Creamy Beef Rigatoni with Eggplant

with tomato tapenade & arugula

Total time: 25 - 35 min. Family Quick

Beef mince with Italian seasoning

Rigatoni

Cooking cream

Eggplant

Tomato tapenade

Garlic

Onion

Arugula

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Beef mince with Italian seasoning* (g)	100	200	300	400	500	600
Rigatoni (g)	90	180	270	360	450	540
Cooking cream (g)	50	100	150	200	250	300
Eggplant* (unit(s))	½	1	2	2	3	3
Tomato tapenade* (g)	20	40	60	80	100	120
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	1	2	2	4	4	6
Arugula* (g)	20	40	60	80	100	120
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Flour (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	60	120	180	240	300	360
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3598 /860	662 /158
Total fat (g)	42	8
of which saturated(g)	14,3	2,6
Carbonhydrates (g)	82	15
of which sugars (g)	13,9	2,6
Fiber (g)	8	2
Protein (g)	36	7
Salt (g)	1,9	0,3

Allergens

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

1

Fry the eggplant

- Boil plenty of salted water in a pot or saucepan for the pasta.
- Dice the eggplant into 1 - 2cm chunks, then transfer to a bowl and coat with the flour.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the eggplant for 8 - 10 minutes until evenly browned, then turn off the heat.

Air Fryer Option: *drizzle the eggplant with oil and fry for 8 - 12 minutes at 200°C. Shake halfway and avoid overcrowding the basket.*

2

Boil the pasta

- Meanwhile, boil the pasta for 13 - 15 minutes, then drain and set aside.
- Prepare the stock in the meantime.
- Chop the onion and crush or mince the garlic.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat and fry the onion and garlic for 3 - 4 minutes.

3

Make the sauce

- Add the mince and fry for 3 more minutes, separating it as you do so.
- Deglaze the mince with the stock and balsamic vinegar.
- Stir in the cream and the tomato tapenade, then continue cooking for 4 - 5 minutes over low heat.

4

Serve

- Serve three quarters of the arugula on deep plates.
- Transfer the pasta and the eggplant to the sauce and mix well to combine.
- Season generously with salt and pepper, then serve.
- Garnish the pasta with the rest of the arugula.

Chicken Linguine in Pesto Rosso Sauce

with spinach & mini Roma tomatoes

Total time: 20 - 30 min. Family Quick

Linguine

Chicken mince with Mediterranean herbs

Red onion

Spinach

Mini Roma tomatoes

Pesto rosso

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Linguine (g)	90	180	270	360	450	540
Chicken mince with Mediterranean herbs* (g)	100	200	300	400	500	600
Red onion (unit(s))	½	1	1	2	2	3
Spinach* (g)	50	100	200	200	300	300
Mini Roma tomatoes* (g)	125	250	375	500	625	750
Pesto rosso* (g)	40	80	120	160	200	240
Not included						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3619 /865	764 /183
Total fat (g)	43	9
of which saturated(g)	9,9	2,1
Carbonhydrates (g)	80	17
of which sugars (g)	11,8	2,5
Fiber (g)	10	2
Protein (g)	36	8
Salt (g)	1,6	0,3

Allergens

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

1

Boil the linguine

- Boil plenty of water in a pot or saucepan and cook the linguine for 9 - 11 minutes.
- Reserve some of the pasta water, then drain and set aside.
- In the meantime, chop the onion and halve the tomatoes.

2

Fry the tomatoes

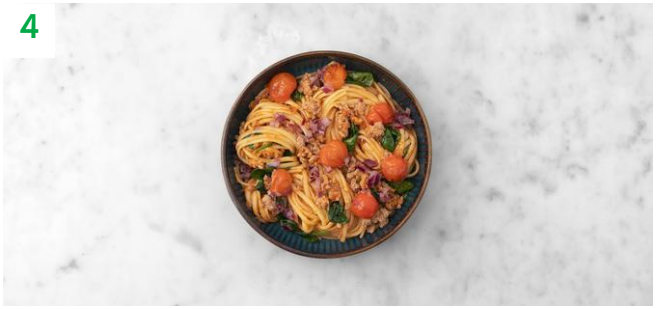
- Heat a drizzle of olive oil in a deep frying pan over high heat and fry the onion for 2 minutes, seasoning with salt and pepper.
- Add the tomatoes, then cover with the lid.
- Set the heat to medium and fry for 3 more minutes.

3

Finish

- In the meantime, melt a knob of butter in a frying pan over medium-high heat.
- Add the mince and fry for 3 minutes, separating it as you do so, then transfer to the vegetables.
- Add the spinach, the linguine, the pesto and a splash of pasta water.
- Mix well to combine and fry for 1 minute, or until the spinach has wilted and reduced.

4



Serve

- Serve the linguine on plates.

Risotto Caprese

with mozzarella, chili pepper & spinach

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

Onion

Tomato

Risotto rice

Red chili pepper

Fresh basil

Sicilian-style herb mix

Grana Padano flakes DOP

Mozzarella

Crema di balsamico

Spinach

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Tomato (unit(s))	2	4	6	8	10	12
Risotto rice (g)	75	150	225	300	375	450
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Fresh basil* (g)	2½	5	7½	10	12½	15
Sicilian-style herb mix (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Grana Padano flakes DOP* (g)	20	40	60	80	100	120
Mozzarella* (ball(s))	½	1	1½	2	2½	3
Crema di balsamico (ml)	4	8	12	16	20	24
Spinach* (g)	100	200	300	400	500	600
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	250	500	750	1000	1250	1500
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2778 /664	371 /89
Total fat (g)	27	4
of which saturated(g)	13,2	1,8
Carbonhydrates (g)	79	11
of which sugars (g)	12,5	1,7
Fiber (g)	7	1
Protein (g)	29	4
Salt (g)	1,8	0,2

Allergens

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

1

Prepare

- Prepare the stock and chop the onion.
- Heat a drizzle of olive oil in a pot or saucepan over medium-low heat and fry the onion for 2 minutes.
- Add the risotto rice and toast the grains for 1 minute, stirring continuously.

2

Make the risotto

- Gradually add the stock one ladle at a time. Allow the stock to slowly incorporate, stirring regularly (see Tip).
- Meanwhile, dice the tomato.
- When you've added around two thirds of the stock, stir the tomato into the risotto.

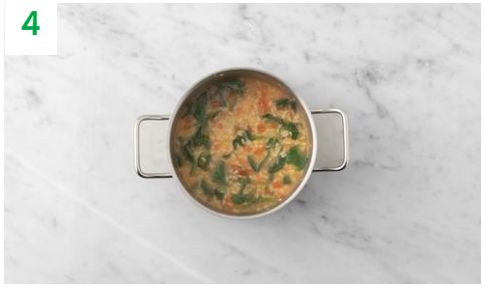
Tip: *if preferred, substitute a third of the stock for white wine.*

3

Chop the basil

- Continue gradually adding the rest of the stock to the risotto.
- The risotto is done when the rice is soft but still al dente, which should take around 18 - 20 minutes. Add extra water and cook longer if you'd prefer the risotto to be less al dente.
- Meanwhile, roughly chop the basil.

4



Add the spinach

- When the risotto is almost done, tear the spinach directly into the pot and mix well, allowing it to wilt and reduce.
- In the meantime, deseed and finely chop the red chili pepper*.
- Tear the mozzarella into smaller pieces.

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

5

Finish

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

Did you know... *the cheese in this recipe contains zinc, a mineral which helps to keep your bones, nails, and hair strong.*

6

Serve

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

Stir-Fried Steak Strips over Wholewheat Noodles

with ginger sauce, vegetables & crispy onions

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

Marinated steak strips

Ginger stir-fry sauce

Red onion

Carrot

Scallions

Red chili pepper

Crispy fried onions

Wholewheat noodles

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Marinated steak strips* (g)	100	200	300	400	500	600
Ginger stir-fry sauce (g)	35	70	105	140	175	210
Red onion (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	2	2	3	3
Scallions* (g)	62½	125	125	250	250	375
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Crispy fried onions (g)	15	30	45	60	75	90
Wholewheat noodles (g)	50	100	150	200	250	300
Not included						
[Reduced salt] ketjap manis (tbsp)	1	2	3	4	5	6
Flour (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Sunflower oil (tbsp)	1	2	3	4	5	6
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2787 /666	626 /150
Total fat (g)	24	5
of which saturated(g)	5,8	1,3
Carbonhydrates (g)	80	18
of which sugars (g)	29,4	6,6
Fiber (g)	9	2
Protein (g)	34	8
Salt (g)	3,2	0,7

Allergens

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

1

Boil the noodles

- Boil plenty of water for the noodles in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Boil the noodles for 4 - 5 minutes until al dente. Reserve some of the cooking liquid, then drain and set aside.
- In a bowl, combine the steak strips with the flour and half of the ketjap. Season to taste with salt and pepper.

2

Chop the vegetables

- Slice the onion into half-rings.
- Cut the scallion into thirds.
- Slice the carrot into thin crescents.
- Deseed and finely chop the red chili pepper*.

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

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

3

Stir-fry the vegetables

- Heat a drizzle of sunflower oil in a frying pan over high heat and fry the chili pepper for 1 minute.
- Add the carrot, the onion and the scallions, then stir-fry for 5 - 6 minutes. Season with salt and pepper, then remove from the pan and set aside.
- Heat a drizzle of sunflower oil in the same pan over high heat. Fry the steak strips for 1 minute, then remove from the pan and allow to rest under aluminum foil until serving.

4

Serve

- To the same pan, add the noodles, the vegetables and the ginger stir-fry sauce, along with the rest of the ketjap and 30ml per person of the reserved cooking liquid.
- Stir-fry for 1 - 2 minutes, adding more cooking liquid if necessary.
- Serve the noodles in bowls.
- Top with the steak strips and garnish with the crispy onions.

Sweet Potato & Lentil Curry with Naan

with spinach salad & fragrant labneh sauce

Total time: 35 - 45 min. Family Veggie Health Conscious Choice

- Sweet potato
- Garlic
- Red onion
- Fresh ginger
- Roma tomato
- Fresh flat leaf parsley & coriander
- Persian cucumber
- Baby spinach
- Lentils
- Labneh
- Yellow curry spices
- Coconut milk
- Naan with herbs

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Sweet potato (g)	75	150	225	300	375	450
Garlic (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	½	1	2	2	3	3
Fresh ginger* (tsp)	1	2	3	4	5	6
Roma tomato (unit(s))	1	2	3	4	5	6
Fresh flat leaf parsley & coriander* (g)	5	10	10	10	20	20
Persian cucumber* (unit(s))	½	1	1½	2	2½	3
Baby spinach* (g)	60	125	190	250	315	375
Lentils (pack)	½	1	1½	2	2½	3
Labneh* (g)	20	40	60	80	100	120
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Coconut milk (ml)	50	100	150	200	250	300
Naan with herbs (unit(s))	½	1	1½	2	2½	3
Not included						
Low sodium vegetable stock (ml)	125	250	375	500	625	750
Extra virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½
White wine vinegar (tsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2623 /627	359 /86
Total fat (g)	27	4
of which saturated(g)	13,3	1,8
Carbonhydrates (g)	71	10
of which sugars (g)	13,8	1,9
Fiber (g)	14	2
Protein (g)	18	3
Salt (g)	2,8	0,4

Allergens

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

1

Prepare

- Preheat the oven to 200°C and prepare the stock.
- Peel the sweet potato and dice it into 1 – 2cm chunks.
- Chop the onion and crush or mince the garlic.
- Grate or finely chop the ginger.

Did you know... *the sweet potato in this recipe contains vitamin C, a nutrient that contributes to the reduction of tiredness and fatigue.*

2

Fry the aromatics

- Heat a clean deep frying pan over medium-high heat.
- Toast the curry spices for 1 – 2 minutes or until fragrant.
- Stir in a knob of butter and allow to melt.
- Add the onion, ginger and three quarters of the garlic, then fry for 2 – 3 minutes.

3

Make the curry

- Add the sweet potato and cover with the lid, then fry for 1 - 2 minutes over medium-high heat.
- Add the stock and 50ml coconut milk per person, then allow to cook gently over low heat for 10 minutes.
- Remove the lid and cook for 5 more minutes, or longer if the curry needs to reduce further.

4

Make the salad

- Meanwhile, tear or cut the spinach into small pieces.
- In a salad bowl, combine the extra virgin olive oil with the white wine vinegar and then season to taste with salt and pepper.
- Dice the cucumber and quarter the tomatoes, then transfer to the bowl, along with half of the spinach. Toss well to combine with the dressing.
- Roughly chop the parsley and coriander. Drain the lentils.

5

Finish

- Add the lentils and the rest of the spinach to the curry. Mix well and allow the spinach to wilt and reduce.
- Simmer for 3 – 5 minutes over low heat, or longer if the curry needs to reduce further.
- In a small bowl, combine the labneh with the rest of the garlic and a third of the fresh herbs.
- Add extra virgin olive oil as preferred and season to taste with salt and pepper.

6

Serve

- Meanwhile, bake the naan in the oven for 2 – 3 minutes.
- Serve the curry with the naan and the salad alongside.
- Garnish with the rest of the fresh herbs and serve the labneh sauce on the side.

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

Sticky Turkey over Hearty Vegetable Soup

with roasted bell pepper sauce, yogurt & chives

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

Turkey breast

Onion

Potatoes

Bell pepper

Organic full-fat yogurt

Garlic

Ground paprika

Bay leaf

Carrot

Fresh chives

Roasted bell pepper sauce

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Turkey breast* (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1½	2	2½	3
Potatoes (g)	200	400	600	800	1000	1200
Bell pepper* (unit(s))	½	1	1½	2	2½	3
Organic full-fat yogurt* (g)	25	50	75	100	125	150
Garlic (unit(s))	½	1	1½	2	2½	3
Ground paprika (tsp)	1½	3	4½	6	7½	9
Bay leaf (unit(s))	1	1	2	2	3	3
Carrot* (unit(s))	½	1	1½	2	2½	3
Fresh chives* (g)	2½	5	7½	10	12½	15
Roasted bell pepper sauce* (g)	40	80	120	160	200	240
Not included						
Low sodium vegetable stock (ml)	300	600	900	1200	1500	1800
[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
[Reduced salt] ketjap manis (tsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	½	1	1½	2	2½	3

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2607 /623	277 /66
Total fat (g)	23	2
of which saturated(g)	7,2	0,8
Carbonhydrates (g)	67	7
of which sugars (g)	23,4	2,5
Fiber (g)	12	1
Protein (g)	38	4
Salt (g)	1,7	0,2

Allergens

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

1

Prepare

- Prepare the stock.
- Chop the onion into half rings and crush or mince the garlic.
- Cut the bell pepper into strips and the carrot into crescents.
- Melt a knob of butter in a soup pot over medium-high heat. Fry the garlic, onion and carrot with half of the bell pepper for 3 minutes, seasoning with salt.

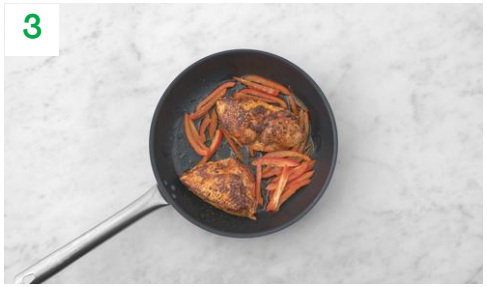
Did you know... *the carrot in this recipe contains vitamin K, a nutrient that helps to keep bones strong.*

2

Make the soup

- Thoroughly wash or peel the potatoes, then cut them into rough chunks.
- Add the bay leaf and half of the paprika, then fry for 1 more minute.
- Deglaze with the white balsamic vinegar, then add the potatoes and the stock.
- Cover with the lid and boil for 12 - 15 minutes.

3



Fry the turkey

- Pat the turkey dry, then coat it with the rest of the paprika. Season with salt and pepper.
- Heat a drizzle of sunflower oil in a frying pan over medium-high heat. Fry the turkey with the rest of the bell pepper for 10 - 12 minutes or until done.
- When the turkey is done, stir in the honey, then remove from the pan and slice into strips.

4

Prepare the toppings

- Meanwhile, finely chop the chives and set aside.
- In a small bowl, combine the white wine vinegar with the yogurt.
- Take the soup off the heat, then remove the bay leaf and discard.

5

Finish the soup

- Add the roasted bell pepper sauce and the ketjap.
- Use an immersion blender to process into a smooth soup.
- Add a splash of water if you'd prefer the soup to be less thick.

6

Serve

- Serve the soup in bowls and arrange everything on top.
- Drizzle with the yogurt and garnish with the chives to finish.

Cheesy Chicken Hard-Shell Tacos

with Romano pepper salsa, lime & black beans

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

- Taco shells
- Black beans
- Red onion
- Romano pepper
- Passata
- Fresh curly parsley
- Chicken mince with Mexican seasoning
- Lime
- Grated Gouda
- Birria paste

NEW INGREDIENT

There is a new ingredient in your box! Birria paste is packed with chilis and herbs, adding a spicy and bold touch of Mexican inspiration that takes any dish to the next level.
Scan the QR code to let us know what you thought of the ingredient!

NUTRI-SCORE A B C D E

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Taco shells (unit(s))	3	6	9	12	15	18
Black beans (pack)	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1	2	2	3
Romano pepper* (unit(s))	½	1	2	2	3	3
Passata (g)	100	200	300	390	500	590
Fresh curly parsley* (g)	5	10	15	20	25	30
Chicken mince with Mexican seasoning* (g)	100	200	300	400	500	600
Lime* (unit(s))	½	1	1½	2	2½	3
Grated Gouda* (g)	25	50	75	100	125	150
Birria paste (g)	20	40	60	80	100	120
Not included						
[Reduced salt] ketjap manis (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3276 /783	573 /137
Total fat (g)	38	7
of which saturated(g)	17,4	3
Carbonhydrates (g)	65	11
of which sugars (g)	18,2	3,2
Fiber (g)	17	3
Protein (g)	36	6
Salt (g)	3,2	0,6

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 180°C.
- Finely dice the onion and the Romano pepper.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry three quarters of the onion with half of the Romano pepper for 2 - 3 minutes.

2

Make the filling

- Add the mince and fry for 4 - 5 minutes, separating the mince as you do so.
- Add the passata, the birria paste and the ketjap, then bring to the boil and allow to simmer for another 4 - 5 minutes.
- Transfer the taco shells to a parchment-lined baking sheet and heat in the oven for 5 minutes.

3

Make the salsa

- Finely chop the parsley.
- Juice half of the lime into a small bowl, then add the extra virgin olive oil and the parsley.
- Add the rest of the onion and the Romano pepper, then mix well to combine. Season to taste with salt and pepper.

4

Serve

- Drain the black beans and transfer to the frying pan. Cook for 1 more minute, seasoning to taste with salt and pepper.
- Cut the rest of the lime into wedges.
- Stuff the tacos with the filling. Top with the salsa and garnish with the cheese.
- Serve the lime wedges alongside.

Conchiglie with Burrata, Pesto & Mozzarella

in tomato & mushroom sauce with Sicilian-style herbs

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

Conchiglie

Garlic

Onion

Carrot

Mushrooms

Passata

Sicilian-style herb mix

Burrata

Green pesto

Shredded mozzarella

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Conchiglie (g)	90	180	270	360	450	540
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1	2	2	3
Carrot* (unit(s))	1	1	2	2	3	3
Mushrooms* (g)	65	125	250	250	375	375
Passata (g)	100	200	300	390	500	590
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Burrata* (ball(s))	½	1	1½	2	2½	3
Green pesto* (g)	20	40	60	80	100	120
Shredded mozzarella* (g)	25	50	75	100	125	150
Not included						
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tsp)	1	2	3	4	5	6
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3310 /791	642 /153
Total fat (g)	35	7
of which saturated(g)	12,7	2,5
Carbonhydrates (g)	86	17
of which sugars (g)	17	3,3
Fiber (g)	10	2
Protein (g)	32	6
Salt (g)	1,8	0,3

Allergens

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

1

Prepare

- Boil plenty of water in a pot or saucepan for the pasta and crumble in the stock cube (see pantry for amount). Finely dice the carrot.
- Heat a drizzle of olive oil in a large deep frying pan over medium-high heat and fry the carrot for 5 minutes.
- Slice the mushrooms in the meantime.
- Chop the onion and crush or mince the garlic.

2

Fry the vegetables

- Add the onion and the mushrooms, then fry for 3 - 4 more minutes.
- In the meantime, boil the pasta for 11 - 13 minutes.
- Reserve 50ml pasta water per person, then drain and set aside, covered.

Did you know... *the mushrooms in this recipe contain niacin, a vitamin that supports the maintenance of your skin.*

3

Make the sauce

- Stir in the garlic and the Sicilian-style herbs and fry for 1 more minute, then deglaze with the balsamic vinegar.
- Add the passata and allow to reduce for 2 - 3 minutes.
- Add the pasta and the reserved pasta water, then cook for 2 more minutes.
- Season to taste with salt and pepper.

4

Serve

- Serve the pasta on deep plates and garnish with the mozzarella.
- Halve the burrata and serve on top of the pasta.
- Drizzle with the pesto to finish.

Aglio e Olio Risotto with Goat's Cheese & Pistachios

with roasted rainbow roots, basil, spinach & lemon

Total time: 45 - 55 min. Veggie

- Risotto rice
- Candy cane beetroot
- Spinach
- Lemon
- Garlic
- Pistachio nuts
- Purple carrot
- Onion
- Dried thyme
- Goat's Cheese
- Fresh basil
- Aglio e olio

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Risotto rice (g)	75	150	225	300	375	450
Candy cane beetroot* (unit(s))	1	2	3	4	5	6
Spinach* (g)	50	100	150	200	250	300
Lemon* (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Pistachio nuts (g)	10	20	30	40	50	60
Purple carrot* (unit(s))	½	1	2	2	3	3
Onion (unit(s))	½	1	1	2	2	3
Dried thyme (sachet(s))	¼	½	¾	1	1¼	1½
Goat's Cheese* (g)	50	100	150	200	250	300
Fresh basil* (g)	2½	5	7½	10	12½	15
Aglio e olio* (g)	25	50	75	100	125	150
Not included						
Low sodium mushroom or vegetable stock (ml)	450	900	1350	1800	2250	2700
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	1	2	3	4	5	6
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3841 /918	409 /98
Total fat (g)	52	5
of which saturated(g)	14,7	1,6
Carbonhydrates (g)	91	10
of which sugars (g)	18,4	2
Fiber (g)	7	1
Protein (g)	22	2
Salt (g)	2,3	0,2

Allergens

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

1

Prepare

- Preheat the oven to 200°C and prepare the stock.
- Peel and roughly dice the beetroot and the carrot.
- Transfer both to a parchment-lined baking sheet, then drizzle with olive oil and the balsamic vinegar. Season with salt and pepper, then toss well to coat. Roast in the oven for 25 - 30 minutes.
- Chop the onion and crush or mince the garlic.

2

Make the risotto

- Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the garlic and the onion for 1 minute.
- Stir in the risotto rice and toast the grains for 1 minute, then gradually add the stock one ladle at a time.
- Allow the stock to slowly incorporate, stirring regularly.
- The risotto is done when the rice is soft but still al dente, which should take around 18 - 20 minutes.

3

Prepare the garnishes

- Transfer the cheese to the same baking sheet, then drizzle with the honey and scatter over the thyme. Bake for 4 - 6 minutes, or until golden-brown.
- Zest the lemon and then cut it into wedges.
- Roughly chop the pistachios.
- Tear the spinach and the basil into the risotto. Add extra water and cook longer if you'd prefer the risotto to be less al dente.

4

Serve

- Stir the aglio e olio* into the risotto.
- Serve everything on deep plates and drizzle with some honey if preferred.
- Garnish with the lemon zest and the pistachios.
- Serve the lemon wedges alongside.

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

Sticky Veggie No-Beef with Escarole 'Stamppot'

with Korean-style spices & crispy onions

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

- Potatoes
- Chopped escarole
- Carrot
- Korean-style spice mix
- Garlic
- Vegetarian beef-style pieces
- Scallions
- East Asian-style sauce
- Crispy fried onions

Before you start

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

Ingredients for 1 - 6 servings

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

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3004 /718	406 /97
Total fat (g)	25	3
of which saturated(g)	8,7	1,2
Carbonhydrates (g)	97	13
of which sugars (g)	21,2	2,9
Fiber (g)	18	2
Protein (g)	26	4
Salt (g)	3,1	0,4

Allergens

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

1

Boil the vegetables

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

2

Prepare the escarole

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

3

Fry the scallions

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

4

Serve

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

Hawai'i-Style Burger with Sticky Mushrooms

inspired by loco moco, over rice with a fried egg

Total time: 35 - 45 min.

Garlic

Mushrooms

Onion

Jasmine rice

Soy sauce

Egg

Beef-pork burger

Tomato paste

Romano pepper

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Mushrooms* (g)	125	250	400	500	650	750
Onion (unit(s))	½	1	1	2	2	3
Jasmine rice (g)	75	150	225	300	375	450
Soy sauce (ml)	10	20	30	40	50	60
Egg* (unit(s))	1	2	3	4	5	6
Beef-pork burger* (unit(s))	1	2	3	4	5	6
Tomato paste (can)	¼	½	¾	1	1¼	1½
Romano pepper* (unit(s))	½	1	2	2	3	3
Not included						
Sugar (tbsp)	½	1	1½	2	2½	3
Flour (tbsp)	½	1	1½	2	2½	3
Low sodium beef stock (ml)	100	200	300	400	500	600
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
[Reduced salt] ketjap manis (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

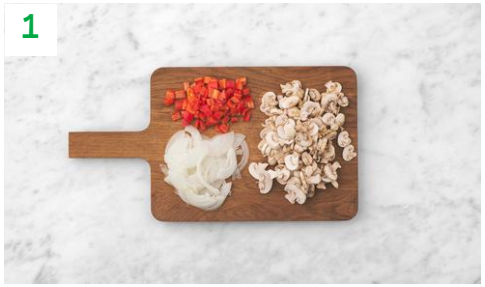
Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3607 /862	578 /138
Total fat (g)	38	6
of which saturated(g)	13,4	2,1
Carbonhydrates (g)	97	15
of which sugars (g)	20,5	3,3
Fiber (g)	6	1
Protein (g)	40	6
Salt (g)	3,4	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 water in a pot or saucepan for the rice.
- Slice the onion into thin half-rings and crush or mince the garlic.
- Slice the mushrooms and dice the Romano pepper.

2

Fry the mushrooms

- Boil the rice for 10 - 12 minutes, covered, then drain and set aside.
- Melt a knob of butter in a frying pan over medium-high heat and fry the garlic with the onion for 2 - 3 minutes.
- Stir in the mushrooms and the Romano pepper, then fry for 4 - 5 more minutes.

3

Make the sticky vegetables

- In a large bowl, combine the stock with the tomato paste, the ketjap, the flour, the sugar and the soy sauce.
- Transfer this to the vegetables and mix well, then bring to the boil.
- Allow to reduce over low heat for 5 - 8 minutes, stirring regularly.
- When it starts sticking to the spoon, it's done.

4

Fry the burger

- Heat a drizzle of olive oil in another frying pan over medium-high heat.
- Fry the burger for 4 minutes per side or until done.
- Season to taste with salt and pepper, then remove from the pan and set aside under aluminum foil.

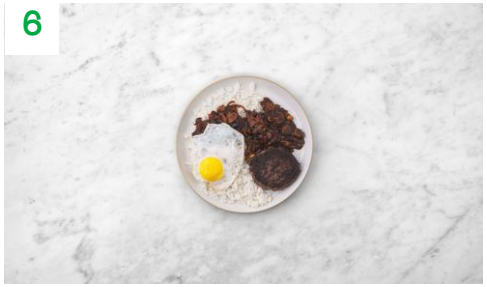
5

Fry the egg

- Fry the egg in the same pan (see Tip).

Tip: *add a small knob of butter as necessary if there isn't enough oil left in the pan.*

6



Serve

- Serve the rice on plates with everything else alongside.
- Top with the fried egg.

Spinach-Coconut Curry with Fried Egg

over golden rice with a cashew-coconut topping

Total time: 25 - 35 min. Veggie Quick

- Red onion
- Garlic
- White long grain rice
- Roasted cashew nuts
- Desiccated coconut
- Coconut milk
- Egg
- Spinach
- Red chili pepper
- Fresh coriander
- Yellow curry spices
- Ground turmeric
- Lime
- Chopped tomatoes
- Romano pepper

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red onion (unit(s))	½	1	2	2	3	3
Garlic (unit(s))	1	2	3	4	5	6
White long grain rice (g)	75	150	225	300	375	450
Roasted cashew nuts (g)	20	40	60	80	100	120
Desiccated coconut (g)	5	10	15	20	25	30
Coconut milk (ml)	50	100	150	200	250	300
Egg* (unit(s))	1	2	3	4	5	6
Spinach* (g)	100	200	300	400	500	600
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Fresh coriander* (g)	2½	5	7½	10	12½	15
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Ground turmeric (tsp)	1	2	3	4	5	6
Lime* (unit(s))	½	1	1½	2	2½	3
Chopped tomatoes (pack)	½	1	1½	2	2½	3
Romano pepper* (unit(s))	½	1	1	2	2	3
Not included						
Sunflower oil (tbsp)	1½	3	4½	6	7½	9
Water for the rice (ml)	200	400	600	800	1000	1200
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3933 /940	446 /107
Total fat (g)	50	6
of which saturated(g)	16,7	1,9
Carbonhydrates (g)	93	11
of which sugars (g)	17,6	2
Fiber (g)	11	1
Protein (g)	26	3
Salt (g)	2,1	0,2

Allergens

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

1

Prepare

- Chop the onion.
- Heat a drizzle of sunflower oil in a pot or saucepan over medium heat. Fry the onion for 2 minutes, then add the turmeric and fry for 1 minute.
- Add the rice and the water, then crumble in half of the stock cube (see pantry for amounts).
- Cover with the lid and cook for 12 - 15 minutes. Add some extra water if necessary, then set aside when finished.

2

Toast the cashews

- In the meantime, crush or mince the garlic. Dice the Romano pepper.
- Deseed the red chili pepper* and finely chop a quarter of it per person.
- Heat a clean wok or deep frying pan over medium-high heat. Toast the dessicated coconut for 1 minute, or until golden-brown.
- Add the cashew nuts and toast for another minute, then remove from the pan and set aside.

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

3

Make the curry

- Allow the pan to cool slightly, then heat a drizzle of sunflower oil over medium heat.
- Fry the garlic with the yellow curry spices, the Romano pepper and the chili pepper for 1 - 2 minutes.
- Stir in the chopped tomatoes and fry for 4 more minutes.
- Add the coconut milk and crumble in the rest of the stock cube, then bring to a boil.

4

Fry the egg

- In the meantime, heat a drizzle of sunflower oil in a frying pan over medium-high heat and fry the egg.
- Roughly chop the coriander.
- Cut the lime into wedges.
- Tear the spinach directly into the curry and mix well, allowing it to wilt and reduce.

5

Finish

- Simmer gently for 1 - 2 minutes.
- Stir in the juice of 1 lime wedge per person.
- Season to taste with salt and pepper.

6

Serve

- Serve the rice on plates. Top first with the spinach curry and then with the fried egg.
- Garnish with the coriander and the cashew-coconut topping.
- Serve with the rest of the lime wedges.

Fried Chicken in Sticky Sesame-Soy Sauce

inspired by Korean dakgangjeong, over broccoli rice with rainbow slaw

Total time: 30 - 40 min.

Rainbow slaw mix

Garlic

Scallions

White long grain rice

Broccoli rice

Soy sauce

Sesame seeds

Korean-style spice mix

Chicken thigh

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Rainbow slaw mix* (g)	100	200	300	400	500	600
Garlic (unit(s))	1	2	3	4	5	6
Scallions* (g)	31¼	62½	93¾	125	156¼	187½
White long grain rice (g)	65	130	200	260	330	390
Broccoli rice* (g)	100	200	300	400	500	600
Soy sauce (ml)	10	20	30	40	50	60
Sesame seeds (g)	5	10	15	20	25	30
Korean-style spice mix (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Chicken thigh* (unit(s))	1	2	3	4	5	6
Not included						
Sugar (tbsp)	1	2	3	4	5	6
Flour (g)	25	50	75	100	125	150
Water (ml)	30	60	90	120	150	180
[Plant-based] butter (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	1½	3	4½	6	7½	9
Honey [or plant-based alternative] (tbsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	1	2	3	4	5	6
Water for the sauce (tbsp)	1	2	3	4	5	6
Low sodium chicken stock cube (unit(s))	¼	½	¾	1	1¼	1½

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3590 /858	641 /153
Total fat (g)	33	6
of which saturated(g)	12,4	2,2
Carbonhydrates (g)	105	19
of which sugars (g)	29	5,2
Fiber (g)	9	2
Protein (g)	34	6
Salt (g)	2,4	0,4

Allergens

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

1

Prepare

- Boil plenty of water in a pot or saucepan for the rice.
- In a bowl, combine the white wine vinegar with half of the sugar.
- Season with a pinch of salt, then add the slaw mix and toss well to combine. Set aside until serving, stirring occasionally.
- Finely chop the scallions and separate the white part from the greens.

2

Cook the rice

- Weigh the rice and transfer to the pot, along with the white part of the scallions.
- Crumble in the stock cube (see pantry for amount).
- Boil the rice for 12 minutes.
- Add the broccoli rice and cook for 3 more minutes, then drain and set aside.

3

Make the batter

- Pat the chicken dry with kitchen paper and cut into 2cm chunks. Season with salt and pepper.
- In a large bowl, combine the Korean-style spices with the flour and the water (see pantry for amount).
- Heat the sunflower oil in a frying pan over medium-high heat (see Tip).

Tip: *if you have a fryer, this will make the chicken crispier.*

4

Fry the chicken

- Add a drop of the batter to the oil. If it immediately starts bubbling, it's hot enough to fry the chicken. Prepare a plate with kitchen paper.
- Coat the chicken with the batter, then carefully transfer to the oil.
- Fry the chicken for 5 - 6 minutes until golden-brown, turning carefully halfway.
- Transfer to the plate and set aside.

5

Finish

- Crush or mince the garlic.
- Melt a generous knob of butter in a frying pan over medium-high heat and fry the garlic for 1 minute.
- Add the soy sauce, the honey, the water for the sauce and the rest of the sugar. Lower the heat and mix well, then allow to reduce. The sauce is done when it sticks to the back of a spoon.
- Finally, add the sesame seeds and the fried chicken. Stir well so as to coat it in the sauce.

6

Serve

- Serve the rice in bowls or deep plates.
- Top with the fried chicken in its sauce.
- Serve the slaw alongside and garnish with the scallion greens to finish.

Creamy Hot Smoked Salmon Penne

with roasted balsamic tomato, leek & chives

Total time: 45 - 55 min. Health Conscious Choice

Penne

Hot smoked salmon flakes

Onion

Leek

Tomato

Fresh chives

Herbed cream cheese

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Penne (g)	90	180	270	360	450	540
Hot smoked salmon flakes* (g)	75	150	225	300	375	450
Onion (unit(s))	½	1	1	2	2	3
Leek* (unit(s))	½	1	2	2	3	3
Tomato (unit(s))	1½	3	4½	6	7½	9
Fresh chives* (g)	2½	5	7½	10	12½	15
Herbed cream cheese* (g)	50	100	150	200	250	300
Not included						
Low sodium fish or vegetable stock (ml)	150	300	450	600	750	900
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tsp)	1	2	3	4	5	6
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3234 /773	499 /119
Total fat (g)	34	5
of which saturated(g)	16,2	2,5
Carbonhydrates (g)	79	12
of which sugars (g)	14,1	2,2
Fiber (g)	8	1
Protein (g)	36	5
Salt (g)	1,7	0,3

Allergens

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

1

Prepare

- Preheat the oven to 200°C. Boil plenty of water in a pot or saucepan for the pasta.
- Slice the leek into rounds and the onion into half-rings.
- Prepare the stock.
- Boil the pasta for 10 - 12 minutes. Reserve some of the pasta water, then drain and set aside.

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

2

Stew the leek

- Melt a knob of butter in a deep frying pan over medium-high heat. Fry the leek and the onion for 6 - 8 minutes.
- Pour in the stock, then cover with the lid and lower the heat.
- Allow to stew gently for 10 minutes.
- Remove the lid and cook for a further 5 - 7 minutes (see Tip)

Tip: *add an extra splash of stock as necessary if it seems too dry.*

3

Roast the tomato

- Meanwhile, halve the tomato and transfer face-up to a parchment-lined baking sheet.
- Season with salt and pepper, then roast in the oven for 12 - 16 minutes.
- Remove from the oven and drizzle with the balsamic vinegar.
- Finely chop the chives in the meantime.

4

Serve

- Stir the cream cheese into the leek and stew gently for 5 more minutes.
- Transfer the pasta and the salmon to the sauce. Mix well and cook for 1 - 2 minutes. Add a splash of the reserved pasta water as necessary if it seems too thick.
- Serve the pasta on plates with the roasted tomato alongside.
- Garnish with the chives to finish.

Chicken Bowl with Minted Labneh & Eggplant

over giant couscous with ras el hanout & salad

Total time: 30 - 40 min. Health Conscious Choice

Red onion

Garlic

Eggplant

Ras el hanout

Roma tomato

Raisins

Giant couscous

Fresh mint

Labneh

Persian cucumber

Chicken thigh strips with kebab spices

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Eggplant* (unit(s))	½	1	2	2	3	3
Ras el hanout (sachet(s))	½	1	1½	2	2½	3
Roma tomato (unit(s))	1	2	3	4	5	6
Raisins (g)	10	20	30	40	50	60
Giant couscous (g)	75	150	225	300	375	450
Fresh mint* (g)	2½	5	7½	10	12½	15
Labneh* (g)	20	40	60	80	100	120
Persian cucumber* (unit(s))	½	1	1½	2	2½	3
Chicken thigh strips with kebab spices* (g)	100	200	300	400	500	600
Not included						
Extra virgin olive oil	to taste					
Olive oil (tbsp)	1	2	3	4	5	6
Low sodium chicken stock (ml)	200	400	600	800	1000	1200
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2845 /680	384 /92
Total fat (g)	25	3
of which saturated(g)	5,4	0,7
Carbonhydrates (g)	76	10
of which sugars (g)	20,3	2,7
Fiber (g)	9	1
Protein (g)	32	4
Salt (g)	1,9	0,2

Allergens

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

1

Prepare

- Prepare the stock.
- Chop the onion and crush or mince the garlic. Dice the eggplant into 1cm cubes.
- Heat a drizzle of olive oil in a large frying pan over medium-high heat and bloom the ras el hanout for 30 seconds or until fragrant.
- Add the garlic, the onion and the eggplant, then fry for 4 - 5 minutes.

2

Cook the giant couscous

- In the meantime, dice the tomato and roughly chop the raisins.
- Add the giant couscous to the eggplant and toast the grains for 1 minute, then pour in the stock.
- Stir in the raisins and half of the tomato, then bring to a boil and cover with the lid.
- Allow to cook gently for 12 - 14 minutes, stirring occasionally (see Tip).

Tip: *add an extra splash of water as necessary.*

3

Make the labneh sauce

- Finely chop the mint leaves.
- Transfer three quarters of the mint to a small bowl, then add the labneh and mix well to combine.
- Season to taste with salt and pepper.

4

Fry the chicken thigh strips

- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the chicken for 7 minutes or until done.

5

Make the salad

- Finely dice the cucumber.
- In a salad bowl, combine the white wine vinegar with the extra virgin olive oil.
- Add the cucumber to the bowl, along with the rest of the tomato and the mint.
- Toss well to combine, then season to taste with salt and pepper.

6

Serve

- Serve the giant couscous on deep plates with everything else alongside.
- Finish with the minted labneh.

Chicken Sausage Farfalle

in creamy bell pepper sauce with fresh basil

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

- Chicken sausage
- Farfalle
- Roasted bell pepper sauce
- Garlic
- Onion
- Fresh basil
- Bell pepper
- Cooking cream
- Sicilian-style herb mix
- Grated Gouda
- Tomato

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken sausage* (unit(s))	2	4	6	8	10	12
Farfalle (g)	90	180	270	360	450	540
Roasted bell pepper sauce* (g)	20	40	60	80	100	120
Garlic (unit(s))	1	1	2	2	3	3
Onion (unit(s))	½	1	1	2	2	3
Fresh basil* (g)	2½	5	7½	10	12½	15
Bell pepper* (unit(s))	½	1	2	2	3	3
Cooking cream (g)	75	150	225	300	375	450
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Grated Gouda* (g)	15	25	40	50	65	75
Tomato (unit(s))	1	2	3	4	5	6
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

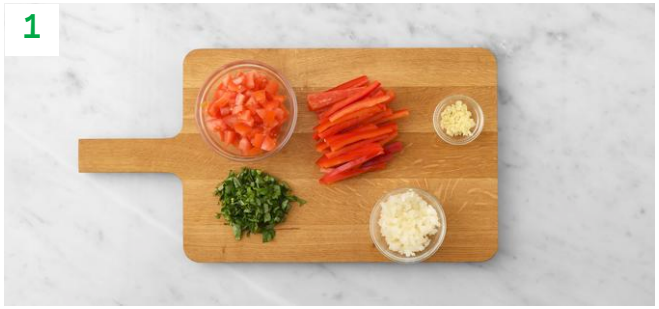
Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3243 /775	600 /143
Total fat (g)	32	6
of which saturated(g)	14,2	2,6
Carbonhydrates (g)	83	15
of which sugars (g)	15,9	2,9
Fiber (g)	10	2
Protein (g)	37	7
Salt (g)	2,1	0,4

Allergens

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

1



Prepare

- Boil plenty of salted water in a pot or saucepan.
- Cook the pasta for 9 - 11 minutes, then drain and set aside.
- Cut the bell pepper into thin strips and dice the tomato.
- Chop the onion and crush or mince the garlic. Roughly chop the basil.

2

Fry the sausage

- Heat a drizzle of olive oil in a deep frying pan over medium-high heat and fry the sausages for 3 minutes until evenly browned.
- Remove from the pan and set aside, then fry the garlic and onion for 1 minute.
- Add the bell pepper and tomato and fry for 3 more minutes.
- Slice the sausages, then return them to the pan.

3

Make the sauce

- To the pan, add the cream, the Sicilian-style herbs and the roasted bell pepper sauce.
- Mix well, then cover with the lid and allow to simmer for 6 minutes.
- Transfer the pasta to the sauce and toss well to combine.
- Season to taste with salt and pepper.

Did you know... *the bell pepper in this recipe contains folate, a vitamin that supports your memory function.*

4

Serve

- Serve the pasta on plates.
- Garnish with the cheese and the basil.

Steak Stir-Fry with Noodles & Pak Choi

with courgette, chili pepper & gomashio

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

- Garlic
- Fresh ginger
- Red chili pepper
- East Asian-style sauce
- Marinated steak strips
- Courgette
- Pak choi
- Red onion
- Ground paprika
- Gomashio
- Carrot
- Reduced salt soy sauce
- Wholewheat noodles

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	1	1	2	2	3	3
Fresh ginger* (tsp)	1	2	3	4	5	6
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
East Asian-style sauce* (g)	30	60	90	120	150	180
Marinated steak strips* (g)	100	200	300	400	500	600
Courgette* (unit(s))	½	1	1	2	2	3
Pak choi* (unit(s))	½	1	2	2	3	3
Red onion (unit(s))	½	1	1	2	2	3
Ground paprika (tsp)	1½	3	4½	6	7½	9
Gomashio (sachet(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	1	1	2	2
Wholewheat noodles (g)	50	100	150	200	250	300
Reduced salt soy sauce (ml)	10	20	30	40	50	60
Not included						
Sunflower oil (tbsp)	1	2	3	4	5	6
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2330 /557	466 /111
Total fat (g)	18	4
of which saturated(g)	2,7	0,5
Carbonhydrates (g)	63	13
of which sugars (g)	14,6	2,9
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.

1

Prepare

- Take the steak strips out of the fridge and allow them to reach room temperature.
- Boil plenty of water in a pot or saucepan for the noodles.
- Crush or mince the garlic and finely grate the ginger. Deseed and finely chop the red chili pepper*.
- In a bowl, combine the steak strips with the garlic, the ginger, the chili pepper, the soy sauce and the East Asian-style sauce.

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

2

Stir-fry the vegetables

- Slice the courgette and the carrot into thin crescents.
- Remove the base of the pak choi, then finely chop both the leaves and the stems.
- Chop the onion.
- Heat a generous drizzle of sunflower oil in a wok or deep frying pan over medium-high heat. Fry all of the vegetables with the paprika for 6 - 8 minutes, seasoning to taste with salt and pepper.

3

Finish the stir-fry

- Meanwhile, boil the noodles for 3 - 4 minutes, covered.
- Add the steak strips in their marinade to the vegetables and fry for 1 minute.
- Drain the noodles and transfer to the wok, then mix well to combine and cook for 1 more minute over high heat.

4

Serve

- Serve the noodles on plates and garnish with the gomashio.

Peanut Curry with Spicy Candied Coconut Topping

with noodles, bell pepper & spinach

Total time: 20 - 30 min. Veggie Quick

Onion

Bell pepper

Spinach

Garlic

Ginger paste

Coconut milk

Yellow curry spices

Peanut butter

Desiccated coconut

Egg noodles

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	1	2	3	4	5	6
Bell pepper* (unit(s))	½	1	2	2	3	3
Spinach* (g)	100	200	300	400	500	600
Garlic (unit(s))	½	1	1½	2	2½	3
Ginger paste* (g)	5	10	15	20	25	30
Coconut milk (ml)	125	250	375	500	625	750
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Peanut butter (tub)	1	2	3	4	5	6
Desiccated coconut (g)	5	10	15	20	25	30
Egg noodles (g)	75	150	225	300	375	450
Not included						
Sunflower oil (tbsp)	1½	3	4½	6	7½	9
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Sambal (tsp)	1	2	3	4	5	6
Sugar (tsp)	½	1	1½	2	2½	3
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
[Reduced salt] soy sauce (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3753 /897	707 /169
Total fat (g)	56	11
of which saturated(g)	25,7	4,8
Carbonhydrates (g)	73	14
of which sugars (g)	17,2	3,2
Fiber (g)	9	2
Protein (g)	23	4
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

- Boil plenty of water in a pot or saucepan.
- Cook the noodles for 3 - 4 minutes, or until al dente (see Tip).
- Reserve 50ml cooking liquid per person, then drain.
- Rinse under cold water and return to the pot.

2

Make the topping

- Slice the onion into half-rings and crush or mince the garlic.
- Heat a generous drizzle of sunflower oil in a deep frying pan over medium heat.
- Fry the coconut with the sambal and the sugar, stirring gently until the sugar has dissolved. Transfer to a bowl and set aside.
- Meanwhile, cut the bell pepper into strips.

3

Make the curry

- Heat a drizzle of sunflower oil in the same pan over low heat. Fry the garlic, the ginger paste and the onion for 1 minute.
- Add the yellow curry spices and the peanut butter, then crumble in the stock cube (see pantry for amount).
- Fry for 1 minute, then add the bell pepper, the white balsamic vinegar, the coconut milk and the soy sauce.

4

Serve

- Stir in the reserved cooking liquid and allow the peanut butter to melt, then simmer for 3 - 4 minutes.
- Transfer the noodles and the spinach to the curry. Mix well, allowing the spinach to wilt and reduce. Season to taste with salt and pepper.
- Serve the curry on deep plates and finish with the candied coconut topping.

Pork Tenderloin Tips with Omelette Ribbons

over fried rice with peanuts & spicy quick-pickled cucumber

Total time: 45 - 55 min.

Garlic

Jasmine rice

Red chili pepper

Cucumber

Sweetheart cabbage

Egg

Salted peanuts

Pork tenderloin tips

Yellow curry spices

Nasi-bami spice mix

East Asian-style sauce

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	1	2	3	4	5	6
Jasmine rice (g)	75	150	225	300	375	450
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Cucumber* (unit(s))	⅓	⅔	1	1⅓	1⅔	2
Sweetheart cabbage* (unit(s))	½	1	1½	2	2½	3
Egg* (unit(s))	1	2	3	4	5	6
Salted peanuts (g)	10	20	30	40	50	60
Pork tenderloin tips* (g)	100	200	300	400	500	600
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Nasi-bami spice mix (sachet(s))	½	1	1½	2	2½	3
East Asian-style sauce* (g)	20	35	55	70	90	105
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
White wine vinegar (tsp)	1½	3	4½	6	7½	9
Sunflower oil (tbsp)	1	2	3	4	5	6
Sugar (tsp)	1½	3	4½	6	7½	9
[Reduced salt] ketjap manis (tbsp)	1	2	3	4	5	6
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3833 /916	694 /166
Total fat (g)	40	7
of which saturated(g)	7	1,3
Carbonhydrates (g)	99	18
of which sugars (g)	26,7	4,8
Fiber (g)	6	1
Protein (g)	46	8
Salt (g)	3,2	0,6

Allergens

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

1

Boil the rice

- Crush or mince the garlic.
- Transfer the pork to a bowl and drizzle with olive oil. Add the garlic, the yellow curry spices, the ketjap and two thirds of the sugar. Mix well to combine, then set aside to marinate for at least 15 minutes.
- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cook the rice for 12 - 15 minutes, then drain and spread over a plate or cutting board to cool down.

2

Prepare the cucumber

- Deseed and finely chop the red chili pepper*.
- Dice the cucumber.
- Transfer both to a bowl, along with the white wine vinegar, the rest of the sugar and a pinch of salt.
- Toss well to combine and then set aside until serving, stirring occasionally.

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

3

Fry the cabbage

- Chop the cabbage into strips.
- Heat a generous drizzle of sunflower oil in a wok or deep frying pan over medium-low heat and fry the cabbage for 6 - 8 minutes.
- Meanwhile, beat the egg in a bowl.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the omelette until done. Remove from the pan and cut into ribbons.

4

Fry the rice

- Increase the heat under the cabbage to medium-high.
- Add the rice and the nasi-bami spice mix, then fry for 2 - 3 minutes, leaving it mostly undisturbed.
- Add the omelette ribbons and fry for another 2 - 3 minutes, seasoning to taste with salt and pepper.

5

Fry the pork

- Fry the pork in the same pan you used for the omelette for 4 - 5 minutes over medium-high heat.
- Roughly chop the peanuts in the meantime (see Tip).

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

6

Serve

- Serve the fried rice on plates and top with the pork.
- Drizzle with the East Asian-style sauce and garnish with the peanuts.
- Serve the quick-pickled cucumber alongside.

Portuguese-Style Seafood Stew with Hake & Shrimp

with lemon, parsley & Romano peppers

Total time: 30 - 40 min. Health Conscious Choice

Shrimp

Potatoes

Garlic

Onion

Romano pepper

Green Romano pepper

Tomato paste

Diced tomatoes with garlic & onion

Smoked paprika

Copacabana-style spice mix

Lemon

Fresh flat leaf parsley

Bay leaf

Hake fillet

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Shrimp* (g)	40	80	120	160	200	240
Potatoes (g)	150	300	400	600	700	900
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	2	2	3	3
Romano pepper* (unit(s))	½	1	2	2	3	3
Green Romano pepper* (unit(s))	½	1	1	2	2	3
Tomato paste (can)	½	1	1½	2	2½	3
Diced tomatoes with garlic & onion (pack)	½	1	1½	2	2½	3
Smoked paprika (tsp)	1½	3	3	6	6	9
Copacabana-style spice mix (sachet(s))	½	1	2	2	3	3
Lemon* (unit(s))	⅓	⅔	1	1⅓	1⅔	2
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Bay leaf (unit(s))	½	1	1½	2	2½	3
Hake fillet* (unit(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Low sodium fish or vegetable stock (ml)	200	400	600	800	1000	1200
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2276 /544	258 /62
Total fat (g)	22	2
of which saturated(g)	4	0,5
Carbonhydrates (g)	61	7
of which sugars (g)	26,4	3
Fiber (g)	13	1
Protein (g)	24	3
Salt (g)	3,1	0,4

Allergens

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

1

Prepare

- Prepare the stock and cut all of the peppers into strips.
- Chop the onion and crush or mince the garlic.
- Peel or wash the potatoes and dice them into 1cm cubes.
- Heat a generous drizzle of olive oil in a large deep frying pan over medium heat. Fry the onion with the peppers for 5 minutes.

Did you know... *the potatoes in this recipe contain niacin, a vitamin that supports normal energy levels in the body.*

3

Add the fish

- Pat the fish and the shrimp dry with kitchen paper. Halve the fish.
- Carefully transfer both to the stew, making sure they are barely submerged.
- Allow to poach for 3 – 5 minutes, covered, until the fish is done.
- Meanwhile, cut the lemon into 6 wedges and roughly chop the parsley.

2

Make the stew

- Stir in the garlic, the smoked paprika and the Copacabana-style spices. Fry for 1 more minute.
- Stir in the tomato paste and cook for 2 - 3 more minutes.
- Add the tomatoes, the bay leaf, the potatoes and the stock.
- Cover with the lid and bring to the boil, then turn down the heat and simmer for 14 - 16 minutes, or until the potatoes are done.

4

Serve

- Squeeze the juice of 1 lemon wedge per person into the stew and add half of the parsley. Season with salt and pepper.
- Serve the stew on deep plates and garnish with the rest of parsley.
- Drizzle with the extra virgin olive oil and serve with the rest of the lemon wedges.

Sticky Salmon with Avocado & Sesame Sugar Snaps

over rice with chili oil & soy mayonnaise

Total time: 25 - 35 min. Quick

Jasmine rice

Chili oil

Sugar snap peas

Sesame seeds

Salmon fillet

Avocado

Red onion

Reduced salt soy sauce

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Jasmine rice (g)	75	150	225	300	375	450
Chili oil (ml)	4	8	12	16	20	24
Sugar snap peas* (g)	100	200	300	400	500	600
Sesame seeds (g)	5	10	15	20	25	30
Salmon fillet* (unit(s))	1	2	3	4	5	6
Avocado (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1½	2	2½	3
Reduced salt soy sauce (ml)	10	20	30	40	50	60
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
Water for the rice (ml)	175	350	525	700	875	1050
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3987 /953	640 /153
Total fat (g)	57	9
of which saturated(g)	9,5	1,5
Carbonhydrates (g)	84	13
of which sugars (g)	16,3	2,6
Fiber (g)	7	1
Protein (g)	34	5
Salt (g)	1,3	0,2

Allergens

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

1

Prepare

- Boil the water for the rice in a pot or saucepan.
- Cook the rice for 10 - 12 minutes, covered, then remove from the heat and allow to stand for 5 minutes, still covered.
- Chop the onion in the meantime.
- If preferred, carefully discard the tough ends of the sugar snaps.

2

Fry the sugar snap peas

- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the sugar snaps with the onion for 2 - 3 minutes, seasoning with salt and pepper.
- Stir in the sesame seeds and set aside, covered.
- In a small bowl, combine the honey with the chili oil* and half of the soy sauce.

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

3

Fry the fish

- Pat the fish dry with kitchen paper.
- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the fish on its skin for 2 - 3 minutes, then flip and fry for 2 more minutes. Season with salt and pepper.
- Deglaze with a splash of water, then coat the fish with the honey-chili sauce.

4

Serve

- Halve and pit the avocado, then remove the skin and slice the flesh.
- In a small bowl, combine the mayonnaise with the rest of the soy sauce.
- Serve the rice in bowls with everything else alongside.
- Drizzle with the soy mayonnaise and any residual honey-chili sauce from the pan.

Steak with Creamy Potato Curry

with crispy onions, broccoli & carrot

Total time: 25 - 35 min. Quick

Marinated steak

Potatoes

Red onion

Garlic

Broccoli

Carrot

Curry powder

Yellow curry spices

Coconut milk

Crispy fried onions

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Marinated steak* (unit(s))	1	2	3	4	5	6
Potatoes (g)	200	400	600	800	1000	1200
Red onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Broccoli* (g)	100	200	300	400	500	600
Carrot* (unit(s))	½	1	2	2	3	3
Curry powder (sachet(s))	½	1	1	2	2	3
Yellow curry spices (sachet(s))	½	1	2	2	3	3
Coconut milk (ml)	90	180	250	360	430	540
Crispy fried onions (g)	15	30	45	60	75	90
Not included						
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3376 /807	480 /115
Total fat (g)	46	7
of which saturated(g)	30,4	4,3
Carbonhydrates (g)	61	9
of which sugars (g)	14	2
Fiber (g)	13	2
Protein (g)	38	5
Salt (g)	1,5	0,2

Allergens

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

1

Prepare

- Take the steak out of the fridge and allow it to reach room temperature. Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Peel or thoroughly wash the potatoes and cut them into chunks.
- Cut the head of the broccoli into florets and dice the stem.
- Slice the carrot into thin crescents.

2

Make the sauce

- Parboil the potatoes for 8 - 10 minutes.
- Add the broccoli and the carrot and cook for 5 - 7 more minutes. Drain and return to the pot, then season to taste with salt and pepper.
- Chop the onion and crush or mince the garlic.
- Melt a knob of butter in a pot or saucepan over medium heat. Fry the onion, the garlic, the yellow curry spices and the curry powder for 1 - 2 minutes.

3

Fry the steak

- Add the coconut milk and heat for 2 minutes, stirring occasionally.
- Melt a knob of butter in a frying pan over medium-high heat. When the butter is nice and hot, fry the steak for 1 - 3 minutes per side.
- Remove from the pan and season with pepper, then allow to rest under aluminum foil.
- Melt another knob of butter in the same pan and heat for 1 minute, mixing well to combine with the cooking juices.

4

Serve

- Slice the steak against the grain.
- Stir the potatoes, the broccoli and the carrot into the curry sauce, then serve on plates.
- Top with the steak and drizzle with the butter sauce.
- Garnish with the crispy onions to finish.

Glazed Salmon with Rice Noodle Salad & Peanuts

with lime, fresh herbs, cucumber & carrot

Total time: 30 - 40 min.

Salmon fillet

Oyster sauce

Rice noodles

Carrot

Cucumber

Fresh flat leaf parsley & mint

Salted peanuts

Fish sauce

Lime

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Salmon fillet* (unit(s))	1	2	3	4	5	6
Oyster sauce (g)	12½	25	37½	50	62½	75
Rice noodles (g)	50	100	150	200	250	300
Carrot* (unit(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
Cucumber* (unit(s))	½	1	1½	2	2½	3
Salted peanuts (g)	10	20	30	40	50	60
Fish sauce (ml)	10	20	30	40	50	60
Lime* (unit(s))	½	1	1½	2	2½	3
Not included						
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Sambal			to taste			
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
[Reduced salt] soy sauce (tbsp)	½	1	1½	2	2½	3
Salt and pepper			to taste			
Sunflower oil (tbsp)	½	1	1½	2	2½	3

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2669 /638	551 /132
Total fat (g)	31	6
of which saturated(g)	4,6	0,9
Carbonhydrates (g)	64	13
of which sugars (g)	17,3	3,6
Fiber (g)	6	1
Protein (g)	27	6
Salt (g)	6,1	1,3

Allergens

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

1

Prepare

- Preheat the oven to 210°C. Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- In a small bowl, combine the oyster sauce with the honey, the soy sauce and some sambal as preferred.
- Transfer the fish to an oven dish, skin-side down.
- Coat with half of the sauce, then bake in the oven for 9 - 12 minutes.

2

Boil the noodles

- Boil the noodles for 6 - 7 minutes, or until al dente.
- Drain and rinse under cold water, then transfer to a salad bowl. Drizzle with sunflower oil so as to prevent them from sticking together.
- Meanwhile, finely chop the fresh herbs. Grate the carrot and slice the cucumber into crescents.
- Transfer all three to the salad bowl.

3

Finish

- Juice half of the lime directly into the salad bowl.
- Add the fish sauce* and the rest of the oyster sauce mixture from step 1 to the salad bowl.
- Season to taste with salt and pepper, then toss well to combine.
- Roughly chop the peanuts and cut the rest of the lime into wedges.

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

4

Serve

- Serve everything on deep plates.
- Season with some more soy sauce and/or sambal as preferred.
- Garnish with the peanuts and serve the lime wedges alongside.

Beef Merguez with Fragrant Giant Couscous

with capers, lemon & parsley

Total time: 40 - 50 min. Health Conscious Choice

- Beef merguez sausage
- Giant couscous
- Garlic
- Onion
- Carrot
- Courgette
- Lemon
- Ras el hanout
- Smoked paprika
- Capers
- Tomato paste
- Raisins
- Fresh flat leaf parsley

Recipe Developer Babette: “This dish is inspired by Moroccan tagine. It combines spicy merguez sausages with aromatic ras el hanout and sweet raisins. A fresh squeeze of lemon and parsley bring all the flavours together in perfect balance.”

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Beef merguez sausage* (unit(s))	2	4	6	8	10	12
Giant couscous (g)	75	150	225	300	375	450
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Carrot* (unit(s))	½	1	2	2	3	3
Courgette* (unit(s))	½	1	2	2	3	3
Lemon* (unit(s))	½	1	1½	2	2½	3
Ras el hanout (sachet(s))	½	1	1½	2	2½	3
Smoked paprika (tsp)	1½	3	4½	6	7½	9
Capers (g)	15	30	30	60	60	90
Tomato paste (can)	½	1	1½	2	2½	3
Raisins (g)	10	20	40	40	60	60
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	250	500	750	1000	1250	1500
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3092 /739	394 /94
Total fat (g)	26	3
of which saturated(g)	8,1	1
Carbonhydrates (g)	92	12
of which sugars (g)	33,5	4,3
Fiber (g)	12	1
Protein (g)	32	4
Salt (g)	2,5	0,3

Allergens

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

1

Prepare

- Prepare the stock.
- Chop the onion and crush or mince the garlic.
- Slice the carrot and the courgette into crescents.
- Heat a drizzle of olive oil in a large deep frying pan over medium-high heat. Fry the sausage for 3 - 4 minutes, then remove from the pan and set aside.

2

Fry the vegetables

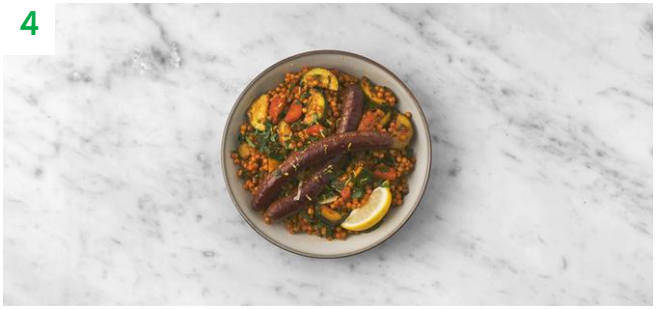
- In the same pan, fry the onion, the carrot and the courgette for 6 - 8 minutes over medium-high heat, or until softened and lightly browned.
- Stir in the tomato paste and fry for 2 minutes, stirring continuously.
- Add the garlic, the ras el hanout and the smoked paprika, then fry for 1 more minute.

3

Cook the giant couscous

- Add the giant couscous, the raisins and the stock. Mix well, then return the sausage to the pan and cover with the lid.
- Bring to a gentle boil and then allow to simmer for 12 - 15 minutes, or until the giant couscous is done.
- Meanwhile, roughly chop the parsley and the capers.
- Zest the lemon, then juice half of it and cut the rest into wedges.

4



Serve

- Take the giant couscous off the heat and stir in the honey, the capers, the lemon juice and half of the parsley.
- Season to taste with salt and pepper.
- Serve the giant couscous in bowls with the lemon wedges alongside.
- Garnish with the rest of the parsley and as much lemon zest as preferred.

Chicken with Tandoori Potatoes & Yogurt Sauce

with quick-pickled onion, fresh herbs & salad

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

Marinated diced chicken

Potatoes

Garlic

Red onion

Cucumber

Tomato

Fresh coriander & mint

Tandoori paste

Organic full-fat yogurt

Yellow mustard seeds

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Marinated diced chicken* (g)	100	200	300	400	500	600
Potatoes (g)	250	500	750	1000	1250	1500
Garlic (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1½	2	2½	3
Cucumber* (unit(s))	⅓	⅔	1	1⅓	1⅔	2
Tomato (unit(s))	1	2	3	4	5	6
Fresh coriander & mint* (g)	5	10	15	20	25	30
Tandoori paste* (g)	15	30	45	60	75	90
Organic full-fat yogurt* (g)	50	100	150	200	250	300
Yellow mustard seeds (sachet(s))	½	1	1½	2	2½	3
Not included						
Sunflower oil (tbsp)	1¼	1½	2¼	3	3¾	4½
[Plant-based] butter (tbsp)	¼	½	¾	1	1¼	1½
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil	to taste					
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2439 /583	364 /87
Total fat (g)	19	3
of which saturated(g)	5,4	0,8
Carbonhydrates (g)	74	11
of which sugars (g)	20,1	3
Fiber (g)	9	1
Protein (g)	32	5
Salt (g)	1,3	0,2

Allergens

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

1

Prepare the potatoes

- Dice the potatoes, then transfer to a deep frying pan and submerge with water.
- Boil for 8 minutes, then drain and pat dry.
- Heat a light drizzle of sunflower oil with a small knob of butter in the same pan over medium-high heat. Fry the potatoes for 7 - 10 minutes.
- Add the tandoori paste and fry for 1 more minute, seasoning with salt and pepper.

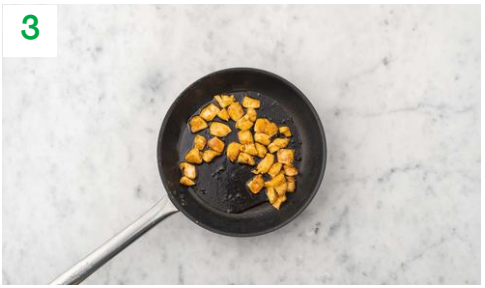
2

Pickle the onion

- Slice the onion into half-rings and crush or mince the garlic (see Tip).
- In a bowl, combine the white wine vinegar with the sugar, the onion and a pinch of salt.
- Set aside until serving, stirring occasionally.

Tip: *these will both be served raw, but if preferred you can fry them in the next step instead.*

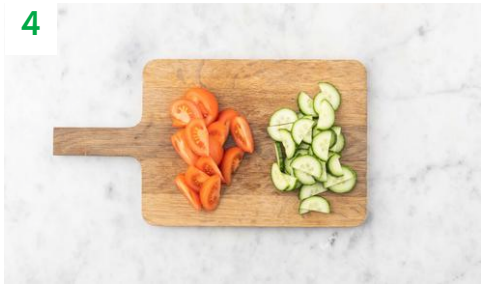
3



Fry the chicken

- Heat a drizzle of sunflower oil in a frying pan over medium-high heat and fry the chicken for 6 minutes or until done, turning regularly.
- Add the honey and fry for 1 more minute.
- Season to taste with salt and pepper.

4



Make the salad

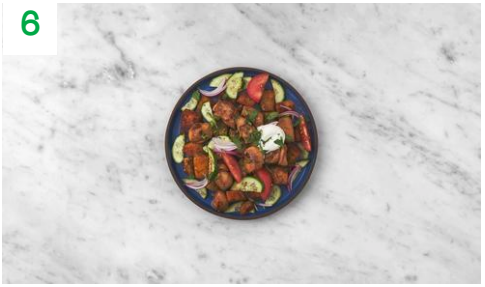
- Slice the cucumber into crescents and the tomato into wedges.
- Transfer both to a salad bowl.
- Add the mustard seeds and drizzle with some extra virgin olive oil as preferred.
- Season to taste with salt and pepper, then toss well to combine.

5

Make the sauce

- Finely chop the fresh herbs, being sure to keep them separate.
- In a bowl, combine the yogurt with the mint and the garlic.
- Season to taste with salt and pepper.

6



Serve

- Serve the potatoes on plates, garnished with the coriander and the pickled onion.
- Serve everything else alongside.

Creamy Mushroom Tortelloni Bake

with courgette, spinach & tomato side salad

Total time: 30 - 40 min. Family Veggie Health Conscious Choice

Garlic

Spinach

Grated Gouda

Cooking cream

Sicilian-style herb mix

Courgette

Kumato tomato

Crema di balsamico

Mushroom tortelloni

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Spinach* (g)	50	100	100	200	200	300
Grated Gouda* (g)	25	50	75	100	125	150
Cooking cream (g)	75	150	225	300	375	450
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Courgette* (unit(s))	½	1	2	2	3	3
Kumato tomato* (unit(s))	1	2	3	4	5	6
Crema di balsamico (ml)	4	8	12	16	20	24
Mushroom tortelloni* (g)	150	300	450	600	750	900
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tsp)	2	4	6	8	10	12
Sugar (tsp)	1	2	3	4	5	6
Low sodium mushroom or vegetable stock (ml)	50	100	150	200	250	300
Extra virgin olive oil	to taste					
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3197 /764	542 /130
Total fat (g)	37	6
of which saturated(g)	17,1	2,9
Carbonhydrates (g)	76	13
of which sugars (g)	21,6	3,7
Fiber (g)	6	1
Protein (g)	27	5
Salt (g)	2,6	0,4

Allergens

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

1

Prepare

- Boil plenty of water in a pot or saucepan. Carefully separate the tortelloni and boil for 2 minutes, then drain and set aside.
- Preheat the oven to 220°C and prepare the stock.
- Dice the courgette.
- Crush or mince the garlic.

2

Make the sauce

- Heat a drizzle of olive oil in a large deep frying pan over medium-high heat. Fry the courgette and the garlic for 3 - 4 minutes.
- Deglaze the pan with half of the balsamic vinegar, then pour in the stock.
- Stir in the cream, the sugar and the Sicilian-style herbs.
- Cover with the lid and allow to simmer for 3 minutes over low heat.

3

Finish

- Gradually add the spinach to the sauce, tearing it directly into the pan. Season to taste with salt and pepper.
- Add an extra splash of water or stock if necessary.
- Add the tortelloni to the sauce. Mix well to combine, then transfer everything to an oven dish.
- Scatter over the cheese, then bake in the oven for 8 minutes.

Did you know... *the spinach in this recipe contains vitamin A, a nutrient that supports the normal function of the immune system.*

4

Serve

- Cut the tomato into wedges and transfer to a bowl.
- Add the rest of the balsamic vinegar and some extra virgin olive oil as preferred. Season with salt and pepper, then toss well to combine.
- Serve the tortelloni bake on plates and drizzle with the crema di balsamico. Serve the tomato salad alongside.

Family Pizza Night (Plenty of Cheese, Even More Fun!)

build your own & enjoy together!

Total time: 30 - 40 min. Family

Pizza dough

Salami

Courgette

Onion

Romano pepper

Passata

Italian seasoning

Shredded mozzarella

Fresh basil

Crema di balsamico

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pizza dough* (unit(s))	½	1	1½	2	2½	3
Salami* (slice(s))	3	6	9	12	15	18
Courgette* (unit(s))	½	1	2	2	3	3
Onion (unit(s))	½	1	1	2	2	3
Romano pepper* (unit(s))	½	1	1½	2	2½	3
Passata (g)	100	200	292½	390	492½	590
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Shredded mozzarella* (g)	50	100	150	200	250	300
Fresh basil* (g)	2½	5	7½	10	12½	15
Crema di balsamico (ml)	4	8	12	16	20	24
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½
Balsamic vinegar (tsp)	1	2	3	4	5	6
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4155 /993	672 /161
Total fat (g)	40	6
of which saturated(g)	15,2	2,5
Carbonhydrates (g)	119	19
of which sugars (g)	19,8	3,2
Fiber (g)	8	1
Protein (g)	38	6
Salt (g)	5,7	0,9

Allergens

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

1

Fry the vegetables

- Preheat the oven to 220°C.
- Slice the courgette into rounds and cut the Romano pepper into strips.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry both for 3 – 5 minutes until they begin to soften. Season to taste with salt and pepper, then transfer to a bowl and set aside.
- Meanwhile, slice the onion into half-rings.

3

Make the pizza!

- Portion out the pizza dough (or if preferred, just make one large pizza with all the toppings).
- Allow everyone to shape and decorate their own individual pizzas (see Tip).

Tip: *time to get creative! Let everyone cut their pizza into fun shapes and use their favourite toppings to bring their imagination to life!*

2

Make the sauce

- In a bowl, combine the passata with the Italian seasoning, the balsamic vinegar, the extra virgin olive oil and a pinch of salt.
- Cut the salami into strips (see Tip).
- Transfer the onion, the salami and the cheese to separate bowls.

Health Tip: *if you're watching your calorie intake, use less of the salami and keep the rest to use another time.*

4

Serve

- Transfer the pizzas to a parchment-lined baking sheet and bake in the oven for 13 – 15 minutes, or until the edges are golden-brown.
- Allow everyone to finish their own masterpiece with the basil and the crema di balsamico as preferred.

Smoky Chickpeas with Tropical Avocado-Mango Salsa

over golden bulgur with green sauce & pumpkin seeds

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

- Bulgur
- Chickpeas
- Avocado
- Mango
- Lime
- Fresh coriander & mint
- Jalapeño
- Yogurt dressing
- Ground turmeric
- Smoked paprika
- Pumpkin seeds
- Cucumber

SPECIAL INGREDIENT

There is a special ingredient in your box! The jalapeño is small, hot and full of flavour! Perfect for adding extra spice to your meals and delicious raw, roasted or pickled.
Scan the QR code to let us know what you thought of the ingredient!

NUTRI-SCORE A B C D E

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Bulgur (g)	75	150	225	300	375	450
Chickpeas (pack)	⅓	⅔	1	1⅓	1⅔	2
Avocado (unit(s))	½	1	2	2	3	3
Mango* (unit(s))	½	1	1	2	2	3
Lime* (unit(s))	½	1	1½	2	2½	3
Fresh coriander & mint* (g)	10	20	30	40	50	60
Jalapeño* (unit(s))	¼	½	¾	1	1¼	1½
Yogurt dressing* (g)	20	40	60	80	100	120
Ground turmeric (tsp)	1	2	3	4	5	6
Smoked paprika (tsp)	1½	3	4½	6	7½	9
Pumpkin seeds (g)	5	10	15	20	25	30
Cucumber* (unit(s))	⅓	⅔	1	1⅓	1⅔	2
Not included						
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Water for the sauce (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil	to taste					
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2975 /711	426 /102
Total fat (g)	29	4
of which saturated(g)	5,5	0,8
Carbonhydrates (g)	92	13
of which sugars (g)	21,2	3
Fiber (g)	23	3
Protein (g)	21	3
Salt (g)	1	0,1

Allergens

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

1

Prepare

- Preheat the oven to 180°C.
- Rinse the chickpeas under cold water and allow to drain, then pat dry with kitchen paper.
- Transfer the chickpeas to a parchment-lined baking sheet and drizzle lightly with olive oil. Scatter over the smoked paprika and season with salt and pepper.
- Toss well to coat, then roast in the oven for 15 - 20 minutes.

2

Make the bulgur

- Prepare the stock in a pot or saucepan. Add the bulgur and the turmeric, then bring to a boil and cook for 10 minutes until done.
- Drain and drizzle with extra virgin olive oil as preferred. Season with pepper, then set aside.
- Halve and pit the avocado, then remove the skin. Peel the mango.
- Finely dice the avocado, mango and cucumber. Deseed and finely chop the jalapeño*.

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

3

Make the sauce

- Transfer the mango, cucumber, avocado to a salad bowl, along with some jalapeño as preferred.
- Quarter the lime and squeeze a quarter per person into the salad bowl. Season with salt and pepper, then toss well to combine.
- Transfer the yogurt dressing, the water for the sauce and half of the fresh herbs to a tall container.
- Use an immersion blender to process until smooth. Season with salt and pepper.

4

Serve

- Finely chop the rest of the fresh herbs.
- Serve the bulgur in bowls and top with the salsa and the chickpeas.
- Drizzle with the green sauce, then garnish with the pumpkin seeds and the rest of the fresh herbs.
- Serve with the rest of the lime wedges.

Sesame-Panko Chicken with Spicy Broccoli

with sambal-soy potato salad

Total time: 40 - 50 min.

Chicken tenderloin

Waxy red potatoes

Broccoli

Garlic

Onion

Ground coriander

Soy sauce

Sesame seeds

Panko breadcrumbs

Korean-style spice mix

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken tenderloin* (g)	100	200	300	400	500	600
Waxy red potatoes (g)	250	500	750	1000	1250	1500
Broccoli* (g)	200	320	500	675	820	995
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Ground coriander (tsp)	½	1	1½	2	2½	3
Soy sauce (ml)	5	10	15	20	25	30
Sesame seeds (g)	10	20	30	40	50	60
Panko breadcrumbs (g)	10	20	30	40	50	60
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	2	4	6	8	10	12
Sambal (tsp)	¼	½	¾	1	1¼	1½
White wine vinegar (tsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Salt and pepper	to taste					

** store in the fridge*

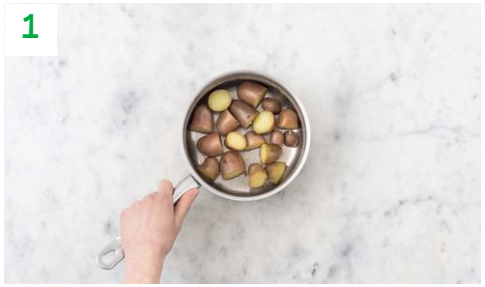
Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3460 /827	536 /128
Total fat (g)	47	7
of which saturated(g)	6,9	1,1
Carbonhydrates (g)	59	9
of which sugars (g)	8,3	1,3
Fiber (g)	12	2
Protein (g)	41	6
Salt (g)	1,8	0,3

Allergens

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

1



Boil the potatoes

- Preheat the oven to 200°C.
- Boil plenty of water in a pot or saucepan.
- Peel or wash the potatoes and cut into rough pieces.
- Boil the potatoes for 12 - 15 minutes, covered, then drain and set aside.

2

Prepare the broccoli

- Meanwhile, cut the head of the broccoli into florets and then dice the stem.
- Transfer to a pot or saucepan and submerge with water, then cover with the lid.
- Bring to a boil and allow to cook gently for 3 - 4 minutes, then drain and rinse under cold water.

3

Make the dressing

- Chop the onion and crush or mince the garlic.
- In a bowl, combine the soy sauce with the ground coriander, the sambal and the white wine vinegar.
- Add the garlic and the onion, then season to taste with salt and pepper.

4

Make the potato salad

- In a salad bowl, combine the mayonnaise with half of the dressing.
- Stir in the potatoes and season to taste with salt and pepper, then set aside until serving.
- On a deep plate, combine a generous drizzle of olive oil with a pinch of salt.
- On another deep plate, combine the sesame seeds with the panko and the Korean-style spices.

5

Bake the chicken

- Coat the chicken first with the olive oil and then with the panko.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the chicken for 2 minutes per side or until golden-brown.
- Transfer the chicken to a parchment-lined baking sheet.
- Bake in the oven for 6 - 8 minutes.

6

Serve

- Meanwhile, clean the frying pan and heat another drizzle of olive oil over medium-high heat.
- Stir-fry the broccoli with half of the dressing for 3 - 5 minutes.
- Serve the broccoli on plates with everything else alongside.

Creamy Endive Orzotto

with ham & cheese

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

Onion

Garlic

Endive

Ham

Orzo

Cooking cream

Grated Gouda

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Endive* (unit(s))	1½	3	5	6	8	9
Ham* (slice(s))	4	8	12	16	20	24
Orzo (g)	75	150	225	300	375	450
Cooking cream (g)	50	100	150	200	250	300
Grated Gouda* (g)	25	50	75	100	125	150
Not included						
Low sodium chicken stock (ml)	175	350	525	700	875	1050
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2661 /636	388 /93
Total fat (g)	25	4
of which saturated(g)	15,6	2,3
Carbonhydrates (g)	68	10
of which sugars (g)	13,8	2
Fiber (g)	6	1
Protein (g)	31	5
Salt (g)	2,4	0,4

Allergens

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

1

Prepare

- Prepare the stock.
- Chop the onion and crush or mince the garlic.
- Cut off the base of the endive and discard. Cut the endive in half, then remove and discard the tough core.
- Chop the endive into thin strips and set aside a small amount to use later as garnish if preferred.

2

Fry the endive

- Melt a knob of butter in a deep frying pan over medium-high heat.
- Fry the garlic and onion for 2 minutes.
- Stir in the rest of the endive, then cover with the lid.
- Allow to stew for 8 - 10 minutes or until soft, stirring occasionally (see Tip).

Tip: *if the endive is too bitter, stir in some honey as preferred.*

3

Make the orzotto

- Transfer the orzo to the endive and mix well to combine, then add the cream and the stock.
- Mix well and allow to simmer gently for 10 - 12 minutes, covered.
- Stir every so often, adding some extra water if necessary so as to prevent the orzo from sticking to the pan.
- Season to taste with salt and pepper.

4

Serve

- Dice the ham. Heat a clean frying pan over medium-high heat and fry the ham for 7 - 9 minutes .
- Stir the ham and three quarters of the cheese into the orzotto, then cook for 2 more minutes.
- Serve the orzotto on deep plates, garnished with the rest of the cheese and the reserved endive as preferred.

Brie & Beetroot Flammekueche

with pear, radicchio salad & potatoes

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

Onion

Creamy French brie

Flammekueche

Organic sour cream

Potatoes

Radicchio & romaine

Pre-cooked beetroot

Pear

Ground paprika

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1½	2	2½	3
Creamy French brie* (g)	40	80	120	160	200	240
Flammekueche* (unit(s))	1	2	3	4	5	6
Organic sour cream* (g)	25	50	75	100	125	150
Potatoes (g)	75	150	225	300	375	450
Radicchio & romaine* (g)	25	50	75	100	125	150
Pre-cooked beetroot* (g)	125	250	375	500	625	750
Pear* (unit(s))	½	1	1½	2	2½	3
Ground paprika (tsp)	¾	1½	2¼	3	3¾	4½
Not included						
Extra virgin olive oil (tbsp)	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
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	1	2	3	4	5	6
Honey [or plant-based alternative]	to taste					
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3197 /764	623 /149
Total fat (g)	36	7
of which saturated(g)	16,6	3,2
Carbonhydrates (g)	88	17
of which sugars (g)	28,5	5,6
Fiber (g)	8	2
Protein (g)	19	4
Salt (g)	1,7	0,3

Allergens

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

1

Prepare

- Preheat the oven to 220°C. Wash or peel the potatoes and dice into 1cm chunks.
- Transfer to a pot or saucepan and submerge with water, then boil for 10 - 15 minutes until done. Drain and set aside.
- Slice the onion into thin half-rings. Core and thinly slice the pear.
- Thinly slice three quarters of the beetroot and finely dice the rest.

2

Fry the pear

- Melt a knob of butter in frying pan over medium-high heat. Fry the onion with the pear and a generous pinch of salt for 8 - 10 minutes.
- Add the sugar and fry for 2 more minutes, or until golden-brown and soft.
- Thinly slice the brie in the meantime.
- Transfer the flammekueche to a parchment-lined baking sheet and spread with the sour cream.

3

Fry the potatoes

- Top the flammekueche with the onion, the pear, the beetroot and the brie.
- Season with salt and pepper, then bake in the oven for 8 - 10 minutes.
- Heat a drizzle of olive oil in the same frying pan over medium-high heat.
- Fry the potatoes with the paprika for 5 - 7 minutes, seasoning to taste with salt and pepper.

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

4

Serve

- In a salad bowl, combine the extra virgin olive oil with the white balsamic vinegar. Season to taste with salt and pepper.
- Add the lettuce and the diced beetroot, then toss well to combine with the dressing.
- Slice the flammekueche and drizzle with some honey as preferred.
- Serve the potatoes and the salad alongside.

Sweet & Sticky Beef Meatballs

over herbed mash with green beans & onion

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

- Beef mince with Italian seasoning
- Panko breadcrumbs
- Potatoes
- Onion
- Green beans
- Reduced salt soy sauce
- Tomato ketchup
- Fresh flat leaf parsley & chives

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NUTRI-SCORE A B C D E

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Beef mince with Italian seasoning* (g)	100	200	300	400	500	600
Panko breadcrumbs (g)	5	10	15	20	25	30
Potatoes (g)	250	500	750	1000	1250	1500
Onion (unit(s))	½	1	2	2	3	3
Green beans* (g)	150	300	450	600	750	900
Tomato ketchup* (g)	30	60	90	120	150	180
Reduced salt soy sauce (ml)	5	10	15	20	25	30
Fresh flat leaf parsley & chives* (g)	5	10	15	20	25	30
Not included						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tsp)	2	4	6	8	10	12
Water for the sauce (ml)	30	60	90	120	150	180
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2816 /673	428 /102
Total fat (g)	29	4
of which saturated(g)	11,9	1,8
Carbonhydrates (g)	74	11
of which sugars (g)	20	3
Fiber (g)	12	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.

1

Boil the potatoes

- Peel or thoroughly wash the potatoes and then cut them into rough pieces.
- Transfer the potatoes to a pot or saucepan, then submerge with water and crumble in the stock cube (see pantry for amount).
- Boil the potatoes for 12 - 15 minutes, then reserve a small amount of the cooking liquid before draining and setting aside.

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

2

Boil the green beans

- Meanwhile, discard the tips of the green beans and then cut in half.
- Transfer the green beans to a deep frying pan and submerge with water.
- Boil for 4 - 6 minutes, covered, then drain and return to the pan.
- Finely chop the onion.

3

Make the meatballs

- In a bowl, combine the mince with the panko and then shape it into three meatballs per person.
- Melt a small knob of butter in a frying pan over high heat and fry the meatballs for 2 - 3 minutes or until evenly browned.
- Reduce the heat to medium, then add half of the onion and cover with the lid. Fry for 5 - 6 minutes.

4

Make the sauce

- Drizzle the green beans with olive oil, then add the rest of the onion and fry for 3 - 4 minutes over medium heat. Season to taste with salt and pepper.
- Meanwhile, in a small bowl combine the ketchup with the soy sauce, the honey and the water for the sauce.
- Add the sauce to the meatballs and fry for 2 minutes, stirring regularly, then turn off the heat.

5

Mash the potatoes

- Chop the fresh herbs in the meantime.
- Mash the potatoes with a small knob of butter and some of the cooking liquid as preferred.
- Stir in the mustard and fresh herbs, then season to taste with salt and pepper.

6

Serve

- Serve the mash on plates with the vegetables and the meatballs alongside.
- Drizzle with the sauce from the frying pan to finish.