



'Stampspot' with Chorizo & Meatballs

with sundried tomatoes & roasted carrots

Family

Total time: 30 - 40 min.



Beef-pork meatballs
with Spanish-
style seasoning



Diced chorizo



Potatoes



Carrot



Sweet potato



Onion



Sundried tomatoes



Cook, win, and cycle the night away!

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Before you start

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

Equipment

Parchment-lined baking sheet, bowl, lidded frying pan, pot or saucepan, potato masher

Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|-----|-----|-----|-----|------|------|
| Beef-pork meatballs with Spanish-style seasoning* (unit(s)) | 4 | 8 | 12 | 16 | 20 | 24 |
| Diced chorizo* (g) | 30 | 60 | 90 | 120 | 150 | 180 |
| Potatoes (g) | 200 | 400 | 600 | 800 | 1000 | 1200 |
| Carrot* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Sweet potato (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Sundried tomatoes (g) | 20 | 30 | 50 | 70 | 80 | 100 |
| Not included | | | | | | |
| Olive oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Low sodium beef stock (ml) | 70 | 140 | 210 | 280 | 350 | 420 |
| Mustard (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| [Plant-based] butter (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Plant-based] milk (splash) | 0 | 0 | 0 | 0 | 0 | 0 |
| Salt and pepper (totaste) | 0 | 0 | 0 | 0 | 0 | 0 |

* store in the fridge

Nutritional values

| | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal) | 3527 /843 | 471 /112 |
| Total fat (g) | 45 | 6 |
| of which saturated(g) | 15,5 | 2,1 |
| Carbonhydrates (g) | 75 | 10 |
| of which sugars (g) | 22,9 | 3,1 |
| Fiber (g) | 16 | 2 |
| Protein (g) | 32 | 4 |
| Salt (g) | 3,2 | 0,4 |

Allergens

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



Prepare

- Preheat the oven to 220°C and prepare the stock.
- Chop the onion.
- Slice the carrot and transfer to a bowl. Drizzle with olive oil and season with salt and pepper, then toss well to coat.
- Transfer the carrot to a parchment-lined baking sheet and roast for 15 - 18 minutes or until golden-brown, tossing halfway.



Fry the meatballs

- In the same pan, fry the meatballs with the onion for 2 - 3 minutes over medium-high heat until evenly browned.
- Turn the heat to medium-low, then cover with the lid and fry for 5 - 6 minutes or until the meatballs are done. Remove the meatballs from the pan and set aside.
- To make the jus, add the stock to the pan and mix well to combine. Allow to simmer gently until serving.



Boil the potatoes

- Peel all of the potatoes and cut them into rough pieces.
- Transfer to a pot or saucepan and submerge with water, then boil for 12 - 15 minutes.
- Reserve some of the cooking liquid, then drain and set aside.



Make the ‘stampapot’

- Mash the potatoes with the mustard, a knob of butter and a splash of milk or cooking liquid as preferred.
- Season to taste with salt and pepper, then stir in the roasted carrot and the sundried tomatoes.



Fry the chorizo

- Cut the sundried tomatoes into strips and halve the meatballs.
- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the chorizo for 2 - 3 minutes until browned, then remove from the pan and set aside.



Serve

- Serve the ‘stampapot’ on plates, topped with the chorizo and the meatballs.
- Serve with the jus.

Enjoy!



Fennel & Spinach Orzotto

with Greek-style cheese, lemon & pistachios

Veggie Quick

Total time: 25 - 30 min.



Fennel



Garlic



Orzo



Spinach



Pistachio nuts



Lemon



Herbed cream cheese



Italian seasoning



Onion



Greek-style cheese



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Before you start

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

Equipment

Lidded deep frying pan, microplane, saucepan, frying pan

Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---------------------------------|-----|-----|-----|-----|-----|------|
| Fennel* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Garlic (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Orzo (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Spinach* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Pistachio nuts (g) | 20 | 40 | 60 | 80 | 100 | 120 |
| Lemon* (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Herbed cream cheese* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Italian seasoning (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Onion (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Greek-style cheese* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Not included | | | | | | |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Plant-based] butter (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Low sodium vegetable stock (ml) | 175 | 350 | 525 | 700 | 875 | 1050 |
| White wine vinegar (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt and pepper (totaste) | 0 | 0 | 0 | 0 | 0 | 0 |

* store in the fridge

Nutritional values

| | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal) | 3138 /750 | 505 /121 |
| Total fat (g) | 39 | 6 |
| of which saturated(g) | 16 | 2,6 |
| Carbonhydrates (g) | 72 | 12 |
| of which sugars (g) | 11,7 | 1,9 |
| Fiber (g) | 11 | 2 |
| Protein (g) | 26 | 4 |
| Salt (g) | 1,5 | 0,2 |

Allergens

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



Prepare

- Prepare the stock in a saucepan.
- Quarter the fennel and remove the tough core, then slice into very thin strips. Set aside any fennel fronds to use later as garnish.
- Chop the onion and crush or mince the garlic.



Prepare the garnishes

- Roughly chop the pistachios. Heat a clean frying pan over medium-high heat and toast the pistachios until golden-brown, then remove from the pan and set aside.
- When the orzo is almost done, tear the spinach directly into the pan and then add the herbed cream cheese.
- Mix well and allow the spinach to wilt and reduce. Season to taste with salt and pepper.



Fry the vegetables

- Melt a knob of butter in a deep frying pan over medium-low heat.
- Drizzle with olive oil, then fry the fennel, onion, garlic, and Italian herbs for 4 minutes. Stir in the orzo and then deglaze with the white wine vinegar.
- Pour in the stock and bring to a boil, then cook the orzo over a low heat for 10 - 12 minutes, covered.
- Stir regularly and add a splash of water if the orzo seems too dry.



Serve

- Zest the lemon and cut it into wedges.
- Serve the orzo on plates and crumble over the cheese.
- Garnish with the lemon zest and the toasted pistachios. Serve with the lemon wedges.

Enjoy!



Giant Couscous with Greek-Style Cheese

with mushrooms, sweet potato & toasted pumpkin seeds

Veggie Calorie Smart

Total time: 35 - 45 min.



Onion



Carrot



Mushrooms



Sweet potato



Giant couscous



Pumpkin seeds



Greek-style cheese



Peruvian-style spice mix



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Before you start

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

Equipment

Parchment-lined baking sheet, bowl, lidded pot or saucepan, frying pan

Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|--------------------------------------|-----|-----|-----|-----|-----|------|
| Onion (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Carrot* (unit(s)) | 1 | 1 | 2 | 2 | 3 | 3 |
| Mushrooms* (g) | 125 | 250 | 400 | 400 | 650 | 650 |
| Sweet potato (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Giant couscous (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Pumpkin seeds (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| Greek-style cheese* (g) | 50 | 100 | 150 | 200 | 250 | 300 |
| Peruvian-style spice mix (sachet(s)) | ½ | ¾ | 1 | 1½ | 1¾ | 2 |
| Not included | | | | | | |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Low sodium vegetable stock (ml) | 175 | 350 | 525 | 700 | 875 | 1050 |
| White balsamic vinegar (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt and pepper (totaste) | 0 | 0 | 0 | 0 | 0 | 0 |

* store in the fridge

Nutritional values

| | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal) | 2916 /697 | 403 /96 |
| Total fat (g) | 26 | 4 |
| of which saturated(g) | 11,2 | 1,5 |
| Carbonhydrates (g) | 88 | 12 |
| of which sugars (g) | 21,5 | 3 |
| Fiber (g) | 12 | 2 |
| Protein (g) | 28 | 4 |
| Salt (g) | 2,3 | 0,3 |

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Prepare the stock in a pot or saucepan for the giant couscous.
- Meanwhile, chop the onion and dice the carrot.
- Slice the mushrooms. Wash or peel the sweet potato, then dice it into 1.5cm cubes.



Prepare the toppings

- Heat a clean frying pan over high heat and toast the pumpkin seeds until they start to pop, then remove from the pan and set aside.
- Meanwhile, crumble the Greek-style cheese.



Roast the vegetables

- Transfer the onion, mushroom, sweet potato and carrot to a parchment-lined baking sheet.
- Drizzle with olive oil and season with a generous amount of salt and pepper.
- Roast in the oven for 15 - 20 minutes, tossing halfway.



Finish

- Transfer the roasted vegetables and giant couscous to a bowl.
- Add the white balsamic vinegar and the Peruvian-style spices, then mix well to combine.
- Season to taste with salt and pepper.



Boil the giant couscous

- Meanwhile, boil the giant couscous for 12 - 14 minutes, covered.
- Add a splash of water as necessary if the couscous becomes too dry.
- Fluff through the couscous with a fork to separate the grains, then set aside.



Serve

- Serve the giant couscous and vegetables on plates.
- Garnish with the Greek-style cheese and the toasted pumpkin seeds.

Enjoy!



Sweet & Sticky Beef Meatballs









over herbed mash with green beans & onion

Family Quick Calorie Smart

Total time: 25 - 30 min.



There is a special ingredient in your box! With this fair trade and delicious ketchup, The Ketchup Club combats waste and provides a good income to farmers in Kenya.
Scan the QR code to learn more about this supplier!

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



Before you start

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

Equipment

Bowl, lidded deep frying pan, lidded frying pan, pot or saucepan, potato masher, small bowl

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 | 400 | 600 | 700 | 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 (totaste) | 0 | 0 | 0 | 0 | 0 | 0 |

* store in the fridge

Nutritional values

| | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal) | 2887 /690 | 438 /105 |
| Total fat (g) | 29 | 4 |
| of which saturated(g) | 11,9 | 1,8 |
| Carbonhydrates (g) | 73 | 11 |
| of which sugars (g) | 20,4 | 3,1 |
| Fiber (g) | 15 | 2 |
| Protein (g) | 30 | 5 |
| Salt (g) | 2,7 | 0,4 |

Allergens

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



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.



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.



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.



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.



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.



Serve

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

Enjoy!



Loaded BBQ Black Bean Enchiladas

with tomato salsa, cheese, sour cream & lime

Veggie

Total time: 40 - 50 min.



Garlic



Bell pepper



Scallions



Black beans



Roma tomato



Flour tortillas



Tomato paste



Mexican-style spices



BBQ spice rub



Lime



Organic sour cream



Grated aged Gouda



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Before you start

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

Equipment

Microplane, oven dish, large deep frying pan, small bowl, sieve

Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|----------------------------------|----|-----|-----|-----|-----|-----|
| Garlic (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Bell pepper* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Scallions* (bunch) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Black beans (pack) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Roma tomato (unit(s)) | 2 | 3 | 4 | 5 | 7 | 8 |
| Flour tortillas (unit(s)) | 2 | 4 | 6 | 8 | 10 | 12 |
| Tomato paste (can) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Mexican-style spices (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| BBQ spice rub (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Lime* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Organic sour cream* (g) | 50 | 100 | 150 | 200 | 250 | 300 |
| Grated aged Gouda* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Not included | | | | | | |
| Sunflower oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Water for the sauce (ml) | 60 | 120 | 180 | 240 | 300 | 360 |
| Sugar (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt and pepper (totaste) | 0 | 0 | 0 | 0 | 0 | 0 |
| * store in the fridge | | | | | | |

Nutritional values

| | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal) | 2992 /715 | 436 /104 |
| Total fat (g) | 28 | 4 |
| of which saturated(g) | 10,9 | 1,6 |
| Carbonhydrates (g) | 81 | 12 |
| of which sugars (g) | 20,6 | 3 |
| Fiber (g) | 20 | 3 |
| Protein (g) | 28 | 4 |
| Salt (g) | 2,5 | 0,4 |

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Crush or mince the garlic and dice the bell pepper.
- Chop the scallions and set aside 2 tbsp per person of the scallion greens to use later in the salsa.

Did you know... 🍌 as well as vitamin C, bell peppers are also high in vitamin E. This antioxidant is also found in sunflower oil, wholegrain products, nuts, seeds and green vegetables.



Make the tomato salsa

- Zest the lime into a small bowl.
- Juice half of the lime into the same bowl, then cut the rest into wedges and set aside.
- Transfer the reserved scallion greens and the rest of the diced tomato to the bowl.
- Add the sugar, then mix well to combine and set aside.



Fry the vegetables

- Heat a drizzle of sunflower oil in a large deep frying pan over medium-high heat. Fry the garlic with the bell pepper and the rest of the scallions for 4 - 6 minutes.
- In the meantime, drain and rinse the black beans.
- Dice the tomato.



Make the enchiladas

- Spread a thin layer of sour cream onto the tortillas, then set aside the rest to use later as garnish.
- Fill the tortillas with the beans, being sure to reserve some of the sauce to pour over the enchiladas.
- Roll up the tortillas and transfer them to the oven dish. Top with the rest of the sauce and then scatter over the cheese.
- Bake the enchiladas in the oven for 10 - 14 minutes.



Make the filling

- Add the tomato paste, **Mexican-style spices*** and **BBQ rub***, along with a third of the diced tomato.
- Fry for 1 minute, then add the black beans and the water for the sauce.
- Reduce the heat and allow to simmer for 5 minutes. Season to taste with salt and pepper.

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



Serve

- Serve the enchiladas on plates with the tomato salsa and the lime wedges alongside.
- Finish with a dollop of sour cream and garnish with the lime zest.

Enjoy!



Sweet Potato Soup with Greek-Style Cheese

with a crispy courgette-cashew topping

Veggie

Total time: 35 - 45 min.



Garlic



Onion



Sweet potato



Courgette



Peruvian-style spice mix



Fresh coriander



Greek-style cheese



Roasted cashew nuts



Potatoes



Wholegrain ciabatta



There is a special ingredient in your box! Wholegrain products reduce the risk of cardiovascular disease, among other things - so this wholegrain ciabatta is a better choice than the white variety, and just as tasty! Scan the QR code to let us know what you thought of the ingredient!



Before you start

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

Equipment

Lidded soup pot, immersion blender, frying pan

Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|--------------------------------------|-----|-----|------|------|------|------|
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Onion (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Sweet potato (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Courgette* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Peruvian-style spice mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Fresh coriander* (g) | 2½ | 5 | 7½ | 10 | 12½ | 15 |
| Greek-style cheese* (g) | 50 | 100 | 150 | 200 | 250 | 300 |
| Roasted cashew nuts (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| Potatoes (g) | 100 | 200 | 375 | 500 | 575 | 700 |
| Wholegrain ciabatta (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Not included | | | | | | |
| Balsamic vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Olive oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Low sodium vegetable stock (ml) | 350 | 700 | 1050 | 1400 | 1750 | 2100 |
| Salt and pepper (totaste) | 0 | 0 | 0 | 0 | 0 | 0 |

* store in the fridge

Nutritional values

| | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal) | 3226 / 771 | 326 / 78 |
| Total fat (g) | 34 | 3 |
| of which saturated(g) | 12,4 | 1,3 |
| Carbonhydrates (g) | 82 | 8 |
| of which sugars (g) | 18,2 | 1,8 |
| Fiber (g) | 15 | 2 |
| Protein (g) | 29 | 3 |
| Salt (g) | 3,7 | 0,4 |

Allergens

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



Chop the vegetables

- Preheat the oven to 180°C and prepare the stock.
- Chop the onion and crush or mince the garlic.
- Weigh and peel both types of potatoes and cut them into rough chunks of around 2cm.
- Finely dice two thirds of the courgette and roughly chop the rest.



Fry the courgette

- In the meantime, heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the diced courgette for 6 - 8 minutes or until done. Season to taste with salt and pepper.



Make the soup

- Heat a drizzle of olive oil in a soup pot over medium-high heat. Fry the onion with the garlic for 30 seconds.
- Add the Peruvian spices and fry for another 30 seconds.
- Add the stock, both types of potatoes and the roughly chopped courgette, then bring to the boil.
- Turn the heat to medium-low, then cover with the lid and allow to cook gently for 15 minutes.



Finish the soup

- Use an immersion blender to process into a smooth soup, adding a splash of water as necessary if the soup is too thick.
- Stir in the balsamic vinegar and season to taste with salt and pepper.



Prepare the toppings

- Meanwhile, roughly chop the coriander.
- Dice the cheese (see Tip).
- Bake the bread in the oven for 8 - 10 minutes.

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



Serve

- Serve the soup on deep plates, topped with the courgette and the Greek-style cheese.
- Garnish with the cashews and the coriander.
- Serve the bread alongside.

Enjoy!



Tomato Risotto with Shrimp

with arugula salad, basil & lemon

Family Calorie Smart

Total time: 35 - 45 min.



Garlic



Onion



Lemon



Tomato paste



Tinned cherry tomatoes



Shrimp



Fresh basil



Arugula



Risotto rice



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Before you start

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Equipment

Bowl, microplane, oven dish, kitchen paper, salad bowl, 2x small bowl, sieve, frying pan

Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---------------------------------|-----|-----|-----|------|------|------|
| Garlic (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Lemon* (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Tomato paste (can) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Tinned cherry tomatoes (can) | ¼ | ¾ | 1 | 1½ | 1½ | 2 |
| Shrimp* (g) | 80 | 160 | 240 | 320 | 400 | 480 |
| Fresh basil* (g) | 2½ | 5 | 7½ | 10 | 12½ | 15 |
| Arugula* (g) | 20 | 40 | 60 | 80 | 100 | 120 |
| Risotto rice (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Not included | | | | | | |
| Olive oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Extra virgin olive oil (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Low sodium vegetable stock (ml) | 300 | 600 | 900 | 1200 | 1500 | 1800 |
| [Plant-based] butter (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Balsamic vinegar (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt and pepper (totaste) | 0 | 0 | 0 | 0 | 0 | 0 |

* store in the fridge

Nutritional values

| | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal) | 2594 /620 | 352 /84 |
| Total fat (g) | 24 | 3 |
| of which saturated(g) | 7,3 | 1 |
| Carbonhydrates (g) | 82 | 11 |
| of which sugars (g) | 12,6 | 1,7 |
| Fiber (g) | 6 | 1 |
| Protein (g) | 21 | 3 |
| Salt (g) | 1,9 | 0,3 |

Allergens

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



Prepare

- Preheat the oven to 200°C and prepare the stock.
- Chop the onion and crush or mince the garlic. Zest the lemon and cut it into six wedges, then juice one wedge per person into a small bowl.
- Pat the shrimp dry with kitchen paper and transfer to a bowl.
- Drizzle with olive oil, then add half each of the garlic and lemon zest. Toss well to combine.



Make the salad

- Drain the cherry tomatoes and transfer to an oven dish. Drizzle with olive oil.
- Add the balsamic vinegar and season with salt and pepper, then mix well to combine.
- Roast in the oven for 15 minutes.
- Meanwhile, in a salad bowl combine the arugula with the lemon juice and the extra virgin olive oil. Season to taste with salt and pepper.



Prepare the risotto

- Melt a knob of butter in a large pot over medium-high heat.
- Fry the onion with the rest of the garlic for 1 - 2 minutes.
- Add the risotto rice and toast the grains for 1 - 2 minutes, then stir in the tomato paste.



Finish the risotto

- Heat a clean frying pan over medium-high heat. Fry the shrimp for 3 minutes until done, then remove from the pan and set aside.
- Finely chop the basil and transfer to a small bowl, along with the rest of the lemon zest.
- Add half of this to the risotto, along with the tomatoes and shrimp in their cooking juices. Mix well to combine.



Cook the risotto

- Pour in a third of the stock and allow to slowly incorporate, stirring regularly.
- Repeat with the rest of the stock, adding it in two more batches.
- The risotto is done when the rice is soft but still al dente. This should take around 20 - 25 minutes.
- Add extra water and cook longer if you'd prefer the risotto to be less al dente.



Serve

- Serve the risotto on plates with the arugula salad alongside.
- Garnish with the rest of the lemon-basil mixture.
- Serve with the lemon wedges.

Enjoy!



One-Pot Spaghetti in Tomato Sauce

with Parmigiano Reggiano & homemade herbed cream cheese

Veggie Quick Calorie Smart

Total time: 25 - 30 min.



Spaghetti



Onion



Garlic



Cream cheese



Roma tomato



Sicilian-style herb mix



Parmigiano Reggiano DOP



Passata



Fresh flat leaf parsley & basil



Arugula & lamb's lettuce



Dried oregano



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Before you start

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

Equipment

Grater, lid, large deep frying pan, small bowl

Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|--------------------------------------|-----|-----|-----|-----|------|------|
| Spaghetti (g) | 90 | 180 | 270 | 360 | 450 | 540 |
| Onion (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Garlic (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Cream cheese* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Roma tomato (unit(s)) | 2 | 3 | 5 | 6 | 8 | 9 |
| Sicilian-style herb mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Parmigiano Reggiano DOP* (g) | 20 | 40 | 60 | 80 | 100 | 120 |
| Passata (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Fresh flat leaf parsley & basil* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Arugula & lamb's lettuce* (g) | 30 | 60 | 90 | 120 | 150 | 180 |
| Dried oregano (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Not included | | | | | | |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Low sodium vegetable stock (ml) | 200 | 400 | 600 | 800 | 1000 | 1200 |
| Salt and pepper (totaste) | 0 | 0 | 0 | 0 | 0 | 0 |
| * store in the fridge | | | | | | |

Nutritional values

| | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal) | 2561 /612 | 393 /94 |
| Total fat (g) | 18 | 3 |
| of which saturated(g) | 8,1 | 1,2 |
| Carbonhydrates (g) | 82 | 13 |
| of which sugars (g) | 15,2 | 2,3 |
| Fiber (g) | 8 | 1 |
| Protein (g) | 25 | 4 |
| Salt (g) | 2 | 0,3 |

Allergens

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



Prepare

- Prepare the stock. Chop the onion and crush or mince the garlic.
- Dice the tomato. Heat a drizzle of olive oil in a large deep frying pan over medium-high heat.
- Fry the garlic and onion for 1 - 2 minutes.
- Add the spaghetti, tomato, passata, oregano, Sicilian-style spices and the stock.



Make the herbed cream cheese

- Finely chop the fresh herbs and transfer half to a small bowl.
- Add the cream cheese and season to taste with salt and pepper, then mix well to combine.
- Grate the Parmigiano Reggiano in the meantime.



Make the sauce

- Cover with the lid and boil for 3 minutes, then remove the lid and cook for 7 - 9 more minutes.
- Stir regularly, lowering the heat or adding a splash of water as necessary if the sauce reduces too quickly.
- Season to taste with salt and pepper.



Serve

- Serve the arugula and lamb's lettuce on plates, then top with the spaghetti.
- Garnish with the herbed cream cheese and the Parmigiano Reggiano, along with the rest of the fresh herbs.

Enjoy!

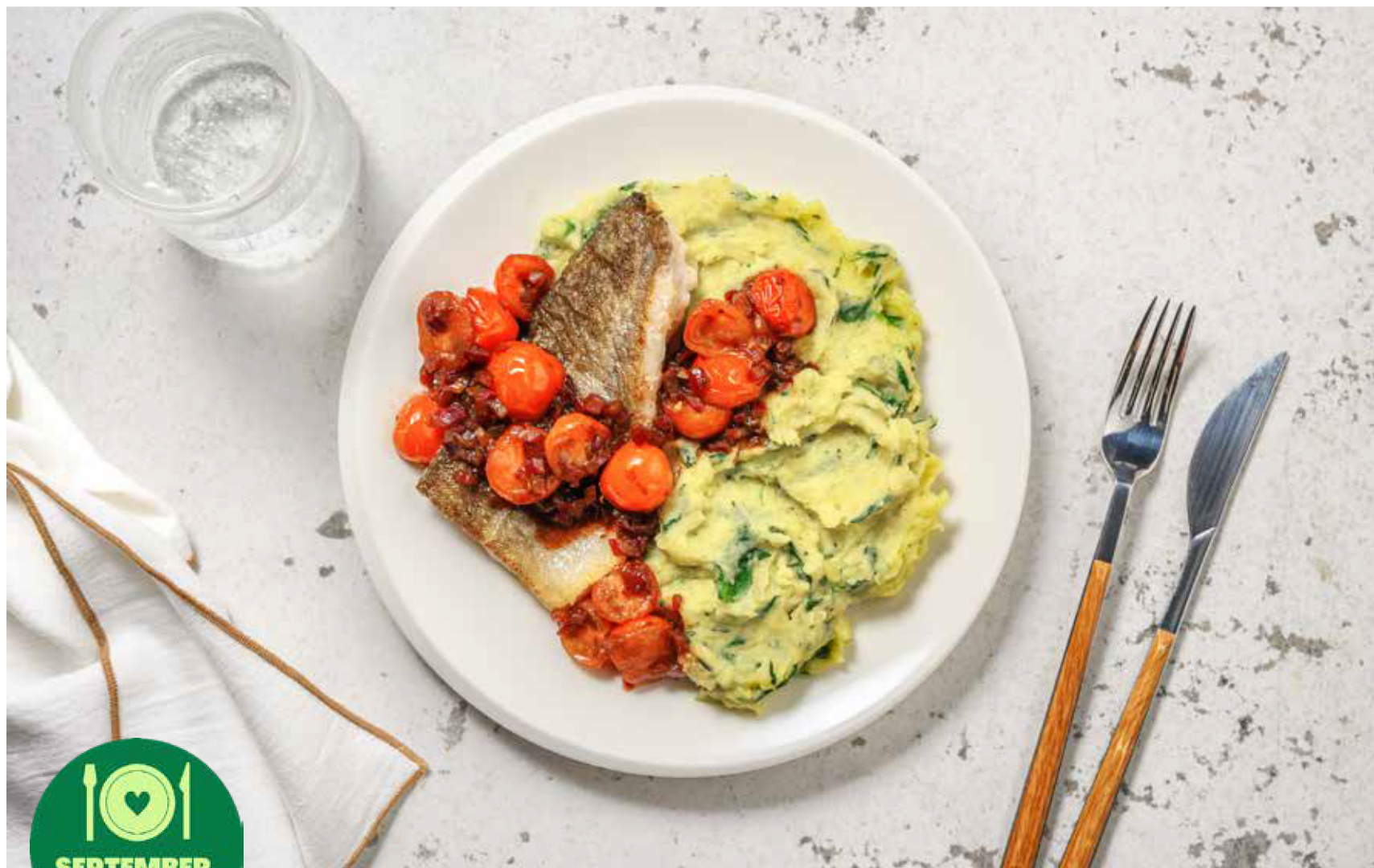


Hake Fillet with Pistou Mashed Potatoes

with cherry tomatoes & spinach

Quick Calorie Smart

Total time: 25 - 30 min.



Potatoes



Fresh basil



Skin-on hake fillet



Red cherry tomatoes



Spinach



Red onion



Garlic



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Before you start

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

Equipment

Blender or an immersion blender with a tall container, lidded pot or saucepan, kitchen paper, potato masher, 2x frying pan

Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|-----|-----|-----|------|------|------|
| Potatoes (g) | 250 | 500 | 750 | 1000 | 1250 | 1500 |
| Fresh basil* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Skin-on hake fillet* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Red cherry tomatoes (g) | 125 | 250 | 375 | 500 | 625 | 750 |
| Spinach* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Red onion (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Not included | | | | | | |
| Olive oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| [Plant-based] butter (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Low sodium vegetable stock cube (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Mustard (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Balsamic vinegar (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Plant-based] milk (splash) | 0 | 0 | 0 | 0 | 0 | 0 |
| Salt and pepper (totaste) | 0 | 0 | 0 | 0 | 0 | 0 |

* store in the fridge

Nutritional values

| | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal) | 2674 /639 | 407 /97 |
| Total fat (g) | 30 | 4 |
| of which saturated(g) | 11,2 | 1,7 |
| Carbonhydrates (g) | 58 | 9 |
| of which sugars (g) | 11,2 | 1,7 |
| Fiber (g) | 13 | 2 |
| Protein (g) | 30 | 5 |
| Salt (g) | 1,7 | 0,3 |

Allergens

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



Prepare

- Wash or peel the potatoes and then cut into rough pieces. Transfer to a pot or saucepan and cover with water.
- Crumble in the stock cube (see pantry for amount). Boil the potatoes for 12 - 15 minutes, covered.
- Add the spinach during the final 2 minutes of cooking, then drain and set aside.
- Chop the onion and crush or mince the garlic. Halve the tomatoes.



Make the pistou

- Transfer the garlic and basil to a tall container.
- Add a splash of milk and a drizzle of olive oil, then process with an immersion blender until smooth.
- Shortly before serving, mash the potatoes and spinach with the pistou, the mustard and a knob of butter.
- Season to taste with salt and pepper.



Fry the tomatoes

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

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



Serve

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

Enjoy!



Fusion Dahl-Style Soup with Naan Croutons

with beansprouts, peanuts, lime & coriander

Veggie Quick

Total time: 25 - 30 min.



Red split lentils



Coconut milk



Garlic



Onion



Carrot



Tomato



Beansprouts



Lime



Fresh lemongrass



Ginger paste



Yellow curry spices



Naan



Fresh coriander



Unsalted peanuts



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Before you start

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

Equipment

Immersion blender, pot or saucepan, soup pot, frying pan

Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|-----|-----|------|------|------|------|
| Red split lentils (g) | 75 | 150 | 200 | 250 | 350 | 400 |
| Coconut milk (ml) | 90 | 180 | 270 | 360 | 450 | 540 |
| 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 |
| Tomato (unit(s)) | 2 | 3 | 5 | 6 | 8 | 9 |
| Beansprouts* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Lime* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Fresh lemongrass* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Ginger paste* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Yellow curry spices (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Naan (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Fresh coriander* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Unsalted peanuts (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Not included | | | | | | |
| Olive oil (tbsp) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Low sodium mushroom or vegetable stock (ml) | 400 | 800 | 1200 | 1600 | 2000 | 2400 |
| Sambal (totaste) | 0 | 0 | 0 | 0 | 0 | 0 |
| Salt and pepper (totaste) | 0 | 0 | 0 | 0 | 0 | 0 |

* store in the fridge

Nutritional values

| | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal) | 3222 /770 | 330 /79 |
| Total fat (g) | 31 | 3 |
| of which saturated(g) | 16 | 1,6 |
| Carbonhydrates (g) | 89 | 9 |
| of which sugars (g) | 18,9 | 1,9 |
| Fiber (g) | 23 | 2 |
| Protein (g) | 28 | 3 |
| Salt (g) | 2,5 | 0,3 |

Allergens

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



Prepare

- Prepare the stock.
- Chop the onion and crush or mince the garlic. Bruise or pierce the lemongrass in three places.
- Dice the carrot and the tomato. Cut the naan into small squares.
- Roughly chop the coriander and the peanuts. Cut the lime into wedges.



Make the naan croutons

- Heat a clean frying pan over medium-high heat.
- Toast the naan for 4 - 6 minutes or until crunchy, then remove from the pan and set aside.
- Process the soup with an immersion blender until it reaches your desired texture, adding more stock if necessary.
- Add some sambal if preferred and season to taste with salt and pepper.



Make the soup

- Heat a light drizzle of olive oil in a soup pot over medium-high heat. Fry the onion, garlic and carrot with the ginger paste and yellow curry spices for 2 - 3 minutes.
- Add the stock, coconut milk, tomato, lemongrass and lentils, then bring to a boil.
- Reduce the heat and allow to simmer for 10 - 12 minutes, then remove the lemongrass and discard.



Serve

- Boil plenty of water in a pot or saucepan and cook the beansprouts for 1 minute, then drain.
- Serve the soup in bowls or deep plates.
- Top with the naan croutons and the beansprouts.
- Garnish with the peanuts and the coriander. Serve with the lime wedges.

Enjoy!



Linguine with Wild Boar Ragu

with Gouda & Italian herbs

Total time: 35 - 45 min.



Garlic



Red onion



Carrot



Wild boar burger



Linguine



Tinned cherry tomatoes



Italian seasoning



Bay leaf



Grated Gouda



Tomato paste



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Before you start

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

Equipment

Lidded deep frying pan, pot or saucepan

Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|--------------------------------------|----|-----|-----|-----|-----|-----|
| Garlic (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Red onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Carrot* (unit(s)) | ½ | 1 | 1 | 1 | 2 | 2 |
| Wild boar burger* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Linguine (g) | 90 | 180 | 270 | 360 | 450 | 540 |
| Tinned cherry tomatoes (can) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Italian seasoning (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Bay leaf (unit(s)) | 1 | 1 | 2 | 2 | 3 | 3 |
| Grated Gouda* (g) | 15 | 25 | 40 | 50 | 65 | 75 |
| Tomato paste (can) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Not included | | | | | | |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Low sodium beef stock cube (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Sugar (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt and pepper (totaste) | 0 | 0 | 0 | 0 | 0 | 0 |

* store in the fridge

Nutritional values

| | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal) | 3535 /845 | 652 /156 |
| Total fat (g) | 35 | 7 |
| of which saturated(g) | 13 | 2,4 |
| Carbonhydrates (g) | 92 | 17 |
| of which sugars (g) | 23,7 | 4,4 |
| Fiber (g) | 10 | 2 |
| Protein (g) | 38 | 7 |
| Salt (g) | 1,9 | 0,3 |

Allergens

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



Prepare

- Boil plenty of salted water in a pot or saucepan for the linguine.
- Chop the onion and crush or mince the garlic.
- Quarter the carrot lengthways, then thinly slice it.
- Boil the linguine for 9 - 11 minutes, then reserve some of the pasta water before draining and set aside.



Make the sauce

- Add the cherry tomatoes, bay leaf and sugar, then crumble in the stock cube (see pantry for amount). Mix well to combine.
- Add 2 - 3 tbsp pasta water per person, then cover with the lid and allow to cook gently for 12 - 14 minutes. Season to taste with salt and pepper.
- Take the bay leaf out of the sauce when finished.



Fry the vegetables

- In the meantime, heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the garlic, onion and carrot for 4 minutes, then add the tomato paste and fry for 1 more minute.
- Add the burger and Italian herbs and fry for 3 - 4 minutes, breaking the burger apart as you do so.



Serve

- Serve the linguine on plates and top with the ragu.
- Garnish with the cheese to finish.

Enjoy!



Goat's Cheese over Cranberry-Dressed Lentil Salad

with salted almonds, pickled onion & roasted sweet potato

Veggie Quick Calorie Smart

Total time: 25 - 30 min.



Lentils



Sweet potato



Purple carrot



Red onion



Dried thyme



Arugula & lamb's lettuce



Cranberry chutney



Salted almonds



Fresh goat's cheese



Cucumber



Our recipe developer Steffi says:

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



Before you start

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

Equipment

Parchment-lined baking sheet, bowl, salad bowl, sieve

Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|-------------------------------|-----|-----|-----|-----|-----|-----|
| Lentils (pack) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Sweet potato (g) | 150 | 300 | 450 | 600 | 750 | 900 |
| Purple carrot* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Red onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Dried thyme (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Arugula & lamb's lettuce* (g) | 30 | 60 | 90 | 120 | 150 | 180 |
| Cranberry chutney* (g) | 20 | 40 | 60 | 80 | 100 | 120 |
| Salted almonds (g) | 15 | 30 | 45 | 60 | 75 | 90 |
| Fresh goat's cheese* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Cucumber* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Not included | | | | | | |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Extra virgin olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| White balsamic vinegar (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Sugar (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Mustard (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt and pepper (totaste) | 0 | 0 | 0 | 0 | 0 | 0 |
| * store in the fridge | | | | | | |

Nutritional values

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

Allergens

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



Prepare

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



Make the salad

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



Pickle the onion

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

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



Serve

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

Enjoy!



Sweet & Sticky Pork Strips with Yogurt Sauce

over bulgur with fresh herbs, cucumber & bell pepper

Family Express

Total time: 15 - 20 min.



Bulgur



Seasoned pork strips



Garlic



Red onion



Bell pepper



Persian cucumber



Fresh flat leaf
parsley & mint



Organic full-fat yogurt



Mango ketchup



Za'atar



Greek-style spice mix



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Before you start

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

Equipment

Bowl, pot or saucepan, 2x frying pan

Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|-----|-----|-----|-----|-----|------|
| Bulgur (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Seasoned pork strips* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Red onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Bell pepper* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Persian cucumber* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Fresh flat leaf parsley & mint* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Organic full-fat yogurt* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Mango ketchup* (g) | 30 | 60 | 90 | 120 | 150 | 180 |
| Za'atar (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Greek-style spice mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Not included | | | | | | |
| Low sodium beef or vegetable stock (ml) | 175 | 350 | 525 | 700 | 875 | 1050 |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Plant-based] butter (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| White wine vinegar (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Sugar (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Plant-based] mayonnaise (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Extra virgin olive oil (totaste) | 0 | 0 | 0 | 0 | 0 | 0 |
| * store in the fridge | | | | | | |

Nutritional values

| | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal) | 3025 /723 | 453 /108 |
| Total fat (g) | 30 | 5 |
| of which saturated(g) | 10 | 1,5 |
| Carbonhydrates (g) | 80 | 12 |
| of which sugars (g) | 18,5 | 2,8 |
| Fiber (g) | 13 | 2 |
| Protein (g) | 36 | 5 |
| Salt (g) | 2,2 | 0,3 |

Allergens

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



Prepare the bulgur

- Prepare the stock in a pot or saucepan and bring to a boil.
- Cook the bulgur in the stock for 8 - 10 minutes or until done.
- Stir the za'atar into the bulgur and drizzle with extra virgin olive oil as preferred. Season to taste with salt and pepper.
- Meanwhile, slice the onion into half rings and crush or mince the garlic. Cut the bell pepper into strips.



Fry the pork

- Melt a knob of butter in a frying pan over medium-high heat and fry the pork for 4 - 5 minutes or until done.
- Lower the heat, then add the mango ketchup and fry for 1 more minute. Season to taste with salt and pepper.
- Meanwhile, finely chop the fresh herbs, being sure to keep them separate.



Fry the vegetables

- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the vegetables with the garlic and the Greek-style spices* for 6 - 8 minutes. Season to taste with salt and pepper.
- Dice the cucumber and transfer to a bowl.
- Add the white wine vinegar and the sugar, then toss well to combine.

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



Serve

- In a bowl, combine the mint with the yogurt and the mayonnaise, along with some extra virgin olive oil as preferred. Season to taste with salt and pepper.
- Serve the bulgur in bowls and arrange everything on top.
- Garnish with the parsley and the yogurt sauce.

Enjoy!



BBQ Portobello Pitas with Aioli

with Romano pepper & rainbow slaw

Veggie Express

Total time: 15 - 20 min.



Pita bread



Garlic



Red onion



Green Romano pepper



Portobello mushroom



BBQ spice rub



Fresh flat leaf parsley & chives



Rainbow slaw mix



BBQ Sauce



Aioli



Sunflower seeds



Reduced salt soy sauce



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Before you start

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

Equipment

Bowl, large frying pan, small bowl

Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|--|----|-----|-----|-----|-----|-----|
| Pita bread (unit(s)) | 2 | 4 | 6 | 8 | 10 | 12 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Red onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Green Romano pepper* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Portobello mushroom* (unit(s)) | 2 | 4 | 6 | 8 | 10 | 12 |
| BBQ spice rub (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Fresh flat leaf parsley & chives* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Rainbow slaw mix* (g) | 50 | 100 | 150 | 200 | 250 | 300 |
| BBQ Sauce (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Aioli* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Sunflower seeds (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| Reduced salt soy sauce (ml) | 10 | 20 | 30 | 40 | 50 | 60 |
| Not included | | | | | | |
| [Plant-based] mayonnaise (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Honey [or plant-based alternative] (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| White wine vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| [Plant-based] butter (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Water for the sauce (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt and pepper (totaste) | 0 | 0 | 0 | 0 | 0 | 0 |

* store in the fridge

Nutritional values

| | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal) | 3682 /880 | 676 /161 |
| Total fat (g) | 52 | 9 |
| of which saturated(g) | 11,9 | 2,2 |
| Carbonhydrates (g) | 78 | 14 |
| of which sugars (g) | 23,1 | 4,2 |
| Fiber (g) | 11 | 2 |
| Protein (g) | 19 | 3 |
| Salt (g) | 3 | 0,5 |

Allergens

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



Prepare

- Preheat the oven to 200°C and bake the pitas for 4 - 6 minutes, or use a toaster if preferred.
- Slice the onion into half rings and crush or mince the garlic. Cut the Romano pepper into thin rings.
- Heat a large clean frying pan over high heat.
- Cut the portobello mushrooms into strips of around 1cm thickness and fry for 2 - 3 minutes until evenly browned.



Make the sauce

- In a small bowl, combine the BBQ sauce with the honey, the soy sauce and the water for the sauce.
- Take the frying pan off the heat and stir in the sauce (see Tip).

Tip: if you'd like to make it spicier, add some sambal from your pantry as preferred!



Make the slaw

- Stir in a generous knob of butter, the garlic, the onion, the **BBQ rub*** and the Romano pepper, then fry for 5 - 6 more minutes.
- Roughly chop the fresh herbs and set half aside, then transfer the rest to a bowl.
- Add the slaw mix, sunflower seeds, mayonnaise and white wine vinegar. Mix well to combine and season to taste with salt and pepper.

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



Serve

- Cut open the pitas and spread with some of the aioli as preferred, then fill with some of the slaw and portobello mushrooms.
- Serve the rest alongside, garnished with the rest of the fresh herbs.
- Serve with the rest of the aioli.

Enjoy!



Basa in Caper Butter with Courgette & Parsley

over tomato orzo with Sicilian-style herbs

Family

Quick

Calorie Smart

Total time: 15 - 20 min.



Basa fillet



Orzo



Chopped onion



Garlic



Courgette



Capers



Passata



Bruschetta spread



Sicilian-style herb mix



Fresh flat leaf parsley



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Before you start

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

Equipment

Deep frying pan, pot or saucepan, kitchen paper, frying pan

Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|-----|-----|-----|-----|-----|-----|
| Basa fillet* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Orzo (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Chopped onion* (g) | 25 | 50 | 100 | 100 | 150 | 150 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Courgette* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Capers (g) | 15 | 30 | 45 | 60 | 75 | 90 |
| Passata (g) | 100 | 200 | 300 | 390 | 500 | 590 |
| Bruschetta spread* (g) | 40 | 80 | 120 | 160 | 200 | 240 |
| Sicilian-style herb mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Fresh flat leaf parsley* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Not included | | | | | | |
| Low sodium vegetable stock cube (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Plant-based] butter (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Balsamic vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Sugar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Salt and pepper (totaste) | 0 | 0 | 0 | 0 | 0 | 0 |

* store in the fridge

Nutritional values

| | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal) | 2766 /661 | 521 /125 |
| Total fat (g) | 23 | 4 |
| of which saturated(g) | 10,6 | 2 |
| Carbonhydrates (g) | 75 | 14 |
| of which sugars (g) | 19,9 | 3,8 |
| Fiber (g) | 7 | 1 |
| Protein (g) | 35 | 7 |
| Salt (g) | 2,2 | 0,4 |

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cook the orzo for 10 - 12 minutes, then drain and set aside.
- Meanwhile, crush or mince the garlic and dice the courgette.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the courgette with the garlic and the chopped onion for 5 - 7 minutes.



Make the sauce

- Deglaze the courgette with the balsamic vinegar.
- Stir in the passata, the Sicilian-style herbs and the sugar. Allow to simmer until the orzo is done.
- Transfer the orzo and the bruschetta spread to the sauce.
- Mix well to combine and season to taste with salt and pepper.



Fry the fish

- Melt a generous knob of butter in a frying pan over medium-high heat.
- Pat the fish dry with kitchen paper, then fry for 3 minutes per side.
- Add the capers during the final minute of cooking and season to taste with salt and pepper.
- Meanwhile, finely chop the parsley.



Serve

- Serve the orzo on deep plates, topped with the fish and caper butter.
- Garnish with the parsley to finish.

Enjoy!



Kung Pao Chicken-Inspired Bowl

over rice with cashews & quick-pickled cucumber

Quick

Total time: 15 - 20 min.



Basmati rice



Ginger stir-fry sauce



Sesame oil



Garlic



Onion



Bell pepper strips



Roasted cashew nuts



Cucumber



Seasoned chicken mince



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Before you start

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

Equipment

Bowl, pot or saucepan, small bowl, wok or deep frying pan

Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|-----|-----|-----|-----|-----|-----|
| Basmati rice (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Ginger stir-fry sauce (g) | 35 | 70 | 105 | 140 | 175 | 210 |
| Sesame oil (ml) | 5 | 10 | 15 | 20 | 25 | 30 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Onion (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Bell pepper strips* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Roasted cashew nuts (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| Cucumber* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Seasoned chicken mince* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Not included | | | | | | |
| Sambal (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Low sodium chicken stock cube (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Water for the sauce (ml) | 25 | 50 | 75 | 100 | 125 | 150 |
| Sunflower oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| White wine vinegar (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Cornstarch [or flour] (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Sugar (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Reduced salt] soy sauce (tbsp) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |

* store in the fridge

Nutritional values

| | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal) | 3259 /779 | 543 /130 |
| Total fat (g) | 30 | 5 |
| of which saturated(g) | 5,6 | 0,9 |
| Carbonhydrates (g) | 97 | 16 |
| of which sugars (g) | 24,6 | 4,1 |
| Fiber (g) | 7 | 1 |
| Protein (g) | 32 | 5 |
| Salt (g) | 3,4 | 0,6 |

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan and cook the rice for 12 - 15 minutes, then drain and set aside.
- Slice the onion into half rings and crush or mince the garlic.
- Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat.
- Fry the mince for 3 minutes, separating it as you do so, then remove from the pan and set aside.



Make the sauce

- Crumble the stock cube into a small bowl (see pantry for amount).
- Add the garlic, the ginger stir-fry sauce, the sesame oil, the sambal, the cornstarch, the soy sauce and the water for the sauce. Mix well to combine.
- Transfer this sauce to the wok, along with the mince. Stir-fry for 1 minute.



Fry the bell pepper

- Heat another drizzle of sunflower oil in the same pan over high heat. Fry the bell pepper and onion for 4 - 5 minutes.
- Meanwhile, slice the cucumber into crescents.
- In a bowl, combine the cucumber with the white wine vinegar and the sugar.
- Season to taste with salt and pepper and set aside, stirring occasionally.



Serve

- Serve the rice in bowls.
- Top with the stir-fry and the cucumber.
- Garnish with the cashews to finish.

Enjoy!



Courgette Flammekueche

with mozzarella & a crisp salad

Veggie Calorie Smart

Total time: 35 - 45 min.



Garlic



Passata



Italian seasoning



Courgette



Red onion



Flammekueche



Tomato



Arugula & lamb's lettuce



Sicilian-style herb mix



Bell pepper



Shredded mozzarella



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Before you start

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

Equipment

Parchment-lined baking sheet, peeler, salad bowl, saucepan, small bowl, frying pan

Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|-------------------------------------|-----|-----|-----|-----|-----|-----|
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Passata (g) | 100 | 200 | 300 | 390 | 500 | 590 |
| Italian seasoning (sachet(s)) | ⅓ | ⅔ | 1 | 1⅓ | 1⅔ | 2 |
| Courgette* (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Red onion (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Flammekueche* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Tomato (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Arugula & lamb's lettuce* (g) | 20 | 40 | 60 | 90 | 100 | 130 |
| Sicilian-style herb mix (sachet(s)) | ⅓ | ⅔ | 1 | 1⅓ | 1⅔ | 2 |
| Bell pepper* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Shredded mozzarella* (g) | 50 | 100 | 150 | 200 | 250 | 300 |
| Not included | | | | | | |

| | | | | | | |
|--|---|----|----|---|----|----|
| Honey [or plant-based alternative] (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Extra virgin olive oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Olive oil (tbsp) | ¾ | 1½ | 2¼ | 3 | 3¾ | 4½ |
| White balsamic vinegar (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Salt and pepper (totaste) | 0 | 0 | 0 | 0 | 0 | 0 |

* store in the fridge

Nutritional values

| | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal) | 2883 /689 | 507 /121 |
| Total fat (g) | 35 | 6 |
| of which saturated(g) | 11,1 | 2 |
| Carbonhydrates (g) | 65 | 11 |
| of which sugars (g) | 18,8 | 3,3 |
| Fiber (g) | 7 | 1 |
| Protein (g) | 24 | 4 |
| Salt (g) | 2 | 0,4 |

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Crush or mince the garlic.
- Heat a light drizzle of olive oil in a saucepan over medium-high heat. Fry the garlic for 1 – 2 minutes, then add the passata, Italian herbs, honey and half of the white balsamic vinegar.
- Allow the sauce to reduce for 8 – 10 minutes, seasoning to taste with salt and pepper



Bake the flammekueche

- Taste the sauce and add some more honey or vinegar if necessary, then spread it over the flammekueche, leaving at least 2cm free around the edges.
- Top with the courgette slices, bell pepper, onion and mozzarella.
- Season with salt and pepper, then bake in the oven for 8 – 10 minutes or until the mozzarella has melted.



Chop the vegetables

- Dice the bell pepper and slice the onion into half rings (see Tip).
- Transfer the flammekueche to a parchment-lined baking sheet and bake for 7 – 8 minutes.

Tip: if you have extra onion, add it to the salad in step 5.



Make the salad

- In the meantime, use a peeler to shave the rest of the courgette into thin ribbons.
- Halve the tomato and scoop out the seeds and the juice, then dice it.
- In a salad bowl, combine half of the extra virgin olive oil with the rest of the white balsamic vinegar.
- Toss the courgette ribbons, tomato and lettuce with the dressing, then season to taste with salt and pepper.



Fry the courgette

- In the meantime, heat a drizzle of olive oil in a frying pan over medium-high heat.
- Thinly slice a third of the courgette and fry for 5 minutes.

Did you know... 🥦 this recipe provides more than 350g vegetables per serving. This is thanks in part to the passata, which contains around the same amount of vitamins, minerals and fibre as fresh vegetables.



Serve

- In a small bowl, combine the Sicilian herbs with the rest of the extra virgin olive oil.
- Serve the flammekueche on plates and drizzle with the herb oil.
- Serve with the salad alongside.

Enjoy!



Burger with Potato Wedges

with mushrooms & mesclun salad

Calorie Smart

Total time: 35 - 45 min.



Potatoes



Red onion



Mushrooms



Tomato



Mesclun



Beef-pork burger



Fresh rosemary



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Before you start

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

Equipment

Lidded deep frying pan, salad bowl, 2x frying pan

Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|--|-----|-----|-----|------|------|------|
| Potatoes (g) | 250 | 500 | 750 | 1000 | 1250 | 1500 |
| Red onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Mushrooms* (g) | 125 | 250 | 400 | 400 | 650 | 650 |
| Tomato (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Mesclun* (g) | 20 | 40 | 60 | 90 | 100 | 130 |
| Beef-pork burger* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Fresh rosemary* (sprig) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Not included | | | | | | |
| Extra virgin olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Sunflower oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Honey [or plant-based alternative] (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Mustard (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| White wine vinegar (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Plant-based] butter (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt and pepper (totaste) | 0 | 0 | 0 | 0 | 0 | 0 |
| * store in the fridge | | | | | | |

Nutritional values

| | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal) | 2950 /705 | 472 /113 |
| Total fat (g) | 38 | 6 |
| of which saturated(g) | 12,3 | 2 |
| Carbonhydrates (g) | 56 | 9 |
| of which sugars (g) | 13,2 | 2,1 |
| Fiber (g) | 12 | 2 |
| Protein (g) | 28 | 4 |
| Salt (g) | 1,2 | 0,2 |

Allergens

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



Prepare

- Take the burger out of the fridge and allow it to reach room temperature (see Tip).

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



Fry the vegetables

- Melt a small knob of butter in a frying pan over medium-high heat.
- Fry the onion with the mushrooms for 7 - 9 minutes, seasoning to taste with salt and pepper.

Did you know... 🍄 mushrooms are high in phosphorus, which works with calcium to strengthen bones and teeth.



Chop the vegetables

- Thoroughly wash the potatoes and cut them into wedges.
- Slice the onion into half rings.
- Discard the rosemary stalks and roughly chop the leaves.



Fry the burger

- Melt a small knob of butter in another frying pan over medium-high heat.
- Fry the burger for 4 minutes per side, seasoning to taste with salt and pepper.



Fry the wedges

- Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat.
- Fry the potato wedges with the rosemary for 20 - 25 minutes, covered, tossing regularly.
- Remove the lid and season to taste with salt and pepper, then continue frying for 10 more minutes until done.
- Meanwhile, slice the mushrooms.



Serve

- Cut the tomato into wedges.
- In a salad bowl, combine the extra virgin olive oil with the white wine vinegar, the honey and the mustard. Season to taste with salt and pepper. Add the mesclun and tomato, then toss well to combine with the dressing.
- Serve the burger with the potato wedges. Serve the fried vegetables and the salad alongside.

Enjoy!



Fusion Niçoise with Tuna, Lemon Mayo & Sesame Seeds

with green beans, pickled onion & tomato

Quick Calorie Smart

Total time: 20 - 25 min.



Red onion



Little gem



Green beans



Black sesame seeds



Korean-style spice mix



Potatoes



Skipjack tuna
in sunflower oil



Roma tomato



Lemon mayonnaise
with black pepper



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Before you start

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

Equipment

Bowl, pot or saucepan, salad bowl, small bowl, sieve

Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|--|-----|-----|-----|-----|------|------|
| Red onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Little gem* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Green beans* (g) | 75 | 150 | 300 | 300 | 450 | 450 |
| Black sesame seeds (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Korean-style spice mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Potatoes (g) | 200 | 400 | 600 | 800 | 1000 | 1200 |
| Skipjack tuna in sunflower oil (can) | 1 | 1 | 2 | 2 | 3 | 3 |
| Roma tomato (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Lemon mayonnaise with black pepper* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Not included | | | | | | |
| Honey [or plant-based alternative] (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Red wine vinegar (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| [Plant-based] butter (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Sugar (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Plant-based] mayonnaise (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Sambal (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Extra virgin olive oil (totaste) | 0 | 0 | 0 | 0 | 0 | 0 |
| Salt and pepper (totaste) | 0 | 0 | 0 | 0 | 0 | 0 |

* store in the fridge

Nutritional values

| | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal) | 2506 /599 | 444 /106 |
| Total fat (g) | 33 | 6 |
| of which saturated(g) | 7,1 | 1,3 |
| Carbonhydrates (g) | 48 | 8 |
| of which sugars (g) | 12,3 | 2,2 |
| Fiber (g) | 13 | 2 |
| Protein (g) | 22 | 4 |
| Salt (g) | 1,4 | 0,2 |

Allergens

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



Prepare

- Thoroughly wash the potatoes and cut them into chunks. Transfer to a pot or saucepan and submerge with plenty of salted water.
- Boil the potatoes for 5 - 7 minutes.
- Meanwhile, discard the tips of the green beans and then cut in half.
- Add the green beans to the potatoes and boil for 6 - 8 minutes, then drain and return to the pot.



Make the sauce

- Add a knob of butter and the rest of the Korean-style spices to the potatoes and beans.
- Fry for 1 - 2 minutes over medium-high heat, seasoning to taste with salt and pepper.
- In a small bowl, combine the sambal with the lemon mayonnaise.
- Cut the tomato into wedges.



Pickle the onion

- Slice the onion into half rings and finely chop the lettuce. Drain the tuna.
- In a salad bowl, combine the red wine vinegar with the sugar.
- Add the onion and mix well to combine, then set aside.
- In a bowl, combine the tuna with the mayonnaise, the honey and half of the Korean-style spices. Season to taste with salt and pepper.



Serve

- Add the lettuce and tomato to the onion and toss well to combine. Add some extra virgin olive oil as preferred, then season to taste with salt and pepper.
- Serve the salad on deep plates with everything else alongside.
- Drizzle with the spicy lemon mayonnaise and garnish with the black sesame seeds.

Enjoy!



Ratatouille Soup with Camembert Ciabatta

with eggplant topping & fresh rosemary

Veggie Quick Calorie Smart

Total time: 20 - 25 min.



Courgette



Eggplant



Romano pepper



Camembert



White ciabatta



Cream cheese



Fresh rosemary



Italian seasoning



Passata



Onion



Garlic



Hello Buon Appetito



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Before you start

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

Equipment

Parchment-lined baking sheet, blender or an immersion blender with a tall container, deep frying pan, soup pot

Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|-----|-----|------|------|------|------|
| Courgette* (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Eggplant* (unit(s)) | ¼ | ½ | 1 | 1 | 1½ | 1½ |
| Romano pepper* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Camembert* (g) | 40 | 80 | 120 | 160 | 200 | 240 |
| White ciabatta (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Cream cheese* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Fresh rosemary* (sprig) | 1 | 1 | 2 | 2 | 3 | 3 |
| Italian seasoning (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Passata (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Onion (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Garlic (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Hello Buon Appetito (sachet(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Not included | | | | | | |
| Honey [or plant-based alternative] (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Olive oil (tbsp) | 1½ | 3 | 4½ | 6 | 7½ | 9 |
| White wine vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Low sodium vegetable stock (ml) | 350 | 700 | 1050 | 1400 | 1750 | 2100 |
| Salt and pepper (totaste) | 0 | 0 | 0 | 0 | 0 | 0 |

* store in the fridge

Nutritional values

| | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal) | 2833 /677 | 319 /76 |
| Total fat (g) | 35 | 4 |
| of which saturated(g) | 12 | 1,4 |
| Carbonhydrates (g) | 65 | 7 |
| of which sugars (g) | 22,3 | 2,5 |
| Fiber (g) | 7 | 1 |
| Protein (g) | 22 | 2 |
| Salt (g) | 3,3 | 0,4 |

Allergens

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



Prepare

- Preheat the oven to 200°C and prepare the stock.
- Slice the garlic and dice the courgette.
- Cut the Romano pepper into strips and the onion into half-rings.
- Heat a drizzle of olive oil in a large soup pot over high heat. Fry the garlic, onion, courgette and Romano pepper for 4 - 5 minutes, stirring regularly.



Fry the eggplant

- Meanwhile, dice the eggplant.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Season the eggplant with salt and pepper, then fry for 8 - 10 minutes or until done, tossing halfway.
- Slice the camembert in the meantime. Top the ciabatta with the camembert and the rosemary, then return to the oven for another 3 - 4 minutes.
- Drizzle the honey over the camembert ciabatta.



Make the soup

- Deglaze with the white wine vinegar, then stir in the passata, the Italian seasoning, Hello Buon Appetito and the stock.
- Bring to a boil and allow to simmer for 8 - 10 minutes.
- Cut open the ciabatta and transfer to a parchment-lined baking sheet. Drizzle with olive oil and then bake in the oven for 3 - 4 minutes.



Serve

- Add the cream cheese to the soup.
- Process with an immersion blender until it reaches your desired consistency (or skip blending it altogether, if preferred). Add a splash of water as necessary and season to taste with salt and pepper.
- Serve the soup in bowls. Top with the fried eggplant and serve the camembert ciabatta alongside.

Enjoy!



Sesame-Panko Chicken with Spicy Broccoli

with sambal-soy potato salad

Total time: 40 - 50 min.



Waxy red potatoes



Broccoli



Garlic



Onion



Soy sauce



Sesame seeds



Panko breadcrumbs



Korean-style spice mix



Dried galangal



Chicken fillets



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Before you start

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

Equipment

Parchment-lined baking sheet, bowl, 2x lidded pot or saucepan, salad bowl, frying pan, two deep plates

Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|------------------------------------|-----|-----|-----|------|------|------|
| Waxy red potatoes (g) | 250 | 500 | 750 | 1000 | 1250 | 1500 |
| Broccoli* (g) | 180 | 300 | 500 | 680 | 800 | 980 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Soy sauce (ml) | 5 | 10 | 15 | 20 | 25 | 30 |
| Sesame seeds (sachet(s)) | 1 | 1 | 2 | 2 | 3 | 3 |
| Panko breadcrumbs (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| Korean-style spice mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Dried galangal (sachet(s)) | ⅓ | ⅓ | ⅓ | ⅓ | ⅓ | 1 |
| Chicken fillets* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| 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 (totaste) | 0 | 0 | 0 | 0 | 0 | 0 |

* store in the fridge

Nutritional values

| | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal) | 3435 /821 | 540 /129 |
| Total fat (g) | 46 | 7 |
| of which saturated(g) | 6,9 | 1,1 |
| Carbonhydrates (g) | 60 | 9 |
| of which sugars (g) | 5,3 | 0,8 |
| Fiber (g) | 16 | 3 |
| Protein (g) | 40 | 6 |
| Salt (g) | 2,1 | 0,3 |

Allergens

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



Boil the potatoes

- Preheat the oven to 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.



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.



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.



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.



Make the dressing

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



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.

Enjoy!



Cranberry-Dressed Blue Cheese Salad with Caramelised Apple

with crispy parsnip ribbons, pickled onion & salted almonds

Veggie

Total time: 40 - 50 min.



Blue cheese cubes



Cranberry chutney



Apple



Potatoes



Arugula & lamb's lettuce



Red onion



Italian seasoning



Fresh flat leaf parsley



Parsnip



Salted almonds



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Before you start

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

Equipment

2x parchment-lined baking sheet, bowl, peeler or cheese slicer, small bowl, frying pan

Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|-------------------------------|-----|-----|-----|------|------|------|
| Blue cheese cubes* (g) | 50 | 100 | 150 | 200 | 250 | 300 |
| Cranberry chutney* (g) | 20 | 40 | 60 | 80 | 100 | 120 |
| Apple* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Potatoes (g) | 250 | 500 | 750 | 1000 | 1250 | 1500 |
| Arugula & lamb's lettuce* (g) | 20 | 40 | 60 | 90 | 100 | 130 |
| Red onion (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Italian seasoning (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Fresh flat leaf parsley* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Parsnip* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salted almonds (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| Not included | | | | | | |
| Sugar (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Extra virgin olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Plant-based] butter (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Mustard (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Balsamic vinegar (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Red wine vinegar (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Olive oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Salt and pepper (totaste) | 0 | 0 | 0 | 0 | 0 | 0 |

* store in the fridge

Nutritional values

| | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal) | 3623 /866 | 568 /136 |
| Total fat (g) | 46 | 7 |
| of which saturated(g) | 17,9 | 2,8 |
| Carbonhydrates (g) | 82 | 13 |
| of which sugars (g) | 31,7 | 5 |
| Fiber (g) | 18 | 3 |
| Protein (g) | 22 | 3 |
| Salt (g) | 2 | 0,3 |

Allergens

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

1



Prepare

- Preheat the oven to 210°C.
- Thoroughly wash the potatoes, then dice them into 1cm cubes.
- Transfer to a parchment-lined baking sheet and scatter over the Italian seasoning. Drizzle with olive oil and season with salt and pepper, then toss well to coat.
- Roast in the oven for 20 - 25 minutes or until golden-brown, tossing halfway.

4



Fry the apple

- Core the apple and cut it into wedges.
- Melt a knob of butter in a frying pan over medium-high heat.
- Fry the apple for 8 - 10 minutes, or until soft and golden-brown.
- Deglaze with the balsamic vinegar.

2



Roast the parsnip

- Shave the parsnip into thin ribbons using a peeler or cheese slicer.
- Transfer to a parchment-lined baking sheet and drizzle with olive oil.
- Season with salt and pepper, then toss well to coat.
- Roast in the oven for 8 - 12 minutes or until done.

5



Make the dressing

- In a small bowl, combine the cranberry chutney with the extra virgin olive oil, the mustard and the rest of the red wine vinegar.
- Season to taste with salt and pepper.
- Roughly chop the almonds and the parsley.

3



Pickle the onion

- Meanwhile, slice the onion into half rings.
- In a bowl, combine the sugar with half of the red wine vinegar.
- Add the onion and a pinch of salt, then toss well to combine.
- When the parsnip ribbons are done, transfer to the onion and toss well to combine.

6



Serve

- Serve the potatoes on plates with the lettuce alongside.
- Top the lettuce with the apple, the onion and the parsnip ribbons, then drizzle with the cranberry dressing.
- Garnish with the blue cheese, the almonds and the parsley.

Enjoy!



Mexican-Inspired Shrimp

with fragrant coriander-lime rice & tortilla chips

Quick

Total time: 25 - 30 min.



Shrimp



White long grain rice



Garlic



Onion



Tomato



Fresh coriander



Mexican-style spices



Chopped tomatoes



Lime



Tortilla chips

NEW
INGREDIENT



There is a new ingredient in your box! Tortilla chips originate from Mexico, where they're made from corn. This variety is deliciously crunchy and has an authentic flavour. Scan the QR code to let us know what you thought of the ingredient!



Before you start

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

Equipment

Bowl, microplane, lidded pot or saucepan, kitchen paper, wok or deep frying pan

Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|----------------------------------|-----|-----|-----|-----|------|------|
| Shrimp* (g) | 80 | 160 | 240 | 320 | 400 | 480 |
| White long grain rice (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Onion (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Tomato (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Fresh coriander* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Mexican-style spices (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Chopped tomatoes (pack) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Lime* (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Tortilla chips (g) | 40 | 75 | 115 | 150 | 190 | 225 |
| Not included | | | | | | |
| [Plant-based] butter (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Water for the rice (ml) | 200 | 400 | 600 | 800 | 1000 | 1200 |
| Olive oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Balsamic vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Sugar (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt and pepper (totaste) | 0 | 0 | 0 | 0 | 0 | 0 |
| * store in the fridge | | | | | | |

Nutritional values

| | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal) | 3255 /778 | 482 /115 |
| Total fat (g) | 30 | 4 |
| of which saturated(g) | 7,2 | 1,1 |
| Carbonhydrates (g) | 105 | 16 |
| of which sugars (g) | 13,5 | 2 |
| Fiber (g) | 7 | 1 |
| Protein (g) | 22 | 3 |
| Salt (g) | 1,8 | 0,3 |

Allergens

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



Make the rice

- Melt a knob of butter in a lidded pot or saucepan over medium-low heat.
- Add the rice and half of the sugar, then toast for 1 minute, stirring well so as to coat the grains.
- Pour in the water (see pantry for amount).
- Boil the rice for 12 - 15 minutes over low heat, covered. Allow to stand until serving, still covered.



Make the sauce

- Heat another drizzle of olive oil in the same pan over medium-high heat and fry the onion for 2 minutes.
- Stir in the fresh tomato and fry for 2 more minutes, then deglaze with the balsamic vinegar.
- Add the chopped tomatoes and the rest of the sugar, then simmer gently for 5 minutes over low heat.



Prepare the shrimp

- Meanwhile, crush or mince the garlic.
- Pat the shrimp dry with kitchen paper and transfer to a bowl, along with the **Mexican-style spices*** and the garlic.
- Season with salt and pepper, then toss well to combine.

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



Finish the rice

- Meanwhile, zest the lime and then cut into quarters.
- Roughly chop the coriander.
- Shortly before serving, squeeze a quarter lime per person directly into the rice.
- Add some lime zest and coriander as preferred, then fluff through the rice with a fork. Taste and season with salt as needed.



Fry the shrimp

- Heat a drizzle of olive oil in a wok or deep frying pan over medium-high heat.
- When the pan is nice and hot, fry the shrimp for 3 minutes, then remove from the pan and set aside.
- Chop the onion and dice the tomato in the meantime.

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



Serve

- Stir the shrimp into the tomato sauce and season to taste with salt and pepper.
- Serve the rice on plates and top with the shrimp. Garnish with any remaining lime wedges.
- Serve the tortilla chips on the side.

Enjoy!



Cheesy Taco Pasta Bake with Smoky Ketchup

with corn, bell pepper & parsley

Family Veggie Quick

Total time: 25 - 30 min.



Farfalle



Onion



Garlic



Tomato



Bell Pepper



Passata



Corn



Smoky tomato ketchup



Mexican-style spices



Fresh flat leaf parsley



Grated cheddar



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Before you start

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

Equipment

Deep frying pan, oven dish, pot or saucepan, sieve

Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|-----|-----|-----|-----|-----|-----|
| Farfalle (g) | 90 | 180 | 270 | 360 | 450 | 540 |
| Onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Garlic (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Tomato (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Bell Pepper* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Passata (g) | 100 | 200 | 300 | 390 | 500 | 590 |
| Corn (g) | 70 | 140 | 210 | 285 | 350 | 425 |
| Smoky tomato ketchup* (g) | 20 | 40 | 60 | 80 | 100 | 120 |
| Mexican-style spices (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Fresh flat leaf parsley* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Grated cheddar* (g) | 50 | 100 | 150 | 200 | 250 | 300 |
| Not included | | | | | | |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Low sodium vegetable stock cube (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Salt and pepper (totaste) | 0 | 0 | 0 | 0 | 0 | 0 |

* store in the fridge

Nutritional values

| | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal) | 3130 /748 | 549 /131 |
| Total fat (g) | 26 | 5 |
| of which saturated(g) | 12,2 | 2,1 |
| Carbonhydrates (g) | 93 | 16 |
| of which sugars (g) | 21,4 | 3,8 |
| Fiber (g) | 12 | 2 |
| Protein (g) | 31 | 5 |
| Salt (g) | 2,3 | 0,4 |

Allergens

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



Prepare

- Preheat the oven to 220°C.
- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Boil the pasta for 9 - 11 minutes. Reserve some of the pasta water, then drain and set aside.
- Chop the onion and crush or mince the garlic. Dice the bell pepper.



Assemble

- Add the passata and mix well to combine, then cook for 2 more minutes.
- Stir in the pasta and a splash of pasta water as necessary, then season to taste with salt and pepper.
- Transfer to an oven dish, then top with the cheese and the ketchup. Bake in the oven for 5 minutes or until the cheese has melted.
- Meanwhile, chop the parsley.



Fry the vegetables

- Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the onion and bell pepper for 4 minutes.
- Add the garlic and the **Mexican-style spices*** and fry for 2 more minutes.
- Dice the tomato and drain the corn, then transfer both to the pan.

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



Serve

- Serve the pasta bake on plates.
- Garnish with the parsley to finish.

Enjoy!



Creamy Chicken in Cheesy Leek Sauce

over rice with bell pepper & parsley

Family

Total time: 30 - 40 min.



Leek



Red onion



Basmati rice



Garlic



Cooking cream



Nutmeg



Bell pepper



Grated Gouda



Fresh flat leaf parsley



Chicken breast with Mediterranean herbs



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Before you start

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

Equipment

Microplane, lidded pot or saucepan, 2x frying pan, whisk

Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|--|----|-----|-----|-----|-----|-----|
| Leek* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Red onion (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Basmati rice (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Cooking cream (g) | 50 | 100 | 150 | 200 | 250 | 300 |
| Nutmeg (pinch) | 1 | 2 | 3 | 4 | 5 | 6 |
| Bell pepper* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Grated Gouda* (g) | 15 | 25 | 35 | 50 | 60 | 75 |
| Fresh flat leaf parsley* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Chicken breast with Mediterranean herbs* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Not included | | | | | | |
| Flour (g) | 20 | 40 | 60 | 80 | 100 | 120 |
| Olive oil (tbsp) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| [Plant-based] butter (g) | 15 | 30 | 45 | 60 | 75 | 90 |
| Low sodium vegetable stock cube (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Water for the sauce (ml) | 50 | 100 | 150 | 200 | 250 | 300 |
| Mustard (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt and pepper (totaste) | 0 | 0 | 0 | 0 | 0 | 0 |

* store in the fridge

Nutritional values

| | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal) | 3456 /826 | 575 /138 |
| Total fat (g) | 32 | 5 |
| of which saturated(g) | 18 | 3 |
| Carbonhydrates (g) | 96 | 16 |
| of which sugars (g) | 14,2 | 2,4 |
| Fiber (g) | 9 | 1 |
| Protein (g) | 40 | 7 |
| Salt (g) | 2,3 | 0,4 |

Allergens

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



Cook the rice

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



Make the sauce

- In the meantime, melt the butter in another frying pan over medium heat.
- Add the flour and fry for 2 minutes, stirring continuously.
- Add the water for the sauce and whisk continuously until fully incorporated.
- Crumble in the rest of the stock cube and bring to the boil. Allow to reduce for 1 - 2 minutes, seasoning to taste with pepper.



Chop the vegetables

- Slice the onion into half rings and crush or mince the garlic.
- Thoroughly wash the leek and slice it into thin crescents.
- Chop the bell pepper into thin strips.

Did you know... 🌱 the majority of the leek's nutrients are in the green part at the top. It is rich in vitamin B6, which is essential for muscles and immunity.



Finish the sauce

- Finely chop the parsley and grate a pinch of nutmeg as preferred.
- Stir the cream, the mustard, the nutmeg and the cheese into the sauce.
- Season to taste with salt and pepper, then allow to reduce for 2 - 4 minutes (see Tip).
- Transfer the vegetable mixture to the sauce, along with half of the parsley. Mix well to combine.

Tip: add a splash of water as necessary if the sauce is too thick.



Fry the vegetables and chicken

- Cut the chicken into strips.
- Heat a light drizzle of olive oil in a frying pan over medium-high heat and fry the garlic for 1 - 2 minutes.
- Add the chicken and the vegetables and fry for 8 - 10 minutes, seasoning with salt and pepper.



Serve

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

Enjoy!



Creamy Goat's Cheese Rigatoni with Fried Sage

in cherry tomato sauce with toasted walnuts

Veggie Quick

Total time: 20 - 25 min.



Fresh goat's cheese



Rigatoni



Red cherry tomatoes



Mini Roma tomatoes



Onion



Garlic



Tomato paste



Chopped walnuts



Fresh sage



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Before you start

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

Equipment

Large frying pan, pot or saucepan, frying pan

Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|--|-----|-----|-----|-----|-----|-----|
| Fresh goat's cheese* (g) | 60 | 125 | 185 | 250 | 310 | 375 |
| Rigatoni (g) | 90 | 180 | 270 | 360 | 450 | 540 |
| Red cherry tomatoes (g) | 125 | 250 | 375 | 500 | 625 | 750 |
| Mini Roma tomatoes (g) | 50 | 100 | 200 | 200 | 300 | 300 |
| Onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Garlic (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Tomato paste (can) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Chopped walnuts (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| Fresh sage* (g) | 2½ | 5 | 7½ | 10 | 12½ | 15 |
| Not included | | | | | | |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Plant-based] butter (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Low sodium vegetable stock cube (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Honey [or plant-based alternative] (totaste) | 0 | 0 | 0 | 0 | 0 | 0 |
| Salt and pepper (totaste) | 0 | 0 | 0 | 0 | 0 | 0 |

* store in the fridge

Nutritional values

| | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal) | 3310 /791 | 734 /175 |
| Total fat (g) | 36 | 8 |
| of which saturated(g) | 16,9 | 3,7 |
| Carbonhydrates (g) | 84 | 19 |
| of which sugars (g) | 18 | 4 |
| Fiber (g) | 9 | 2 |
| Protein (g) | 29 | 6 |
| Salt (g) | 1,3 | 0,3 |

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan and cook the pasta for 13 - 15 minutes.
- Reserve 50ml pasta water per person, then drain and set aside.
- Chop the onion and crush or mince the garlic. Halve all of the tomatoes.
- Heat a drizzle of olive oil in a large frying pan over medium-high heat. Fry the garlic and onion for 1 - 2 minutes.



Fry the sage

- Tear the sage leaves off of the stems.
- Melt a knob of butter in the same frying pan over medium-high heat.
- Fry the sage for 1 - 2 minutes or until lightly browned (see Tip).
- Stir the pasta and three quarters of the cheese into the sauce. Season to taste with salt and pepper.

Tip: take care, as the sage may burn quickly.



Make the sauce

- Add the tomato paste and all of the tomatoes, then fry for 4 - 5 minutes.
- Add the reserved pasta water and crumble in the stock cube (see pantry for amount). Reduce the heat and allow to simmer for 5 minutes.
- Meanwhile, heat a clean frying pan over high heat. Toast the walnuts until golden-brown, then remove from the pan and set aside.



Serve

- Serve the pasta on plates and crumble over the rest of the cheese.
- Top with the fried sage and garnish with the walnuts.
- Drizzle with the honey and the residual sage butter from the frying pan.

Enjoy!



Salmon with Mango Chutney Glaze

over furikake rice with fresh dill & pickled onion

Calorie Smart

Total time: 35 - 45 min.



Salmon fillet



Carrot



Fresh dill



White long grain rice



Cucumber



Mango chutney



Furikake



Red onion



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Before you start

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

Equipment

Parchment-lined baking sheet, large salad bowl, pot or saucepan, 2x small bowl, frying pan

Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|----|-----|-----|-----|-----|-----|
| Salmon fillet* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Carrot* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Fresh dill* (g) | 2½ | 5 | 7½ | 10 | 12½ | 15 |
| White long grain rice (g) | 60 | 120 | 180 | 240 | 300 | 360 |
| Cucumber* (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Mango chutney* (g) | 20 | 40 | 60 | 80 | 100 | 120 |
| Furikake (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Red onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Not included | | | | | | |
| Extra virgin olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Mustard (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| White wine vinegar (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Reduced salt] soy sauce (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Sugar (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Low sodium vegetable stock cube (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Sambal (totaste) | 0 | 0 | 0 | 0 | 0 | 0 |
| Salt and pepper (totaste) | 0 | 0 | 0 | 0 | 0 | 0 |

* store in the fridge

Nutritional values

| | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal) | 2887 /690 | 660 /158 |
| Total fat (g) | 32 | 7 |
| of which saturated(g) | 5 | 1,1 |
| Carbonhydrates (g) | 75 | 17 |
| of which sugars (g) | 12,7 | 2,9 |
| Fiber (g) | 6 | 1 |
| Protein (g) | 25 | 6 |
| Salt (g) | 1,6 | 0,4 |

Allergens

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



Roast the carrot

- Preheat the oven to 200°C.
- Cut the carrot into thin crescents.
- Transfer the carrot to a parchment-lined baking sheet and drizzle lightly with olive oil. Season with salt and pepper, then toss well to coat.
- Roast in the oven for 15 - 18 minutes, then set aside to cool.



Fry the fish

- In a small bowl, combine the rest of the mango chutney with the soy sauce, along with some sambal as preferred.
- Heat a light drizzle of olive oil in a frying pan over medium-high heat. Fry the fish on its skin with the rest of the onion for 2 - 3 minutes. Flip and then fry for 2 minutes on the other side.
- Lower the heat and add half of the mango chutney-soy sauce mixture.
- Fry the fish for 1 more minute, ensuring it is evenly coated.



Boil the rice

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cook the rice for 12 - 15 minutes, then drain and set aside.
- Slice the onion into thin half rings.
- In a small bowl, combine the white wine vinegar and the sugar with half of the onion. Season to taste with salt and set aside.



Make the salad

- Dice the cucumber and transfer to the dressing.
- Add the carrot, then toss well to combine.
- To the rice, add the furikake and the pickling liquid from the onion. Mix well to combine.



Make the dressing

- Finely chop the dill.
- In a large salad bowl, combine the extra virgin olive oil with the mustard and the dill.
- Add 1 tsp mango chutney per person, mix well and season to taste with salt and pepper.



Serve

- Serve the rice on deep plates and arrange everything on top.
- Drizzle over the rest of the mango chutney sauce.

Enjoy!



Steak with Sweet Apple Sauerkraut

over garlic mash with balsamic strawberry jus

Quick

Total time: 25 - 30 min.



Sauerkraut



Marinated steak



Potatoes



Red onion



Strawberry sauce



Apple



Garlic



Chiara's favorite

Our recipe developer Chiara says:

"One of my favourite vegetables to cook with is sauerkraut! To make its sour taste accessible to everyone, I chose to combine it with sweeter elements such as apple, brown sugar and our strawberry sauce in this recipe."



Before you start

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

Equipment

Aluminum foil, lidded frying pan, pot or saucepan, potato masher, sieve, frying pan

Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|-----------------------------|-----|-----|-----|------|------|------|
| Sauerkraut* (g) | 125 | 250 | 375 | 500 | 625 | 750 |
| Marinated steak* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Potatoes (g) | 250 | 500 | 750 | 1000 | 1250 | 1500 |
| Red onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Strawberry sauce (ml) | 25 | 50 | 75 | 100 | 125 | 150 |
| Apple* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Garlic (unit(s)) | 1 | 1 | 2 | 2 | 3 | 3 |
| Not included | | | | | | |
| [Plant-based] butter (tbsp) | 2½ | 5 | 7½ | 10 | 12½ | 15 |
| Mustard (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Balsamic vinegar (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Brown sugar (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Plant-based] milk (splash) | 0 | 0 | 0 | 0 | 0 | 0 |
| Salt and pepper (totaste) | 0 | 0 | 0 | 0 | 0 | 0 |

* store in the fridge

Nutritional values

| | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal) | 3201 /765 | 481 /115 |
| Total fat (g) | 34 | 5 |
| of which saturated(g) | 21,1 | 3,2 |
| Carbonhydrates (g) | 77 | 12 |
| of which sugars (g) | 26,5 | 4 |
| Fiber (g) | 14 | 2 |
| Protein (g) | 32 | 5 |
| Salt (g) | 3 | 0,5 |

Allergens

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



Prepare

- Peel or thoroughly wash the potatoes and cut them into rough pieces. Transfer to a pot or saucepan and submerge with water, then boil the potatoes for 10 minutes.
- Peel the garlic clove and add it to the pot, then boil for 5 more minutes. Reserve 30ml per person of the cooking liquid, then drain and set aside.



Fry the steak

- 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 (see Tip).
- Remove from the pan and season to taste with salt and pepper.
- Allow to rest for at least 3 minutes under aluminum foil.

Tip: fry the steak for more or less time as preferred, depending on how rare you'd like it.



Fry the apple

- Slice the onion into half rings. Core and dice the apple.
- Drain and rinse the sauerkraut under cold water (see Tip).
- Melt a knob of butter in a frying pan over medium-high heat. Fry the apple for 2 - 3 minutes.
- Lower the heat and add the sugar, then allow to caramelize for 1 minute.

Tip: taste the sauerkraut first and skip rinsing it if you'd like to keep the sour flavour.



Make the jus

- Fry the onion in the same pan for 2 - 3 minutes over medium heat.
- Add the strawberry sauce, the balsamic vinegar and the reserved cooking liquid.
- Mix well and allow to reduce gently for 2 minutes, then turn off the heat.
- Stir in a knob of butter and season to taste with salt and pepper.



Cook the sauerkraut

- Add the sauerkraut and cook gently for 6 - 8 minutes.
- Add a knob of butter and cook for 2 more minutes, covered. Season with salt and pepper.
- Mash the potatoes and garlic with a knob of butter, the mustard and a splash of milk. Season to taste with salt and pepper.



Serve

- Cut the steak into strips.
- Serve the garlic mash on plates and top with the steak. Serve the sauerkraut alongside.
- Top the steak with the balsamic strawberry jus to finish.

Enjoy!









Chicken Pizza Boat with a Tex-Mex Twist

with cheddar, Romano pepper & corn salsa

Family

Total time: 35 - 45 min.



-  Pizza dough
-  Chicken mince with Mexican seasoning
-  Garlic
-  Tomato
-  Corn
-  Mexican-style spices
-  Passata
-  Grated cheddar
-  Romano pepper
-  Red onion



Cook, win, and cycle the night away!

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Before you start

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

Equipment

Parchment-lined baking sheet, bowl, deep frying pan, sieve

Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|-----|-----|-----|-----|-----|-----|
| Pizza dough* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Chicken mince with Mexican seasoning* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Tomato (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Corn (g) | 70 | 140 | 200 | 285 | 340 | 425 |
| Mexican-style spices (sachet(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Passata (g) | 100 | 200 | 300 | 390 | 500 | 590 |
| Grated cheddar* (g) | 15 | 25 | 40 | 50 | 65 | 75 |
| Romano pepper* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Red onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Not included | | | | | | |
| White wine vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt and pepper (totaste) | 0 | 0 | 0 | 0 | 0 | 0 |

* store in the fridge

Nutritional values

| | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal) | 3807 /910 | 610 /146 |
| Total fat (g) | 27 | 4 |
| of which saturated(g) | 12,1 | 1,9 |
| Carbonhydrates (g) | 115 | 18 |
| of which sugars (g) | 18,1 | 2,9 |
| Fiber (g) | 11 | 2 |
| Protein (g) | 42 | 7 |
| Salt (g) | 5,7 | 0,9 |

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Chop the onion (see Tip). Finely dice the Romano pepper and drain the corn. Crush or mince the garlic.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the garlic with half of the onion for 1 minute.

Tip: half of the onion will be served raw, but if preferred you can also fry all of it here instead.



Make the boats

- Roll out the pizza dough onto a parchment-lined baking sheet.
- Cut the dough in half. Fold the edges inwards and roll the corners towards each other, so as to make a boat shape.
- Spread the filling over the dough and scatter over the cheese, then bake in the oven for 15 - 20 minutes.
- In the meantime, finely dice the tomato.



Make the filling

- Add the mince and fry for 4 - 5 minutes, separating it as you do so.
- Add half each of the corn and Romano pepper and fry for 3 - 4 minutes, then add the Mexican-style spices* and the passata.
- Bring to the boil and allow to cook gently for 3 - 4 minutes.
- Season to taste with salt and pepper.

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



Serve

- In a bowl, combine the tomato with the rest of the onion, Romano pepper and corn.
- Add the white wine vinegar and season to taste with salt and pepper.
- Serve the pizza boats on plates and top with the salsa.

Enjoy!



Sticky Thai-Style Meatballs

over sesame noodles with peanuts & Thai basil

Family Quick

Total time: 15 - 20 min.



Beef-pork meatballs
with Thai seasoning



Vegetable mix
with cabbage



East Asian-style sauce



Thai basil



Salted peanuts



Garlic



Sesame oil



Lime



Ketjap manis



Wholewheat noodles



Cook, win, and cycle the night away!

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Before you start

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

Equipment

Lidded frying pan, pot or saucepan, wok or deep frying pan

Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|--|-----|-----|-----|-----|------|------|
| Beef-pork meatballs with Thai seasoning* (unit(s)) | 4 | 8 | 12 | 16 | 20 | 24 |
| Vegetable mix with cabbage* (g) | 200 | 400 | 600 | 800 | 1000 | 1200 |
| East Asian-style sauce* (g) | 35 | 70 | 105 | 140 | 175 | 210 |
| Thai basil* (g) | 2½ | 5 | 7½ | 10 | 12½ | 15 |
| Salted peanuts (g) | 20 | 40 | 60 | 80 | 100 | 120 |
| Garlic (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Sesame oil (ml) | 5 | 10 | 15 | 20 | 25 | 30 |
| Lime* (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Ketjap manis (ml) | 10 | 20 | 30 | 40 | 50 | 60 |
| Wholewheat noodles (g) | 50 | 100 | 150 | 200 | 250 | 300 |
| Not included | | | | | | |
| [Plant-based] butter (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Sunflower oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Water for the sauce (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Salt and pepper (totaste) | 0 | 0 | 0 | 0 | 0 | 0 |

* store in the fridge

Nutritional values

| | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal) | 3456 /826 | 728 /174 |
| Total fat (g) | 45 | 9 |
| of which saturated(g) | 13,3 | 2,8 |
| Carbonhydrates (g) | 69 | 15 |
| of which sugars (g) | 19,6 | 4,1 |
| Fiber (g) | 10 | 2 |
| Protein (g) | 32 | 7 |
| Salt (g) | 3,5 | 0,7 |

Allergens

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



Fry the meatballs

- Boil plenty of water in a pot or saucepan for the noodles.
- Melt a knob of butter in a frying pan over medium-high heat. Fry the meatballs for 2 - 3 minutes until evenly browned.
- Lower the heat and cover with the lid, then fry for a further 5 - 6 minutes or until done.
- Remove from the heat and stir in the East Asian-style sauce and the water for the sauce.



Stir-fry the vegetables

- Heat a drizzle of sunflower oil in a wok or deep frying pan over high heat.
- Fry the vegetable mix with the garlic for 5 - 7 minutes, then stir in the noodles and fry for 1 more minute.
- Reduce the heat and stir in the sesame oil, the ketjap and the juice of 1 lime wedge per person.



Prepare the garnishes

- Boil the noodles for 4 - 5 minutes until al dente, then drain and set aside.
- Crush or mince the garlic.
- Chop the Thai basil into thin ribbons.
- Roughly chop the peanuts and quarter the lime.



Serve

- Serve the noodles in bowls or deep plates.
- Top with the meatballs in their sauce.
- Garnish with the peanuts and the Thai basil to finish.

Enjoy!



Creamy Tahini Noodles with Steak Strips

with cucumber-peanut salad & ponzu

Quick Calorie Smart

Total time: 15 - 20 min.



Wholewheat noodles



Steak strips



Garlic



Provençal-style vegetable mix with broccoli



Persian cucumber



Tahini



Ponzu



Salted peanuts



There is a new ingredient in your box! This vegetable mix is a tasty combination of carrot, broccoli, courgette and red onion. It's delicious and super quick to prepare.
Scan the QR code to let us know what you thought of the ingredient!



Before you start

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

Equipment

Pot or saucepan, salad bowl, small bowl, frying pan, lidded wok or deep frying pan

Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|--|-----|-----|-----|-----|------|------|
| Wholewheat noodles (g) | 50 | 100 | 150 | 200 | 250 | 300 |
| Steak strips* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Provençal-style vegetable mix with broccoli* (g) | 200 | 400 | 600 | 800 | 1000 | 1200 |
| Persian cucumber* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Tahini (g) | 15 | 25 | 40 | 50 | 65 | 75 |
| Ponzu (g) | 15 | 24 | 35 | 48 | 59 | 72 |
| Salted peanuts (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| Not included | | | | | | |
| Low sodium beef stock cube (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Sunflower oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Water for the sauce (ml) | 25 | 50 | 75 | 100 | 125 | 150 |
| White wine vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| [Reduced salt] soy sauce (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Honey [or plant-based alternative] (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Sambal (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Plant-based] mayonnaise (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt and pepper (totaste) | 0 | 0 | 0 | 0 | 0 | 0 |

* store in the fridge

Nutritional values

| | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal) | 2845 /680 | 547 /131 |
| Total fat (g) | 32 | 6 |
| of which saturated(g) | 5,2 | 1 |
| Carbonhydrates (g) | 56 | 11 |
| of which sugars (g) | 13,4 | 2,6 |
| Fiber (g) | 10 | 2 |
| Protein (g) | 38 | 7 |
| Salt (g) | 3,4 | 0,6 |

Allergens

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



Prepare

- Take the steak strips out of the fridge and allow to reach room temperature.
- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cook the noodles for 3 - 4 minutes, or until al dente, then drain and return to the pot.
- In a small bowl, combine the tahini with the ponzu, honey, mayonnaise, water for the sauce and half of the white wine vinegar.



Finish the noodles

- Slice the cucumber into crescents. Roughly chop the peanuts.
- In a salad bowl, combine the sambal with the remaining white wine vinegar and soy sauce.
- Transfer the cucumber and peanuts to the salad bowl and toss to combine. Season to taste with salt and pepper.
- Add the tahini sauce to the drained noodles, mix well and heat for 1 minute over low heat.



Fry the vegetables

- Crush or mince the garlic.
- Heat a light drizzle of sunflower oil in a wok or deep frying pan over medium-high heat.
- When the oil is nice and hot, fry the garlic for 1 minute, then add the vegetable mix and fry for 2 - 3 minutes.
- Add half of the soy sauce and a splash of water, then cover with the lid and cook for another 5 minutes. Season to taste with salt and pepper.



Serve

- Heat a light drizzle of sunflower oil in a frying pan over medium-high heat and fry the steak strips for 4 minutes.
- Serve the noodles and vegetables on deep plates.
- Top with the steak strips.
- Serve the cucumber salad alongside.

Enjoy!



Cheeseburger with Loaded Tortilla Chips

with guacamole, spicy mayo, corn & tomato

Express

Total time: 10 - 15 min.



Hamburger
from Meatier



Hamburger bun
with sesame seeds



Sweet chilli
tortilla chips



Tomato



Red onion



Guacamole



Grated cheddar



Corn



Mexican-style spices



Cook, win, and cycle the night away!

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Before you start

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

Equipment

Lidded frying pan, 2x small bowl, sieve

Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|----|----|-----|-----|-----|-----|
| Hamburger from Meatier* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Hamburger bun with sesame seeds (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Sweet chilli tortilla chips (g) | 40 | 75 | 100 | 150 | 175 | 225 |
| Tomato (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Red onion (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Guacamole* (g) | 40 | 80 | 120 | 160 | 200 | 240 |
| Grated cheddar* (g) | 15 | 25 | 40 | 50 | 65 | 75 |
| Corn (g) | 35 | 70 | 105 | 140 | 175 | 210 |
| Mexican-style spices (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Not included | | | | | | |
| [Plant-based] butter (tbsp) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| [Plant-based] mayonnaise (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| White balsamic vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Salt and pepper (totaste) | 0 | 0 | 0 | 0 | 0 | 0 |

* store in the fridge

Nutritional values

| | Per serving | Per 100g |
|-----------------------|-------------|----------|
| Energy(kJ/kcal) | 3820 /913 | 829 /198 |
| Total fat (g) | 52 | 11 |
| of which saturated(g) | 16,8 | 3,6 |
| Carbonhydrates (g) | 71 | 15 |
| of which sugars (g) | 15,4 | 3,3 |
| Fiber (g) | 10 | 2 |
| Protein (g) | 35 | 8 |
| Salt (g) | 4,2 | 0,9 |

Allergens

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



Fry the burger

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



Prepare the tortilla chips

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

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



Make the avocado dip

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

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



Serve

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

Enjoy!