



Panko Basa with Sticky Soy Vegetables

over garlic-ginger rice with furikake

Family Calorie Smart

Total time: 30 - 40 min.



Basa fillet



Basmati rice



Ginger paste



Garlic



Red onion



Bell pepper



Carrot



Panko breadcrumbs



Reduced salt soy sauce



Furikake



Ground paprika



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

You'll season this dish with furikake, a Japanese topping made of dried fish and vegetables with seaweed, sesame seeds and salt.



Tear me out!

Before you start

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

Equipment

Parchment-lined baking sheet, bowl, deep plate, lidded pot or saucepan, kitchen paper, plate, small bowl, frying pan, two deep plates

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Basa fillet* (unit(s))	1	2	3	4	5	6
Basmati rice (g)	70	150	225	300	375	450
Ginger paste* (g)	5	10	15	20	25	30
Garlic (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	½	1	1	2	2	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Carrot* (unit(s))	1	1	2	2	3	3
Panko breadcrumbs (g)	10	20	30	40	50	60
Reduced salt soy sauce (ml)	10	20	30	40	50	60
Furikake (sachet(s))	½	1	1½	2	2½	3
Ground paprika (tsp)	1½	3	4½	6	7½	9
Not included						
Low sodium vegetable stock (ml)	180	360	540	720	900	1080
Flour (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1	2	3	4	5	6
Water (ml)	30	60	90	120	150	180
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
Sambal (tsp)	1	2	3	4	5	6

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2870 /686	407 /97
Total fat (g)	17	2
of which saturated(g)	3,5	0,5
Carbonhydrates (g)	101	14
of which sugars (g)	18,8	2,7
Fiber (g)	10	1
Protein (g)	35	5
Salt (g)	2,9	0,4

Allergens

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



Cook the rice

- Preheat the oven to 200°C and prepare the stock.
- Crush or mince the garlic. Heat a light drizzle of olive oil in a pot or saucepan over medium-high heat. Fry the garlic with the ginger paste for 1 - 2 minutes, then add the rice and pour in the stock.
- Bring to a boil, then lower the heat and cook the rice for 10 minutes.
- Remove from the heat and set aside for another 10 minutes, covered.



Prepare the fish

- Transfer the panko to a third deep plate and season with salt and pepper.
- Pat the fish dry with kitchen paper.
- Coat the fish with the flour and then with the batter, before finally coating it in the panko.
- Transfer to a plate and set aside.



Roast the vegetables

- Cut the onion into wedges and chop the bell pepper into strips.
- Thinly slice the carrot.
- Transfer the vegetables to a bowl and lightly drizzle with olive oil. Season with salt and pepper, then toss well to coat.
- Transfer to a parchment-lined baking sheet and roast in the oven for 15 - 20 minutes.



Fry the fish

- Drizzle the vegetables with the reserved sauce and toss well to coat, then return to the oven until done.
- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the fish for 3 minutes per side or until golden-brown.



Make the sauce

- Meanwhile, combine the soy sauce, honey, and sambal in a small bowl. Set aside until later use.
- Transfer the paprika and half of the flour to a deep plate.
- On another deep plate, combine the rest of the flour with the water so as to make a batter (see pantry for amount).



Serve

- Serve the rice and vegetables on plates.
- Top with the fish and garnish with the furikake.

Enjoy!



Roasted Pepper Risotto with Honeyed Goat's Cheese

with walnuts & tomato-basil salsa

Family Veggie

Total time: 35 - 45 min.



Risotto rice



Romano pepper



Grana Padano flakes DOP



Onion



Garlic



Fresh goat's cheese



Chopped walnuts



Roma tomato



Smoked paprika



Fresh basil



Chiara's favorite

Our recipe developer Chiara says:

"You can always count me in for risotto! A good risotto is creamy and al dente. This version has a lot of flavour thanks to the oven-roasted peppers, the smoked paprika powder and the fresh goat's cheese."



Before you start

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

Equipment

Parchment-lined baking sheet, bowl, tall container, immersion blender, pot or saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Risotto rice (g)	75	150	225	300	375	450
Romano pepper* (unit(s))	1	2	3	4	5	6
Grana Padano flakes DOP* (g)	20	40	60	80	100	120
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Fresh goat's cheese* (g)	25	50	75	100	125	150
Chopped walnuts (g)	10	20	30	40	50	60
Roma tomato (unit(s))	1½	3	4½	6	7½	9
Smoked paprika (tsp)	⅓	⅔	1¼	1½	2	2½
Fresh basil* (g)	5	10	15	20	25	30
Not included						
Olive oil (tbsp)	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
Honey [or plant-based alternative] (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3310 /791	446 /107
Total fat (g)	39	5
of which saturated(g)	15,1	2
Carbonhydrates (g)	92	12
of which sugars (g)	24,1	3,2
Fiber (g)	6	1
Protein (g)	21	3
Salt (g)	1,6	0,2

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.
- Deseed the Romano pepper and then cut into rough pieces.
- Transfer to a parchment-lined baking sheet, along with half of the garlic. Drizzle with olive oil and toss well to combine, seasoning generously with salt.
- Roast in the oven for 10 - 15 minutes or until lightly browned, tossing halfway.



Bake the goat's cheese

- Peel the roasted garlic and transfer to a tall container. Add the roasted Romano pepper and set aside.
- Transfer the goat's cheese to the same baking sheet and season with salt and pepper.
- Drizzle with the honey and top with the walnuts, then bake in the oven for 5 - 10 minutes or until golden-brown.



Fry the aromatics

- Chop the onion and crush or mince the rest of the garlic.
- Melt a knob of butter in a pot or saucepan over low heat.
- Fry the garlic and onion for 1 - 2 minutes
- Stir in the risotto rice and toast the grains for 1 minute, then pour in a third of the stock.



Finish

- To the tall container, add the Grana Padano, the extra virgin olive oil and a pinch of smoked paprika. Use an immersion blender to process into a thick paste.
- When the risotto is done, add the paste and mix well to combine.
- Meanwhile, dice the tomato and roughly chop the basil.



Make the risotto

- Allow the stock 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

- In a bowl, combine the tomato with half of the basil. Drizzle with extra virgin olive oil as preferred and season to taste with salt and pepper.
- Serve the risotto on deep plates and top with the baked goat's cheese and walnuts.
- Garnish with the rest of the basil and serve with the tomato-basil salsa.

Enjoy!



Dahl with Crispy Chickpeas & Naan

with coconut milk, spinach & lime

Plant-Based

Total time: 35 - 45 min.



Onion



Carrot



Tomato paste



Coconut milk



Red split lentils



Spinach



Naan with herbs



Lime



Yellow carrot



Chickpeas



African-inspired
spice mix



Fresh coriander



Tandoori paste



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

The tandoori paste in this recipe contains a variety of aromatics and
spices, such as ginger, lemongrass, turmeric, cloves and cardamom – so
this dish is packed with flavour!



Tear me out!

Before you start

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

Equipment

Parchment-lined baking sheet, bowl, large deep frying pan with lid, kitchen paper, sieve

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	2	2	3	3
Carrot* (unit(s))	1	1	2	2	3	3
Tomato paste (can)	½	1	1½	2	2½	3
Coconut milk (ml)	90	180	250	360	430	540
Red split lentils (g)	25	50	75	100	125	150
Spinach* (g)	50	100	150	200	250	300
Naan with herbs (unit(s))	½	1	1½	2	2½	3
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Yellow carrot* (unit(s))	1	1	2	2	3	3
Chickpeas (pack)	½	1	1½	2	2½	3
African-inspired spice mix (sachet(s))	½	1	1½	2	2½	3
Fresh coriander* (g)	5	10	15	20	25	30
Tandoori paste* (g)	15	35	45	60	80	95
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	150	300	450	600	750	900
Sunflower 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)	3314 /792	404 /96
Total fat (g)	39	5
of which saturated(g)	16,6	2
Carbonhydrates (g)	80	10
of which sugars (g)	19,2	2,3
Fiber (g)	25	3
Protein (g)	24	3
Salt (g)	2,2	0,3

Allergens

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



Prepare

- Preheat the oven to 180°C and prepare the stock.
- Chop the onion.
- Dice the carrots into 1cm chunks (see Tip).

Tip: be sure to finely dice the carrots, otherwise they will take longer to cook.



Roast the chickpeas

- Drain and rinse the chickpeas, then pat them dry with kitchen paper.
- Transfer to a bowl along and add the rest of the African-inspired spices.
- Drizzle with olive oil and season with salt and pepper, then toss well to coat.
- Transfer to a parchment-lined baking sheet and roast in the oven for 15 - 20 minutes.



Make the dahl

- Heat a drizzle of sunflower oil in a large deep frying pan over medium-high heat.
- Fry the onion with the carrot for 2 - 3 minutes, then stir in the tandoori paste, the tomato paste and half of the African-inspired spices.
- Fry for 2 more minutes, then add the coconut milk and the stock and bring to a boil.



Finish

- Bake the naan for 3 - 4 minutes, then cut into triangles.
- Finely chop the coriander and cut the lime into six wedges.
- When the dahl is done, squeeze in one lime wedge per person.
- Mix well and season to taste with salt and pepper.



Add the lentils

- Add the lentils and season with salt and pepper, then cover with the lid.
- Allow the dahl to cook for 10 minutes, covered, then add the spinach.
- Mix well and cook for another 10 minutes, or until the lentils are done.
- Add a splash of water if the dahl seems too dry.



Serve

- Serve the dahl in bowls and top with the crispy chickpeas.
- Garnish with the coriander.
- Serve with the naan and the rest of the lime wedges.

Enjoy!



Crispy Chicken Schnitzel over Garlic-Ginger Rice

with East Asian-style sauce, scallions & crunchy slaw

Quick

Total time: 25 - 30 min.



Jasmine rice



Garlic



Chopped
sweetheart cabbage



Carrot



East Asian-style sauce



Scallions



Fresh ginger



Oranjevoen crispy
chicken schnitzel



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

Garlic has had many uses throughout history besides cooking; in ancient Egypt, for example, it was believed to have medicinal and magical properties – and was even used as a form of currency!



Tear me out!

Before you start

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

Equipment

2x bowl, grater, microplane, lidded pot or saucepan, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Jasmine rice (g)	75	150	225	300	375	450
Garlic (unit(s))	1	2	3	4	5	6
Chopped sweetheart cabbage* (g)	100	200	300	400	500	600
Carrot* (unit(s))	½	1	1	1	2	2
East Asian-style sauce* (g)	20	35	55	70	90	105
Scallions* (bunch)	½	1	1	2	2	3
Fresh ginger* (tsp)	1	2	3	4	5	6
Oranjestoen crispy chicken schnitzel* (unit(s))	1	2	3	4	5	6
Not included						
Low sodium vegetable stock (ml)	180	360	540	720	900	1080
Sugar (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1½	3	4½	6	7½	9
Sunflower oil (tbsp)	1	2	3	4	5	6
Water for the sauce (tbsp)	¾	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)	3891 /930	591 /141
Total fat (g)	41	6
of which saturated(g)	5,3	0,8
Carbonhydrates (g)	114	17
of which sugars (g)	19,6	3
Fiber (g)	7	1
Protein (g)	31	5
Salt (g)	2,7	0,4

Allergens

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



Prepare

- Grate the carrot.
- In a bowl, combine the sugar with the white wine vinegar and season with salt and pepper.
- Add the carrot and the cabbage, then toss well to combine (see Tip). Set aside in the fridge until serving.
- Prepare the stock. Finely grate the ginger and crush or mince the garlic.

Tip: you can chop the cabbage more finely if preferred.



Boil the rice

- Bring to a boil, then lower the heat and cook the rice for 10 - 12 minutes, adding more water if necessary.
- Remove from the heat and allow to rest until serving, covered.
- Meanwhile, in a small bowl combine the mayonnaise with the East Asian-style sauce and the water for the sauce.



Fry the aromatics

- Chop the scallions into thin rings, keeping the white part separate from the greens.
- Heat a drizzle of sunflower oil in a pot or saucepan over medium-high heat. Fry the garlic with the ginger and the white part of the scallion for 1 - 2 minutes.
- Add the rice and the stock (see Tip).

Health Tip 🍏 if you're watching your calorie intake, prepare just two thirds of the rice. You can keep the rest of it to use another time.



Serve

- Heat a drizzle of sunflower oil in a frying pan over medium-high heat.
- Fry the schnitzel for 5 minutes until golden-brown, turning regularly.
- Serve the garlic-ginger rice on deep plates with the slaw alongside.
- Top with the schnitzel, then garnish with the scallion greens and drizzle with the sauce.

Enjoy!



Goat's Cheese & Beetroot Flammekueche

with pear, lemon thyme & arugula salad

Veggie Quick Calorie Smart

Total time: 25 - 30 min.



Red onion



Pear



Pre-cooked beetroot



Fresh lemon thyme



Flammekueche



Organic sour cream



Arugula & lamb's lettuce



Honeyed goat's cheese pearls



Pumpkin seeds



Persian cucumber



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

No regular thyme in your box this week - instead, you'll cook with lemon thyme! A cousin of regular thyme, this variety has a bright, citrusy flavour that adds complexity to this dish.



Tear me out!

Before you start

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

Equipment

Parchment-lined baking sheet, salad bowl, 2x frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red onion (unit(s))	½	1	1	2	2	3
Pear* (unit(s))	½	1	2	2	3	3
Pre-cooked beetroot* (g)	125	250	375	500	625	750
Fresh lemon thyme* (g)	2½	5	7½	10	12½	15
Flammekueche* (unit(s))	1	2	3	4	5	6
Organic sour cream* (g)	25	50	75	100	125	150
Arugula & lamb's lettuce* (g)	20	40	60	90	100	130
Honeyed goat's cheese pearls* (g)	25	50	75	100	125	150
Pumpkin seeds (g)	10	20	30	40	50	60
Persian cucumber* (unit(s))	½	1	1½	2	2½	3
Not included						
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Red wine vinegar (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Sugar (tbsp)	1	2	3	4	5	6
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)	2795 /668	538 /129
Total fat (g)	28	5
of which saturated(g)	11,8	2,3
Carbonhydrates (g)	82	16
of which sugars (g)	34,5	6,6
Fiber (g)	8	2
Protein (g)	19	4
Salt (g)	1,3	0,2

Allergens

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



Prepare

- Preheat the oven to 220°C.
- Slice the onion into half rings. Core and thinly slice the pear.
- Thinly slice three quarters of the beetroot and then dice the rest into 1cm chunks.
- Pull the lemon thyme leaves off the stems.



Make the salad

- Scatter the goat's cheese and lemon thyme over the flammekueche, then bake in the oven for 8 - 10 minutes.
- Heat a clean frying pan over high heat and toast the pumpkin seeds until they start to pop. Remove from the pan and set aside.
- In a salad bowl, combine the extra virgin olive oil with the red wine vinegar. Season to taste with salt and pepper.



Make the flammekueche

- Melt a knob of butter in a frying pan over medium-high heat and fry the pear with the onion for 2 - 3 minutes.
- Stir in the sugar and fry for another 2 - 3 minutes or until golden-brown.
- Transfer the flammekueche to a parchment-lined baking sheet.
- Spread with the sour cream and season generously with salt and pepper, then top with the sliced beetroot, the onion and the pear.



Serve

- Shortly before serving, dice the cucumber.
- Transfer the diced beetroot, pumpkin seeds, cucumber and lettuce to the salad bowl. Toss well to combine with the dressing.
- Slice the flammekueche and drizzle with some honey as preferred.
- Serve with the salad alongside.

Enjoy!



Roasted Vegetable Bulgur with Honeyed Goat's Cheese Pearls

with fresh mint, pumpkin seeds & sweet potato

Veggie Calorie Smart

Total time: 45 - 55 min.



Sweet potato



Middle Eastern
spice mix



Carrot



Red onion



Bulgur



Ground cumin



Pumpkin seeds



Roma tomato



Fresh mint



Arugula & lamb's lettuce



Romano pepper



Honeyed goat's cheese
pearls



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

Romano peppers have a particularly sweet flavour. They also have a
slightly thinner skin compared to the regular bell pepper, so you'll barely
be able to notice it when eating this dish!



Tear me out!

Before you start

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

Equipment

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Sweet potato (g)	75	150	225	300	375	450
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	1	1	2	2
Red onion (unit(s))	½	1	1	2	2	3
Bulgur (g)	50	100	150	200	250	300
Ground cumin (sachet(s))	¼	¼	¼	¼	¼	1
Pumpkin seeds (g)	10	20	30	40	50	60
Roma tomato (unit(s))	1	1	2	2	3	3
Fresh mint* (g)	2½	5	7½	10	12½	15
Arugula & lamb's lettuce* (g)	20	40	60	90	100	130
Romano pepper* (unit(s))	1	2	3	4	5	6
Honeyed goat's cheese pearls* (g)	25	50	75	100	125	150
Not included						
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Mustard (tsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2423 /579	389 /93
Total fat (g)	25	4
of which saturated(g)	7,2	1,2
Carbonhydrates (g)	73	12
of which sugars (g)	18,6	3
Fiber (g)	14	2
Protein (g)	17	3
Salt (g)	1,4	0,2

Allergens

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



Prepare

- Preheat the oven to 200°C and prepare the stock.
- Peel the sweet potato and dice it into 1cm cubes, then transfer to a large bowl along with half of the Middle Eastern-style spices.
- Drizzle lightly with olive oil and season with salt and pepper, then toss well to coat.
- Transfer to a parchment-lined baking sheet and roast in the oven for 15 minutes.



Toast the pumpkin seeds

- 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.
- Dice the tomato and finely chop the mint, then transfer both to a salad bowl.
- Add the lettuce and toss well to combine.



Chop the vegetables

- Meanwhile, cut the Romano pepper into strips and slice the carrot into 0.5cm thick crescents.
- Slice the onion into half rings.
- Transfer all three to the same bowl and drizzle lightly with olive oil.
- Add the rest of the Middle Eastern-style spices and season with salt and pepper, then toss well to coat.



Finish the salad

- In a small bowl, combine the extra virgin olive oil with the balsamic vinegar and the mustard. Season to taste with salt and pepper.
- Transfer the roasted vegetables, the dressing and the bulgur to the salad bowl and toss well to combine.
- Drizzle with extra virgin olive oil as preferred and season to taste with salt and pepper.



Prepare the bulgur

- Toss the sweet potato, then add the vegetables alongside (or use another baking sheet). Roast for 20 - 25 minutes, tossing halfway.
- In a pot or saucepan, toast the bulgur with the cumin for 1 minute over medium heat, stirring continuously.
- Add the stock and boil for 10 minutes over low heat, covered.
- Drain and then fluff through the bulgur with a fork.



Serve

- Serve the salad on plates and top with the goat's cheese.
- Garnish with the pumpkin seeds to finish.

Enjoy!



Chicken in Harissa-Pomegranate Sauce with Shaved Almonds

over fragrant courgette bulgur with fresh mint

Quick Health Conscious Choice

Total time: 25 - 30 min.



Chicken thigh



Pomegranate



Bulgur



Shaved almonds



Red onion



Fresh mint



Courgette



African-inspired
spice mix



Hello Harissa



Garlic



Noah's favorite

Our recipe developer Noah says:

"Pomegranate is increasingly appearing in salads, but rarely in hot dishes or sauces. It's a shame - it not only adds colour to your plate, but also a wonderfully sweet flavour. This beautiful fruit originates from the Middle East, so I wanted to create a recipe that honours its origins."



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, frying pan, two small bowls

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken thigh* (unit(s))	1	2	3	4	5	6
Pomegranate* (unit(s))	½	1	1½	2	2½	3
Bulgur (g)	75	150	225	300	375	450
Shaved almonds (g)	10	20	30	40	50	60
Red onion (unit(s))	1	1	2	2	3	3
Fresh mint* (g)	5	10	15	20	25	30
Courgette* (unit(s))	½	1	1½	2	2½	3
African-inspired spice mix (sachet(s))	½	1	1½	2	2½	3
Hello Harissa (sachet(s))	¼	½	¾	1	1¼	1½
Garlic (unit(s))	½	1	1½	2	2½	3
Not included						
Low sodium chicken stock (ml)	225	450	675	900	1125	1350
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
White wine 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)	3063 /732	443 /106
Total fat (g)	29	4
of which saturated(g)	8,7	1,3
Carbonhydrates (g)	86	12
of which sugars (g)	20,7	3
Fiber (g)	14	2
Protein (g)	35	5
Salt (g)	1,6	0,2

Allergens

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



Prepare

- Prepare the stock.
- Chop half of the onion and slice the rest into half rings.
- Dice the courgette and crush or mince the garlic.
- Heat a clean deep frying pan over high heat. Toast the shaved almonds until golden-brown, then remove from the pan and set aside.



Prepare the pomegranate

- Meanwhile, cut open the pomegranate and squeeze the juice into a small bowl.
- Scoop the pomegranate seeds into another small bowl and set aside.
- Deglaze the chicken with the pomegranate juice, the reserved stock and the rest of the white wine vinegar.
- Season generously with salt and pepper.



Fry the vegetables

- Heat a drizzle of olive oil in the same pan over medium heat. Fry the garlic with the courgette and the chopped onion for 2 minutes
- Stir in the bulgur and toast the grains for 1 minute, then deglaze with half of the white wine vinegar.
- Set aside 50ml stock per person to use later, then pour the rest of the stock into the bulgur.



Chop the mint

- Add the honey, the **Hello Harissa*** and half of the African-inspired spices.
- Allow to simmer for 9 - 11 minutes, until the sauce has thickened and the chicken is done.
- Finely chop the mint in the meantime.

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



Fry the chicken

- Bring to the boil, then allow to cook for 10 - 12 minutes over low heat, stirring occasionally.
- Add a splash of water as necessary if it seems too dry.
- Melt a knob of butter in a frying pan over medium-high heat. Fry the rest of the onion for 1 - 2 minutes.
- Quarter the chicken thighs, then transfer to the onion and fry for 2 minutes.



Serve

- Fluff through the bulgur with a fork. Stir in the almonds, the mint and the rest of the African-inspired spices.
- Serve the bulgur on plates and top with the chicken in its sauce.
- Garnish with the pomegranate seeds to finish.

Enjoy!



Veggie Picadillo with Lentils & Greek-Style Cheese

with olives, parsley & raisins

Veggie Quick Calorie Smart

Total time: 25 - 30 min.



Garlic



Bell pepper



Mexican-style spices



Lentils



Worcestershire sauce



Raisins



Fresh flat leaf parsley



Greek-style cheese



Red onion



White long grain rice



Chopped tomatoes



Kalamata olives



Tomato



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

Picadillo is a Latin American dish, traditionally prepared with minced meat, tomatoes, sultanas and olives. Today, you'll make a vegetarian version of this dish!



Tear me out!

Before you start

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

Equipment

Pot or saucepan, sieve or colander, wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Lentils (pack)	½	½	1	1½	1½	2
Worcestershire sauce (g)	10	15	25	30	40	45
Raisins (g)	10	20	30	40	50	60
Fresh flat leaf parsley* (g)	2½	5	7½	10	12½	15
Greek-style cheese* (g)	25	50	75	100	125	150
Red onion (unit(s))	½	1	1	2	2	3
White long grain rice (g)	75	150	225	300	375	450
Chopped tomatoes (pack)	½	1	1½	2	2½	3
Kalamata olives (g)	15	30	55	70	85	100
Tomato (unit(s))	1	1	2	2	3	3
Not included						
Olive oil (tbsp)	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)	2711 /648	454 /109
Total fat (g)	15	3
of which saturated(g)	5,6	0,9
Carbonhydrates (g)	104	18
of which sugars (g)	24,8	4,2
Fiber (g)	12	2
Protein (g)	19	3
Salt (g)	3,3	0,5

Allergens

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



Boil the rice

- Boil plenty of water in a pot or saucepan and cook the rice for 12 - 15 minutes or until done.
- Meanwhile, chop the onion and crush or mince the garlic.
- Dice the bell pepper and the tomato.



Fry the vegetables

- Heat a light drizzle of olive oil in a wok or deep frying pan over low heat and fry the onion with the garlic for 2 minutes.
- Stir in the bell pepper, fresh tomato, raisins, **Mexican-style spices*** and chopped tomatoes, then fry for 5 minutes over medium-high heat.
- Add the olives and Worcestershire sauce and cook for 10 more minutes, stirring regularly.

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



Chop the parsley

- Drain and rinse the lentils.
- Roughly chop the parsley (both the leaves and stems).

Did you know... 🌱 *lentils contain more iron than all other pulses. Like spinach, they're also rich in fibre and pottasium. Potassium helps to maintain a healthy blood pressure.*



Serve

- Finally, stir in the lentils and season to taste with salt and pepper.
- Serve the rice and picadillo on plates.
- Crumble over the Greek-style cheese.
- Garnish with the parsley.

Enjoy!



Pork Sausages with Chive Mash

with onion chutney, spinach & garlic tomatoes

Family Quick

Total time: 25 - 30 min.



Pork sausage with tomato & rosemary



Potatoes



Sicilian-style herb mix



Garlic



Onion



Tomato



Spinach



Fresh chives



Onion chutney



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

Chutney, originating from India, comes in many varieties and can be sweet, sour, or spicy. The onion chutney in this dish, made from caramelised onions, spices and vinegar, has a sweet and tangy flavour.



Tear me out!

Before you start

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

Equipment

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pork sausage with tomato & rosemary* (unit(s))	2	4	6	8	10	12
Potatoes (g)	300	600	900	1200	1500	1800
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
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
Spinach* (g)	100	200	300	400	500	600
Fresh chives* (g)	2½	5	7½	10	12½	15
Onion chutney* (g)	40	80	120	160	200	240
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
Mustard (tsp)	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)	3360 /803	480 /115
Total fat (g)	39	6
of which saturated(g)	15,7	2,2
Carbonhydrates (g)	80	11
of which sugars (g)	22,1	3,2
Fiber (g)	14	2
Protein (g)	30	4
Salt (g)	2,7	0,4

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



Fry the sausages

- Melt a knob of butter in a frying pan over medium-high heat and fry the sausages for 2 - 3 minutes until evenly browned.
- Add the onion, then cover with the lid and fry for 4 - 6 minutes over medium heat, turning frequently.
- Serve the sausages on plates.



Chop the vegetables

- In the meantime, crush or mince the garlic and cut the tomato into wedges.
- Finely chop the chives or use scissors if preferred.
- Slice the onion into half rings.

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



Mash the potatoes

- To the onion in the frying pan, add the onion chutney and the water for the sauce.
- Mix well and allow to simmer for 1 minute.
- Mash the potatoes with a knob of butter and a splash of cooking liquid as preferred.
- Stir in the mustard and the chives, then season to taste with salt and pepper.



Fry the vegetables

- Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the garlic with the tomato for 2 - 3 minutes.
- Gradually add the spinach to the tomatoes and mix well, allowing it to wilt and reduce.
- Add the Sicilian-style herbs. Mix well and season to taste with salt and pepper.



Serve

- Transfer the mashed potatoes and vegetables to the plates.
- Drizzle with the onion sauce to finish.

Enjoy!



Creamy Eggplant Penne with Parmigiano Reggiano

with sundried tomatoes, arugula & lamb's lettuce

Veggie Quick

Total time: 20 - 25 min.



Onion



Garlic



Eggplant



Sundried tomatoes



Penne



Cooking cream



Basil crème



Parmigiano Reggiano DOP



Sicilian-style herb mix



Arugula & lamb's lettuce



There is a special ingredient in your box! Parmigiano Reggiano owes its name to the Italian provinces of Parma and Reggio Emilia. A true D.O.P. cheese! 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

Deep frying pan, microplane, pot or saucepan, salad bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	1	2	2	4	4	6
Garlic (unit(s))	½	1	1½	2	2½	3
Eggplant* (unit(s))	½	1	2	2	3	3
Sundried tomatoes (g)	30	50	70	100	120	150
Penne (g)	90	180	270	360	450	540
Cooking cream (g)	50	100	150	200	250	300
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Arugula & lamb's lettuce* (g)	30	60	90	120	150	180
Basil crème (ml)	10	15	25	30	40	45
Not included						
Balsamic vinegar (tbsp)	1	2	3	4	5	6
Flour (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	60	120	180	240	300	360
Olive oil (tbsp)	1½	3	4½	6	7½	9
Extra virgin olive oil (tbsp)	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)	3343 /799	629 /150
Total fat (g)	39	7
of which saturated(g)	11,6	2,2
Carbonhydrates (g)	86	16
of which sugars (g)	20	3,8
Fiber (g)	10	2
Protein (g)	21	4
Salt (g)	1,5	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 pasta.
- Prepare the stock (see Tip).
- Boil the pasta for 10 - 12 minutes, then drain and set aside.

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



Make the sauce

- In the meantime, heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the onion with the garlic and sundried tomatoes for 3 - 4 minutes.
- Add the Sicilian herbs and fry for 1 minute, then deglaze with the stock and half of the balsamic vinegar. Add the cream and cook for 4 - 5 minutes over low heat.
- Grate the Parmigiano Reggiano.



Fry the eggplant

- Chop the onion and crush or mince the garlic.
- Give the eggplant a 1 - 2 cm dice and roughly chop the sundried tomatoes.
- Coat the eggplant with the flour.
- Heat a generous drizzle of olive oil in a frying pan over medium-high heat. Fry the eggplant for 8 - 10 minutes until evenly browned.



Serve

- In a salad bowl, combine the mixed leaves with the extra virgin olive oil and the rest of the balsamic vinegar. Season to taste with salt and pepper.
- Stir the pasta and the eggplant into the sauce, along with the basil crème and half of the Parmigiano Reggiano. Season to taste with salt and pepper.
- Serve the pasta and the salad on deep plates. Garnish with the rest of the Parmigiano Reggiano.

Enjoy!



Chicken Fillets with Sticky Orange Sauce

with rosemary potato wedges & roasted broccoli

Quick Calorie Smart

Total time: 25 - 30 min.



Potato wedges



Chicken fillets



Orange



Onion



Broccoli



Onion chutney



Fresh rosemary



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

This recipe uses chicken tenderloin, the small strip of meat located beneath the breast. It's extra tender, cooks quickly, and easily soaks up marinades and seasonings!



Tear me out!

Before you start

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

Equipment

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potato wedges* (g)	200	400	600	800	1000	1200
Chicken fillets* (g)	100	200	300	400	500	600
Orange* (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Broccoli* (g)	200	360	500	720	860	1080
Onion chutney* (g)	40	80	120	160	200	240
Fresh rosemary* (sprig)	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
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
Wholegrain mustard (tsp)	½	1	1½	2	2½	3
Low sodium chicken stock cube (unit(s))	¼	½	¾	1	1¼	1½
[Plant-based] mayonnaise (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)	2749 /657	413 /99
Total fat (g)	27	4
of which saturated(g)	10,8	1,6
Carbonhydrates (g)	61	9
of which sugars (g)	26,5	4
Fiber (g)	13	2
Protein (g)	36	5
Salt (g)	1	0,2

Allergens

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



Fry the potatoes

- Preheat the oven to 220°C.
- Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the potato wedges for 15 minutes, covered.
- Discard the rosemary stalk and finely chop the leaves, then transfer to the wedges.
- Fry for 5 - 8 more minutes. Season to taste with salt and pepper.



Fry the chicken

- Melt a knob of butter in a frying pan over medium-high heat.
- Fry the chicken for 5 - 6 minutes or until done, then remove from the pan and set aside.



Parboil the broccoli

- Boil plenty of water in a pot or saucepan for the broccoli.
- Cut the head of the broccoli into florets and dice the stem.
- Parboil the broccoli for 2 - 3 minutes, then drain.



Make the sauce

- To the same pan, add the onion chutney, the orange juice, the honey and the mustard, then crumble in the stock cube (see pantry for amount).
- Mix well to combine, then bring to a boil.
- Allow to thicken and reduce for 2 - 3 minutes, then remove from the heat and stir in a knob of butter.



Roast the vegetables

- Cut the onion into eight wedges.
- Transfer the onion and broccoli to a parchment-lined baking sheet.
- Drizzle with olive oil and season with salt and pepper, then roast in the oven for 12 - 15 minutes.
- Meanwhile, juice the orange.



Serve

- Serve the potato wedges, chicken and broccoli on plates.
- Drizzle the chicken with the orange sauce.
- Serve with some mayonnaise alongside as preferred.

Enjoy!

Spooky 'Danse Macabre' Burger

with fries & cucumber salad

Total time: 35 - 45 min.

Plant-Based



Cook magical recipes & win



Happy go Clucky from the Vegetarian Butcher®



Charcoal burger bun



Potatoes



Butter lettuce



Cucumber



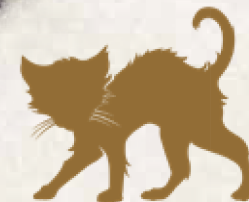
Red onion



Fresh dill



Yellow mustard seeds



Cook magical recipes & win

Serve this fairytale-inspired recipe to win an unforgettable stay at the Efteling Wonder Hotel.

Experience the real 'Dans Macabre' with the whole family!

Scan the QR code for more information regarding terms and conditions.



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, saucepan, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Happy go Clucky from the Vegetarian Butcher®* (unit(s))	1	2	3	4	5	6
Charcoal burger bun (unit(s))	1	2	3	4	5	6
Potatoes (g)	200	400	600	800	1000	1200
Butter lettuce* (head)	½	1	1	2	2	3
Cucumber* (unit(s))	½	1	2	2	3	3
Red onion (unit(s))	½	1	1½	2	2½	3
Fresh dill* (g)	2½	5	7½	10	12½	15
Yellow mustard seeds (sachet(s))	½	1	1½	2	2½	3
Not included						
Water for the sauce (ml)	25	50	75	100	125	150
White wine vinegar (ml)	30	60	90	120	150	180
[Plant-based] mayonnaise (tbsp)	1½	3	4½	6	7½	9
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Sugar (tsp)	1	2	3	4	5	6
Mustard (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (totaste)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3912 /935	525 /126
Total fat (g)	51	7
of which saturated(g)	5,7	0,8
Carbonhydrates (g)	90	12
of which sugars (g)	20,6	2,8
Fiber (g)	17	2
Protein (g)	22	3
Salt (g)	2,4	0,3

Allergens

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



Prepare

- Preheat the oven to 210°C.
- Peel or thoroughly wash the potatoes and then cut into fries of no more than 1cm thickness.
- Transfer to a bowl and drizzle with olive oil. Season the fries with salt and pepper, then toss well to coat (see Tip).

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



Fry the burger

- In a small bowl, combine the mayonnaise with the dill, the honey and the mustard. Season to taste with salt and pepper.
- Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the burger for 3 minutes per side.
- Set aside one whole lettuce leaf for each burger, then roughly chop the rest.
- Slice the cucumber into crescents.



Bake the fries

- Transfer the fries to a parchment-lined baking sheet, being sure to leave enough space to add the bread roll later.
- Bake in the oven for 22 - 24 minutes or until golden-brown, tossing halfway.
- Cut open the bread roll and bake alongside the fries during the final 3 minutes of cooking time.



Make the salad

- Set aside half a tablespoon per person of the onion sauce, then transfer the rest to a salad bowl.
- Add the extra virgin olive oil and mix well to combine. Season to taste with salt and pepper.
- Shortly before serving, add the lettuce and cucumber to the salad bowl and toss well to combine with the dressing.



Make the onion sauce

- Finely chop the onion.
- In a saucepan, heat the water for the sauce with the white wine vinegar and the sugar.
- When the sugar has dissolved, add the onion and the mustard seeds and allow to simmer for 10 - 15 minutes over medium heat. Remove from the heat and set aside.
- Meanwhile, finely chop the dill.



Serve

- Spread the bread roll with the dill mayo and the reserved onion sauce, then top with the reserved lettuce and the burger.
- Serve with the fries and salad, along with some extra mayonnaise as preferred.

And they ate happily ever after...

Enjoy!



Creamy Lentil Masala Soup with Naan

with fragrant yogurt sauce, coconut milk & shaved almonds

Veggie Express

Total time: 10 - 15 min.



Selma's favorite

Our recipe developer Selma says:

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



Passata



Garam Masala



Lentils



Coconut milk



Ginger paste



Naan with herbs



Pre-cut carrot & onion



Garlic



Organic full-fat yogurt



Fresh coriander & mint



Shaved almonds



Tomato



Before you start

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

Equipment

Immersion blender, small bowl, soup pot

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Passata (g)	100	200	300	390	500	590
Garam Masala (sachet(s))	½	1	1½	2	2½	3
Lentils (pack)	½	1	1½	2	2½	3
Coconut milk (ml)	125	250	375	500	625	750
Ginger paste* (g)	2½	5	7½	10	12½	15
Naan with herbs (unit(s))	1	2	3	4	5	6
Pre-cut carrot & onion* (g)	150	300	450	600	750	900
Garlic (unit(s))	1	2	3	4	5	6
Organic full-fat yogurt* (g)	25	50	75	100	125	150
Fresh coriander & mint* (g)	5	10	15	20	25	30
Shaved almonds (g)	5	10	15	20	25	30
Tomato (unit(s))	1	1	2	2	3	3
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	150	300	450	600	750	900
White wine vinegar (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3715 /888	437 /105
Total fat (g)	44	5
of which saturated(g)	22,3	2,6
Carbonhydrates (g)	92	11
of which sugars (g)	17,4	2
Fiber (g)	17	2
Protein (g)	23	3
Salt (g)	3,2	0,4

Allergens

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



Prepare

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

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



Finish the soup

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

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



Make the soup

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



Serve

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

Enjoy!



Giant Couscous with Guacamole & Greek-Style Cheese

with tomato, fresh herbs & pumpkin seeds

Veggie Calorie Smart Express

Total time: 15 - 20 min.



Red onion



Tomato



Giant couscous



Lemon-flavoured olive oil



Pumpkin seeds



Lamb's lettuce



Greek-style cheese



Guacamole



Fresh flat leaf parsley & chives



Cucumber



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

Guacamole was first invented by the Aztecs in modern-day Mexico; they named it “ahuacamolli”, a combination of the Aztec words “ahuacatl” (avocado), and “molli” (sauce).



Tear me out!

Before you start

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

Equipment

Lidded pot or saucepan, salad bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red onion (unit(s))	½	1	1	2	2	3
Tomato (unit(s))	1	1	2	2	3	3
Giant couscous (g)	75	150	225	300	375	450
Lemon-flavoured olive oil (ml)	4	8	12	16	20	24
Pumpkin seeds (g)	10	20	30	40	50	60
Lamb's lettuce* (g)	40	60	80	100	140	160
Greek-style cheese* (g)	40	75	100	150	175	225
Guacamole* (g)	40	80	160	160	240	240
Fresh flat leaf parsley & chives* (g)	5	10	15	20	25	30
Cucumber* (unit(s))	½	1	1½	2	2½	3
Not included						
Low sodium vegetable stock (ml)	300	600	900	1200	1500	1800
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
White balsamic vinegar (tsp)	½	1	1½	2	2½	3
Extra virgin olive oil (totaste)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2661 /636	361 /86
Total fat (g)	30	4
of which saturated(g)	10,8	1,5
Carbonhydrates (g)	65	9
of which sugars (g)	11,1	1,5
Fiber (g)	8	1
Protein (g)	23	3
Salt (g)	2,3	0,3

Allergens

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



Prepare

- Prepare the stock in a pot or saucepan.
- Cook the giant couscous for 12 - 14 minutes, covered, stirring occasionally so as to prevent it from sticking.
- Drain when finished and rinse under cold water.



Combine

- Heat a light drizzle of olive oil in the same frying pan over medium-high heat. Fry the onion for 3 - 4 minutes.
- In a salad bowl, combine the white balsamic vinegar with the honey and the lemon-infused olive oil.
- Transfer the giant couscous and the onion to the bowl and mix well to combine with the vinaigrette.
- Drizzle with extra virgin olive oil as preferred.



Toast the pumpkin seeds

- Mince the onion.
- Dice the tomato and the cucumber.
- Finely chop the fresh herbs.
- 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.



Serve

- Transfer the tomato, the cucumber, the fresh herbs and the lamb's lettuce to the giant couscous and mix well to combine. Season to taste with salt and pepper.
- Serve the giant couscous salad on plates and top with the guacamole.
- Crumble over the Greek-style cheese and garnish with the pumpkin seeds.

Enjoy!



Sweet & Sticky Chicken with Gomashio Broccoli

over garlic-ginger rice with crispy onions

Quick

Total time: 15 - 20 min.



Chicken thigh strips



Garlic



Broccoli



Onion



Gomashio



Onion chutney



Jasmine rice



Ginger paste



Crispy fried onions



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

Gomashio comes from Japanese cuisine and is used to season a variety of dishes; it's made from 90% "goma" (sesame seeds) and 10% "sio" (sea salt).



Tear me out!

Before you start

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

Equipment

2x pot or saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken thigh strips* (g)	100	200	300	400	500	600
Garlic (unit(s))	½	1	1½	2	2½	3
Broccoli* (g)	200	360	500	720	860	1080
Onion (unit(s))	½	1	2	2	3	3
Gomashio (sachet(s))	½	1	1½	2	2½	3
Onion chutney* (g)	80	160	240	320	400	480
Jasmine rice (g)	75	150	225	300	375	450
Ginger paste* (g)	5	10	15	20	25	30
Crispy fried onions (g)	10	20	30	40	50	60
Not included						
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Water for the rice (ml)	250	500	750	1000	1250	1500
[Reduced salt] ketjap manis (tbsp)	2	4	6	8	10	12
Water for the sauce (ml)	30	60	90	120	150	180
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)	3674 /878	440 /105
Total fat (g)	30	4
of which saturated(g)	14,7	1,8
Carbonhydrates (g)	120	14
of which sugars (g)	49,4	5,9
Fiber (g)	9	1
Protein (g)	34	4
Salt (g)	2,9	0,4

Allergens

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



Boil the rice

- Crush or mince the garlic.
- Melt a knob of butter in a pot or saucepan over low heat.
- Fry the garlic with the ginger paste for 1 - 2 minutes.
- Add the rice and the water (see pantry for amount). Boil for 10 - 12 minutes, then drain and set aside.



Fry the chicken

- Slice the onion into half rings.
- Melt a knob of butter in a frying pan over medium-high heat and fry the onion with the chicken for 7 minutes.
- Add the onion chutney, the ketjap and the water for the sauce, along with some sambal as preferred.
- Season to taste with pepper, then fry for 1 more minute.



Cook the broccoli

- Boil plenty of salted water in a pot or saucepan.
- Cut the head of the broccoli into florets and dice the stem.
- Boil the broccoli for 5 - 7 minutes, then drain.
- Stir in the gomashio and season to taste with salt and pepper, then set aside.



Serve

- Serve the rice in bowls and arrange everything on top.
- Drizzle over the sauce and garnish with the crispy onions to finish.

Enjoy!



Pasta Caprese with Serrano Ham

with pesto rosso & pumpkin seeds

Family Quick

Total time: 15 - 20 min.



Pesto rosso



Mozzarella



Pumpkin seeds



Fresh basil



Red onion



Roma tomato



Serrano ham



Ficchi tricolore



Red cherry tomatoes



There is a new ingredient in your box! This ficchi tricolore from Felicetti is a vibrant, tri-coloured pasta made from durum wheat. It adds both visual appeal and rich flavour to any dish.
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, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pesto rosso* (g)	40	80	120	160	200	240
Mozzarella* (ball(s))	½	1	1½	2	2½	3
Pumpkin seeds (g)	5	10	15	20	25	30
Fresh basil* (g)	5	10	15	20	25	30
Red onion (unit(s))	½	1	1½	2	2½	3
Roma tomato (unit(s))	1	1	2	2	3	3
Serrano ham* (g)	20	40	60	80	100	120
Fiocchi tricolore (g)	90	180	270	360	450	540
Red cherry tomatoes (g)	125	250	375	500	625	750
Not included						
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)	3728 /891	836 /200
Total fat (g)	46	10
of which saturated(g)	12,2	2,7
Carbonhydrates (g)	79	18
of which sugars (g)	13,6	3
Fiber (g)	9	2
Protein (g)	36	8
Salt (g)	1,9	0,4

Allergens

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



Boil the pasta

- Boil plenty of salted water in a pot or saucepan (see Tip).
- Cook the pasta for 9 - 11 minutes.
- Reserve some of the pasta water, then drain and set aside.

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



Finish

- Heat a drizzle of olive oil in the same pan over medium-high heat. Fry the onion with the pesto rosso and all of the tomatoes for 3 - 5 minutes.
- Add the pasta and mix well to combine, adding a splash of pasta water as necessary if it seems too dry. Season to taste with salt and pepper.
- Meanwhile, finely chop the basil.



Prepare the toppings

- Dice the tomato and halve the cherry tomatoes.
- Slice the onion into half rings.
- Roughly tear the Serrano ham and mozzarella into smaller pieces.
- Heat a clean frying pan over high heat. Toast the pumpkin seeds until they start to pop, then remove from the pan and set aside.



Serve

- Serve the pasta on plates and arrange everything on top.
- Garnish with the basil and the toasted pumpkin seeds.

Enjoy!



Cheese Schnitzel in Sage Butter with Giant Couscous

with lemon mayonnaise, pumpkin & parsnip

Veggie Quick

Total time: 20 - 25 min.



Giant couscous



Veggie cheese schnitzel



Garlic



Shallot



Diced pumpkin



Carrot



Parsnip



Fresh sage



Lemon



Middle Eastern
spice mix



BBQ spice rub



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

Shallots are slightly more delicate and have a more refined flavour than regular onions. So you can use them in much the same way as you would onions - and, with very little effort, take your dish to the next level!



Tear me out!

Before you start

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

Equipment

Deep frying pan, pot or saucepan, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Giant couscous (g)	75	150	225	300	375	450
Veggie cheese schnitzel* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	½	1	1½	2	2½	3
Shallot (unit(s))	½	1	1½	2	2½	3
Diced pumpkin* (g)	75	150	300	300	450	450
Carrot* (unit(s))	½	1	2	2	3	3
Parsnip* (unit(s))	½	1	1	2	2	3
Fresh sage* (g)	5	10	15	20	25	30
Lemon* (unit(s))	½	1	1½	2	2½	3
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
BBQ spice rub (sachet(s))	½	1	1½	2	2½	3
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	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)	4176 /998	786 /188
Total fat (g)	52	10
of which saturated(g)	19,7	3,7
Carbonhydrates (g)	102	19
of which sugars (g)	17,9	3,4
Fiber (g)	14	3
Protein (g)	25	5
Salt (g)	2,2	0,4

Allergens

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



Boil the giant couscous

- Boil plenty of salted water in a pot or saucepan.
- Cook the giant couscous for 12 - 14 minutes, then drain and return to the pot.
- Stir in the **BBQ rub*** and set aside.
- Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat. Fry the pumpkin for 4 - 5 minutes.

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



Make the sauce

- Cut the lemon into 6 wedges.
- In a small bowl, combine the mayonnaise with the juice of 1 lemon wedge per person (see Tip).
- Stir the vegetables into the giant couscous.
- Pull the sage leaves off of the stems.

Health Tip 🍋 if you're watching your calorie intake, substitute half of the mayonnaise with yogurt.



Fry the vegetables

- Wash or peel the parsnip, then finely dice both this and the carrot.
- Transfer to the pumpkin and add a splash of water, then fry for 4 - 5 minutes.
- Meanwhile, chop the shallot and crush or mince the garlic.
- To the vegetables, add the shallot, the garlic and the Middle Eastern spices. Mix well and fry for 2 - 3 more minutes. Season to taste with salt and pepper.



Serve

- Melt a knob of butter in a frying pan over medium-high heat.
- Fry the schnitzel for 3 minutes, then flip. Add the sage and a knob of butter, then fry for another 3 minutes.
- Serve the giant couscous with the schnitzel and the rest of the lemon wedges alongside. Finish with the lemon mayonnaise and the sage.

Enjoy!



'Waterzooi': Classic Belgian Fish Stew

with pollock, vegetables & potatoes

Calorie Smart

Total time: 45 - 55 min.



Bay leaf



Onion



Garlic



Potatoes



Leek



Carrot



Fresh curly parsley



Pollock



Cooking cream



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

Waterzooi was originally prepared with freshwater fish from Ghent's rivers and canals, and was rumoured to be a favourite dish of Emperor Charles V – a Ghent native himself!



Tear me out!

Before you start

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

Equipment

Lidded soup pot

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Bay leaf (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Potatoes (g)	200	400	600	800	1000	1200
Leek* (unit(s))	½	1	2	2	3	3
Carrot* (unit(s))	1	1	2	2	3	3
Fresh curly parsley* (g)	2½	5	7½	10	12½	15
Pollock* (unit(s))	1	2	3	4	5	6
Cooking cream (g)	50	100	150	200	250	300
Not included						
Low sodium fish or vegetable stock (ml)	300	600	900	1200	1500	1800
[Plant-based] butter (tbsp)	1	2	3	4	5	6
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)	2330 /557	253 /60
Total fat (g)	24	3
of which saturated(g)	14,4	1,6
Carbonhydrates (g)	54	6
of which sugars (g)	16,5	1,8
Fiber (g)	14	1
Protein (g)	29	3
Salt (g)	1,4	0,1

Allergens

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



Prepare

- Prepare the stock and add the bay leaf.
- Chop the onion and crush or mince the garlic.
- Thoroughly wash or peel the potatoes, then cut into rough pieces.
- Cut the leek into rings and then wash thoroughly. Wash the carrot and slice into thin crescents.



Chop the parsley

- In the meantime, finely chop the parsley.
- When the potatoes are done, reduce the heat so that the stew is no longer boiling.
- Stir in the cream and half of the parsley, then season to taste with salt and pepper.



Make the waterzooi

- Melt a generous knob of butter in a soup pot over medium-high heat.
- Fry the garlic and onion for 1 - 2 minutes, then add the leek, carrot and potatoes. Mix well and fry for 3 - 4 more minutes.
- Deglaze with the white wine vinegar and the stock.
- Bring to the boil, then cover with the lid and allow to cook for 15 - 20 minutes, or until the potatoes are done.



Serve

- Meanwhile, cut the fish into 2cm chunks and season with salt and pepper.
- Add the fish to the stew and allow to poach for 3 - 5 minutes over low heat, covered.
- Serve the waterzooi in bowls or deep plates. Garnish with the rest of the parsley.

Enjoy!



Pork Tenderloin with Panko-Truffle Coating

with garlicky green beans & potatoes

Quick Health Conscious Choice

Total time: 25 - 30 min.



Pork tenderloin



Potatoes



Garlic



Onion



Green beans



Truffle-style
mayonnaise



Panko breadcrumbs



Dried thyme



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

Green beans are a young, tender variety of beans, and are also called "princess beans" due to their delicate flavour.



Tear me out!

Before you start

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

Equipment

Aluminum foil, lidded deep frying pan, deep plate, lidded pot or saucepan, kitchen paper, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pork tenderloin* (unit(s))	1	2	3	4	5	6
Potatoes (g)	200	400	600	800	1000	1200
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Green beans* (g)	150	300	400	600	700	900
Truffle-style mayonnaise* (g)	25	50	75	100	125	150
Panko breadcrumbs (g)	15	25	40	50	65	75
Dried thyme (sachet(s))	¼	½	¾	1	1¼	1½
Not included						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2828 /676	506 /121
Total fat (g)	33	6
of which saturated(g)	8,3	1,5
Carbonhydrates (g)	53	9
of which sugars (g)	7,7	1,4
Fiber (g)	13	2
Protein (g)	32	6
Salt (g)	0,9	0,2

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan.
- Thoroughly wash the potatoes and cut them into rough pieces, then cook for 12 - 15 minutes, covered. Drain and season to taste with salt and pepper, then set aside.
- Meanwhile, chop the onion and crush or mince the garlic.
- Transfer the panko to a deep plate and season with salt and pepper.



Fry the vegetables

- Meanwhile, discard the tips of the green beans and transfer to a deep frying pan.
- Submerge with a shallow layer of water and add a pinch of salt, then cover with the lid. Bring to a boil and allow to cook gently for 4 - 6 minutes, then drain and return to the pan.
- Drizzle with olive oil, then add the garlic, the onion and the thyme.
- Fry for 3 - 4 minutes over medium-high heat and season to taste with salt and pepper.



Fry the pork tenderloin

- Pat the pork dry with kitchen paper.
- Use half of the truffle-style mayonnaise to coat the pork and then coat it with the panko.
- Melt a knob of butter in a frying pan over medium-high heat.
- Fry the pork for 10 - 13 minutes, then remove from the pan and allow to rest under aluminum foil until serving.



Serve

- Serve the potatoes on plates with everything else alongside.
- Combine the rest of the truffle-style mayonnaise with a teaspoon of water per person. Drizzle this over the potatoes to finish.

Enjoy!



Orzotto with Courgette & Pecorino

with mini Roma tomatoes & rosemary

Veggie Calorie Smart

Total time: 35 - 45 min.



Garlic



Fresh rosemary



Orzo



Shaved almonds



Italian seasoning



Red onion



Courgette



Mini Roma tomatoes



Grated Pecorino DOP



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

Mini Roma tomatoes might look similar to cherry tomatoes, but they actually have fewer seeds and are not as sweet. Perfect for smaller bites, with the same, classic tomato flavour!



Tear me out!

Before you start

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

Equipment

Lidded pot or saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	1	2	3	4	5	6
Fresh rosemary* (sprig)	¼	½	¾	1	1¼	1½
Orzo (g)	75	150	225	300	375	450
Shaved almonds (g)	5	10	15	20	25	30
Italian seasoning (sachet(s))	¼	½	¾	1	1¼	1½
Red onion (unit(s))	½	1	1	2	2	3
Courgette* (unit(s))	½	1	2	2	3	3
Mini Roma tomatoes (g)	150	300	450	600	750	900
Grated Pecorino DOP* (g)	20	40	60	80	100	120
Not included						
Low sodium 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
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2469 /590	418 /100
Total fat (g)	25	4
of which saturated(g)	10,6	1,8
Carbonhydrates (g)	68	12
of which sugars (g)	13,8	2,3
Fiber (g)	8	1
Protein (g)	19	3
Salt (g)	1,5	0,3

Allergens

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



Chop the vegetables

- Prepare the stock.
- Chop the onion and crush or mince the garlic.
- Slice the courgette into crescents and halve the tomatoes.
- Discard the rosemary stalk and finely chop the leaves.

Did you know... 🌱 thanks to the vegetables, almonds and cheese, this recipe provides around a quarter of the RDA of calcium.



Fry the vegetables

- Heat a drizzle of olive oil in the same frying pan over medium-high heat.
- Fry the courgette with the garlic and the rest of the rosemary for 3 - 4 minutes.
- Add the tomatoes and fry for another 3 - 4 minutes (see Tip).

Tip: if you have time, transfer the tomatoes to an oven dish and drizzle with olive oil. Season with salt and pepper, then roast in the oven at 200°C for 15 minutes. Top the orzotto with the roasted tomatos when serving.



Make the orzotto

- Melt a knob of butter in pot or saucepan and fry the onion for 2 minutes over medium-low heat.
- Stir in the orzo and toast the grains for 1 minute, then pour in the stock and cover with the lid.
- Boil the orzo for 8 – 10 minutes, stirring well so as to prevent the orzo from sticking to the bottom of the pan.
- Add a splash of water as necessary if it seems too dry.



Season the orzotto

- Stir the Italian seasoning into the orzotto, along with the vegetables and half of the cheese.
- Season to taste with salt and pepper.



Toast the almonds

- In the meantime, heat a clean frying pan over high heat.
- Toast the shaved almonds with half of the rosemary until lightly browned, then remove from the pan and set aside.



Serve

- Serve the orzotto on plates.
- Garnish with the rosemary almonds and the rest of the cheese.

Enjoy!



Cheesy Chicken Tortilla Bake with Sour Cream

with tomato salsa & corn

Quick

Total time: 25 - 30 min.



Flour tortillas



Chicken mince with Mexican seasoning



Garlic



Red onion



Corn



Tomato



Carrot



Tomato paste



Mexican-style spices



Smoked paprika



Grated cheddar



Organic sour cream



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

Did you know that Cheddar is also the name of a village in England? The cheese originated there and quickly became one of the most popular cheeses in the world!



Tear me out!

Before you start

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

Equipment

Oven dish, small bowl, sieve, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken mince with Mexican seasoning* (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
Corn (g)	70	140	210	285	350	425
Tomato (unit(s))	1½	3	5	6	8	9
Carrot* (unit(s))	½	1	¾	1	1¼	2
Tomato paste (can)	½	1	1½	2	2½	3
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Smoked paprika (tsp)	1½	3	4½	6	7½	9
Grated cheddar* (g)	25	50	75	100	125	150
Organic sour cream* (g)	25	50	75	100	125	150
Flour tortillas (unit(s))	2	4	6	8	10	12
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium chicken stock (ml)	25	50	75	100	125	150
White wine vinegar (tsp)	1	2	3	4	5	6
Extra virgin olive oil (totaste)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3071 /734	504 /120
Total fat (g)	31	5
of which saturated(g)	15,1	2,5
Carbonhydrates (g)	72	12
of which sugars (g)	20,8	3,4
Fiber (g)	12	2
Protein (g)	38	6
Salt (g)	3,1	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. Prepare the stock and drain the corn.
- Chop the onion and crush or mince the garlic.
- Finely dice the carrot.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the carrot, the corn and the garlic with two thirds of the onion for 1 - 2 minutes (see Tip).

Tip: if you don't like raw onion, fry all of it here instead.



Assemble

- Top the tortillas with the filling, then roll them up and transfer to an oven dish.
- Scatter over the cheese and bake in the oven for 5 - 10 minutes.

Did you know... 🌽 corn is rich in magnesium, which plays an important role in the formation of bones and muscles. Other good sources of magnesium include peanuts, pulses, bananas, wholegrains and cocoa.



Make the filling

- Add the mince, the smoked paprika and the **Mexican-style spices*** and fry for 4 - 5 minutes, separating the mince as you do so.
- Meanwhile, dice the tomato.
- Add the tomato paste and fry for 1 minute.
- Add the stock and half of the tomato and fry for 2 - 4 more minutes.

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



Serve

- In a small bowl, combine the rest of the tomato and onion with the white wine vinegar.
- Add some extra virgin olive oil as preferred, then season to taste with salt and pepper.
- Serve the tortilla bake with the salsa and the sour cream alongside.

Enjoy!



Sticky Mushrooms with Fried Egg

over mashed potatoes with pak choi & scallions

Veggie Health Conscious Choice

Total time: 30 - 40 min.



Potatoes



Pak choi



Chestnut mushrooms



Korean-style spice mix



Scallions



East Asian-style sauce



Ketjap manis



Egg



Beansprouts



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

Pak choi has a slightly sweet, mustard-like flavour and crisp texture. It's a versatile vegetable that can be incorporated into all kinds of dishes, like soups, salads and stir-fries.



Tear me out!

Before you start

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

Equipment

Lidded pot or saucepan, potato masher, 2x frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Pak choi* (unit(s))	½	1	1½	2	2½	3
Chestnut mushrooms* (g)	125	250	400	500	650	750
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
Scallions* (bunch)	½	1	1½	2	2½	3
East Asian-style sauce* (g)	35	70	105	140	175	210
Ketjap manis (ml)	20	40	60	80	100	120
Egg* (unit(s))	1	2	3	4	5	6
Beansprouts* (g)	25	50	50	100	100	150
Not included						
Olive oil (tbsp)	1¼	3¼	5¼	7	8¾	10¼
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2770 /662	403 /96
Total fat (g)	28	4
of which saturated(g)	5	0,7
Carbonhydrates (g)	77	11
of which sugars (g)	23,1	3,4
Fiber (g)	15	2
Protein (g)	21	3
Salt (g)	3,4	0,5

Allergens

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



Boil the potatoes

- Wash or peel the potatoes, then cut them into rough pieces and transfer to a pot or saucepan.
- Submerge with water and boil for 12 - 15 minutes, covered.
- Reserve some of the cooking liquid before draining and setting aside.
- Discard the base of the pak choi and finely chop the rest, keeping the leaves and the stem separate.



Make the sticky mushrooms

- Heat a drizzle of olive oil in the same pan over medium-high heat. Fry the mushrooms with the white part of the scallions for 5 - 7 minutes.
- Add the beansprouts, the ketjap and the East Asian-style sauce. Mix well and fry for 2 - 3 minutes.
- Meanwhile, heat a light drizzle of olive oil in a frying pan and fry the egg.



Chop the vegetables

- Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the pak choi stems for 4 minutes, then add the leaves and fry for 1 more minute.
- Season with salt and pepper, then remove from the pan and set aside.
- Meanwhile, finely chop the scallions and separate the white part from the greens.
- Slice the mushrooms.



Serve

- Mash the potatoes with a splash of the reserved cooking liquid and a drizzle of olive oil.
- Stir in the Korean-style spices and the pak choi.
- Serve the mash on deep plates.
- Top with the mushrooms and the fried egg, then garnish with the scallion greens.

Enjoy!



Hearty Beef & Pork Pie with BBQ Rub

with carrot, tomato & celery

Family

Total time: 40 - 50 min.



Onion



Carrot



Beef-pork mince
with Italian herbs



Worcestershire sauce



BBQ spice rub



Puff pastry



Celery



Tomato



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

Puff pastry is a light, flaky dough made by layering butter and dough
through repeated rolling. When baked, it puffs up into crisp, airy layers -
perfect for a whole range of dishes!



Tear me out!

Before you start

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

Equipment

Deep frying pan, oven dish

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
Beef-pork mince with Italian herbs* (g)	100	200	300	400	500	600
Worcestershire sauce (g)	10	15	25	30	40	45
BBQ spice rub (sachet(s))	½	¾	1	1½	1¾	2
Puff pastry* (roll(s))	½	¾	1	1½	1¾	2
Celery* (sprig)	1	2	2	4	4	6
Tomato (unit(s))	1	1	2	2	3	3
Not included						
Low sodium beef stock (ml)	50	100	150	200	250	300
[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)	3222 /770	586 /140
Total fat (g)	48	9
of which saturated(g)	23,7	4,3
Carbonhydrates (g)	58	10
of which sugars (g)	17,5	3,2
Fiber (g)	10	2
Protein (g)	26	5
Salt (g)	2,1	0,4

Allergens

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



Fry the vegetables

- Preheat the oven to 200°C and prepare the stock.
- Chop the onion and dice the tomato. Dice the carrot.
- Halve the celery lengthways and then finely chop it.
- Melt a knob of butter in a deep frying pan over medium-high heat. Fry the onion with the carrot and celery for 4 - 5 minutes.



Assemble

- Transfer the filling to an oven dish.
- Top with the puff pastry and use a fork to pierce the surface several times.
- Bake the pie in the oven for 20 - 25 minutes or until the pastry is golden-brown.



Make the filling

- Stir in the mince and fry for 3 more minutes, separating it as you do so.
- Add the tomato, the Worcestershire sauce, the **BBQ rub*** and the stock.
- Bring to the boil and allow to reduce for 2 - 3 minutes, or as needed.
- Season to taste with salt and pepper.

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



Serve

- Serve the pie on plates.

Enjoy!



Creamy Eggplant Conchiglie

with goat's cheese, fresh herbs & bell pepper

Veggie

Total time: 30 - 40 min.



Onion



Garlic



Tomato paste



Sicilian-style herb mix



Roma tomato



Fresh goat's cheese



Conchiglie



Cooking cream



Eggplant



Fresh flat leaf
parsley & basil



Bell pepper



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

Early European versions of eggplant were smaller and had a yellow or white colour; they looked like eggs, hence the name "eggplant"!

Tear me out!



Before you start

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

Equipment

Large deep frying pan with lid, pot or saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Tomato paste (can)	¼	½	1	1½	1½	2
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Roma tomato (unit(s))	1	1	2	2	3	3
Fresh goat's cheese* (g)	50	75	125	150	200	225
Conchiglie (g)	90	180	270	360	450	540
Cooking cream (g)	75	150	225	300	375	450
Eggplant* (unit(s))	½	1	2	2	3	3
Fresh flat leaf parsley & basil* (g)	5	10	15	20	25	30
Bell pepper* (unit(s))	½	1	1	2	2	3
Not included						
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
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)	3117 /745	571 /136
Total fat (g)	29	5
of which saturated(g)	15,9	2,9
Carbonhydrates (g)	92	17
of which sugars (g)	26,1	4,8
Fiber (g)	10	2
Protein (g)	26	5
Salt (g)	1,8	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 for the conchiglie, then crumble in half of the stock cube (see pantry for amount).
- Chop the onion and crush or mince the garlic.



Chop the vegetables

- Cut the bell pepper into thin strips.
- Chop the eggplant into 1cm chunks and then dice the tomato.



Boil the conchiglie

- Boil the conchiglie for 9 - 11 minutes.
- Reserve at least 45ml pasta water per person, then drain and set aside.



Fry the vegetables

- Heat a drizzle of olive oil in a large deep frying pan over medium-high heat.
- Fry the onion with the bell pepper and eggplant for 5 - 7 minutes, or until the eggplant is golden-brown.
- Stir in the garlic, Sicilian herbs and tomato paste and fry for 2 - 3 more minutes.
- Season to taste with salt and pepper.



Make the sauce

- Crumble in the rest of the stock cube, then add the tomato, cream, sugar and pasta water.
- Cover with the lid and allow to simmer for 6 - 8 minutes.
- Finely chop the fresh herbs in the meantime.



Serve

- Stir the conchiglie into the vegetables and mix well to combine, then serve.
- Crumble over the goat's cheese and garnish with the fresh herbs.

Enjoy!



Harissa Shrimp Linguine with Parmigiano Reggiano

with Romano pepper & oregano

Family Calorie Smart

Total time: 35 - 45 min.



Romano pepper



Garlic



Red onion



Parmigiano
Reggiano DOP



Linguine



Dried oregano



Harissa



Shrimp



Chopped tomatoes
with basil



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

There is a special ingredient in your box! Parmigiano Reggiano owes its name to the Italian provinces of Parma and Reggio Emilia. A true D.O.P. cheese!



Tear me out!

Before you start

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

Equipment

Aluminum foil, lidded frying pan, microplane, pot or saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Romano pepper* (unit(s))	½	1	2	2	3	3
Garlic (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	½	1	1	2	2	3
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Linguine (g)	90	180	270	360	450	540
Dried oregano (sachet(s))	¼	½	¾	1	1¼	1½
Harissa* (g)	15	30	45	60	75	90
Shrimp* (g)	80	160	240	320	400	480
Chopped tomatoes with basil (pack)	½	1	1½	2	2½	3
Not included						
Red wine vinegar (tsp)	¼	½	¾	1	1¼	1½
Sugar (tsp)	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (totaste)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2778 /664	539 /129
Total fat (g)	18	3
of which saturated(g)	4,6	0,9
Carbonhydrates (g)	88	17
of which sugars (g)	20,8	4
Fiber (g)	9	2
Protein (g)	32	6
Salt (g)	3	0,6

Allergens

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



Chop the vegetables

- Boil plenty of water in a pot or saucepan. Cook the linguine for 9 - 11 minutes, then drain and set aside.
- Cut the Romano pepper into rings.
- Chop the onion and crush or mince the garlic.



Make the sauce

- Heat a drizzle of olive oil in the same pan over medium-high heat. Fry the garlic and onion for 1 - 2 minutes.
- Add the chopped tomatoes, the oregano, the harissa, the red wine vinegar and the sugar.
- Mix well, then cover with the lid and allow to simmer for 6 - 8 minutes.
- Grate the Parmigiano Reggiano in the meantime.



Fry the Romano pepper

- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the Romano pepper for 3 - 4 minutes.
- Stir in the shrimp and fry for 3 more minutes, seasoning to taste with salt and pepper.
- Remove everything from the pan and set aside under aluminum foil.



Serve

- Transfer the linguine and the Romano pepper mixture to the sauce and toss well to combine.
- Drizzle with extra virgin olive oil as preferred, then season to taste with salt and pepper.
- Serve the linguine on plates. Garnish with the Parmigiano Reggiano.

Enjoy!



Tuna Salad with Baked Sweet Potato

with crunchy cucumber slaw, dill & chives

Health Conscious Choice

Total time: 50 - 60 min.



Sweet potato



Apple



Red onion



Rainbow slaw mix



Organic sour cream



Cucumber



Tuna packed in water



Fresh dill & chives



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

Apple is the perfect addition to a tuna salad! It provides an extra crisp bite, as well as sweetness to balance out the rich, savoury flavours from the tuna, onion and chives.



Tear me out!

Before you start

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

Equipment

Aluminum foil, parchment-lined baking sheet, 2x bowl, sieve

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Sweet potato (g)	300	450	600	900	1050	1350
Apple* (unit(s))	½	1	2	2	3	3
Red onion (unit(s))	½	1	1	2	2	3
Rainbow slaw mix* (g)	50	100	200	200	300	300
Organic sour cream* (g)	50	100	150	200	250	300
Cucumber* (unit(s))	½	1	1	2	2	3
Tuna packed in water (can)	1	1	2	2	3	3
Fresh dill & chives* (g)	5	10	15	20	25	30
Not included						
Mustard (tsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
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)	2310 /552	345 /83
Total fat (g)	19	3
of which saturated(g)	5	0,7
Carbonhydrates (g)	70	10
of which sugars (g)	28,9	4,3
Fiber (g)	10	2
Protein (g)	21	3
Salt (g)	0,8	0,1

Allergens

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



Prepare

- Preheat the oven to 210°C.
- Wash or peel the sweet potato and then dice it. Prepare a 30cm square of aluminum foil per person.
- Transfer the sweet potato to the foil and drizzle with olive oil. Season with salt and pepper, then toss well to coat.
- Fold up the foil so as make parcels, then transfer to a parchment-lined baking sheet.



Make the tuna salad

- Drain the tuna. Finely dice the apple and finely chop the chives. Finely chop the onion.
- In a bowl, combine the honey with the mustard.
- Add the onion, sour cream, tuna and apple, along with two-thirds of the chives.
- Mix well to combine, seasoning to taste with salt and pepper. Set aside until serving.



Make the slaw

- Bake in the oven for 35 - 40 minutes (see Tip).
- Dice the cucumber and chop the dill.
- In a bowl, combine the white wine vinegar with the extra virgin olive oil.
- Add the cucumber, the dill and the slaw mix, then toss well to combine. Season to taste with salt and pepper.

Tip: use a fork to check the sweet potatoes after 30 minutes and bake for more or less time as necessary.



Serve

- Take the sweet potato parcels out of the oven when they're done. Take care, as the parcels may release hot steam.
- Serve the sweet potato on plates and top with the tuna salad.
- Scatter the rest of the chives over the tuna salad and sweet potato.
- Serve the cucumber slaw on the side.

Enjoy!



Salmon with Baby Potato Salad

with apple, fennel & dill

Quick Health Conscious Choice

Total time: 25 - 30 min.



Fennel



Apple



Red onion



Arugula & lamb's lettuce



Baby potatoes



Salmon fillet



Fresh dill



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

Dill is a great addition to any garden! This fragrant herb is relatively easy to grow, dual-purpose (both the seeds and leaves are edible), and it attracts pollinators – to keep your garden thriving!



Tear me out!

Before you start

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

Equipment

Lidded pot or saucepan, salad bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Fennel* (unit(s))	½	1	1½	2	2½	3
Apple* (unit(s))	½	1	2	2	3	3
Red onion (unit(s))	½	1	1	2	2	3
Arugula & lamb's lettuce* (g)	20	40	60	90	100	130
Baby potatoes (g)	200	400	600	800	1000	1200
Salmon fillet* (unit(s))	1	2	3	4	5	6
Fresh dill* (g)	2½	5	7½	10	12½	15
Not included						
Mustard (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	1	2	3	4	5	6
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2573 /615	444 /106
Total fat (g)	31	5
of which saturated(g)	7,7	1,3
Carbonhydrates (g)	52	9
of which sugars (g)	16,9	2,9
Fiber (g)	12	2
Protein (g)	26	4
Salt (g)	0,6	0,1

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.
- Wash the baby potatoes and cut them in half, or any larger ones into quarters.
- Boil the potatoes for 12 - 15 minutes, covered, then drain and rinse under cold water.



Make the salad

- In a salad bowl, combine the mayonnaise with the mustard, the white wine vinegar and the dill.
- Season to taste with salt and pepper.
- Transfer the baby potatoes, apple, fennel and lettuce to the salad bowl and toss well to combine with the dressing.
- Season to taste with salt and pepper.



Chop the vegetables

- Quarter the fennel and remove the tough core, then chop the fennel into strips.
- Core and dice the apple.
- Slice the onion into half rings and finely chop the dill.



Serve

- Melt a knob of butter in a frying pan over medium-high heat.
- Fry the onion with the fish for 2 - 3 minutes on its skin, then flip and fry for 2 more minutes. Season to taste with salt and pepper.
- Serve the fish on plates. Stir the onion into the salad and serve alongside.

Enjoy!



Bulgogi Steak Bowl










over rice with sesame slaw & gomashio

Quick Calorie Smart

Total time: 25 - 30 min.



There is a special ingredient in your box! Meatier steak comes from carefully selected cattle, raised under the best conditions, with a comfortable and spacious pasture.
Scan the QR code to learn more about this supplier!

- | | |
|--|---|
|  |  |
| White long grain rice | Garlic |
|  |  |
| Red onion | Cucumber |
|  |  |
| Slaw mix | Bulgogi sauce |
|  |  |
| Sesame oil | Gomashio |
|  | |
| Steak | |



Before you start

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

Equipment

Aluminum foil, bowl, pot or saucepan, salad bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
White long grain rice (g)	75	150	225	300	375	450
Garlic (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1½	2	2½	3
Cucumber* (unit(s))	½	1	1½	2	2½	3
Slaw mix* (g)	50	100	150	200	250	300
Bulgogi sauce (g)	20	35	55	70	90	105
Sesame oil (ml)	5	10	15	20	25	30
Gomashio (sachet(s))	½	1	1½	2	2½	3
Steak* (unit(s))	1	2	3	4	5	6
Not included						
Low sodium vegetable stock (ml)	200	400	600	800	1000	1200
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	¼	½	¾	1	1½	1½
Water for the sauce (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	¼	½	¾	1	1½	1½
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2853 /682	419 /100
Total fat (g)	24	4
of which saturated(g)	5,6	0,8
Carbonhydrates (g)	83	12
of which sugars (g)	16,2	2,4
Fiber (g)	4	1
Protein (g)	32	5
Salt (g)	1,9	0,3

Allergens

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



Prepare

- Take the steak out of the fridge and allow it to reach room temperature (see Tip).
- Prepare the stock.
- Slice the onion into half rings and crush or mince the garlic.
- Slice the cucumber into crescents and transfer to a bowl.

Tip: for the best result, take the steak out of the fridge 30 - 60 minutes before you start cooking. Be sure to remove it from the packaging.



Fry the steak

- In a salad bowl, combine the sesame oil with the mayonnaise and the slaw mix. Season to taste with salt and pepper.
- Melt a small knob of butter in a frying pan over medium-high heat. When the pan is nice and hot, fry the steak and onion for 1 - 3 minutes per side.
- Remove the steak from the pan and allow to rest under aluminum foil.
- To the onion, add the bulgogi sauce and the water for the sauce. Cook for 1 minute.



Boil the rice

- Heat a light drizzle of olive oil in a pot or saucepan over low heat and fry the garlic for 1 - 2 minutes.
- Add the rice and the stock, then boil for 10 - 15 minutes.
- Remove from the heat and allow to rest for 5 minutes, then drain if necessary and set aside.
- Meanwhile, add the white wine vinegar and the sugar to the cucumber. Toss well to combine and set aside until serving, stirring occasionally.



Serve

- Shortly before serving, thinly slice the steak against the grain.
- Serve the rice on deep plates and top with the steak, then drizzle with the bulgogi sauce.
- Serve with the cucumber and the slaw.
- Garnish with the gomashio to finish.

Enjoy!



Chicken Sausages over Creamy Pesto Spaghetti

with mushrooms, leek & Italian seasoning

Family Quick

Total time: 25 - 30 min.



Chicken sausage



Red onion



Mushrooms



Leek



Cooking cream



Spaghetti



Green pesto



Italian seasoning



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

Pesto originates from the Italian city of Genoa, the capital of the Liguria region. The version we're now familiar with was first recorded in a cookbook in 1863, but it can be traced back as far as Roman times!



Tear me out!

Before you start

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

Equipment

Deep frying pan, lidded frying pan, pot or saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken sausage* (unit(s))	2	4	6	8	10	12
Red onion (unit(s))	½	1	1½	2	2½	3
Mushrooms* (g)	60	125	190	250	315	375
Leek* (unit(s))	½	1	1½	2	2½	3
Cooking cream (g)	75	150	225	300	375	450
Spaghetti (g)	90	180	270	360	450	540
Green pesto* (g)	20	40	60	80	100	120
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Not included						
[Plant-based] butter (tbsp)	¾	1½	2¼	3	3¾	4½
Low sodium vegetable stock cube (unit(s))	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)	3506 /838	673 /161
Total fat (g)	40	8
of which saturated(g)	18,1	3,5
Carbonhydrates (g)	80	15
of which sugars (g)	13,1	2,5
Fiber (g)	10	2
Protein (g)	37	7
Salt (g)	1,9	0,4

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cut the leek into thin rings and slice the mushrooms.
- Chop the onion into half-rings.



Make the sauce

- Melt a knob of butter in a frying pan over medium-high heat.
- Fry the sausages for 3 minutes until evenly browned, then cover with the lid and fry for 6 more minutes or until done. Turn the sausages regularly.
- To the vegetables, add the cream, the Italian seasoning and the pesto.
- Mix well to combine and allow to simmer gently for 2 minutes.



Fry the vegetables

- Boil the spaghetti for 10 - 12 minutes, then reserve a cup of pasta water before draining and setting aside.
- Melt a small knob of butter in a deep frying pan over medium-high heat and fry the mushrooms, leek and onion for 6 - 8 minutes.
- Season to taste with salt and pepper.



Serve

- Slice the sausages.
- Transfer the pasta to the sauce, add 30ml pasta water per person and mix well to combine.
- Season to taste with salt and pepper.
- Serve the pasta on plates and top with the sausages.

Enjoy!



Noodles with Garlic Shrimp

with stir-fried vegetables in ketjap sauce

Family Quick

Total time: 15 - 20 min.



Vegetable mix with cabbage



Ketjap manis



Crispy fried onions



Cornstarch



Shrimp



Lime



Garlic



Wholewheat noodles



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

Cornstarch is commonly used to thicken sauces and create a smooth, glossy finish. To avoid clumps, mix it with a little bit of cold water before adding it to your sauce.



Tear me out!

Before you start

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

Equipment

Pot or saucepan, saucepan, frying pan, wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Vegetable mix with cabbage* (g)	200	400	600	800	1000	1200
Ketjap manis (ml)	40	80	120	160	200	240
Crispy fried onions (g)	15	30	45	60	75	90
Cornstarch (sachet(s))	¼	½	¾	1	1¼	1½
Shrimp* (g)	80	160	240	320	400	480
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Garlic (unit(s))	½	1	1½	2	2½	3
Wholewheat noodles (g)	50	100	150	200	250	300
Not included						
Sunflower oil (tbsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
White wine vinegar (tsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	25	50	75	100	125	150
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)	3197 /764	677 /162
Total fat (g)	38	8
of which saturated(g)	16,8	3,6
Carbonhydrates (g)	79	17
of which sugars (g)	31,3	6,6
Fiber (g)	9	2
Protein (g)	22	5
Salt (g)	3,6	0,8

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 noodles for 4 - 5 minutes until al dente, then drain and return to the pot.
- Drizzle with sunflower oil and toss well to coat, then set aside.
- Meanwhile, heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat.
- Fry the vegetable mix for 6 - 8 minutes, seasoning with salt and pepper.



Fry the shrimp

- Crush or mince the garlic.
- Melt a knob of butter in a frying pan over medium-high heat. Fry the shrimp with the garlic for 2 - 3 minutes until done.
- Transfer the noodles, the shrimp and the ketjap sauce to the vegetables.
- Mix well to combine, then stir-fry for 1 more minute over high heat. Season to taste with salt and pepper.



Make the sauce

- Prepare the stock in a saucepan over medium-low heat.
- Add a generous knob of butter, the ketjap, the cornstarch, the white wine vinegar and the sambal (see Tip).
- Mix well to combine and allow to reduce gently until further use.

Health Tip 🥒 if you're watching your salt intake, use just half of the ketjap and then add more later when serving as preferred.



Serve

- Cut the lime into wedges and squeeze one wedge per person directly into the noodles, then serve in bowls or on deep plates.
- Garnish with the crispy onions and serve any remaining lime wedges alongside.

Enjoy!



Venison Meatballs in Fusion BBQ-Curry Sauce

with potato wedges & green beans

Quick Calorie Smart

Total time: 15 - 20 min.



Provençal
venison meatballs



Potato wedges



Green beans



BBQ Sauce



Curry sauce



BBQ spice rub



Babette's favorite

Our recipe developer Babette says:

"The sweetness of the BBQ, the tanginess of the curry, the spiciness of the mustard and the saltiness of the beef stock combine to create a flavour bomb of a sauce - combined with the venison meatballs, the star of this dish!"



Before you start

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

Equipment

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Provençal venison meatballs* (unit(s))	6	12	18	24	30	36
Potato wedges* (g)	200	400	600	800	1000	1200
Green beans* (g)	200	400	600	800	1000	1200
BBQ Sauce (g)	25	50	75	100	125	150
Curry sauce* (ml)	20	40	60	80	100	120
BBQ spice rub (sachet(s))	½	1	1½	2	2½	3
Not included						
Sunflower oil (tbsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Low sodium beef stock (ml)	75	150	225	300	375	450
Olive oil (tbsp)	½	1	1½	2	2½	3
Flour (tsp)	1	2	3	4	5	6
Mustard (tsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (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)	2732 /653	417 /100
Total fat (g)	30	5
of which saturated(g)	7,3	1,1
Carbonhydrates (g)	58	9
of which sugars (g)	16,2	2,5
Fiber (g)	14	2
Protein (g)	28	4
Salt (g)	1,6	0,2

Allergens

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



Fry the wedges

- Heat a drizzle of sunflower oil in a frying pan over medium-high heat.
- Fry the potato wedges for 13 minutes, then stir in the **BBQ rub*** and drizzle with sunflower oil.
- Fry for 1 more minute, seasoning with salt and pepper.
- Prepare the stock in the meantime.

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



Make the sauce

- Melt a knob of butter in a frying pan over medium-high heat and fry the meatballs for 8 - 9 minutes until evenly browned.
- Remove from the pan and set aside under aluminum foil.
- In the same pan, fry the flour for 1 minute over medium-high heat until lightly browned, stirring constantly.
- Add the BBQ sauce, the curry sauce and the mustard, then pour in the stock.



Prepare the green beans

- Meanwhile, discard the tips of the green beans.
- Transfer to a pot or saucepan and cover with a shallow layer of water.
- Add a pinch of salt, then cover with the lid and bring to the boil. Allow to cook for 6 - 8 minutes, then drain if necessary.
- Drizzle with olive oil and season to taste with salt and pepper.



Serve

- Mix well to combine, then lower the heat. Allow to thicken and reduce for 2 minutes, adding a splash of water as necessary if it seems too thick.
- Return the meatballs to the pan and toss well to coat with the sauce.
- Serve the potatoes, green beans and meatballs on plates. Drizzle over the sauce and serve with mayonnaise as preferred.

Enjoy!



BBQ Chicken Pitas with Cucumber Slaw

with fresh herbs, fried onion & Romano pepper

Calorie Smart Express

Total time: 15 - 20 min.



Chicken fillets



BBQ Sauce



Pita bread



Cucumber



Onion



Fresh chives, dill
& flat leaf parsley



Garlic



Romano pepper



Rainbow slaw mix



June's favorite

Our recipe developer June says:

"This recipe is quick and easy to prepare. Plus, you don't need many pots and pans, so there's not much washing up to do! The BBQ sauce is an important flavour enhancer in this light meal."



Before you start

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

Equipment

Salad bowl, 2x frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken fillets* (g)	100	200	300	400	500	600
BBQ Sauce (g)	25	50	75	100	125	150
Pita bread (unit(s))	2	4	6	8	10	12
Cucumber* (unit(s))	¼	½	1	1	1½	1½
Onion (unit(s))	½	1	1	2	2	3
Fresh chives, dill & flat leaf parsley* (g)	5	10	15	20	25	30
Garlic (unit(s))	¼	½	¾	1	1¼	1½
Romano pepper* (unit(s))	½	1	1	2	2	3
Rainbow slaw mix* (g)	50	100	200	200	300	300
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tbsp)	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)	2690 /643	537 /128
Total fat (g)	23	5
of which saturated(g)	3,3	0,7
Carbonhydrates (g)	70	14
of which sugars (g)	21	4,2
Fiber (g)	8	1
Protein (g)	36	7
Salt (g)	1,9	0,4

Allergens

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



Prepare

- Preheat the oven to 200°C. Heat the pitas in the oven for 4 - 6 minutes, or use a toaster.
- Cut the Romano pepper into thin rings.
- Heat a light drizzle of olive oil in a frying pan over medium-high heat. Fry the chicken and Romano Pepper for 5 - 6 minutes.
- Remove from the heat and stir in the BBQ sauce. Season to taste with salt and pepper.



Make the slaw

- In a salad bowl, combine the honey with the white wine vinegar and the mayonnaise. Season to taste with salt and pepper.
- Add the cucumber, slaw mix, garlic and fresh herbs.
- Season to taste with salt and pepper, then toss well to combine.



Fry the onion

- Slice the onion into thin half rings. Heat a light drizzle of olive oil in a frying pan over medium-high heat.
- Fry the onion for 3 - 4 minutes, then deglaze with the balsamic vinegar. Season to taste with salt and pepper.
- Slice the cucumber into crescents.
- Roughly chop the fresh herbs. Crush or mince the garlic.



Serve

- Cut open the pitas and stuff with the fillings as preferred.
- Serve any remaining slaw alongside.

Enjoy!