongrass* (unit(s))	½	1	1½	2	2½	3
Thai basil* (g)	2½	5	7½	10	12½	15
Quick-cook brown rice (g)	75	150	225	300	375	450
Green curry spices (sachet(s))	½	1	1½	2	2½	3
Coconut milk (ml)	90	180	250	360	430	540
Spinach* (g)	50	100	150	200	250	300
Pumpkin seeds (g)	10	20	30	40	50	60
Not included						
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Sugar (tsp)	1	2	3	4	5	6
Flour (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	75	150	225	300	375	450
Sunflower oil (tbsp)	¼	½	¾	1	1¼	1½
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2879 /688	454 /108
Total fat (g)	30	5
of which saturated(g)	16,5	2,6
Carbonhydrates (g)	83	13
of which sugars (g)	16,9	2,7
Fiber (g)	12	2
Protein (g)	18	3
Salt (g)	0,7	0,1

Allergens

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



Roast the cauliflower

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

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



Prepare the aromatics

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



Toast the pumpkin seeds

- Boil the rice for 10 minutes, or until done, then drain and set aside.
- In the meantime, heat a clean wok or deep frying pan over high heat and toast the pumpkin seeds until they start to pop.
- Remove from the pan and set aside.



Fry the aromatics

- Heat a light drizzle of sunflower oil in the same pan over medium-high heat.
- Fry the garlic and onion for 2 minutes.
- Add the green curry spices and the flour and fry for 1 more minute.



Finish the curry

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



Serve

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

Enjoy!



Chicken with Pesto Rosso Linguine

in creamy cherry tomato sauce

Family

Total time: 35 - 45 min.



Pesto rosso



Chicken breast with Mediterranean herbs



Cooking cream



Linguine



Tinned cherry tomatoes



Garlic



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

According to Italians, each variety of pasta goes with a certain kind of sauce. For instance, linguine, the thicker brother of spaghetti, goes perfectly with a light, oil-based sauce!

Tear me out!



Before you start

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

Equipment

Oven dish, (lidded) pot or saucepan(s)

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pesto rosso* (g)	20	40	60	80	100	120
Chicken breast with Mediterranean herbs* (unit(s))	1	2	3	4	5	6
Cooking cream (g)	75	150	225	300	375	450
Linguine (g)	90	180	270	360	450	540
Tinned cherry tomatoes (can)	½	1	1½	2	2½	3
Garlic (unit(s))	1	2	3	4	5	6
Not included						
Sugar (tsp)	1	2	3	4	5	6
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3247 /776	649 /155
Total fat (g)	28	6
of which saturated(g)	10,2	2
Carbonhydrates (g)	87	17
of which sugars (g)	19,3	3,9
Fiber (g)	7	1
Protein (g)	42	8
Salt (g)	1,6	0,3

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Crush or mince the garlic.
- In an oven dish, combine the cream with the garlic, the tomatoes, the pesto, the sugar and the balsamic vinegar. Season to taste with salt and pepper.

Did you know...  tinned tomatoes provide just as many vitamins and minerals as fresh ones.



Roast the chicken

- Score the chicken on both sides, then transfer to the oven dish.
- Roast in the oven for 25 - 30 minutes, or until the chicken is done.
- Shortly before serving, remove the chicken from the oven dish and slice it.



Boil the linguine

- Meanwhile, boil plenty of water in a pot or saucepan for the linguine.
- When there are 11 minutes of roasting time left, boil the linguine for 9 - 11 minutes.
- Drain the linguine and return it to the pot.



Serve

- Transfer the tomato sauce to the linguine and toss well to combine.
- Serve everything on plates.

Enjoy!



Veggie Schnitzel over Garlic-Ginger Rice

with quick-pickled slaw, East Asian-style sauce & gomashio

Family Quick Plant-Based

Total time: 20 - 25 min.



Carrot



Chopped sweetheart cabbage



Basmati rice



Scallions



Gomashio



East Asian-style sauce



Vegan schnitzel



Garlic



Ginger paste



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

For a little extra flavour, toast the rice grains with the aromatics before adding liquid – this adds a subtle nutty flavour and promotes even liquid absorption, for the perfect fluffy rice!

Tear me out!



Before you start

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

Equipment

Bowl(s), grater, lidded pot or saucepan, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Carrot* (unit(s))	1	1	2	2	3	3
Chopped sweetheart cabbage* (g)	100	200	300	400	500	600
Basmati rice (g)	75	150	225	300	375	450
Scallions* (bunch)	½	1	1	2	2	3
Gomashio (sachet(s))	¼	½	¾	1	1¼	1½
East Asian-style sauce* (g)	35	70	105	140	175	210
Vegan schnitzel* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
Ginger paste* (g)	5	10	15	20	25	30
Not included						
Low sodium vegetable stock (ml)	180	360	540	720	900	1080
Sugar (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1½	3	4½	6	7½	9
Water for the sauce (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3962 /947	550 /131
Total fat (g)	43	6
of which saturated(g)	5,6	0,8
Carbonhydrates (g)	116	16
of which sugars (g)	25,2	3,5
Fiber (g)	14	2
Protein (g)	22	3
Salt (g)	3,8	0,5

Allergens

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



Prepare

- Prepare the stock.
- Crush or mince the garlic.
- Chop the scallions into thin rings and keep the white part separate from the greens.



Boil the rice

- Heat a drizzle of olive oil in a pot or saucepan over medium-high heat. Fry the garlic with the ginger paste and the white part of the scallion for 1 - 2 minutes.
- Add the rice and the stock, then bring to a boil.
- Lower the heat and cook the rice for 10 minutes, covered.
- Remove from the heat when finished and set aside until ready to serve.



Make the sauce

- Grate the carrot. Chop the cabbage into smaller pieces if preferred. In a bowl, combine the sugar and white wine vinegar with some salt and pepper.
- Add the carrot and the sweetheart cabbage. Toss well to combine and then keep in the fridge until serving.
- In a small bowl, combine the mayonnaise with the East Asian-style sauce and the water for the sauce.



Serve

- Heat a drizzle of sunflower oil in a frying pan over medium-high heat. When the pan is nice and hot, fry the schnitzel for 3 minutes per side or until golden-brown.
- Serve the garlic-ginger rice on plates. Top with the schnitzel and drizzle over the sauce.
- Garnish with the gomashio and the scallion greens. Serve the crunchy slaw alongside.

Enjoy!



Hake Fillet with Pistou Mashed Potatoes

with cherry tomatoes & spinach

Quick

Total time: 25 - 30 min.



Potatoes



Fresh basil



Skin-on hake fillet



Red cherry tomatoes



Spinach



Red onion



Garlic



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

Pistou is a bright, herbaceous Provençal sauce similar to pesto, but made more simply: with just basil, garlic and olive oil. It likely developed through culinary exchange between the Liguria and Provençal regions.

Tear me out!



Before you start

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

Equipment

Blender or immersion blender (with a tall container), (lidded) pot or saucepan(s), kitchen paper, potato masher, 3x frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Fresh basil* (g)	5	10	15	20	25	30
Skin-on hake fillet* (unit(s))	1	2	3	4	5	6
Red cherry tomatoes (g)	125	250	375	500	625	750
Spinach* (g)	100	200	300	400	500	600
Red onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	1½	3	4½	6	7½	9
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Mustard (tsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
[Plant-based] milk	splash					
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2946 /704	428 /102
Total fat (g)	36	5
of which saturated(g)	12,4	1,8
Carbohydrates (g)	60	9
of which sugars (g)	10,7	1,6
Fiber (g)	10	1
Protein (g)	34	5
Salt (g)	1,4	0,2

Allergens

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



Prepare

- Wash or peel the potatoes and then cut into rough pieces. Transfer to a pot or saucepan and submerge with water.
- Crumble in the stock cube (see pantry for amount). Boil the potatoes for 12 - 15 minutes, covered, then drain and set aside.
- Chop the onion and crush or mince the garlic.
- Halve the tomatoes.



Fry the tomatoes

- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the onion for 1 - 2 minutes (see Tip).
- Add the tomatoes and fry for 3 - 4 minutes.
- Deglaze with the balsamic vinegar and cook for 1 more minute.
- Season to taste with salt and pepper, then set aside.

Tip: if you don't like raw garlic, add it here instead.



Make the pistou

- Transfer the garlic and basil to a tall container.
- Add a splash of milk and a drizzle of olive oil, then process with an immersion blender until smooth.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the spinach for 3 - 4 minutes.



Fry the fish

- Pat the fish dry with kitchen paper and season with salt and pepper.
- Melt a knob of butter in a frying pan over medium-high heat.
- Fry the fish on its skin for 3 minutes, then flip and fry for 3 more minutes.



Mash the potatoes

- Shortly before serving, mash the potatoes with the pistou, the mustard and a knob of butter.
- Stir in the spinach, then season to taste with salt and pepper.



Serve

- Serve the mashed potatoes on plates with everything else alongside.

Enjoy!



Double Pesto Mac & Cheese

with Gruyère & tomato-basil salad

Family | Veggie | Quick

Total time: 25 - 30 min.



Conchiglie



Cooking cream



Pesto cheese cubes



Grated Gruyère DOP



Green pesto



Tomato



Fresh basil



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

Did you know that "pesto" literally means "mashed"? That's because it's traditionally prepared in a mortar. In this recipe, we add pesto for a new twist to the original Mac & Cheese!

Tear me out!



Before you start

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

Equipment

Bowl(s), oven dish, (lidded) pot or saucepan(s), saucepan, whisk

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Conchiglie (g)	90	180	270	360	450	540
Cooking cream (g)	75	150	225	300	375	450
Pesto cheese cubes* (g)	25	50	75	100	125	150
Grated Gruyère DOP* (g)	25	50	75	100	125	150
Green pesto* (g)	20	40	60	80	100	120
Tomato (unit(s))	1	2	3	4	5	6
Fresh basil* (g)	2½	5	7½	10	12½	15
Not included						
Low sodium vegetable stock (ml)	75	150	225	300	375	450
[Plant-based] butter (g)	15	30	45	60	75	90
Flour (g)	20	40	60	80	100	120
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4213 /1007	950 /227
Total fat (g)	59	13
of which saturated(g)	29,3	6,6
Carbonhydrates (g)	86	19
of which sugars (g)	9	2
Fiber (g)	5	1
Protein (g)	31	7
Salt (g)	1,2	0,3

Allergens

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



1 Boil the pasta

- Boil plenty of water in a pot or saucepan and boil the pasta for 10 - 12 minutes.
- Reserve some of the pasta water, then drain and set aside.
- Meanwhile, prepare the stock and preheat the oven to 220°C.



2 Make the sauce

- Melt the butter in a saucepan over medium-high heat.
- Whisk in the flour and then fry for 2 - 3 minutes, or until fragrant.
- Gradually add the cream and the stock, whisking continuously to incorporate.
- Add the pesto cheese and half of the Gruyère.



3 Combine

- Mix well and allow to melt until smooth (see Tip).
- Transfer the pasta to the cheese sauce and mix well to combine.
- Season to taste with salt and pepper, then stir in the pesto.



6 Serve

- Serve the mac and cheese on deep plates.
- Serve the tomato salad alongside.



4 Bake the mac and cheese

- Transfer the cheesy pasta to an oven dish and top with the rest of the Gruyère.
- Bake on the top shelf of the oven for 5 - 7 minutes until the cheese is melted and golden-brown, or use the broiling function.



5 Make the salad

- Cut the tomato into wedges and finely chop the basil.
- In a bowl, combine the extra virgin olive oil with the balsamic vinegar.
- Season to taste with salt and pepper.
- Add the tomato and the basil, then toss well to combine with the dressing.

Enjoy!

Tip: if the sauce is too thick, add a splash of pasta water; or if it isn't thick enough, allow to reduce for several minutes.



Risotto with Roasted Cherry Tomatoes

with fennel, Greek-style cheese & almonds

Veggie

Total time: 45 - 55 min.



Risotto rice



Fennel



African-inspired spice mix



Onion



Greek-style cheese



Garlic



Red cherry tomatoes



Salted almonds



Tomato paste



Fresh flat leaf parsley



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

While almonds are often confused with nuts, they're actually seeds of the almond tree (*Prunus dulcis*). This makes almonds part of the stone fruit family, just like peaches and apricots!

Tear me out!



Before you start

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

Equipment

(parchment-lined) baking sheet(s), large bowl, oven dish, large deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Risotto rice (g)	75	150	225	300	375	450
Fennel* (unit(s))	½	1	2	2	3	3
African-inspired spice mix (sachet(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Greek-style cheese* (g)	50	100	150	200	250	300
Garlic (unit(s))	½	1	1½	2	2½	3
Red cherry tomatoes (g)	125	250	375	500	625	750
Salted almonds (g)	10	20	30	40	50	60
Tomato paste (can)	½	1	1½	2	2½	3
Fresh flat leaf parsley* (g)	2½	5	7½	10	12½	15
Not included						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	350	700	1050	1400	1750	2100
Olive oil (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3251 /777	391 /93
Total fat (g)	39	5
of which saturated(g)	15,7	1,9
Carbonhydrates (g)	87	10
of which sugars (g)	17	2
Fiber (g)	9	1
Protein (g)	22	3
Salt (g)	3	0,4

Allergens

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



Prepare

- Preheat the oven to 200°C and prepare the stock.
- Chop the onion and crush or mince the garlic.
- Quarter the fennel, then remove the core and cut the fennel into strips.



Roast the fennel

- Transfer the fennel to a large bowl.
- Add the tomato paste and half of the African-inspired spices.
- Drizzle with olive oil, then toss well to coat.
- Transfer to a parchment-lined baking sheet and roast in the oven for 20 - 25 minutes. Be sure to leave enough space to add an oven dish later.



Make the risotto

- Melt a knob of butter in a large deep frying pan over medium-high heat and fry the onion and garlic for 1 minute.
- Stir in the risotto rice and toast the grains for 1 minute, then pour in a third of the stock.
- Allow the stock to slowly incorporate, stirring regularly.
- Repeat with the rest of the stock, adding it in two more batches.



Roast the tomatoes

- The risotto is done when the rice is soft but still al dente. This should take around 25 - 30 minutes.
- Add extra water if you'd prefer the risotto to be less al dente.
- Transfer the tomatoes to an oven dish and add the balsamic vinegar.
- Drizzle with olive oil and season with salt and pepper, then toss well to coat. Roast in the oven for 12 - 15 minutes.



Finish the risotto

- Roughly chop the almonds and finely chop the parsley.
- Crumble the Greek-style cheese.
- Take the risotto off the heat and stir in the rest of the African-inspired spices, along with half each of the cheese and the parsley.
- Stir in two thirds of the tomatoes, then season to taste with plenty of salt and pepper.



Serve

- Serve the risotto on deep plates and top with the roasted fennel and the rest of the tomatoes.
- Garnish with the almonds, as well as the rest of the cheese and the parsley.

Enjoy!



Goat's Cheese over Cranberry-Dressed Lentil Salad

with salted almonds, pickled onion & roasted sweet potato

Veggie | Quick

Total time: 25 - 30 min.



Our recipe developer Steffi says:

"Goat's cheese goes very well with sweet elements, that's why I chose a cranberry chutney-based dressing for this dish. The salted almonds really complete the recipe!"



Lentils



Sweet potato



Purple carrot



Red onion



Dried thyme



Arugula & lamb's lettuce



Cranberry chutney



Salted almonds



Goat's Cheese



Cucumber

Before you start

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

Equipment

(parchment-lined) baking sheet(s), bowl(s), salad bowl, sieve

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Lentils (pack)	½	1	1½	2	2½	3
Sweet potato (g)	150	300	450	600	750	900
Purple carrot* (unit(s))	½	1	2	2	3	3
Red onion (unit(s))	½	1	1	2	2	3
Dried thyme (sachet(s))	½	1	1½	2	2½	3
Arugula & lamb's lettuce* (g)	30	60	90	120	150	180
Cranberry chutney* (g)	20	40	60	80	100	120
Salted almonds (g)	15	30	45	60	75	90
Goat's cheese* (g)	25	50	75	100	125	150
Cucumber* (unit(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tbsp)	1	2	3	4	5	6
Sugar (tsp)	½	1	1½	2	2½	3
Mustard (tsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2711 / 648	424 / 101
Total fat (g)	28	4
of which saturated(g)	6,8	1,1
Carbonhydrates (g)	73	11
of which sugars (g)	27,7	4,3
Fiber (g)	15	2
Protein (g)	19	3
Salt (g)	1,8	0,3

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Peel or thoroughly wash the sweet potato and carrot. Dice both into 1cm cubes, then transfer to a parchment-lined baking sheet.
- Cut half of the onion into wedges and transfer to the baking sheet.
- Drizzle with olive oil and scatter over the thyme. Season with salt and pepper, then roast in the oven for 13 - 15 minutes or until done.



Pickle the onion

- Slice the rest of the onion into half rings.
- In a bowl, combine the sugar with half of the white balsamic vinegar.
- Add the onion and a pinch of salt, then toss well to combine.

Did you know... Onions provide numerous benefits. Not only are they rich in fibre and B vitamins, they are also high in antioxidants and vitamin C.



Make the salad

- In a salad bowl, combine the cranberry chutney with the extra virgin olive oil, the mustard and the rest of the white balsamic vinegar. Season to taste with salt and pepper.
- Dice the cucumber and roughly chop the almonds. Drain the lentils.
- Transfer the lettuce, lentils, cucumber and roasted vegetables to the salad bowl. Toss well to combine with the dressing.



Serve

- Serve the salad on deep plates and top with the goat's cheese.
- Garnish with the pickled onions and the almonds.

Enjoy!



Chicken Pitas with Edamame & Honey-Ginger Sauce

with peanuts, rainbow slaw & salad

Express

Total time: 15 - 20 min.



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

Enjoy!



Red onion



Chicken thigh strips with kebab spices



Honey-ginger dressing



Little gem



Rainbow slaw mix



Pita bread



Salted peanuts



Edamame



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

Pita bread originates from the Middle East, and has been baked for thousands of years. When baked, it puffs up, creating a unique airtight pouch perfect for filling with delicious ingredients and flavours!

Tear me out!



Before you start

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

Equipment

Bowl(s), salad bowl, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red onion (unit(s))	½	1	1	2	2	3
Chicken thigh strips with kebab spices* (g)	100	200	300	400	500	600
Honey-ginger dressing (ml)	15	25	40	50	65	75
Little gem* (unit(s))	1	2	3	4	5	6
Rainbow slaw mix* (g)	50	100	200	200	300	300
Pita bread (unit(s))	2	4	6	8	10	12
Salted peanuts (g)	10	20	30	40	50	60
Edamame* (g)	25	50	75	100	125	150
Not included						
Sugar (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1½	3	4½	6	7½	9
Water for the sauce (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3351 /801	653 /156
Total fat (g)	41	8
of which saturated(g)	6,7	1,3
Carbonhydrates (g)	69	13
of which sugars (g)	16	3,1
Fiber (g)	9	2
Protein (g)	35	7
Salt (g)	3	0,6

Allergens

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



Prepare

- Preheat the oven to 200°C (see Tip).
- Slice the onion into half rings.
- Heat a drizzle of sunflower oil in a frying pan over medium-high heat and fry the onion for 2 - 3 minutes.

Tip: you will use the oven later for the pitas, but you can also use a toaster instead if preferred.



Fry the chicken

- Add the chicken to the pan and fry for 7 minutes.
- In a small bowl, combine the mayonnaise with the honey-ginger dressing and the water for the sauce.
- In another bowl, combine the slaw mix with the sugar and the white wine vinegar. Season to taste with salt and pepper, then toss well to combine.



Make the salad

- Heat the pitas in the oven for 2 - 3 minutes.
- Roughly chop the lettuce and transfer to a salad bowl.
- Add a third of the honey-ginger sauce and toss well combine.
- Finely chop the peanuts.



Serve

- Cut open the pitas and spread with the rest of the honey-ginger sauce.
- Serve all the fillings separately and allow everyone to stuff their own pitas as preferred.
- Garnish with the peanuts, then serve the rest of the salad and slaw alongside.

Enjoy!



Shrimp Poké Bowl with Ponzu Mayo

with mango, gomashio, slaw & cucumber

Family Express

Total time: 15 - 20 min.



There is a special ingredient in your box! This soy sauce contains less salt, but still has the same great taste as always.
Scan the QR code to let us know what you thought of the ingredient!



Before you start

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

Equipment

Lidded pot or saucepan, small bowl, frying pan, two bowls

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Ponzu (g)	15	24	35	48	59	72
Sushi rice (g)	75	150	225	300	375	450
Shrimp* (g)	80	160	240	320	400	480
Persian cucumber* (unit(s))	½	1	2	2	3	3
Slaw mix* (g)	50	100	150	200	250	300
Sesame oil (ml)	5	10	15	20	25	30
Garlic (unit(s))	½	1	1½	2	2½	3
Mango* (unit(s))	½	1	1	2	2	3
Gomashio (sachet(s))	½	1	1½	2	2½	3
Reduced salt soy sauce (ml)	10	20	30	40	50	60
Not included						
Water for the rice (ml)	175	350	525	700	875	1050
White wine vinegar (tbsp)	1	2	3	4	5	6
Sugar (tsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2925 / 699	461 / 110
Total fat (g)	30	5
of which saturated(g)	7,1	1,1
Carbonhydrates (g)	84	13
of which sugars (g)	23,4	3,7
Fiber (g)	4	1
Protein (g)	20	3
Salt (g)	2,9	0,5

Allergens

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

1



Boil the rice

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

2



Prepare the toppings

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

3



Fry the shrimp

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

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

4



Serve

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

Enjoy!



Sweet & Spicy Sesame Pork Noodles

with crispy onions, scallions & sweetheart cabbage

Quick

Total time: 15 - 20 min.



Seasoned pork strips



Sesame oil



Hello Harissa



Scallions



Sesame seeds



Chopped sweetheart cabbage



Carrot



Sweet chili sauce



Nasi-bami spice



Crispy fried onions



Wholewheat noodles



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

Swicy is a flavour trend combining both sweet and spicy elements - from hot honey to sweet salsas, tangy chips or spicy candies, this irresistible combination is gaining popularity in all kinds of dishes!

Tear me out!



Before you start

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

Equipment

Grater, (lidded) pot or saucepan(s), small bowl, 2x frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Seasoned pork strips* (g)	100	200	300	400	500	600
Sesame oil (ml)	5	10	15	20	25	30
Hello Harissa (sachet(s))	½	1	1½	2	2½	3
Scallions* (bunch)	¼	½	¾	1	1½	1½
Sesame seeds (g)	5	10	15	20	25	30
Chopped sweetheart cabbage* (g)	100	200	300	400	500	600
Carrot* (unit(s))	½	1	1½	2	2½	3
Sweet chili sauce* (sachet(s))	1	2	3	4	5	6
Crispy fried onions (g)	15	30	45	60	75	90
Wholewheat noodles (g)	50	100	150	200	250	300
Nasi-bami spice mix (sachet(s))	½	1	1½	2	2½	3
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
[Reduced salt] soy sauce (tbsp)	½	1	1½	2	2½	3
[Reduced salt] ketjap manis (tbsp)	1	2	3	4	5	6
Sambal (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3008 /719	647 /155
Total fat (g)	30	7
of which saturated(g)	8,1	1,7
Carbohydrates (g)	75	16
of which sugars (g)	28,4	6,1
Fiber (g)	11	2
Protein (g)	36	8
Salt (g)	4,4	0,9

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan for the noodles.
- Finely chop the scallions and separate the white part from the greens. Grate the carrot.
- Heat a light drizzle of sunflower oil in a frying pan over medium-high heat. Fry the cabbage with the white part of the scallions for 2 - 3 minutes.
- Add the carrot and fry for another 2 - 3 minutes.



Make the sauce

- Cook the noodles for 4 - 5 minutes until al dente, then drain and set aside.
- In a small bowl, combine the ketjap, sweet chilli sauce, Hello Harissa* and soy sauce (see Tip).

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



Fry the pork

- Heat a light drizzle of sunflower oil in a frying pan over medium-high heat and fry the pork for 2 - 3 minutes.
- Add the sauce and fry for 2 minutes, then take the pan off the heat.
- Add the sesame seeds and toss well to coat.
- Add the vegetables, the noodles, the nasi-bami spice and some sambal as preferred, then toss well to combine.



Serve

- Serve the noodles on deep plates and drizzle with the sesame oil.
- Garnish with the scallion greens and the crispy onions.

Enjoy!



Chicken-Turkey Noodles with Pak Choi & Chili

with Vietnamese-style sauce & crispy onions

Quick

Total time: 15 - 20 min.



Wholewheat noodles



Pak choi



Slaw mix



Chicken-turkey mince



Nasi-bami spice mix



Red onion



Crispy fried onions



Red chili pepper



Garlic



Ginger stir-fry sauce



Vietnamese-style sauce



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

The nasi-bami spice mix used in this recipe is a perfect balance of toasty, vibrant and somewhat citrusy flavours – including ginger, cumin, lemongrass, coriander and galangal.

Tear me out!



Before you start

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

Equipment

(lidded) deep frying pan(s), (lidded) pot or saucepan(s)

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Wholewheat noodles (g)	50	100	150	200	250	300
Pak choi* (unit(s))	½	1	1	2	2	3
Slaw mix* (g)	100	200	300	400	500	600
Chicken-turkey mince* (g)	100	200	300	400	500	600
Nasi-bami spice mix (sachet(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	2	2	3	3
Crispy fried onions (g)	15	30	45	60	75	90
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Garlic (unit(s))	1	2	3	4	5	6
Ginger stir-fry sauce (g)	20	35	55	70	90	105
Vietnamese-style sauce* (sachet(s))	½	1	1½	2	2½	3
Not included						
Sunflower oil (tbsp)	¼	½	¾	1	1¼	1½
[Reduced salt] ketjap manis (tbsp)	½	1	1½	2	2½	3

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2305 /551	517 /124
Total fat (g)	15	3
of which saturated(g)	4,8	1,1
Carbonhydrates (g)	70	16
of which sugars (g)	19,8	4,4
Fiber (g)	11	3
Protein (g)	33	7
Salt (g)	4,1	0,9

Allergens

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



1 Prepare

- Boil plenty of water in a pot or saucepan for the noodles.
- Chop the onion and crush or mince the garlic.
- Deseed and finely chop the **red chili pepper**.*
- Boil the noodles for 4 - 5 minutes until al dente, then drain and set aside.

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



2 Fry the vegetables

- Heat a light drizzle of sunflower oil in a deep frying pan over medium-high heat.
- Fry the mince with the onion, the slaw mix, the nasi-bami spices, the garlic and the **chili pepper** for 4 - 5 minutes.
- Discard the base of the pak choi and finely chop both the leaves and the stems, being sure to keep them separate.



3 Finish

- To the frying pan, add the stems of the pak choi and fry for another 2 - 3 minutes.
- Add the leaves of the pak choi and fry for 1 more minute.
- Add the ketjap, the Vietnamese-style sauce, the ginger stir-fry sauce, a splash of water and the noodles. Toss well to combine.



4 Serve

- Serve the noodles on deep plates.
- Garnish with the crispy onions to finish.

Enjoy!



Chicken Yakitori in Sweet Sesame Sauce

over rice with scallions & vegetables

Family Quick

Total time: 25 - 30 min.



Garlic



Carrot



Broccoli



Jasmine rice



Scallions



Marinated diced chicken



East Asian-style sauce



Sesame seeds



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

Yakitori is a popular dish in Japan, consisting of chicken skewers glazed with a sweet and savoury sauce; this sauce is called "tare" in Japan.

Tear me out!



Before you start

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

Equipment

(lidded) frying pan(s), (lidded) pot or saucepan(s), skewers, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	1	1	2	2	3	3
Broccoli* (g)	125	250	360	360	610	610
Jasmine rice (g)	75	150	225	300	375	450
Scallions* (bunch)	½	1	1	2	2	3
Marinated diced chicken* (g)	100	200	300	400	500	600
East Asian-style sauce* (g)	35	70	105	140	175	210
Sesame seeds (g)	5	10	15	20	25	30
Not included						
Low sodium chicken stock cube (unit(s))	¼	½	¾	1	1½	1½
Olive oil (tbsp)	1	2	3	4	5	6
Water (ml)	45	90	120	150	210	240
[Reduced salt] soy sauce (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2778/664	501/120
Total fat (g)	19	3
of which saturated(g)	3,4	0,6
Carbonhydrates (g)	90	16
of which sugars (g)	14,8	2,7
Fiber (g)	10	2
Protein (g)	38	7
Salt (g)	2,7	0,5

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan for the rice and crumble in the stock cube (see pantry for amount).
- Crush or mince the garlic and thinly slice the carrot. Cut the scallions into 2cm chunks.
- Cut the head of the broccoli into florets and then dice the stem.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the garlic with the carrot for 1 minute.



Boil the rice

- Boil the rice for 10 - 12 minutes, then drain and set aside.
- To the carrots, add the broccoli and the water (see pantry for amount).
- Cover with the lid and allow to stew for 8 - 10 minutes, or until done.
- Thread the chicken and scallions onto skewers (see Tip).

Tip: if you're short on time, you can skip this and just fry the chicken and scallions directly instead.



Fry the skewers

- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the skewers for 3 - 4 minutes per side, or until golden-brown.
- During the final minute, add the East Asian-style sauce and the sesame seeds.
- Allow the sauce to caramelise.



Serve

- Serve the rice and vegetables on plates and pour over the sauce.
- Top with the skewers and serve with soy sauce on the side as preferred.

Enjoy!



Tuna Potato Salad with Greek-Style Cheese

with capers, green beans & fresh dill

Family Quick

Total time: 20 - 25 min.



Baby potatoes



Green beans



Tuna packed in water



Roma tomato



Fresh dill & chives



Red onion



Capers



Greek-style cheese



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

Capers and tuna are the ultimate combination: the briny, tangy flavour of capers contrasts deliciously with the rich, savoury taste of the tuna, for a more complex and balanced flavour profile.

Tear me out!



Before you start

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

Equipment

(lidded) pot or saucepan(s), salad bowl, sieve

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p	
Baby potatoes (g)	200	400	600	800	1000	1200	
Green beans* (g)	75	150	270	300	420	450	
Tuna packed in water (can)	1	1	2	2	3	3	
Roma tomato (unit(s))	1	2	3	4	5	6	
Fresh dill & chives* (g)	5	10	15	20	25	30	
Red onion (unit(s))	½	1	1	2	2	3	
Capers (g)	10	20	30	40	50	60	
Greek-style cheese* (g)	25	50	75	100	125	150	
Not included							
White wine vinegar (tsp)	1	2	3	4	5	6	
[Plant-based] mayonnaise (tbsp)	1½	3	4½	6	7½	9	
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3	
Salt and pepper (totaste)			to taste				

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2544 /608	469 /112
Total fat (g)	34	6
of which saturated(g)	7,8	1,4
Carbonhydrates (g)	45	8
of which sugars (g)	10,3	1,9
Fiber (g)	12	2
Protein (g)	26	5
Salt (g)	1,9	0,4

Allergens

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



Prepare

- Boil plenty of salted water in a pot or saucepan for the baby potatoes and green beans.
- Wash the baby potatoes and cut them in half, or any larger ones into quarters.
- Discard the tips of the green beans and then cut into thirds.

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



Boil the vegetables

- Boil the baby potatoes for 10 minutes, then add the green beans and cook for 5 more minutes.
- Drain when finished and set aside.
- In the meantime, chop the onion and cut the tomato into wedges.
- Finely chop the dill and the chives.



Make the salad

- Drain the tuna.
- In a salad bowl, combine the onion with the capers, tuna, extra virgin olive oil and white wine vinegar, along with half of the fresh herbs.
- Season to taste with salt and pepper, then add the baby potatoes, green beans, tomato and mayonnaise.
- Mix well to combine.



Serve

- Serve the potato salad on plates.
- Crumble over the Greek-style cheese and garnish with the rest of the fresh herbs.

Enjoy!



Brandt & Levie Sausage with Roast Potatoes

with sage, apple, carrot & homemade onion jus

Family

Total time: 50 - 60 min.



There is an improved ingredient in your box! The Brandt & Levie pork sausage with cheddar and braised onion in your box has been improved and now consists of 8% chickpeas, without compromising on taste and bite. Chickpeas have a significantly lower environmental impact than meat, so you can enjoy this delicious sausage responsibly.
Scan the QR code to learn more about this supplier!



Red onion



Apple



Carrot



Yellow carrot



Potatoes



Fresh sage



Pork sausage with
Cheddar and red onion



Onion chutney

Before you start

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

Equipment

(parchment-lined) baking sheet(s), bowl(s), (lidded) frying pan(s)

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red onion (unit(s))	½	1	1	2	2	3
Apple* (unit(s))	½	1	2	2	3	3
Carrot* (unit(s))	1	1	2	2	3	3
Yellow carrot* (unit(s))	½	¾	1	1½	1½	2
Potatoes (g)	200	400	600	800	1000	1200
Fresh sage* (g)	5	10	15	20	25	30
Pork sausage with Cheddar and red onion* (unit(s))	1	2	3	4	5	6
Onion chutney* (g)	20	40	60	80	100	120
Not included						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Low sodium chicken stock (ml)	25	50	75	100	125	150
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2853 / 682	467 / 112
Total fat (g)	35	6
of which saturated(g)	14,3	2,3
Carbonhydrates (g)	71	12
of which sugars (g)	23,9	3,9
Fiber (g)	11	2
Protein (g)	21	3
Salt (g)	1,3	0,2

Allergens

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



Chop the vegetables

- Preheat the oven to 200°C.
- Chop the onion into chunky half rings. Core the apple and cut into wedges.
- Cut the carrots into 5cm long batons of around 1cm thickness.
- Wash the potatoes and dice into 2cm chunks. Roughly chop the sage.



Prepare the vegetables

- Transfer the potatoes, carrots, onion and apple to a bowl (see Tip).
- Lightly drizzle with olive oil and season with salt and pepper, then toss well to coat.

Tip: to save time washing up, you can also transfer the vegetables directly to the parchment-lined baking sheet.



Roast the vegetables

- Transfer the vegetables and apple to a parchment-lined baking sheet and roast for 20 - 25 minutes, then add the sage and toss well.
- Return to the oven for another 10 - 15 minutes or until golden-brown.
- Prepare the stock in the meantime.



Serve

- Melt a knob of butter in a frying pan over medium-high heat. Fry the sausage for 2 - 3 minutes until evenly browned, then cover with the lid. Cook for 8 - 10 minutes over medium heat, turning regularly.
- Add the onion chutney and the stock, then bring to the boil and simmer for 1 minute.
- Serve the roasted vegetables with the sausage and pour over the jus.

Enjoy!



Bulgur with Roasted Carrots & Feta

with harissa, spinach & almonds

Veggie

Total time: 35 - 45 min.



Bulgur



Feta



Garlic



Red onion



Carrot



Yellow carrot



Baby spinach



Middle Eastern spice mix



Harissa



Salted almonds



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

Feta is traditionally made from sheep's milk, or a combination of sheep and goat's milk. It's one of the world's oldest cheeses, with origins tracing back to ancient Greece.

Tear me out!



Before you start

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

Equipment

(parchment-lined) baking sheet(s), bowl(s), (lidded) pot or saucepan(s), frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Bulgur (g)	65	130	195	260	325	390
Feta* (g)	50	100	150	200	250	300
Garlic (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1	2	2	3
Carrot* (unit(s))	½	1	2	2	3	3
Yellow carrot* (unit(s))	¾	1	1	2	2	3
Baby spinach* (g)	65	125	250	250	375	375
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Harissa* (g)	15	30	45	60	75	90
Salted almonds (g)	15	30	40	60	70	90
Not included						
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2837 / 678	439 / 105
Total fat (g)	32	5
of which saturated(g)	11	1,7
Carbonhydrates (g)	76	12
of which sugars (g)	15,4	2,4
Fiber (g)	17	3
Protein (g)	23	4
Salt (g)	2,6	0,4

Allergens

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



Prepare

- Preheat the oven to 220°C.
- Halve the carrots lengthways and cut into batons of 0.5cm thickness.
- Transfer to a bowl and add the Middle Eastern-style spices.
- Drizzle with olive oil and then toss well to coat.



Roast the carrot

- Transfer the carrots to a parchment-lined baking sheet and roast for 20 - 25 minutes.
- Toss halfway and drizzle with some more olive oil if necessary.
- The carrots are done when the tips are lightly browned and the insides are soft.



Cook the bulgur

- Prepare the stock in a pot or saucepan.
- Weigh the bulgur and then boil for 10 minutes or until done, stirring regularly.



Make the sauce

- Chop the onion and crush or mince the garlic.
- Heat a light drizzle of olive oil in a frying pan over medium-high heat, then fry the onion and garlic for 2 - 3 minutes.
- Stir in the honey and the harissa, then cook for 30 seconds or until fragrant.
- Transfer the sauce directly to the bulgur and mix well to combine.



Add the spinach

- Gradually add the spinach to the bulgur and mix well to combine.
- Roughly chop the salted almonds and set aside.



Serve

- Serve the bulgur on plates and top with the roasted carrots.
- Crumble over the feta and garnish with the chopped almonds.

Enjoy!

Did you know... this recipe is rich in fibre thanks to the vegetables and bulgur, as well as calcium thanks to the feta and almonds. Overall, the recipe provides almost half the RDA of both nutrients.



Caramelised Pear Salad with Blue Cheese

with courgette, potatoes & walnuts

Veggie

Total time: 40 - 50 min.



Potatoes



Courgette



Pear



Red onion



Chopped walnuts



Blue cheese cubes



Arugula & lamb's lettuce



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

The mould in blue cheese is Penicillium, a harmless, edible mould added to create its signature blue veins and distinct tangy flavour.

Tear me out!



Before you start

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

Equipment

2x (parchment-lined) baking sheet(s), salad bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Courgette* (unit(s))	¾	1½	2	3	3½	4½
Pear* (unit(s))	½	1	2	2	3	3
Red onion (unit(s))	½	1	1	2	2	3
Chopped walnuts (g)	10	20	40	40	60	60
Blue cheese cubes* (g)	40	75	100	150	175	225
Arugula & lamb's lettuce* (g)	40	60	90	120	150	180
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tsp)	1	2	3	4	5	6
White wine vinegar (tsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	¼	½	¾	1	1¼	1½
Extra virgin olive oil (totaste)	to taste					
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2678 /640	415 /99
Total fat (g)	34	5
of which saturated(g)	11,9	1,8
Carbonhydrates (g)	68	10
of which sugars (g)	17,3	2,7
Fiber (g)	10	2
Protein (g)	18	3
Salt (g)	1,4	0,2

Allergens

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



Prepare

- Preheat the oven to 210°C.
- Thoroughly wash the potatoes and give them a 1cm dice. Slice the courgette into crescents.
- Transfer the courgette to a parchment-lined baking sheet and drizzle with olive oil. Season with salt and pepper, then toss well to coat.
- Roast in the oven for 20 - 22 minutes or until done.



Roast the potatoes

- Transfer the potatoes 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 20 - 25 minutes or until golden-brown, tossing halfway.
- Heat a clean frying pan over medium-high heat and toast the walnuts until golden-brown.



Make the salad

- Core the pear and cut it into wedges.
- Melt a small knob of butter in the same pan over medium-high heat.
- Fry the pear for 8 - 16 minutes, or until soft and golden-brown, then deglaze with the balsamic vinegar.
- Meanwhile, chop the onion (see Tip).

Tip: if you don't like raw onion, you can also fry it with the pear instead.



Serve

- Transfer the courgette and the lettuce to a salad bowl and drizzle with extra virgin olive oil as preferred.
- Add the white wine vinegar and the onion. Season to taste with salt and pepper, then toss well to combine.
- Serve the potatoes with the salad alongside.
- Top the salad with the pear, then garnish with the blue cheese and the toasted walnuts.

Enjoy!



Eggplant Fatteh with Roasted Chickpeas

with flatbread chips & tahini yogurt sauce

Veggie | Quick

Total time: 25 - 30 min.



Our recipe developer June says:

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



Wholewheat
Lebanese flatbread



Chickpeas



Garlic



Tomato



Romano pepper



Eggplant



Lemon



Fresh flat leaf parsley



Chopped tomatoes



Organic full-fat yogurt



Tahini



Ras el hanout



Before you start

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

Equipment

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Wholewheat Lebanese flatbread (unit(s))	1	2	3	4	5	6
Chickpeas (pack)	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	1	2	3	4	5	6
Romano pepper* (unit(s))	½	1	1	2	2	3
Eggplant* (unit(s))	½	1	2	2	3	3
Lemon* (unit(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Chopped tomatoes (pack)	½	1	1½	2	2½	3
Organic full-fat yogurt* (g)	50	100	150	200	250	300
Tahini (g)	15	25	40	50	65	75
Ras el hanout (sachet(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)			to taste			

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2678 / 640	356 / 85
Total fat (g)	24	3
of which saturated(g)	4,7	0,6
Carbonhydrates (g)	77	10
of which sugars (g)	27,3	3,6
Fiber (g)	19	2
Protein (g)	22	3
Salt (g)	1,2	0,2

Allergens

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



1 Chop the vegetables

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



2 Prepare the flatbread

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



3 Fry the chickpeas

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



4 Make the tomato sauce

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



5 Make the yogurt sauce

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



6 Serve

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

Enjoy!

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



Pork Escalope with Creamy Mushroom Conchiglie

with arugula & rosemary

Total time: 35 - 45 min.



Pork escalope



Onion



Garlic



Fresh rosemary



Mushrooms



Conchiglie



Cooking cream



Arugula



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

Pork escalope is a thin, boneless slice of pork that has been pounded flat for quick and even cooking. A versatile cut, it can be prepared and served in all kinds of ways!

Tear me out!



Before you start

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

Equipment

Aluminum foil, large frying pan, oven dish, (lidded) pot or saucepan(s)

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pork escalope* (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	2	3	4	5	6
Fresh rosemary* (sprig)	½	1	1½	2	2½	3
Mushrooms* (g)	125	250	400	500	650	750
Conchiglie (g)	90	180	270	360	450	540
Cooking cream (g)	75	150	225	300	375	450
Arugula* (g)	20	40	60	80	100	120
Not included						
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Mustard (tsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tsp)	¾	1½	2¼	3	3¾	4½
Flour (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3310 /791	654 /156
Total fat (g)	29	6
of which saturated(g)	17,5	3,5
Carbonhydrates (g)	85	17
of which sugars (g)	13	2,6
Fiber (g)	7	1
Protein (g)	44	9
Salt (g)	1,1	0,2

Allergens

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



Prepare

- Take the pork out of the fridge and allow it to reach room temperature.
- Preheat the oven to 160°C and boil plenty of water in a pot or saucepan for the pasta.
- Chop the onion and crush or mince the garlic. Thinly slice the mushrooms.
- Discard the rosemary stalk and finely chop the leaves.



Boil the pasta

- Boil the pasta for 14 - 16 minutes.
- Reserve 75ml pasta water per person, then drain and set aside.



Fry the pork

- Season the pork with salt and pepper.
- Melt a knob of butter in a large frying pan over medium-high heat. Sear the pork for 3 - 4 minutes until evenly browned, then remove from the heat. Stir in the honey, the mustard, the rosemary and the garlic.
- Transfer the pork to an oven dish and pour over the sauce.
- Roast in the oven for 6 - 8 minutes, then set aside under aluminum foil.



Fry the mushrooms

- Melt a knob of butter in the same pan over medium-high heat and fry the onion for 2 minutes.
- Increase the heat to high and then stir in the mushrooms.
- Fry for 4 - 5 minutes, then deglaze with the balsamic vinegar and continue cooking until the liquid has evaporated.



Combine

- Stir in the flour and crumble in the stock cube (see pantry for amount).
- Mix well, then add the cream, the pasta water and the mustard sauce from the oven dish.
- Season to taste with salt and pepper, then mix well and allow to reduce gently for 3 - 4 minutes until the sauce has thickened.
- Transfer the pasta to the pan and cook for 1 more minute.



Serve

- Slice the pork.
- Transfer the arugula to plates, then top with the pasta and the pork.
- Season to taste with salt and pepper.

Enjoy!



Veggie Spag Bol with Grana Padano

with cherry tomatoes & parsley

Veggie | Quick

Total time: 25 - 30 min.



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

This recipe provides all the comfort of a classic spaghetti bolognese, just without the meat! Packed with rich tomato flavour, it's a cosy, plant-based twist on a global favourite.

Tear me out!



Before you start

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

Equipment

Lidded deep frying pan, grater, (lidded) pot or saucepan(s)

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Spaghetti (g)	90	180	270	360	450	540
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	1	1	2	2
Red cherry tomatoes (g)	125	250	375	500	625	750
Vegan mince* (g)	75	150	225	300	375	450
Passata (g)	100	200	300	390	500	590
Dried oregano (sachet(s))	½	1	1½	2	2½	3
Hello Umami (sachet(s))	½	1	1½	2	2½	3
Worcestershire sauce (g)	10	15	25	30	40	45
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Grana Padano flakes DOP* (g)	20	40	60	80	100	120
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	75	150	225	300	375	450
[Reduced salt] soy sauce (tsp)	1	2	3	4	5	6
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2799 / 669	467 / 112
Total fat (g)	17	3
of which saturated(g)	5,4	0,9
Carbonhydrates (g)	88	15
of which sugars (g)	19,4	3,2
Fiber (g)	15	2
Protein (g)	36	6
Salt (g)	2,9	0,5

Allergens

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

1



Prepare

- Prepare the stock.
- Boil plenty of salted water in a pot or saucepan. Cook the spaghetti for 11 - 13 minutes, or until al dente. Drain and set aside.
- Meanwhile, chop the onion and crush or mince the garlic.
- Grate the carrot and halve the tomatoes.

2



Make the sauce

- Heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the onion and the garlic for 3 minutes.
- Add the carrot, the tomatoes, the mince, the passata, the Hello Umami, the Worcestershire sauce, the soy sauce and the oregano.
- Mix well to combine, then season to taste with salt and pepper.

3



Finish

- Pour in the stock, then turn the heat to low and allow to simmer for 8 - 10 minutes, covered (see Tip).
- Roughly chop the parsley.

Tip: if you can, simmer the sauce for more time, as this deepens the flavour. Add a splash of water as necessary if it seems too thick.

4



Serve

- Serve the spaghetti on plates and top with the sauce.
- Garnish with the cheese and the parsley to finish.

Enjoy!



Turkey Piccata with Roasted Baby Potatoes

with carrot, beetroot & a twist of lemon

Total time: 45 - 55 min.



Beetroot



Carrot



Baby potatoes



Garlic



Dried thyme



Red onion



Lemon



Fresh curly parsley



Capers



Turkey breast



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

Piccata is an Italian dish, where sliced fish or meat is prepared in a sauce of lemon, butter and capers.

Tear me out!



Before you start

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

Equipment

Aluminum foil, (parchment-lined) baking sheet(s), deep plate, (lidded) frying pan(s), large bowl, microplane

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Beetroot* (unit(s))	1	2	3	4	5	6
Carrot* (unit(s))	1	1	2	2	3	3
Baby potatoes (g)	250	500	750	1000	1250	1500
Garlic (unit(s))	1	2	3	4	5	6
Dried thyme (sachet(s))	¼	½	¾	1	1½	1½
Red onion (unit(s))	1	1	2	2	3	3
Lemon* (unit(s))	¼	½	¾	1	1½	1½
Fresh curly parsley* (g)	2½	5	7½	10	12½	15
Capers (g)	10	20	30	40	50	60
Turkey breast* (unit(s))	1	2	3	4	5	6
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Flour (g)	20	40	60	80	100	120
[Plant-based] butter (tbsp)	¾	1½	2¼	3	3¾	4½
Low sodium vegetable stock (ml)	30	60	90	120	150	180
[Plant-based] mayonnaise (totaste)				to taste		
Salt and pepper (totaste)				to taste		

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2674 / 639	379 / 90
Total fat (g)	23	3
of which saturated(g)	8,3	1,2
Carbonhydrates (g)	66	9
of which sugars (g)	19,2	2,7
Fiber (g)	16	2
Protein (g)	36	5
Salt (g)	0,6	0,1

Allergens

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



Prepare

- Preheat the oven to 200°C and prepare the stock.
- Peel the beetroot and cut it in half, then into long, 1cm thick wedges.
- Quarter the carrots lengthways. Crush or mince the garlic.
- Cut the baby potatoes in half or any larger ones into quarters.



Roast the vegetables

- Transfer the beetroot, carrot, potatoes and half of the garlic to a large bowl and drizzle generously with olive oil (see Tip).
- Add the thyme, then season with salt and pepper and toss well to coat.
- Transfer to a parchment-lined baking sheet.
- Roast in the oven for 30 - 40 minutes or until done, tossing halfway.

Air fryer option: You can also drizzle the potatoes with oil and cook them in an airfryer for 15 - 25 minutes at 200°C. Shake halfway and avoid overcrowding the basket.



Prepare the aromatics

- In the meantime, finely chop the onion.
- Zest the lemon and then cut it into quarters.
- Roughly chop the parsley.



Fry the turkey

- Transfer the flour to a deep plate.
- Season the turkey with salt and pepper and then coat it with the flour.
- Melt a small knob of butter in a frying pan over medium-high heat and fry the turkey for 5 - 6 minutes per side.
- Remove from the pan and set aside under aluminum foil.



Make the sauce

- Melt a knob of butter in the same pan and fry the onion with the rest of the garlic for 1 - 2 minutes, then add the stock.
- Stir in the capers and (per person) the juice of a quarter lemon and 1 tsp lemon zest.
- Cover with the lid and cook gently for 3 - 4 minutes.
- Return the turkey to the pan and add the parsley, then cook for 1 - 2 more minutes.



Serve

- Serve the potatoes and vegetables on plates with the turkey in its sauce.
- Serve with some mayonnaise as preferred, along with any remaining lemon wedges.

Enjoy!



Beef & Leek Gratin with Cheesy Potato Topping

with Gouda & Italian seasoning

Family

Total time: 35 - 45 min.



Potatoes



Red onion



Garlic



Leek



Beef mince with
Italian seasoning



Grated aged Gouda



Italian seasoning



Diced tomatoes with
garlic & onion



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

Gratin is a cooking technique that layers ingredients, often vegetables or potatoes, with cheese or breadcrumbs, then bakes until golden and bubbly, resulting in a crispy top and soft, flavourful interior.

Tear me out!



Before you start

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

Equipment

Oven dish, lidded pot or saucepan, (lidded) wok or deep frying pan(s)

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Red onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Leek* (unit(s))	½	1	2	2	3	3
Beef mince with Italian seasoning* (g)	100	200	300	400	500	600
Grated aged Gouda* (g)	50	100	150	200	250	300
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Diced tomatoes with garlic & onion (pack)	¼	½	¾	1	1¼	1½
Not included						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	¾	1½	2¼	3	3¾	4½
Salt and pepper (totaste)			to taste			

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3155 /754	503 /120
Total fat (g)	40	6
of which saturated(g)	22,4	3,6
Carbonhydrates (g)	60	10
of which sugars (g)	15,9	2,5
Fiber (g)	11	2
Protein (g)	39	6
Salt (g)	3,4	0,5

Allergens

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



Boil the potatoes

- Preheat the oven to 180°C.
- Boil plenty of water in a pot or saucepan for the potatoes.
- Thoroughly wash the potatoes and slice into rounds of 0.5cm thickness.
- Boil the potatoes for 8 - 10 minutes, covered, then drain and set aside.



Fry the vegetables

- In the meantime, chop the onion and crush or mince the garlic.
- Melt a knob of butter in a wok or deep frying pan over medium-high heat. Fry the onion and the garlic for 2 minutes.
- Add the mince and crumble in the stock cube (see pantry for amount). Fry for 3 minutes, separating the mince as you do so.
- Slice the leek into thin half-rings.



Finish the filling

- Add the leek to the pan and fry for 2 more minutes.
- Add the chopped tomatoes and half of the Italian seasoning, then bring to a boil and cook for 2 minutes over medium-low heat (see Tip).
- Add the balsamic vinegar, then season to taste with salt and pepper.

Tip: the filling doesn't need to be done yet, as it will finish cooking in the oven.



Serve

- Transfer the filling to an oven dish and top with the potato slices, making sure they overlap.
- Scatter over the cheese and the rest of the Italian seasoning, then bake in the oven for 8 - 10 minutes, or until the cheese has melted.
- Remove from the oven and allow to rest for 2 - 3 minutes before serving.

Enjoy!



Honey-Mustard Salmon with Baby Potatoes

with rainbow carrots & fresh thyme

Family

Total time: 40 - 50 min.



Baby potatoes



Carrot



Salmon fillet



Garlic



Fresh thyme



Yellow carrot



Red onion



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

You can't eat the stems of all fresh herbs. There are some herbs, like thyme and rosemary, with hard, inedible stems.

Tear me out!



Before you start

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

Equipment

(parchment-lined) baking sheet(s), bowl(s), lidded deep frying pan, kitchen paper, small bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Baby potatoes (g)	200	400	600	800	1000	1200
Carrot* (unit(s))	1	1	2	2	3	3
Salmon fillet* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
Fresh thyme* (g)	2½	5	7½	10	12½	15
Yellow carrot* (unit(s))	1	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 (totaste)	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)	22,3	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.

Enjoy!



Steak with Lemon Mayonnaise & Basil

over spicy giant couscous with courgette & Sicilian-style herbs

Quick

Total time: 20 - 25 min.



There is a special ingredient in your box! Meatier steak comes from carefully selected cattle, raised under the best conditions, with a comfortable and spacious pasture.

Scan the QR code to learn more about this supplier!



Marinated steak



Red onion



Carrot



Courgette



Giant couscous



Lemon mayonnaise with black pepper



Red chili pepper



Sicilian-style herb mix



Fresh basil



Dried thyme

Before you start

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

Equipment

Aluminum foil, lidded pot or saucepan, 2x frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Marinated steak* (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	½	1	1	2	2	3
Carrot* (unit(s))	½	1	1	1	2	2
Courgette* (unit(s))	½	1	2	2	3	3
Giant couscous (g)	75	150	225	300	375	450
Lemon mayonnaise with black pepper* (g)	25	50	75	100	125	150
Red chili pepper* (unit(s))	¼	½	¾	1	1½	1½
Sicilian-style herb mix (sachet(s))	1	2	3	4	5	6
Fresh basil* (g)	5	10	15	20	25	30
Dried thyme (sachet(s))	½	¾	1	1½	1½	2
Not included						
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Olive oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (totaste)			to taste			
Salt and pepper (totaste)			to taste			

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3134 /749	500 /119
Total fat (g)	37	6
of which saturated(g)	8,6	1,4
Carbonhydrates (g)	68	11
of which sugars (g)	13,3	2,1
Fiber (g)	7	1
Protein (g)	36	6
Salt (g)	2	0,3

Allergens

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



Prepare

- Take the steak out of the fridge and allow it to reach room temperature.
- Prepare the stock.
- Cut the top off of the **red chili pepper*** and then roll it in your hands so as to release the seeds. Allow the seeds to fall out as preferred, then slice into thin rings.
- Separate the basil leaves from the stems.

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



Boil the giant couscous

- Heat a drizzle of olive oil in a pot or saucepan over medium heat.
- Fry the **red chili pepper** with the giant couscous and basil stems for 1 minute, then pour in the stock and cover with the lid.
- Reduce the heat to low and boil the giant couscous for 12 - 14 minutes.
- Remove the basil stems, then fluff through the grains with a fork and set aside.



Fry the vegetables

- Slice the carrot and courgette into crescents.
- Slice the onion into half-rings.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the carrot for 2 minutes.
- Add the onion, the courgette and the thyme, then mix well and fry for 3 - 4 more minutes. Deglaze with the white wine vinegar.



Fry the steak

- Melt a knob of butter in another frying pan over medium-high heat.
- When the butter is nice and hot, fry the steak for 1 - 3 minutes per side.
- Remove from the pan and season with salt and pepper, then allow to rest for at least 3 minutes under aluminum foil.



Finish

- Finely chop the basil leaves.
- To the vegetables, add the giant couscous, the Sicilian-style herbs and half of the basil.
- Mix well to combine and drizzle with extra virgin olive oil as preferred.
- Season to taste with salt and pepper.



Serve

- Slice the steak against the grain.
- Serve the giant couscous and vegetables on plates, topped with the steak.
- Drizzle with the lemon mayo and garnish with the rest of the basil to finish.

Enjoy!



Hamburger with Fries & Aioli

with green bean salad & onion jus

Total time: 40 - 50 min.



Potatoes



Green beans



Red onion



BBQ spice rub



Mixed leaves of radicchio, arugula & lettuce



Aioli



Hamburger from Meatier



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

Did you know that the word aioli is a combination of the Catalan words "ai" (garlic) and "oli" (oil)?

Tear me out!



Before you start

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

Equipment

Aluminum foil, (parchment-lined) baking sheet(s), bowl(s), lidded pot or saucepan, kitchen paper, salad bowl, 2x frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Green beans* (g)	150	300	450	600	750	900
Red onion (unit(s))	½	1	1½	2	2½	3
BBQ spice rub (sachet(s))	½	¾	1	1½	1¾	2
Mixed leaves of radicchio, arugula & lettuce* (g)	20	40	60	90	100	130
Aioli* (g)	25	50	75	100	125	150
Hamburger from Meatier* (unit(s))	1	2	3	4	5	6
Not included						
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	1½	3	4½	6	7½	9
Mustard (tsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Low sodium beef stock (ml)	50	100	150	200	250	300
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4038 /965	563 /135
Total fat (g)	64	9
of which saturated(g)	23,2	3,2
Carbohydrates (g)	66	9
of which sugars (g)	14,7	2
Fiber (g)	13	2
Protein (g)	29	4
Salt (g)	2,2	0,3

Allergens

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



Bake the fries

- Preheat the oven to 200°C.
- Peel or wash the potatoes and cut into fries of no more than 1cm thickness.
- Pat the fries dry with kitchen paper, then transfer to a bowl and drizzle with olive oil. Season with salt and pepper, then toss well to coat.
- Transfer to a parchment-lined baking sheet and bake for 20 - 25 minutes, tossing halfway.



Boil the green beans

- In the meantime, discard the tips of the green beans.
- Fill a pot or saucepan with a shallow layer of water and add a pinch of salt, then add the green beans.
- Cover with the lid and bring to a boil, then allow to simmer gently for 6 - 8 minutes until al dente.
- Drain the beans and rinse under cold water so as to stop them cooking further, then set aside to cool.



Make the jus

- Prepare the stock and slice the onion into half-rings.
- Melt a generous knob of butter in a frying pan over medium-high heat and fry the onion for 6 - 7 minutes.
- Deglaze with the balsamic vinegar, then add the **BBQ rub*** and the stock.
- Mix well and then allow to reduce over low heat for 5 - 8 minutes.

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



Fry the burger

- Melt a knob of butter in another 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.



Make the salad

- In a salad bowl, combine the extra virgin olive oil with the white wine vinegar, the mustard and the honey.
- Season to taste with salt and pepper.
- Transfer the green beans and the mixed leaves to the bowl, then toss well to combine with the dressing.



Serve

- Serve the fries on plates with everything else alongside.
- Serve with the onion jus and the aioli.

Enjoy!

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



Creamy Lentil Masala Soup with Naan

with fragrant yogurt sauce, coconut milk & shaved almonds

Veggie | Quick

Total time: 10 - 15 min.



Our recipe developer Selma says:

"Dahl is one of my favourite dishes and inspired me to make this soup. Thanks to the pre-cut vegetables, pre-cooked lentils and aromatics like ginger and garam masala, this recipe makes a super quick but tasty dish!"



Passata



Garam Masala



Lentils



Coconut milk



Ginger paste



Naan with herbs



Pre-cut carrot & onion



Garlic



Organic full-fat yogurt



Fresh coriander & mint



Shaved almonds



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.

Equipment

Immersion blender, small bowl, soup pot

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Passata (g)	100	200	300	390	500	590
Garam Masala (sachet(s))	½	1	1½	2	2½	3
Lentils (pack)	½	1	1½	2	2½	3
Coconut milk (ml)	125	250	375	500	625	750
Ginger paste* (g)	2½	5	7½	10	12½	15
Naan with herbs (unit(s))	1	2	3	4	5	6
Pre-cut carrot & onion* (g)	150	300	450	600	750	900
Garlic (unit(s))	1	2	3	4	5	6
Organic full-fat yogurt* (g)	25	50	75	100	125	150
Fresh coriander & mint* (g)	5	10	15	20	25	30
Shaved almonds (g)	5	10	15	20	25	30
Tomato (unit(s))	1	2	3	4	5	6
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	150	300	450	600	750	900
White wine vinegar (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3757 /898	419 /100
Total fat (g)	44	5
of which saturated(g)	22,4	2,5
Carbonhydrates (g)	94	10
of which sugars (g)	18,8	2,1
Fiber (g)	18	2
Protein (g)	23	3
Salt (g)	3,2	0,4

Allergens

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



Prepare

- Preheat the oven to 200°C and prepare the stock.
- Bake the naan for 2 - 3 minutes.
- Meanwhile, roughly chop the garlic and the tomato.
- Heat a drizzle of olive oil in a soup pot over medium-high heat. Fry the garlic with the ginger paste, the pre-cut vegetables, the tomato and the **garam masala*** for 1 minute.

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



Make the soup

- Open the lentils and add them directly to the soup (no need to drain them).
- Add the passata, the stock and the coconut milk. Bring to a boil and allow to simmer gently for 5 - 7 minutes.
- In the meantime, roughly chop both the coriander leaves and stems.
- Roughly chop the mint leaves.



Finish the soup

- In a small bowl, combine the yogurt with the mint and half of the coriander. Season to taste with salt and pepper.
- Add the white wine vinegar to the soup.
- Process with an immersion blender until it reaches your preferred texture (see Tip). Season to taste with salt and pepper.

Tip: if the soup is still too thick, gradually add more water until the texture is to your liking.



Serve

- Serve the soup in bowls and top with the yogurt sauce.
- Garnish with the shaved almonds and the rest of the coriander.
- Drizzle with the extra virgin olive and serve the naan alongside.

Enjoy!



Spaghetti with Panko-Parm Topping

in rich cherry tomato sauce with mushrooms & spinach

Veggie | Quick

Total time: 15 - 20 min.



Chestnut mushrooms



Aglio e olio



Parmigiano Reggiano DOP



Panko breadcrumbs



Spaghetti



Spinach



Italian seasoning



Passata



Red cherry tomatoes



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

Aglio e olio is a fragrant oil infused with garlic and chili flakes. This simple yet flavourful oil adds depth to all kinds of dishes, as well as a little bit of heat!

Tear me out!



Before you start

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

Equipment

(lidded) deep frying pan(s), microplane, (lidded) pot or saucepan(s), small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chestnut mushrooms* (g)	125	250	400	400	650	650
Aglio e olio* (g)	25	50	75	100	125	150
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Panko breadcrumbs (g)	10	15	20	25	35	40
Spaghetti (g)	90	180	270	360	450	540
Spinach* (g)	50	100	150	200	250	300
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Passata (g)	100	200	300	390	500	590
Red cherry tomatoes (g)	125	250	375	500	625	750
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3159 /755	571 /136
Total fat (g)	33	6
of which saturated(g)	9,5	1,7
Carbonhydrates (g)	85	15
of which sugars (g)	13,2	2,4
Fiber (g)	11	2
Protein (g)	25	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



2



Prepare

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cook the spaghetti for 10 - 12 minutes, then reserve some of the pasta water before draining and setting aside.
- Meanwhile, grate the Parmigiano Reggiano and slice the mushrooms.

3



Make the topping

- Melt a knob of butter in a frying pan over high heat.
- Fry the panko for 3 - 4 minutes until golden-brown, then transfer to a small bowl.
- Add the Parmigiano Reggiano and the rest of the Italian herbs, then season to taste with salt and pepper. Mix well to combine.
- Add the **aglio e olio*** to the sauce.

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

Fry the vegetables

- Heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the mushrooms and the cherry tomatoes for 4 - 5 minutes.
- Add the spinach, the passata and half of the Italian herbs, then fry for 2 - 3 more minutes.

4



Serve

- Transfer the spaghetti to the sauce and mix well to combine, adding a splash of pasta water as necessary.
- Cook for 1 more minute over medium-high heat. Season to taste with salt and pepper.
- Serve the spaghetti on plates and garnish with the panko-parm topping.

Enjoy!

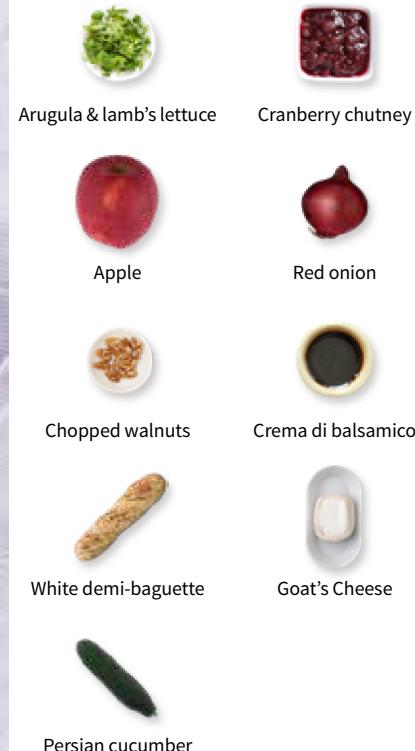


Baked Goat's Cheese Salad with Crostini

with caramelised onion sauce, walnuts & apple

Veggie | Express

Total time: 15 - 20 min.



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

Crostini are similar to bruschetta, but they tend to be smaller and thinner. Their name in Italian translates to “little crusts”!

Tear me out!



Before you start

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

Equipment

2x (parchment-lined) baking sheet(s), salad bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Arugula & lamb's lettuce* (g)	60	120	180	240	300	360
Cranberry chutney* (g)	20	40	60	80	100	120
Apple* (unit(s))	½	1	2	2	3	3
Red onion (unit(s))	½	1	1	2	2	3
Chopped walnuts (g)	10	20	30	40	50	60
Crema di balsamico (ml)	4	8	12	16	20	24
White demi-baguette (unit(s))	1	2	3	4	5	6
Goat's Cheese* (g)	50	100	150	200	250	300
Persian cucumber* (unit(s))	½	1	1½	2	2½	3
Not included						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Water for the sauce (tbsp)	1	2	3	4	5	6
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3548 /848	683 /163
Total fat (g)	38	7
of which saturated(g)	15,2	2,9
Carbonhydrates (g)	100	19
of which sugars (g)	29,8	5,7
Fiber (g)	10	2
Protein (g)	23	4
Salt (g)	1,9	0,4

Allergens

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



Prepare

- Preheat the oven to 220°C. Slice the onion into half rings.
- Melt a knob of butter in a frying pan over medium-low heat and fry the onion for 6 - 8 minutes.
- Deglaze with the white balsamic vinegar, then add the cranberry chutney and the water for the sauce.
- Mix well and allow to simmer for 1 minute, then remove from the heat and set aside.



Bake the goat's cheese

- Thinly slice the demi-baguette and transfer to a parchment-lined baking sheet.
- Drizzle with olive oil and season with salt and pepper. Bake in the oven for 5 - 7 minutes.
- Transfer the goat's cheese to another parchment-lined baking sheet. Drizzle with the honey and scatter over the walnuts.
- Bake the goat's cheese for 3 - 4 minutes.



Make the salad

- Core and dice the apple. Dice the cucumber.
- In a salad bowl, combine the extra virgin olive oil with the crema di balsamico.
- Add the apple, cucumber and lettuce, then season to taste with salt and pepper.
- Toss well to combine.



Serve

- Serve the salad on plates and top with the baked goat's cheese.
- Garnish with the caramelised onion sauce.
- Serve the crostini alongside.

Enjoy!