Hearty Beef & Pork Pie with BBQ Rub

with carrot, tomato & celery

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




Beef-pork mince with Italian herbs


Worcestershire sauce


BBQ spice rub


Puff pastry


Tomato


Mix of carrot, onion and celery

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Beef-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))	⅓	⅔	1	1⅓	1⅔	2
Puff pastry* (roll(s))	⅓	⅔	1	1⅓	1⅔	2
Tomato (unit(s))	1	2	3	4	5	6
Mix of carrot, onion and celery* (g)	200	400	600	800	1000	1200
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	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3180 /760	577 /138
Total fat (g)	48	9
of which saturated(g)	23,6	4,3
Carbonhydrates (g)	53	10
of which sugars (g)	12,3	2,2
Fiber (g)	7	1
Protein (g)	26	5
Salt (g)	2,3	0,4

Allergens

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

1



Fry the vegetables

- Preheat the oven to 200°C and prepare the stock.
- Melt a knob of butter in a deep frying pan over medium-high heat and fry the vegetable mix for 4 - 5 minutes.
- Dice the tomato in the meantime.

2



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 spice 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.*

3



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.

4



Serve

- Serve the pie on plates.

Harissa Shrimp Linguine with Parmigiano Reggiano

with fresh basil & Romano pepper

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



- Romano pepper
- Garlic
- Red onion
- Tomato
- Fresh basil
- Parmigiano Reggiano DOP
- Linguine
- Passata
- Harissa
- Shrimp
- Hello Provence

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
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
Tomato (unit(s))	½	1	1½	2	2½	3
Fresh basil* (g)	2½	5	7½	10	12½	15
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Linguine (g)	90	180	270	360	450	540
Passata (g)	100	200	300	390	500	590
Harissa* (g)	15	30	45	60	75	90
Shrimp* (g)	80	160	240	320	400	480
Hello Provence (sachet(s))	¼	½	¾	1	1¼	1½
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	to taste					
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2623 /627	564 /135
Total fat (g)	18	4
of which saturated(g)	4,4	0,9
Carbonhydrates (g)	82	18
of which sugars (g)	16,1	3,5
Fiber (g)	7	1
Protein (g)	32	7
Salt (g)	1,7	0,4

Allergens

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

1



Chop the vegetables

- Boil plenty of water in a pot or saucepan. 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.
- Finely dice the tomato. Cut the basil leaves into thin ribbons.

3



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 passata, the tomato, the Hello Provence, 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.

2



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.

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

4



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 basil and the Parmigiano Reggiano.

Creamy Mushroom Rigatoni

with truffle-style oil, broccolini & spinach

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



- Rigatoni
- Broccolini
- Mushrooms
- Grated Pecorino DOP
- Truffle-style olive oil
- Garlic
- Red onion
- Spinach
- Hello Umami
- Fresco spalmabile - cream cheese

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Rigatoni (g)	90	180	270	360	450	540
Broccolini* (g)	50	100	200	200	300	300
Mushrooms* (g)	125	250	400	500	650	750
Grated Pecorino DOP* (g)	20	40	60	80	100	120
Truffle-style olive oil (ml)	4	8	12	16	20	24
Garlic (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	½	1	1	2	2	3
Spinach* (g)	75	150	200	300	350	450
Hello Umami (sachet(s))	½	1	1½	2	2½	3
Fresco spalmabile - cream cheese* (g)	25	50	75	100	125	150
Not included						
Mustard (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2720 /650	585 /140
Total fat (g)	23	5
of which saturated(g)	9,1	2
Carbonhydrates (g)	78	17
of which sugars (g)	9,7	2,1
Fiber (g)	10	2
Protein (g)	29	6
Salt (g)	2	0,4

Allergens

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

1



Cook the pasta

- Boil plenty of water in a pot or saucepan and cook the pasta for 10 - 12 minutes.
- Reserve 50ml pasta water per person, then drain and set aside.
- Heat a light drizzle of olive oil in a frying pan over high heat.
- Fry the broccolini for 4 - 6 minutes, or until evenly browned.

2



Chop the vegetables

- Deglaze the broccolini with a splash of water, then cover with the lid and allow to cook for 4 - 5 minutes over medium-low heat.
- Season to taste with salt and pepper.
- Meanwhile, slice the mushrooms.
- Chop the onion and crush or mince the garlic.

3



Make the sauce

- Heat a light drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the onion, the mushrooms and the garlic for 6 - 8 minutes. Season to taste with salt and pepper.
- Reduce the heat, then add the cream cheese, the mustard and the pasta water.
- Crumble in the stock cube and mix well (see pantry for amount).

4



Serve

- Tear the spinach directly into the pan, then bring to the boil and allow to simmer for 1 minute.
- Remove from the heat and stir in the pecorino, the Hello Umami and the pasta. Season to taste with salt and pepper.
- Serve the pasta on plates and top with the broccolini.
- Drizzle with the truffle-style olive oil to finish.

Cheesy Beef Taquitos

on wholewheat tortillas with tomato salsa & yogurt

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



- Wholewheat mini tortilla
- Red onion
- Roma tomato
- Organic full-fat yogurt
- Fresh coriander
- Bell Pepper
- Passata
- Smoked paprika
- Shredded mozzarella
- Seasoned beef mince
- Garlic & herb seasoning

Recipe Developer Sarah: "The word 'taquito' translates to 'small taco'. In Mexico, they are also called 'flautas', which means 'flute' and refers to their thin, rolled shape. They can be filled with different types of meat - in this case, seasoned ground beef!"

NUTRI-SCORE A B C D E

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Wholewheat mini tortilla (unit(s))	4	8	12	16	20	24
Red onion (unit(s))	½	1	2	2	3	3
Roma tomato (unit(s))	½	1	2	2	3	3
Organic full-fat yogurt* (g)	25	50	75	100	125	150
Fresh coriander* (g)	5	10	15	20	25	30
Bell Pepper* (unit(s))	½	1	1	2	2	3
Passata (g)	100	200	300	400	500	600
Smoked paprika (sachet(s))	½	1	1½	2	2½	3
Shredded mozzarella* (g)	25	50	75	100	125	150
Seasoned beef mince* (g)	100	200	300	400	500	600
Garlic & herb seasoning (sachet(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3138 /750	590 /141
Total fat (g)	36	7
of which saturated(g)	13,4	2,5
Carbonhydrates (g)	61	11
of which sugars (g)	17,3	3,3
Fiber (g)	16	3
Protein (g)	37	7
Salt (g)	3,1	0,6

Allergens

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

1



Prepare

- Preheat the oven to 220°C.
- Chop the onion and dice the bell pepper.
- Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the bell pepper with two thirds of the onion for 3 - 5 minutes.
- Add the mince and the garlic & herb seasoning and fry for another 3 minutes, separating it as you do so.

2



Make the sauce

- Add the smoked paprika, sugar and passata, then bring to a boil and cook for 2 - 3 minutes. Season to taste with salt and pepper.
- Top the tortillas with the sauce and the cheese.
- Roll up the tortillas into thin, tight taquitos and transfer to a parchment-lined baking sheet with the open side facing downwards.

Did you know... *the cheese in this recipe contains vitamin B12, a nutrient that supports the immune system.*

3



Make the salsa

- Bake the taquitos in the oven for 8 - 10 minutes.
- In the meantime, dice the tomato and chop the coriander.
- In a bowl, combine the tomato and the coriander with the rest of the onion.
- Add the white wine vinegar and season to taste with salt and pepper.

4



Serve

- Serve the taquitos on plates.
- Top with the yogurt and the tomato salsa.

Veggie Schnitzel over Garlic-Ginger Rice

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

Total time: 20 - 30 min. Family Quick Plant-Based




Carrot


Chopped sweetheart cabbage


Basmati rice


Scallions


Gomashio


East Asian-style sauce


Vegan schnitzel


Garlic


Ginger paste

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Carrot* (unit(s))	1	1	2	2	3	3
Chopped sweetheart cabbage* (g)	100	200	300	400	500	600
Basmati rice (g)	75	150	225	300	375	450
Scallions* (g)	62½	125	125	250	250	375
Gomashio (sachet(s))	¼	½	¾	1	1¼	1½
East Asian-style sauce* (g)	35	70	105	140	175	210
Vegan schnitzel* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
Ginger paste* (g)	5	10	15	20	25	30
Not included						
Low sodium vegetable stock (ml)	180	360	540	720	900	1080
Sugar (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1½	3	4½	6	7½	9
Water for the sauce (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

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

Allergens

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

1



Prepare

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

2



Boil the rice

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

3



Make the sauce

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

4



Serve

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

Chicken Bulgur Bowl with Yogurt Sauce

with parsley, lime & Romano beans

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




Roma tomato


Carrot


Garlic


Fresh flat leaf parsley


Lime


Bulgur


Organic full-fat yogurt


Middle Eastern spice mix


Chicken thigh strips with kebab spices


Pre-cut Romano beans

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Roma tomato (unit(s))	1	2	3	4	5	6
Carrot* (unit(s))	1	1	2	2	3	3
Garlic (unit(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley* (g)	2½	5	7½	10	12½	15
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Bulgur (g)	75	150	225	300	375	450
Organic full-fat yogurt* (g)	50	100	150	200	250	300
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Chicken thigh strips with kebab spices* (g)	100	200	300	400	500	600
Pre-cut Romano beans* (g)	50	100	150	200	250	300
Not included						
Sunflower oil (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	150	300	450	600	750	900
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2778 /664	438 /105
Total fat (g)	29	5
of which saturated(g)	6,1	1
Carbonhydrates (g)	74	12
of which sugars (g)	11,7	1,8
Fiber (g)	15	2
Protein (g)	32	5
Salt (g)	2	0,3

Allergens

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

1



Prepare

- Prepare the stock.
- Dice the tomato and the carrot.
- Crush or mince the garlic.
- Roughly chop the parsley and cut the lime into wedges.

2



Fry the vegetables

- Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat. Fry the garlic, the Romano beans and the carrot for 3 - 4 minutes.
- Add the bulgur and fry for 1 more minute.
- Pour in the stock and bring to the boil, then cover with the lid and cook for 8 - 10 minutes.

3



Fry the chicken

- Heat a drizzle of sunflower oil in a frying pan over medium-high heat and fry the chicken for 7 minutes.
- When the bulgur is done, add the tomato, two thirds of the Middle Eastern spices and half of the parsley.
- Mix well and season to taste with salt and pepper.

4



Serve

- In a small bowl, combine the yogurt with the extra virgin olive oil and the rest of the Middle Eastern spices. Season to taste with salt and pepper.
- Serve everything on plates and top with the yogurt sauce.
- Garnish with the rest of the parsley and serve the lime wedges alongside.

Hamburger with Fries & Aioli

with green bean salad & onion jus

Total time: 40 - 50 min. Family




Potatoes


Green beans


Red onion


BBQ spice rub


Mixed leaves of radicchio, arugula & lettuce


Aioli


Hamburger from Meatier

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Green beans* (g)	150	300	450	600	750	900
Red onion (unit(s))	½	1	1½	2	2½	3
BBQ spice rub (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Mixed leaves of radicchio, arugula & lettuce* (g)	20	40	60	90	100	130
Aioli (g)	25	50	75	100	125	150
Hamburger from Meatier* (unit(s))	1	2	3	4	5	6
Not included						
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	1½	3	4½	6	7½	9
Mustard (tsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Low sodium beef stock (ml)	50	100	150	200	250	300
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4038 /965	563 /135
Total fat (g)	64	9
of which saturated(g)	23,9	3,3
Carbonhydrates (g)	65	9
of which sugars (g)	14,9	2,1
Fiber (g)	13	2
Protein (g)	29	4
Salt (g)	2,2	0,3

Allergens

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

1



Bake the fries

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

2



Boil the green beans

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

3



Make the jus

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

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

4



Fry the burger

- Melt a knob of butter in another frying pan over medium-high heat.
- Fry the burger for 3 - 4 minutes per side, then remove from the pan and set aside under aluminum foil.

5



Make the salad

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

6



Serve

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

Brie Portobello with Balsamic Blueberry Sauce

over mashed potatoes with apple, leek & pecans

Total time: 25 - 35 min. Quick Vegetarian




Creamy French brie


Potatoes


Leek


Chopped pecans


Dried thyme


Portobello mushroom


Apple


Red onion


Blueberry fruit spread

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Creamy French brie* (g)	50	100	160	200	260	300
Potatoes (g)	250	500	750	1000	1250	1500
Leek* (unit(s))	½	1	2	2	3	3
Chopped pecans (g)	15	30	40	60	70	90
Dried thyme (sachet(s))	½	1	1½	2	2½	3
Portobello mushroom* (unit(s))	1	2	3	4	5	6
Apple* (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1	2	2	3
Blueberry fruit spread (g)	15	30	45	60	75	90
Not included						
Honey [or plant-based alternative] (tbsp)	2	4	6	8	10	12
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Water for the sauce (ml)	50	100	150	200	250	300
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Mustard (tsp)	2	4	6	8	10	12
[Plant-based] milk (splash)	1	2	3	4	5	6
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3958 /946	525 /126
Total fat (g)	48	6
of which saturated(g)	25	3,3
Carbonhydrates (g)	107	14
of which sugars (g)	51,6	6,8
Fiber (g)	13	2
Protein (g)	21	3
Salt (g)	1,9	0,3

Allergens

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

1



Boil the potatoes

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

2



Fry the leek

- Melt a knob of butter in a frying pan over medium-high heat. Fry the leek for 10 - 12 minutes until soft.
- Meanwhile, chop the onion.
- Melt a small knob of butter in another frying pan over medium-high heat. Fry the onion with the portobello (face-down) for 3 - 4 minutes.
- Flip the portobello and fry for 3 - 4 minutes, covered.

3



Slice the brie

- Slice the brie.
- Top the portobello with the brie and allow to melt, then remove from the pan and set aside.
- Melt another knob of butter in the same pan, then deglaze with the balsamic vinegar.

4



Make the sauce

- Add the blueberry spread, the thyme and the water for the sauce.
- Crumble in the rest of the stock cube and mix well to combine.
- Allow the sauce to simmer for 1 - 2 minutes.

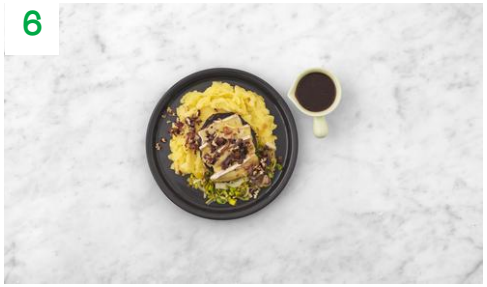
5



Mash the potatoes

- Dice the apple in the meantime.
- Mash the potatoes with a small knob of butter and a splash of milk or cooking liquid as preferred.
- Stir in the apple and the mustard, then season to taste with salt and pepper.

6



Serve

- Top the mash with the leek and the portobello.
- Drizzle the portobello with the honey and then garnish with the pecans.
- Serve with the balsamic blueberry sauce.

Cheese & Onion Pizza with BBQ Sauce

with fresh pizza dough & Greek-style cheese

Total time: 30 - 40 min. Family Vegetarian




Red onion


Onion


Garlic


Pizza dough


Passata


Grated Gouda


Greek-style cheese


BBQ Sauce

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red onion (unit(s))	½	1	2	2	3	3
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Pizza dough* (unit(s))	½	1	1½	2	2½	3
Passata (g)	100	200	300	390	500	590
Grated Gouda* (g)	50	100	150	200	250	300
Greek-style cheese* (g)	50	100	150	200	250	300
BBQ Sauce (g)	25	50	75	100	125	150
Not included						
[Plant-based] butter (tbsp)	¼	½	¾	1	1¼	1½
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4121 /985	822 /196
Total fat (g)	39	8
of which saturated(g)	22,9	4,6
Carbonhydrates (g)	120	24
of which sugars (g)	15,1	3
Fiber (g)	6	1
Protein (g)	39	8
Salt (g)	6,8	1,4

Allergens

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

1



Prepare

- Preheat the oven to 200°C (see Tip).
- Slice the onions into half-rings.
- Crush or mince the garlic.
- Melt a small knob of butter in a frying pan over medium-high heat. Fry the garlic with half of the onion for 4 - 5 minutes.

Tip: *keep the pizza dough in the fridge until step 3, so as to ensure the best results after baking.*

2



Make the sauce

- Add the passata and simmer gently for 1 minute.
- Season to taste with salt and pepper.
- Crumble the Greek-style cheese into a bowl, then add the grated cheese and mix well to combine (see Tip).

Health Tip: *if you're watching your salt intake, use just half of the Greek-style cheese. You can keep the rest in the fridge to use tomorrow.*

3



Make the pizza

- Roll out the pizza dough onto a parchment-lined baking sheet.
- Spread with the tomato sauce, then top with the cheese mixture and the rest of the onion.
- Bake the pizza in the oven for 12 - 14 minutes, or until the cheese has melted and turned golden-brown.

4



Serve

- Slice the pizza and drizzle over the BBQ sauce.
- Serve on plates or on a large cutting board.

Smoky Orzo with Greek-Style Cheese & Basil

with garlic bread & roasted vegetables

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



- Fresh basil & oregano
- Romano pepper
- Courgette
- Eggplant
- Orzo
- Onion
- Garlic
- Passata
- Smoked paprika
- Greek-style cheese
- Wholewheat multigrain bread roll
- Hello Buon Appetito

NEW INGREDIENT

There is a new ingredient in your box! This whole wheat multigrain roll is not only delicious, but also nutritious. Rich in fibre, it helps support healthy digestion.
Scan the QR code to let us know what you thought of the ingredient!

NUTRI-SCORE A B C D E

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Fresh basil & oregano* (g)	5	10	15	20	25	30
Romano pepper* (unit(s))	½	1	2	2	3	3
Courgette* (unit(s))	½	1	2	2	3	3
Eggplant* (unit(s))	½	1	1	2	2	3
Orzo (g)	40	75	115	150	190	225
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Passata (g)	100	200	300	390	500	590
Smoked paprika (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Greek-style cheese* (g)	25	50	75	100	125	150
Wholewheat multigrain bread roll (unit(s))	½	1	1½	2	2½	3
Hello Buon Appetito (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Not included						
Olive oil (tbsp)	2	4	6	8	10	12
Sugar (tsp)	½	1	1½	2	2½	3
Balsamic vinegar (tsp)	1	2	3	4	5	6
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2703 /646	484 /116
Total fat (g)	33	6
of which saturated(g)	8,4	1,5
Carbonhydrates (g)	64	11
of which sugars (g)	20,7	3,7
Fiber (g)	11	2
Protein (g)	19	3
Salt (g)	1,7	0,3

Allergens

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

1



Prepare

- Preheat the oven to 200°C.
- Roughly chop the oregano leaves and cut the Romano pepper into strips.
- Dice the eggplant and the courgette into 1cm chunks.
- Transfer the vegetables and the oregano to a large bowl and drizzle with olive oil. Season with salt and pepper, then toss well to coat.

2



Roast the vegetables

- Transfer the vegetables to a parchment-lined baking sheet, leaving enough space to add the bread later (see Tip).
- Roast for 20 - 25 minutes, or until done.

Tip: *use two baking sheets if you're cooking for three or more people.*

3



Boil the orzo

- In the meantime, boil plenty of water in a pot or saucepan.
- Cook the orzo for 10 - 12 minutes until al dente, then drain and set aside.
- Chop the onion and crush or mince the garlic.

4



Make the sauce

- Heat a drizzle of olive oil in a saucepan over medium-high heat.
- Fry the onion with half of the garlic for 3 minutes, then deglaze with the balsamic vinegar and the passata.
- Add the smoked paprika and the sugar and allow to simmer for 5 - 7 minutes. Season to taste with salt and pepper.

5



Prepare the topping

- Cut open the bread roll and drizzle generously with olive oil. Scatter over the Hello Buon Appetito and the rest of the garlic, then season to taste with salt and pepper.
- Bake the bread alongside the vegetables for 8 minutes.
- Crumble the cheese and roughly chop the basil.
- Transfer both to a bowl and season to taste with pepper.

6



Serve

- Stir the roasted vegetables into the orzo.
- Serve the smoky tomato sauce on plates and top with the orzo.
- Garnish with the cheesy basil topping.
- Cut the bread into strips and serve alongside.

Moroccan-Style Stew with Steak Strips

with dried apricot & ras el hanout

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




Marinated steak strips


Carrot


Onion


Garlic


Ras el hanout


Bulgur


Tomato paste


Fresh flat leaf parsley


Eggplant


Dried apricot pieces

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Marinated steak strips* (g)	100	200	300	400	500	600
Carrot* (unit(s))	½	1	1	1	2	2
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Ras el hanout (sachet(s))	½	1	1½	2	2½	3
Bulgur (g)	75	150	225	300	375	450
Tomato paste (can)	½	1	1½	2	2½	3
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Eggplant* (unit(s))	½	1	2	2	3	3
Dried apricot pieces (g)	20	40	60	80	100	120
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium beef stock (ml)	150	300	450	600	750	900
Red wine vinegar (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Extra virgin olive oil	to taste					
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2485 /594	396 /95
Total fat (g)	11	2
of which saturated(g)	2,5	0,4
Carbonhydrates (g)	90	14
of which sugars (g)	28	4,5
Fiber (g)	17	3
Protein (g)	37	6
Salt (g)	0,9	0,1

Allergens

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

1



Prepare

- In a bowl, combine the red wine vinegar with the steak strips and a pinch of salt. Prepare the stock.
- Chop the onion and crush or mince the garlic. Slice the carrot into crescents. Dice the eggplant into 1cm cubes.
- Heat a drizzle of olive oil in a soup pot over medium-high heat and fry the steak strips for 2 minutes.
- Add the eggplant, the carrot, the onion and the garlic, then fry for another 2 minutes.

2



Make the stew

- Add the ras el hanout and the tomato paste, then fry for 2 - 3 more minutes.
- Add the stock, the honey and the dried apricots. Mix well, then lower the heat and cover with the lid.
- Allow to simmer for 25 - 30 minutes, stirring occasionally.
- Remove the lid and simmer for 5 more minutes. Season to taste with salt and pepper.

3



Cook the bulgur

- Transfer the bulgur to a pot or saucepan and submerge with plenty of salted water.
- Bring to a boil and cook the bulgur for 10 minutes until done.
- Chop the parsley in the meantime.

4



Serve

- Drain the bulgur and stir in half of the parsley.
- Drizzle with extra virgin olive oil as preferred, then season to taste with salt and pepper.
- Serve the bulgur on deep plates and top with the stew.
- Garnish with the rest of the parsley.

Chicken Breast with Tzatziki & Sumac Salad

over bulgur with fresh herbs & za'atar

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




Chicken breast with Mediterranean herbs


Bulgur


Red onion


Tomato


Persian cucumber


Radish


Tzatziki


Za'atar


Sumac


Fresh flat leaf parsley & mint

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken breast with Mediterranean herbs* (unit(s))	1	2	3	4	5	6
Bulgur (g)	75	150	225	300	375	450
Red onion (unit(s))	½	1	1	2	2	3
Tomato (unit(s))	1	2	3	4	5	6
Persian cucumber* (unit(s))	½	1	2	2	3	3
Radish* (bunch)	½	1	1½	2	2½	3
Tzatziki* (g)	25	50	75	100	125	150
Za'atar (sachet(s))	½	1	2	2	3	3
Sumac (tsp)	1½	3	3	6	6	9
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
Not included						
Low sodium chicken stock (ml)	175	350	525	700	875	1050
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Water for the sauce (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil	to taste					
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2406 /575	352 /84
Total fat (g)	16	2
of which saturated(g)	6	0,9
Carbonhydrates (g)	71	10
of which sugars (g)	9	1,3
Fiber (g)	12	2
Protein (g)	41	6
Salt (g)	1,9	0,3

Allergens

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

1



Boil the bulgur

- Prepare the stock in a pot or saucepan.
- Transfer the bulgur to the stock, then boil gently for 10 minutes or until done.
- Drizzle with some extra virgin olive oil as preferred, then season with salt and pepper. Set aside until serving.

2



Fry the chicken

- Meanwhile, slice the onion into half-rings.
- Melt knob of butter in a frying pan over medium-high heat and fry the chicken for 2 minutes per side.
- Reduce the heat, then add the onion and fry for a further 4 minutes per side or until done. Season with salt and pepper.
- Slice the chicken shortly before serving.

3



Chop the vegetables

- In a small bowl, combine the tzatziki with the water for the sauce.
- Dice the cucumber and the tomato.
- Quarter the radishes and roughly chop the fresh herbs.

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

4



Serve

- In a salad bowl, combine the vegetables with the sumac, the za'atar, half of the fresh herbs and some extra virgin olive oil as preferred. Season to taste with salt and pepper.
- Serve the bulgur on deep plates with everything else alongside.
- Drizzle with the tzatziki and garnish with the rest of the fresh herbs.

Savoury Chicken-Turkey & Vegetable Strudel

with tomato salad & Greek-style cheese

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



- Puff pastry
- Chicken-turkey mince
- Onion
- Carrot
- Tomato
- Fresco spalmabile - cream cheese
- Greek-style cheese
- Lamb's lettuce
- Italian seasoning

SPECIAL INGREDIENT

There is a special ingredient in your box! This chicken-turkey mince is a leaner and higher-protein alternative to traditional mince.
Scan the QR code to let us know what you thought of the ingredient!

NUTRI-SCORE A B C D E

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Puff pastry* (roll(s))	¼	½	¾	1	1¼	1½
Chicken-turkey mince* (g)	100	200	300	400	500	600
Onion (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	1	2	3	4	5	6
Fresco spalmabile - cream cheese* (g)	25	50	75	100	125	150
Greek-style cheese* (g)	25	50	75	100	125	150
Lamb's lettuce* (g)	40	80	120	160	200	240
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Not included						
Mustard (tsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2941 /703	572 /137
Total fat (g)	41	8
of which saturated(g)	19,1	3,7
Carbonhydrates (g)	48	9
of which sugars (g)	16,6	3,2
Fiber (g)	11	2
Protein (g)	35	7
Salt (g)	2,4	0,5

Allergens

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

1



Prepare

- Preheat the oven to 210°C.
- Grate the carrot.
- Finely chop the onion.

Did you know... *the carrot in this recipe contains vitamin A, a nutrient that supports the maintenance of normal vision.*

2



Fry the mince

- Heat a light drizzle of olive oil in a frying pan over medium-high heat and fry the mince for 2 minutes.
- Add the carrot and the onion to the mince and fry for another 2 minutes (see Tip).

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

3



Make the filling

- Drain and return to the pan (see Tip).
- Add the Italian seasoning, the cream cheese, the mustard and the honey.
- Mix well to combine.

Tip: *be sure to drain completely, so as to prevent the pastry from getting soggy later.*

4



Bake the strudel

- Roll out the pastry and transfer to a parchment-lined baking sheet.
- Transfer the filling to the middle of the pastry.
- Cut strips along both sides of the pastry and then fold the strips over the filling (see Tip).
- Bake in the oven for 19 - 22 minutes.

Tip: *if preferred, you can brush the top of the pastry with some milk to create a shiny crust.*

5



Make the salad

- Cut the tomato into wedges.
- In a salad bowl, combine the extra virgin olive oil with the white wine vinegar. Season to taste with salt and pepper (see Tip).
- Add the lettuce and the tomato, then toss well to combine with the dressing.

Tip: *if preferred, you can also add some honey.*

6



Serve

- Serve the strudel on plates with the salad alongside.
- Crumble the Greek-style cheese over the salad.

Steak Strips with Mango Salsa

over rice with rainbow slaw & African-inspired spices

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




Marinated steak strips


Jasmine rice


Onion


Rainbow slaw mix


Mango


Persian cucumber


African-inspired spice mix

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Marinated steak strips* (g)	100	200	300	400	500	600
Jasmine rice (g)	75	150	225	300	375	450
Onion (unit(s))	½	1	1½	2	2½	3
Rainbow slaw mix* (g)	50	100	100	200	200	300
Mango* (unit(s))	½	1	1½	2	2½	3
Persian cucumber* (unit(s))	½	1	1½	2	2½	3
African-inspired spice mix (sachet(s))	½	1	1½	2	2½	3
Not included						
Water for the rice (ml)	180	360	540	720	900	1080
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
White wine vinegar (tsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Sambal	to taste					
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2912 /696	444 /106
Total fat (g)	26	4
of which saturated(g)	4,1	0,6
Carbonhydrates (g)	89	14
of which sugars (g)	24,1	3,7
Fiber (g)	6	1
Protein (g)	34	5
Salt (g)	1,2	0,2

Allergens

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

1



Prepare

- Take the steak strips out of the fridge (see Tip).

Tip: *for the best result, take the steak strips out of the fridge 30 - 60 minutes before you start cooking. Remove from the packaging and pat dry with kitchen paper.*

2



Boil the rice

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

3



Make the slaw

- In a large bowl, combine the slaw mix with the mayonnaise and half of the white wine vinegar.
- Season to taste with salt and pepper, then set aside until serving.
- Finely chop the onion and dice the cucumber.
- Peel and dice the mango.

4



Make the salsa

- In a salad bowl, combine the cucumber with the mango, onion and honey (see Tip).
- Stir in the rest of the white wine vinegar and some sambal as preferred. Season to taste with salt and pepper.

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

5



Fry the steak strips

- Heat a drizzle of olive oil in a frying pan over high heat.
- Fry the steak strips with the African-inspired spice mix for 1 – 2 minutes until evenly browned. Season to taste with salt and pepper.

6



Serve

- Serve the rice on deep plates.
- Top with the steak strips, the salsa and the slaw.

Creamy Italian-Style Chicken Soup

with Parmigiano Reggiano, basil & giant couscous

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




Chicken thigh strips with Mediterranean herbs


Giant couscous


Garlic


Onion


Courgette


Tomato


Fresh basil


Cooking cream


Parmigiano Reggiano DOP


Italian seasoning


Garlic & herb seasoning

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken thigh strips with Mediterranean herbs* (g)	100	200	300	400	500	600
Giant couscous (g)	40	75	115	150	190	225
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Courgette* (unit(s))	½	1	2	2	3	3
Tomato (unit(s))	1	2	3	4	5	6
Fresh basil* (g)	5	10	15	20	25	30
Cooking cream (g)	50	100	150	200	250	300
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Italian seasoning (sachet(s))	½	1	1	2	2	3
Garlic & herb seasoning (sachet(s))	½	1	2	2	3	3
Not included						
Low sodium chicken stock (ml)	240	480	720	960	1200	1440
Olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2264 /541	318 /76
Total fat (g)	25	4
of which saturated(g)	10,9	1,5
Carbonhydrates (g)	45	6
of which sugars (g)	13,8	1,9
Fiber (g)	5	1
Protein (g)	31	4
Salt (g)	2,1	0,3

Allergens

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

1



Boil the giant couscous

- Prepare the stock.
- Transfer the giant couscous and 90ml stock per person to a pot or saucepan. Boil for 12 - 14 minutes, covered, then drain if necessary and set aside.
- Meanwhile, chop the onion and crush or mince the garlic.
- Tear the basil leaves off of the stems, then set aside the leaves and finely chop the stems.

2



Make the soup

- Dice the courgette and the tomato.
- Heat a light drizzle of olive oil in a pot over medium-high heat and fry the courgette with the onion and the garlic for 2 - 3 minutes.
- Deglaze with the white balsamic vinegar, then add the tomato, the basil stems and the rest of the stock.
- Mix well to combine, then boil gently for 5 - 6 minutes.

3



Prepare the garnishes

- In the meantime, grate the cheese and roughly chop the basil leaves.
- When the soup is done, turn off the heat.
- Add the cream, the garlic & herb seasoning and the Italian seasoning, then mix well to combine.
- Season generously with salt and pepper.

4



Serve

- In the meantime, heat a light drizzle of olive oil in a frying pan over medium-high heat and fry the chicken for 7 minutes.
- Serve the giant couscous in deep plates or bowls.
- Pour over the soup and top with the chicken.
- Garnish with the basil and the cheese to finish.

Veggie Spag Bol with Grana Padano

with tomatoes & parsley

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




Spaghetti


Onion


Garlic


Carrot


Mini Roma tomatoes


Plant-based mince


Passata


Dried oregano


Hello Umami


Worcestershire sauce


Fresh flat leaf parsley


Grana Padano flakes DOP

Before you start

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

Ingredients for 1 - 6 servings

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

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2795 /668	466 /111
Total fat (g)	17	3
of which saturated(g)	5,4	0,9
Carbonhydrates (g)	87	15
of which sugars (g)	19,5	3,3
Fiber (g)	15	2
Protein (g)	36	6
Salt (g)	2,9	0,5

Allergens

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

1



Prepare

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

2



Make the sauce

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

3



Finish

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

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

4



Serve

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

Sweet Potato Buddha Bowl with Tuna & Avocado

bring the sensational food trend home!

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



- Tuna packed in water
- Red onion
- Carrot
- Lentils
- Avocado
- Apple
- Fresh chives, dill & flat leaf parsley
- Lemon
- Organic full-fat yogurt
- Pumpkin seeds
- Sunflower seeds
- Sweet potato

There is a special ingredient in your box! This tuna from Fish Tales is sustainably caught using only a rod and line; one by one, fish by fish. Feels special, right?
Scan the QR code to learn more about this supplier!

NUTRI-SCORE A B C D E

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Tuna packed in water (can)	1	1	2	2	3	3
Red onion (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	1½	2	2½	3
Lentils (pack)	½	1	1½	2	2½	3
Avocado (unit(s))	½	1	1½	2	2½	3
Apple* (unit(s))	½	1	1	2	2	3
Fresh chives, dill & flat leaf parsley* (g)	5	10	15	20	25	30
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Organic full-fat yogurt* (g)	25	50	75	100	125	150
Pumpkin seeds (g)	5	10	15	20	25	30
Sunflower seeds (g)	10	20	30	40	50	60
Sweet potato (g)	225	450	675	900	1125	1350
Not included						
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Extra virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½
[Plant-based] mayonnaise	to taste					
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3134 /749	450 /107
Total fat (g)	29	4
of which saturated(g)	5,6	0,8
Carbonhydrates (g)	86	12
of which sugars (g)	28,1	4
Fiber (g)	19	3
Protein (g)	29	4
Salt (g)	1,9	0,3

Allergens

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

1



Fry the sweet potato

- Dice the sweet potato into 1cm cubes.
- Heat a clean frying pan over high heat. Toast both types of seeds until lightly browned, then remove from the pan and set aside.
- Heat a light drizzle of olive oil in the same pan over medium-high heat.
- Fry the sweet potato for 15 - 18 minutes, seasoning to taste with salt and pepper.

3



Make the lentil salad

- Quarter the lemon and chop the fresh herbs. Drain the lentils.
- Use a peeler or cheese slicer to shave the carrot into thin ribbons.
- In a bowl, combine the extra virgin olive oil with the juice of a quarter lemon per person. Season to taste with salt and pepper.
- Add the lentils, the carrot, half of the fresh herbs and the rest of the onion and apple. Toss well to combine.

2



Make the tuna salad

- Core and dice the apple.
- Finely chop the onion (see Tip).
- Drain the tuna.
- In a bowl, combine the tuna with some mayonnaise as preferred, along with half each of the onion and the apple. Season to taste with salt and pepper.

Tip: *if you don't like raw onion, add it to the sweet potato instead.*

4



Serve

- Halve and pit the avocado, then remove the skin and slice the flesh.
- Serve the sweet potato on deep plates with everything else alongside.
- Drizzle with the yogurt, then garnish with the toasted seeds and the rest of the fresh herbs. Serve any remaining lemon wedges alongside.

Linguine with Mussels & Chorizo

in smoky tomato sauce with fennel & fresh herbs

Total time: 30 - 40 min. Health Conscious Choice

IMPORTANT: discard any mussels that do not open upon heating. Beware of sharp edges or broken shells.



- Cooked mussels
- Diced chorizo
- Passata
- Mini Roma tomatoes
- Garlic
- Onion
- Linguine
- Fresh flat leaf parsley & basil
- Red chili pepper
- Fennel
- Lemon
- Smoked paprika
- Garlic & herb seasoning

NEW INGREDIENT

There is a new ingredient in your box! These Scottish mussels are cultivated on the western coast and in Shetland waters, producing delicious shellfish.
Scan the QR code to let us know what you thought of the ingredient!

NUTRI-SCORE A B C D E

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Cooked mussels* (g)	125	250	375	500	625	750
Diced chorizo* (g)	45	90	135	180	225	270
Passata (g)	100	200	300	390	500	590
Mini Roma tomatoes* (g)	125	250	375	500	625	750
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1	2	2	3
Linguine (g)	90	180	270	360	450	540
Fresh flat leaf parsley & basil* (g)	5	10	15	20	25	30
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Fennel* (unit(s))	½	1	2	2	3	3
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Smoked paprika (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Garlic & herb seasoning (sachet(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3046 /728	508 /121
Total fat (g)	22	4
of which saturated(g)	6	1
Carbonhydrates (g)	92	15
of which sugars (g)	20,6	3,4
Fiber (g)	10	2
Protein (g)	37	6
Salt (g)	3,1	0,5

Allergens

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

1



Prepare

- Boil plenty of salted water in a pot or saucepan and cook the linguine for 9 - 11 minutes. Reserve some of the pasta water, then drain and set aside.
- Meanwhile, halve the tomatoes.
- Quarter the fennel and remove the tough core, then chop the fennel into thin strips.
- Slice the onion into half-rings and crush or mince the garlic.

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

2



Fry the chorizo

- Deseed and finely chop the red chili pepper*.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat and fry the chorizo for 2 - 3 minutes, then remove from the pan and set aside.
- In the same pan, fry the onion and the fennel for 3 minutes.

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

3



Make the sauce

- Add the garlic and the chili pepper, then fry for 1 more minute.
- Deglaze with the balsamic vinegar and the passata.
- Add the sugar, the tomatoes, the smoked paprika and the garlic & herb seasoning, then allow to simmer for 4 - 5 minutes.
- Meanwhile, roughly chop the fresh herbs and cut the lemon into wedges.

4



Serve

- Add the mussels and the chorizo, then simmer gently for 5 minutes, covered.
- Add the linguine, a splash of pasta water and half of the fresh herbs, then toss well to combine. Season to taste with salt and pepper.
- Serve the linguine on plates and garnish with the rest of fresh herbs.
- Serve the lemon wedges alongside.

Fusion Risotto with Miso Mushrooms & Pak Choi

with sesame seeds, cream cheese & chili pepper

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



- Risotto rice
- Red onion
- Garlic
- White miso paste
- Fresco spalmabile - cream cheese
- Pak choi
- Red chili pepper
- Korean-style spice mix
- Roasted cashew nuts
- Chestnut mushrooms
- Sesame seeds
- Scallions

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Risotto rice (g)	75	150	225	300	375	450
Red onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
White miso paste (g)	15	25	40	50	65	75
Fresco spalmabile - cream cheese* (g)	25	50	75	100	125	150
Pak choi* (unit(s))	½	1	2	2	3	3
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
Roasted cashew nuts (g)	15	30	40	60	70	90
Chestnut mushrooms* (g)	125	250	400	400	650	650
Sesame seeds (g)	5	10	15	20	25	30
Scallions* (g)	62½	125	125	250	250	375
Not included						
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Low sodium mushroom or vegetable stock (ml)	300	600	900	1200	1500	1800
Sunflower oil (tbsp)	¼	½	¾	1	1¼	1½
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2966 /709	376 /90
Total fat (g)	33	4
of which saturated(g)	13,5	1,7
Carbonhydrates (g)	88	11
of which sugars (g)	11,2	1,4
Fiber (g)	9	1
Protein (g)	20	3
Salt (g)	3	0,4

Allergens

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

1



Prepare

- Prepare the stock.
- Slice the onion into half rings and crush or mince the garlic. Deseed and finely chop the red chili pepper*.
- Slice the mushrooms. Finely chop the scallions and separate the white part from the greens.
- Remove and discard the base of the pak choi and then finely chop, making sure to keep the stem and leaves separate.

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

2



Make the risotto

- Melt a knob of butter in a pot or saucepan over medium-high heat.
- Fry the garlic with the white part of the scallions for 1 minute.
- Stir in the risotto rice and toast the grains for 1 minute.
- Pour in a third of the stock and allow to slowly incorporate, stirring regularly.

3



Finish the risotto

- 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 25 - 30 minutes.
- Add extra water and cook longer if you'd prefer the risotto to be less al dente.

4



Fry the mushrooms

- Melt a knob of butter in a frying pan over medium-high heat.
- Fry the mushrooms with the onion for 3 minutes.
- Add the chili pepper and fry for 2 - 3 more minutes.
- Take the pan off the heat, then stir in the miso paste* and transfer to a bowl. Set aside until ready to serve.

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

***Did you know...** the mushrooms in this recipe contain potassium, a mineral that supports the nervous system.*

5



Fry the pak choi

- Heat a light drizzle of sunflower oil in the same pan over medium-high heat.
- Fry the pak choi stems for 1 - 2 minutes.
- Add the leaves and fry for 1 more minute.

6



Serve

- Take the risotto off the heat and stir in the pak choi, the cream cheese and the Korean-style spices. Season to taste with salt and pepper.
- Serve the risotto on deep plates and top with the miso mushrooms.
- Garnish with the sesame seeds, the cashews and the scallion greens.

Tomato Soup with Cheese Straws & Basil Crème

with hidden veggies for kids: carrot, celery & onion

Total time: 35 - 45 min. Family Vegetarian




Puff pastry


Grated Gouda


Dried thyme


Garlic


Basil crème


Crème fraîche


Bay leaf


Chopped tomatoes with basil


Tomato paste


Tomato


Mix of carrot, onion and celery


Hello Buon Appetito

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Puff pastry* (roll(s))	⅓	⅔	1	1⅓	1⅔	2
Grated Gouda* (g)	15	25	40	50	65	75
Dried thyme (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Garlic (unit(s))	½	1	1½	2	2½	3
Basil crème (ml)	10	15	24	30	39	45
Crème fraîche* (g)	25	50	75	100	125	150
Bay leaf (unit(s))	1	1	2	2	3	3
Chopped tomatoes with basil (pack)	½	1	1½	2	2½	3
Tomato paste (can)	½	1	1½	2	2½	3
Tomato (unit(s))	2	4	6	8	10	12
Mix of carrot, onion and celery* (g)	100	200	300	400	500	600
Hello Buon Appetito (sachet(s))	½	1	1½	2	2½	3
Not included						
Low sodium vegetable stock (ml)	250	500	750	1000	1250	1500
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3335 /797	366 /87
Total fat (g)	46	5
of which saturated(g)	22,4	2,5
Carbonhydrates (g)	75	8
of which sugars (g)	31,4	3,4
Fiber (g)	11	1
Protein (g)	17	2
Salt (g)	3,3	0,4

Allergens

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

1



Prepare

- Pre-heat the oven to 200°C.
- Roll out the sheet of puff pastry.
- Cut it in half and then scatter the cheese and the thyme over one half. Season to taste with salt and pepper.
- Place the other half on top and press together carefully, then cut downwards into long strips of around 2cm width.

2



Make the cheese straws

- Hold one of the strips at both ends and carefully twist one end several times, so as to make a cheese straw.
- Transfer to a parchment-lined baking sheet and then repeat this process with the rest of the strips.
- Bake the cheese straws in the oven for 13 - 15 minutes.

3



Fry the vegetables

- Prepare the stock (see Tip).
- Roughly chop the tomato and the garlic.
- Heat a light drizzle of olive oil in a soup pot over medium-high heat and fry the garlic with the tomato paste for 1 minute.
- Add the vegetable mix and fry for 2 more minutes.

Health Tip: *if you're watching your salt intake, substitute the stock with the same amount of boiling water.*

4



Allow to simmer

- Stir in the fresh tomato and the chopped tomatoes from the pack and cook for 1 - 2 more minutes.
- Add the honey, the stock, the bay leaf and the Hello Buon Appetito.
- Mix well to combine, then allow the soup to simmer gently over a low heat for 15 - 20 minutes.

5



Finish

- Take the soup off the heat, then remove the bay leaf and discard.
- Use an immersion blender to process until smooth.
- Add an extra splash of water as necessary if it seems too thick.
- Taste the soup, then season with salt and pepper as needed.

6



Serve

- Serve the soup in bowls or deep plates.
- Garnish with the basil crème and the crème fraîche.
- Serve the cheese straws alongside.

Salmon with Fragrant Coconut Curry Sauce

over rice with chives & roasted vegetables

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



- Basmati rice
- Carrot
- Purple carrot
- Courgette
- Salmon fillet
- Coconut milk
- Fish sauce
- Yellow curry spices
- Garlic & herb seasoning
- Fresh chives

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Basmati rice (g)	75	150	225	300	375	450
Carrot* (unit(s))	½	1	2	2	3	3
Purple carrot* (unit(s))	½	1	2	2	3	3
Courgette* (unit(s))	½	1	1	2	2	3
Salmon fillet* (unit(s))	1	2	3	4	5	6
Coconut milk (ml)	90	180	250	360	430	540
Fish sauce (ml)	5	10	15	20	25	30
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Garlic & herb seasoning (sachet(s))	½	1	1½	2	2½	3
Fresh chives* (g)	2½	5	7½	10	12½	15
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Water for the rice (ml)	175	350	525	700	875	1050
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3243 /775	458 /110
Total fat (g)	40	6
of which saturated(g)	17,4	2,5
Carbonhydrates (g)	78	11
of which sugars (g)	11,3	1,6
Fiber (g)	7	1
Protein (g)	28	4
Salt (g)	2,7	0,4

Allergens

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

1



Prepare

- Preheat the oven to 200°C.
- Boil the water for the rice in a pot or saucepan.
- Cut the carrots into batons and slice the courgette into crescents of around 1cm thickness.
- Transfer both to a parchment-lined baking sheet, then drizzle with olive oil and scatter over the garlic & herb seasoning. Season with salt and pepper, then roast for 10 minutes.

2



Boil the rice

- Pat the fish dry with kitchen paper, then season with salt and pepper.
- Make some space on the centre of the baking sheet among the vegetables, then add the fish. Roast for 10 - 15 minutes, or until done.
- Boil the rice for 10 - 12 minutes, covered, then turn off the heat.
- Season with salt and pepper, then allow to stand until serving, still covered.

3



Make the sauce

- Transfer the coconut milk to a small saucepan over medium heat.
- Add the fish sauce* and the yellow curry spices, then mix well to combine.
- Turn off the heat when the sauce has reached your desired thickness.
- Meanwhile, finely chop the chives or use scissors if preferred.

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

4



Serve

- Serve the rice on plates with everything else alongside.
- Drizzle with the coconut curry sauce and garnish with the chives to finish.

Steak with Rosemary Eggplant & Parsley Mayonnaise

over bulgur with Romano pepper & Middle Eastern spices

Total time: 35 - 45 min. Family



- Fresh rosemary
- Eggplant
- Red onion
- Romano pepper
- Bulgur
- Marinated steak
- Fresh flat leaf parsley
- Middle Eastern spice mix

Recipe developer Selma: "Couscous is very popular these days, but bulgur is still not as well-known. Personally, I'm a big fan: it has a bit more flavour and (especially) more bite than couscous."

NUTRI-SCORE A B C D E

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Fresh rosemary* (sprig)	½	1	1½	2	2½	3
Eggplant* (unit(s))	½	1	2	2	3	3
Red onion (unit(s))	½	1	1	2	2	3
Romano pepper* (unit(s))	½	1	1	2	2	3
Bulgur (g)	75	150	225	300	375	450
Marinated steak* (unit(s))	1	2	3	4	5	6
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Not included						
Low sodium beef stock (ml)	175	350	525	700	875	1050
Olive oil (ml)	20	40	60	80	100	120
Balsamic vinegar (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
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3828 /915	573 /137
Total fat (g)	52	8
of which saturated(g)	13,7	2
Carbonhydrates (g)	75	11
of which sugars (g)	15,8	2,4
Fiber (g)	13	2
Protein (g)	40	6
Salt (g)	1,8	0,3

Allergens

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

1



Prepare

- Preheat the oven to 200°C.
- Take the steak out of the fridge and allow it to reach room temperature.
- Slice the eggplant into rounds of 0.5cm thickness. Discard the rosemary stalks and finely chop the leaves.
- In a bowl, combine the olive oil with half of the balsamic vinegar and three quarters of the rosemary. Season with salt and pepper.

2



Roast the vegetables

- Transfer the eggplant to a parchment-lined baking sheet and drizzle with three quarters of the oil.
- Roast the eggplant for 12 minutes.
- Meanwhile, slice the onion into half rings and cut the Romano pepper into strips.
- Transfer both to another parchment-lined baking sheet. Drizzle with the rest of the oil, then transfer to the oven.

3



Cook the bulgur

- Turn over the eggplant, then return it to the oven. Roast everything for 6 - 8 minutes.
- Prepare the stock.
- Melt a knob of butter in a pot or saucepan over medium-high heat. Fry the rest of the rosemary for 1 minute, then add the bulgur and mix well so as to coat it with the butter.
- Add the stock, then lower the heat and boil for 10 - 12 minutes, covered.

4



Fry the steak

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

5



Make the sauce

- While the steak is resting, chop the parsley and transfer half of it to a small bowl.
- Add the mayonnaise and the white wine vinegar, then mix well to combine. Season to taste with salt and pepper.
- Transfer the cooking juices from the steak to the bulgur, then add the Middle Eastern spice mix, the onion and the Romano pepper.
- Toss well to combine, then season to taste with salt and pepper.

6



Serve

- Slice the steak against the grain.
- Serve the bulgur on plates, topped with the roasted eggplant and the steak.
- Drizzle with the sauce and garnish with the rest of the parsley to finish.

Sesame-Crusted Salmon & Noodles

in oyster sauce with stir-fried vegetables

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




Wholewheat noodles


Salmon fillet


Garlic


Onion


Courgette


Spinach


Oyster sauce


Sweet chili sauce


Sesame seeds

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Wholewheat noodles (g)	50	100	150	200	250	300
Salmon fillet* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1½	2	2½	3
Courgette* (unit(s))	½	1	1½	2	2½	3
Spinach* (g)	50	100	150	200	250	300
Oyster sauce (g)	12½	25	37½	50	62½	75
Sweet chili sauce* (g)	17½	35	52½	70	87½	105
Sesame seeds (g)	5	10	15	20	25	30
Not included						
Sunflower oil (tbsp)	1½	3	4½	6	7½	9
Water for the sauce (ml)	25	50	75	100	125	150
[Reduced salt] soy sauce (tbsp)	¼	½	¾	1	1¼	1½
White wine vinegar (tsp)	¼	½	¾	1	1¼	1½
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2900 /693	640 /153
Total fat (g)	39	9
of which saturated(g)	5,4	1,2
Carbonhydrates (g)	54	12
of which sugars (g)	11,7	2,6
Fiber (g)	6	1
Protein (g)	30	7
Salt (g)	2,5	0,5

Allergens

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

1



Prepare

- Boil plenty of water in a pot or saucepan and cook the noodles for 4 - 5 minutes. Drain and rinse under cold water, then set aside.
- Slice the courgette into thin crescents.
- Slice the onion into half-rings and crush or mince the garlic.
- In a bowl, combine the oyster sauce with the sweet chilli sauce, the soy sauce and the water for the sauce.

2



Fry the fish

- On a plate, combine the sesame seeds with some salt and pepper.
- Drizzle the fish with sunflower oil and coat it with the sesame seeds.
- Heat a drizzle of sunflower oil in a large frying pan over medium-high heat. Fry the fish on its skin for 2 - 3 minutes, then flip and fry for 2 more minutes.
- Remove from the pan and set aside under aluminum foil.

3



Stir-fry the vegetables

- Heat a drizzle of sunflower oil in the same pan over medium-high heat. Stir-fry the onion and the courgette for 4 - 5 minutes.
- Add the garlic and the spinach, tearing it directly into the pan. Allow the spinach to wilt and reduce.
- Deglaze with the white wine vinegar, then add the noodles and the sauce mixture. Toss well to combine.

4



Serve

- Serve everything on deep plates.

Hoisin Duck Thigh Confit with Pak Choi Stir-Fry

over rice with East Asian-style sauce & sesame seeds

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




Boneless duck thigh confit


Jasmine rice


Garlic


Pak choi


Scallions


Yellow carrot


Hoisin sauce


East Asian-style sauce


Sesame seeds

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Boneless duck thigh confit* (g)	100	200	300	400	500	600
Jasmine rice (g)	75	150	225	300	375	450
Garlic (unit(s))	½	1	1½	2	2½	3
Pak choi* (unit(s))	½	1	1½	2	2½	3
Scallions* (g)	65	125	190	250	315	375
Yellow carrot* (unit(s))	½	1	1	1	2	2
Hoisin sauce (g)	25	50	75	100	125	150
East Asian-style sauce* (g)	17½	35	52½	70	87½	105
Sesame seeds (g)	5	10	15	20	25	30
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Sambal	to taste					
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3155 /754	719 /172
Total fat (g)	37	8
of which saturated(g)	11,4	2,6
Carbonhydrates (g)	85	19
of which sugars (g)	13,7	3,1
Fiber (g)	7	2
Protein (g)	30	7
Salt (g)	2,4	0,5

Allergens

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

1



Cook the rice

- Boil the water for the rice in a pot or saucepan.
- Cook the rice for 10 - 12 minutes, covered. Turn off the heat and allow to stand for 5 minutes, still covered.
- Meanwhile, slice the carrot into thin crescents and crush or mince the garlic.
- Finely chop the scallions and separate the white part from the greens.

2



Fry the vegetables

- Discard the base of the pak choi and finely chop both the leaves and the stems, being sure to keep them separate.
- Heat a drizzle of sunflower oil in a wok or deep friying pan over medium-high heat and fry the carrot for 3 minutes.
- Add the white part of the scallions and the pak choi stems, then fry for 4 minutes.

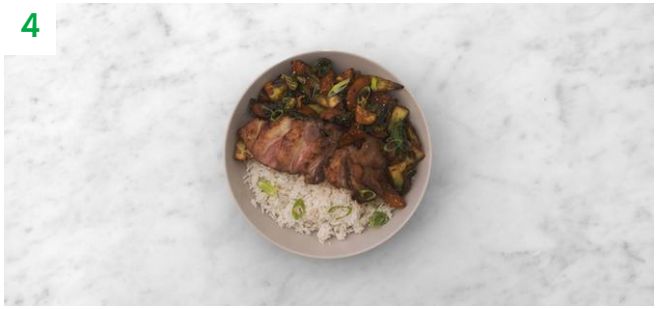
3



Fry the duck

- In the meantime, melt a knob of butter in a frying pan over medium-high heat. Fry the duck in its juices for 2 - 3 minutes per side, covered.
- Coat the duck with the hoisin sauce, then season with salt and pepper.
- Remove from the heat and set aside until serving, covered.

4



Serve

- To the vegetables, add the pak choi leaves and the garlic. Fry for 1 more minute, seasoning with salt and pepper.
- Stir in the East-Asian style sauce, the sesame seeds and some sambal as preferred.
- Serve the rice in bowls with everything else alongside.
- Garnish with the scallion greens to finish.

Caril de Peixe: Mozambican-Style Fish Curry

over golden rice with lime & courgette

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




White long grain rice


Onion


Fresh ginger


Courgette


Tomato


Lime


Pollock


Tomato paste


African-inspired spice mix


Ground turmeric


Coconut milk

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
White long grain rice (g)	75	150	225	300	375	450
Onion (unit(s))	½	1	1½	2	2½	3
Fresh ginger* (tsp)	½	1	1½	2	2½	3
Courgette* (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	1	2	3	4	5	6
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Pollock* (unit(s))	1	2	3	4	5	6
Tomato paste (can)	½	1	1½	2	2½	3
African-inspired spice mix (sachet(s))	½	1	1½	2	2½	3
Ground turmeric (tsp)	1	2	3	4	5	6
Coconut milk (ml)	90	180	250	360	430	540
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	100	200	300	400	500	600
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2824 /675	427 /102
Total fat (g)	25	4
of which saturated(g)	15,1	2,3
Carbonhydrates (g)	82	12
of which sugars (g)	14,3	2,2
Fiber (g)	6	1
Protein (g)	29	4
Salt (g)	1	0,2

Allergens

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

1



Prepare

- Boil plenty of water in a pot or saucepan and cook the rice for 12 - 15 minutes, then drain and set aside.
- Meanwhile, prepare the stock.
- Chop the onion and dice the tomato. Finely grate the ginger
- Slice the courgette into rounds of 0.5cm thickness.

2



Make the curry

- Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat. Fry the onion and the courgette for 7 - 9 minutes.
- Add the ginger, the tomato, the tomato paste, the African-inspired spices and the turmeric. Mix well and fry for 2 - 3 minutes.
- Stir in the stock and the coconut milk, then allow to simmer for 4 - 5 minutes.

3



Poach the fish

- In the meantime, dice the fish into 3cm cubes. Season to taste with salt and pepper.
- Transfer the fish to the curry and poach for 6 - 8 minutes, or until done.
- Zest the lime, then juice half of it and cut the rest into wedges.
- Add as much lime juice to the curry as preferred.

4



Serve

- Stir the turmeric into the rice, along with some lime zest as preferred. Season to taste with salt and pepper.
- Serve the rice on plates and top with the curry.
- Serve the lime wedges alongside.

Creamy Pesto Rosso Shrimp with Parmigiano Reggiano

over giant couscous with mushrooms & smoked paprika

Total time: 15 - 25 min. Quick Health Conscious Choice




Giant couscous


Cooking cream


Garlic


Shrimp


Parmigiano Reggiano DOP


Smoked paprika


Vegetable mix with mushrooms


Italian seasoning


Pesto rosso

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Giant couscous (g)	75	150	225	300	375	450
Cooking cream (g)	75	150	225	300	375	450
Garlic (unit(s))	½	1	1½	2	2½	3
Shrimp* (g)	80	160	240	320	400	480
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Smoked paprika (sachet(s))	½	1	1½	2	2½	3
Vegetable mix with mushrooms* (g)	200	400	600	800	1000	1200
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Pesto rosso (g)	25	50	75	100	125	150
Not included						
Low sodium vegetable stock (ml)	90	180	270	360	450	540
Olive oil (tbsp)	1	2	3	4	5	6
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3376 /807	589 /141
Total fat (g)	42	7
of which saturated(g)	13,9	2,4
Carbonhydrates (g)	69	12
of which sugars (g)	11,2	2
Fiber (g)	9	2
Protein (g)	33	6
Salt (g)	1,9	0,3

Allergens

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

1



Boil the couscous

- Prepare the stock in a pot or saucepan.
- Add the giant couscous and boil for 12 - 14 minutes, covered, then drain if necessary and set aside.
- Crush or mince the garlic in the meantime.

2



Fry the vegetables

- Heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the garlic with the vegetable mix, the Italian seasoning and half of the smoked paprika for 6 minutes.
- Remove from the heat, then transfer the couscous to the vegetables and mix well to combine.

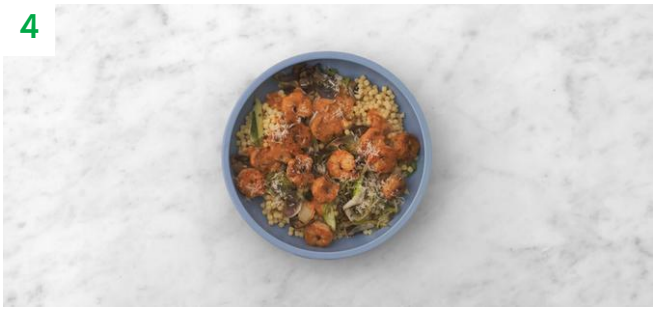
3



Fry the shrimp

- In the meantime, heat a drizzle of olive oil in another frying pan over medium-high heat. Fry the shrimp with the rest of the smoked paprika for 3 minutes until done.
- Add the pesto rosso and the cream, then mix well and cook for 3 more minutes, covered.

4



Serve

- Serve everything on deep plates and pour over the creamy pesto rosso sauce from the pan.
- Grate the cheese directly over each portion to finish.

Curried Chicken Wraps with Mango Chutney

with coriander yogurt sauce & tomato salsa

Total time: 30 - 40 min. Health Conscious Choice




Mini tortillas


Chicken breast


Curry powder


Red onion


Bell pepper


Tomato


Garlic


Organic full-fat yogurt


Mango chutney


Fresh coriander

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Mini tortillas (unit(s))	4	8	12	16	20	24
Chicken breast* (unit(s))	1	2	3	4	5	6
Curry powder (sachet(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1	2	2	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Tomato (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	1	2	2	3	3
Organic full-fat yogurt* (g)	25	50	75	100	125	150
Mango chutney* (g)	20	40	60	80	100	120
Fresh coriander* (g)	5	10	15	20	25	30
Not included						
Sunflower 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	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2636 /630	508 /121
Total fat (g)	17	3
of which saturated(g)	3,4	0,7
Carbonhydrates (g)	77	15
of which sugars (g)	14,7	2,8
Fiber (g)	8	2
Protein (g)	42	8
Salt (g)	1,4	0,3

Allergens

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

1



Prepare

- Preheat the oven to 200°C (see Tip).
- Slice half of the onion into rings and set the rest aside.
- Cut the bell pepper into strips and crush or mince the garlic.

Tip: *you'll use the oven later to heat the tortillas, but you can also do this in a frying pan if preferred. In this case, skip preheating the oven.*

3



Finish

- Wrap the tortillas in aluminum foil and heat in the oven for 2 - 3 minutes.
- Dice the tomato in the meantime.
- Finely chop the coriander and the rest of the onion.
- In a bowl, combine the tomato with the white wine vinegar, the rest of the onion and half of the coriander. Season to taste with salt and pepper.

2



Fry the chicken

- Dice the chicken.
- Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat. Fry the chicken with the garlic, the onion and the bell pepper for 3 - 6 minutes. Season to taste with salt and pepper.
- Add the curry powder and fry for 1 more minute, then lower the heat. Keep warm until serving.

4



Serve

- Transfer the yogurt to a tall container, along with the honey and the rest of the coriander.
- Process with an immersion blender until smooth, adding a splash of water as needed. Season to taste with salt and pepper.
- Serve all the toppings separately at the table, so as to allow everyone to assemble their own wraps as preferred.

Za'atar-Lemon Chicken with Parsley Yogurt Sauce

with giant couscous, raisins & roasted vegetables

Total time: 25 - 35 min. Quick




Lemon


Garlic


Za'atar


Middle Eastern spice mix


Organic full-fat yogurt


Raisins


Courgette


Romano pepper


Chicken thigh


Fresh flat leaf parsley


Smoked paprika


Giant couscous


Red onion


Gomashio

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Lemon* (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	2	3	4	5	6
Za'atar (sachet(s))	½	1	1½	2	2½	3
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Organic full-fat yogurt* (g)	50	100	150	200	250	300
Raisins (g)	10	20	30	40	50	60
Courgette* (unit(s))	½	1	1½	2	2½	3
Romano pepper* (unit(s))	½	1	1½	2	2½	3
Chicken thigh* (unit(s))	1	2	3	4	5	6
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Smoked paprika (sachet(s))	¼	½	¾	1	1¼	1½
Giant couscous (g)	75	150	225	300	375	450
Red onion (unit(s))	½	1	1½	2	2½	3
Gomashio (sachet(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	1½	3	4½	6	7½	9
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Low sodium chicken stock cube (unit(s))	½	1	1½	2	2½	3
Honey [or plant-based alternative]	to taste					
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3406 /814	632 /151
Total fat (g)	39	7
of which saturated(g)	11,4	2,1
Carbonhydrates (g)	79	15
of which sugars (g)	22,6	4,2
Fiber (g)	9	2
Protein (g)	35	6
Salt (g)	1,3	0,2

Allergens

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

1



Prepare

- Preheat the oven to 210°C.
- Boil plenty of water in a large pot or saucepan, then crumble in the stock cube (see pantry for amount).
- Boil the giant couscous with the raisins for 12 - 14 minutes, then drain and set aside.
- Meanwhile, slice the courgette into crescents and cut the Romano pepper into thin strips.

2



Roast the vegetables

- Transfer the courgette and the Romano pepper to a parchment-lined baking sheet. Drizzle with olive oil and scatter over the Middle Eastern spices.
- Season with salt and pepper, then roast for 12 - 15 minutes until golden brown.
- Meanwhile, chop the onion and crush or mince the garlic.
- Juice half of the lemon and cut the rest into wedges.

3



Finish the giant couscous

- In a small bowl, combine the honey with half each of the lemon juice, the smoked paprika and the garlic (see Tip).
- Stir the gomashio, a knob of butter and the rest of the smoked paprika into the giant couscous.
- Keep warm until serving, covered.

Tip: *the rest of the garlic will be served raw, but if preferred you can use all of it here instead.*

4



Fry the chicken

- In a bowl, coat the chicken with the za'atar and half of the lemon juice.
- Heat a generous drizzle of olive oil in a frying pan over medium-high heat.
- Fry the onion with the chicken for 5 - 6 minutes per side, or until done. Season with salt and pepper.
- Coat the chicken with the honey mixture and fry for 1 more minute, then remove from the heat.

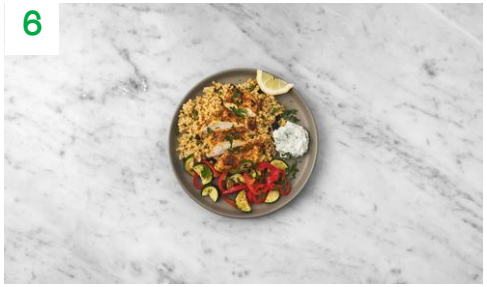
5



Make the sauce

- Roughly chop the parsley in the meantime.
- In a small bowl, combine the yogurt with the rest of the garlic and half of the parsley.
- Season to taste with salt and pepper.

6



Serve

- Serve the giant couscous on plates with everything else alongside.
- Dollop with the yogurt sauce and garnish with the rest of the parsley.
- Serve with the lemon wedges.

Giant Couscous with Greek-Style Cheese & Yogurt Sauce

with roasted bell pepper, almonds & parsley

Total time: 40 - 50 min. Vegetarian




Bell pepper


Garlic


Fresh curly parsley


Greek-style cheese


Salted almonds


Giant couscous


Ground cumin


Organic full-fat yogurt


Sliced carrots

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Bell pepper* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
Fresh curly parsley* (g)	2½	5	7½	10	12½	15
Greek-style cheese* (g)	50	100	150	200	250	300
Salted almonds (g)	15	30	45	60	75	90
Giant couscous (g)	75	150	225	300	375	450
Ground cumin (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Organic full-fat yogurt* (g)	50	100	150	200	250	300
Sliced carrots* (g)	75	150	225	300	375	450
Not included						
Low sodium vegetable stock (ml)	150	300	450	600	750	900
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3448 /824	550 /131
Total fat (g)	45	7
of which saturated(g)	13,6	2,2
Carbonhydrates (g)	75	12
of which sugars (g)	18,5	2,9
Fiber (g)	11	2
Protein (g)	26	4
Salt (g)	2	0,3

Allergens

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

1



Roast the bell pepper

- Preheat the oven to 220°C and prepare the stock.
- Deseed the bell pepper and chop into strips, then transfer to a parchment-lined baking sheet.
- Drizzle with sunflower oil and then roast for 20 - 25 minutes or until soft, tossing halfway.

2



Prepare the toppings

- Crush or mince the garlic and roughly chop the almonds.
- Finely chop the parsley and crumble the Greek-style cheese.
- Heat a drizzle of olive oil in a pot or saucepan over medium-high heat and toast the giant couscous for 1 minute.
- Pour in the stock, then set the heat to low and boil the giant couscous for 13 - 15 minutes until done.

3



Fry the carrot

- Heat a drizzle of olive oil in a wok or deep frying pan over medium-low heat. Fry the garlic for 1 minute, then stir in the carrot and cumin and turn the heat to medium-high.
- Fry for 7 - 10 minutes or until the carrot is done, then season to taste with salt and pepper.
- Meanwhile, in a bowl combine the yogurt with the extra virgin olive oil and the honey. Season to taste with salt and pepper.

4



Serve

- Transfer the carrot to the giant couscous, along with half each of the cheese, bell pepper, parsley and almonds.
- Mix well to combine, then serve on plates and drizzle with the yogurt sauce.
- Top with the rest of the bell pepper, then garnish with the rest of the cheese, parsley and almonds.

Tortelloni in Creamy Pesto Sauce with Bacon Lardons

with oyster mushrooms & Grana Padano flakes

Total time: 20 - 30 min. Quick

We've replaced the green pesto in this recipe. The green pesto you are receiving contains different allergens. Always remember to check the ingredient label for the most accurate information regarding allergens and traces.

Enjoy!



- Tortelloni with ricotta & spinach
- Lemon
- Bacon lardons
- Cooking cream
- Carrot
- Onion
- Spinach
- Oyster mushrooms
- Grana Padano flakes DOP
- Green pesto

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Tortelloni with ricotta & spinach* (g)	150	300	450	600	750	900
Lemon* (unit(s))	½	1	1½	2	2½	3
Bacon lardons* (g)	40	80	120	160	200	240
Cooking cream (g)	75	150	225	300	375	450
Carrot* (unit(s))	½	1	2	2	3	3
Onion (unit(s))	½	1	1	2	2	3
Spinach* (g)	50	100	150	200	250	300
Oyster mushrooms* (g)	100	200	300	400	500	600
Grana Padano flakes DOP* (g)	10	20	30	40	50	60
Green pesto (g)	20	40	60	80	100	120
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3929 /939	682 /163
Total fat (g)	53	9
of which saturated(g)	18,5	3,2
Carbonhydrates (g)	81	14
of which sugars (g)	16	2,8
Fiber (g)	10	2
Protein (g)	32	6
Salt (g)	3,4	0,6

Allergens

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

1



Prepare

- Boil plenty of salted water in a pot or saucepan for the tortelloni.
- Heat a large clean frying pan over medium-high heat and fry the bacon lardons for 4 minutes, then remove from the pan and set aside.
- Meanwhile, chop the onion and dice the carrot.
- Cut or tear the mushrooms into smaller pieces.

2



Boil the tortelloni

- Heat a drizzle of olive oil in the same pan over medium-high heat. Fry the onion, the carrot and the mushrooms for 5 - 7 minutes.
- Meanwhile, boil the tortelloni for 2 - 3 minutes.
- Reserve 60ml pasta water per person, then drain and set aside.
- Return the bacon to the frying pan, then deglaze with the pasta water.

3



Finish

- Lower the heat under the frying pan, then add the cream and the pesto.
- Allow to simmer for 1 - 2 minutes, or until the sauce has thickened and reduced. Season to taste with salt and pepper.
- Gradually add the spinach, tearing it directly into the pan. Allow to wilt and reduce.
- Meanwhile, cut the lemon into wedges.

4



Serve

- Transfer the tortelloni to the sauce and mix well to combine.
- Serve the tortelloni in bowls and garnish with the cheese.
- Serve the lemon wedges alongside.

Chicken Tagine with Eggplant & Romano Pepper

over parsley potatoes with olives & lemon

Total time: 50 - 60 min. Health Conscious Choice



- Potatoes
- Onion
- Garlic
- Fresh ginger
- Romano pepper
- Eggplant
- African-inspired spice mix
- Chicken breast
- Fresh flat leaf parsley
- Lemon
- Carrot
- Green olives

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Fresh ginger* (tsp)	1	2	3	4	5	6
Romano pepper* (unit(s))	½	1	2	2	3	3
Eggplant* (unit(s))	½	1	2	2	3	3
African-inspired spice mix (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Chicken breast* (unit(s))	1	2	3	4	5	6
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Carrot* (unit(s))	½	1	1	1	2	2
Green olives (g)	30	50	70	100	120	150
Not included						
Brown sugar (tbsp)	¼	½	¾	1	1¼	1½
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Water (ml)	50	100	150	200	250	300
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2582 /617	356 /85
Total fat (g)	24	3
of which saturated(g)	4,1	0,6
Carbonhydrates (g)	64	9
of which sugars (g)	21,4	2,9
Fiber (g)	12	2
Protein (g)	38	5
Salt (g)	1,4	0,2

Allergens

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

1



Prepare

- Boil plenty of generously salted water in a pot or saucepan.
- Peel or thoroughly wash the potatoes and cut them into rough chunks.
- Slice the onion into half-rings and crush or mince the garlic. Grate the ginger.
- Cut the Romano pepper into thin strips. Dice the eggplant into 1cm - 2cm cubes. Slice the carrot into crescents.

2



Cook the potatoes

- Boil the potatoes for 12 - 15 minutes or until done, then drain and set aside, covered.
- Heat a generous drizzle of olive oil in a deep frying pan over medium-high heat. Fry the eggplant, the carrot, the onion, the garlic and the ginger for 3 - 4 minutes.
- Stir in the sugar and fry for 1 - 2 more minutes.

3

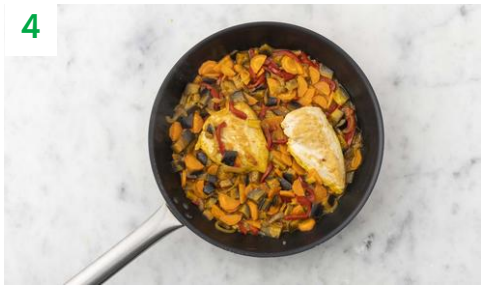


Fry the chicken

- Create some space in the centre of the pan, then add the chicken and the Romano pepper (see Tip).
- Season the chicken with salt and pepper, then fry for 2 minutes per side or until evenly browned.
- Remove the chicken from the pan and set aside briefly.
- Stir in the African-inspired spices and the honey, then return the chicken to the pan.

Tip: *if you don't have enough space in the pan, you can also fry the chicken separately.*

4



Simmer

- Pour in the water so as to cover two thirds of the vegetables (see pantry for amount).
- Cover with the lid and then allow to simmer for 12 - 15 minutes over medium heat.

5



Finish

- Meanwhile, finely chop the parsley.
- Quarter the lemon and halve the olives.
- When the tagine is done, add the olives and squeeze as much lemon juice as preferred directly into the pan.
- Allow to cook for 5 - 6 minutes over medium-high heat, uncovered. Season to taste with salt and pepper.

6



Serve

- Drizzle the potatoes with the extra virgin olive oil and add two thirds of the parsley. Season to taste with salt and pepper, then toss well to combine.
- Serve the potatoes on deep plates and top with the tagine.
- Garnish with the rest of the parsley and serve any remaining lemon wedges alongside.

Chicken Wings in Creamy Peanut Sauce

with roast potatoes & Romano pepper

Total time: 45 - 55 min.




Potatoes


Chicken wings


Garlic


Onion


Tomato


Romano pepper


Fresh flat leaf parsley


African-inspired spice mix


Peanut butter


Unsalted peanuts

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Chicken wings* (unit(s))	3	6	9	12	15	18
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	1	2	3	4	5	6
Romano pepper* (unit(s))	1	2	3	4	5	6
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
African-inspired spice mix (sachet(s))	½	1	1½	2	2½	3
Peanut butter (tub)	1	2	3	4	5	6
Unsalted peanuts (g)	5	10	15	20	25	30
Not included						
Low sodium chicken stock (ml)	150	300	450	600	750	900
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

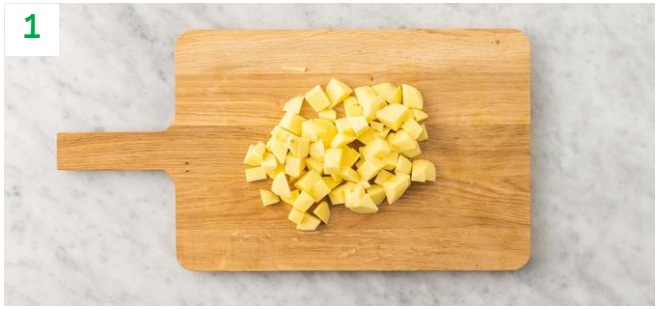
Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4109 /982	444 /106
Total fat (g)	54	6
of which saturated(g)	15,5	1,7
Carbonhydrates (g)	58	6
of which sugars (g)	16,1	1,7
Fiber (g)	10	1
Protein (g)	66	7
Salt (g)	1,7	0,2

Allergens

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

1



Prepare

- Preheat the oven to 210°C.
- Dice the potatoes into 2cm cubes, then transfer to a bowl and drizzle with olive oil.
- Season with salt and pepper, then toss well to coat.
- Transfer to a parchment-lined baking sheet and roast in the oven for 35 - 40 minutes, tossing halfway.

2



Chop the vegetables

- Halve the Romano pepper lengthways and transfer to a parchment-lined baking sheet.
- Drizzle with the honey, then roast in the oven for 15 minutes.
- In the meantime, prepare the stock and dice the tomato.
- Chop the onion and crush or mince the garlic.

3



Fry the chicken

- Heat a drizzle of olive oil in a large deep frying pan over medium-high heat and fry the chicken for 2 minutes per side.
- Add the onion and the garlic, then fry for 2 - 4 more minutes.
- Add the stock and boil for 8 - 10 minutes, covered.
- Add the tomato, the white wine vinegar and the African-inspired spices. Simmer for 4 - 6 minutes.

4



Serve

- Add the peanut butter and mix well, then simmer for another 4 - 6 minutes.
- In the meantime, roughly chop the parsley and the peanuts.
- Serve the potatoes on deep plates with everything else alongside.
- Garnish with the peanuts and the parsley to finish.

Roasted Vegetables with Fried Egg

over coconut rice with curry sauce

Total time: 35 - 45 min. Vegetarian




Jasmine rice


Coconut milk


Courgette


Bell pepper


Chestnut mushrooms


Shallot


Apple


Yellow curry spices


Egg


Crispy fried onions

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Jasmine rice (g)	75	150	225	300	375	450
Coconut milk (ml)	90	180	250	360	430	540
Courgette* (unit(s))	½	1	1	2	2	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Chestnut mushrooms* (g)	65	125	185	250	310	375
Shallot (unit(s))	½	1	1½	2	2½	3
Apple* (unit(s))	½	1	1½	2	2½	3
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Egg* (unit(s))	1	2	3	4	5	6
Crispy fried onions (g)	15	30	45	60	75	90
Not included						
Low sodium vegetable stock (ml)	275	550	825	1100	1375	1650
Olive oil (tbsp)	2	4	6	8	10	12
Flour (tsp)	1	2	3	4	5	6
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3958 /946	434 /104
Total fat (g)	55	6
of which saturated(g)	22,8	2,5
Carbonhydrates (g)	94	10
of which sugars (g)	20,4	2,2
Fiber (g)	8	1
Protein (g)	23	3
Salt (g)	1,7	0,2

Allergens

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

1



Prepare

- Preheat the oven to 220°C and prepare the stock.
- Slice the courgette into 1cm thick crescents. Dice the bell pepper into 1.5cm chunks and halve the mushrooms.
- Transfer the vegetables to a bowl, along with 0.5 tsp yellow curry spices per person.
- Drizzle generously with olive oil and season with salt and pepper, then toss well to coat.

2



Roast the vegetables

- Transfer the vegetables to a parchment-lined baking sheet and roast in the oven for 15 - 18 minutes.
- In the meantime, chop the shallot and finely dice the apple.
- Set aside (per person) 25ml coconut milk and 100ml stock to use later for the sauce.
- Transfer the rest of the coconut milk and stock to a pot or saucepan.

3



Make the coconut rice

- Bring to a boil and then reduce the heat to medium-low, before adding the rice to the pan.
- Boil the rice for 10 - 12 minutes, covered, then drain if needed and set aside (see Tip).

Health Tip: *this recipe is high in calories. Are you watching your calorie intake? Prepare just two thirds of the rice. You can keep the rest of it to use another time.*

4



Make the sauce

- Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the shallot with the apple for 3 - 4 minutes.
- Add the rest of the yellow curry spices and fry for 1 more minute.
- Add the flour and fry for another minute, then add the reserved coconut milk and stock.
- Bring to a boil and allow to reduce for 3 - 4 minutes. Season to taste with salt and pepper.

5



Fry the egg

- In the meantime, heat a drizzle of olive oil in a small frying pan and fry the egg.
- Season to taste with salt and pepper.

6



Serve

- Serve the coconut rice on deep plates with the roasted vegetables and curry sauce.
- Top with the fried egg and garnish with the crispy onions.

Baked Greek-Style Cheese with Tomatoes & Pecans

over sweet potato mash with arugula & lamb's lettuce

Total time: 30 - 40 min. Vegetarian Health Conscious Choice




Potatoes


Sweet potato


Red onion


Mini Roma tomatoes


Romano pepper


Italian seasoning


Chopped pecans


Greek-style cheese


Arugula & lamb's lettuce

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Sweet potato (g)	75	150	225	300	375	450
Red onion (unit(s))	1	2	3	4	5	6
Mini Roma tomatoes* (g)	125	250	375	500	625	750
Romano pepper* (unit(s))	½	1	2	2	3	3
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Chopped pecans (g)	10	20	30	40	50	60
Greek-style cheese* (g)	50	100	150	200	250	300
Arugula & lamb's lettuce* (g)	30	60	90	120	150	180
Not included						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1	2	3	4	5	6
Mustard (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tsp)	1½	3	4½	6	7½	9
[Plant-based] milk (splash)	1	2	3	4	5	6
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3105 /742	436 /104
Total fat (g)	40	6
of which saturated(g)	12,5	1,8
Carbonhydrates (g)	77	11
of which sugars (g)	23,6	3,3
Fiber (g)	14	2
Protein (g)	20	3
Salt (g)	1,8	0,3

Allergens

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

1



Boil the potatoes

- Preheat the oven to 220°C.
- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Weigh both types of potatoes, then peel or thoroughly wash them and cut into rough pieces.
- Boil for 12 - 15 minutes until done. Reserve some of the cooking liquid, then drain and set aside.

2



Assemble

- Slice the onion into half rings and cut the Romano pepper into strips.
- Transfer both to an oven dish, along with the tomatoes.
- Place the slab of cheese in the middle of the oven dish, on top of the vegetables.
- Drizzle everything with the balsamic vinegar and scatter over the Italian seasoning. Drizzle generously with olive oil and season with salt and pepper.

3



Mash the potatoes

- Bake in the oven for 15 - 18 minutes.
- Scatter over the pecans and return to the oven for 3 - 5 more minutes.
- Mash the potatoes with a splash of milk or cooking liquid as preferred.
- Stir in the mustard and then season to taste with salt and pepper.

4



Serve

- Serve the arugula & lamb's lettuce on plates and drizzle with the extra virgin olive oil.
- Top first with the mashed potatoes and then with the roasted vegetables, the baked cheese and the pecans.
- Drizzle with any residual cooking juices from the oven dish as preferred.

Baked Cypriot-Style Cheese with Pumpkin Orzotto

with caramelised pear, roasted walnuts & thyme

Total time: 30 - 40 min. Vegetarian



- Orzo
- Garlic
- Onion
- Diced pumpkin
- Pear
- Dried thyme
- Chopped walnuts
- Cypriot-style cheese

Recipe Developer Chiara: "In this recipe with classic flavors, Cypriot-style cheese takes center stage! You bake it whole in the oven with thyme and honey, making it golden-brown on the outside and soft on the inside. You serve it on a pumpkin orzo with caramelised pear and crunchy walnuts."

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Orzo (g)	75	150	225	300	375	450
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1½	2	2½	3
Diced pumpkin* (g)	150	300	450	900	750	1200
Pear* (unit(s))	1	2	3	4	5	6
Dried thyme (sachet(s))	½	1	1½	2	2½	3
Chopped walnuts (g)	10	20	30	40	50	60
Cypriot-style cheese* (g)	100	200	300	400	500	600
Not included						
Low sodium mushroom or vegetable stock (ml)	160	320	480	640	800	960
Olive oil (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tbsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3966 /948	544 /130
Total fat (g)	45	6
of which saturated(g)	28	3,8
Carbonhydrates (g)	94	13
of which sugars (g)	35,8	4,9
Fiber (g)	9	1
Protein (g)	37	5
Salt (g)	3,5	0,5

Allergens

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

1



Prepare

- Preheat the oven to 220°C.
- Prepare the stock.
- Chop the onion and crush or mince the garlic.

2



Fry the vegetables

- Heat a light drizzle of olive oil in a wok or deep frying pan over medium-high heat. Fry the onion and the garlic for 1 - 2 minutes.
- Stir in the pumpkin and fry for 2 - 3 more minutes.
- Stir in the orzo and toast the grains over medium heat for 1 minute.
- Deglaze with the balsamic vinegar, then pour in the stock and cover with the lid.

3



Make the orzotto

- Cook the orzo for 10 - 12 minutes over low heat, stirring regularly.
- Add extra water as necessary if it seems too dry.
- Meanwhile, score the surface of the cheese, being sure not to cut all the way through (see Tip).

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

4



Bake the cheese

- Transfer the cheese to an oven dish, then scatter over the thyme and drizzle lightly with olive oil.
- Top with the walnuts and half of the honey, then season with salt and pepper.
- Bake the cheese in the oven for 8 - 10 minutes.
- Meanwhile, core and slice the pear.

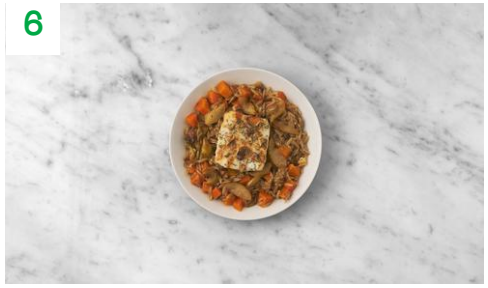
5



Caramelise the pear

- Melt a knob of butter in a frying pan over medium heat and fry the pear for 2 - 3 minutes.
- Stir in the rest of the honey, then season with salt and pepper.
- Fry for 5 - 7 more minutes over medium-high heat until softened and lightly browned.

6



Serve

- Season the orzotto generously with salt and pepper, then serve on deep plates.
- Top with the pear, the cheese and the walnuts.
- Drizzle with any residual cooking juices from the oven dish to finish.

Rosemary Shrimp with Roasted Vegetables

over bulgur with yogurt sauce

Total time: 45 - 55 min. Health Conscious Choice



- Fresh rosemary
- Eggplant
- Red onion
- Garlic
- Shrimp
- Bulgur
- Organic full-fat yogurt
- Bell pepper
- Mini Roma tomatoes
- Italian seasoning

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Fresh rosemary* (sprig)	1	2	3	4	5	6
Eggplant* (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Shrimp* (g)	80	160	240	320	400	480
Bulgur (g)	75	150	225	300	375	450
Organic full-fat yogurt* (g)	25	50	75	100	125	150
Bell pepper* (unit(s))	½	1	2	2	3	3
Mini Roma tomatoes* (g)	65	125	190	250	315	375
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Not included						
Balsamic vinegar (tsp)	2	4	6	8	10	12
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	2½	5	7½	10	12½	15
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Extra virgin olive oil (tsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

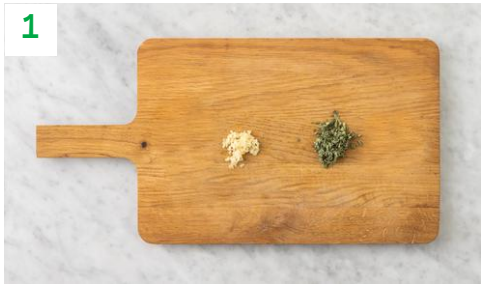
Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3335 /797	454 /108
Total fat (g)	43	6
of which saturated(g)	10,3	1,4
Carbonhydrates (g)	77	11
of which sugars (g)	16,7	2,3
Fiber (g)	16	2
Protein (g)	26	4
Salt (g)	1,3	0,2

Allergens

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

1



Prepare

- Preheat the oven to 200°C and prepare the stock.
- Discard the rosemary stalks and finely chop the leaves. Crush or mince the garlic.
- Transfer the shrimp to a bowl and drizzle with olive oil, then add the garlic and half of the Italian seasoning.
- Season with salt and pepper, then mix well to combine. Cover the bowl and set aside.

2



Prepare the vegetables

- Cut the eggplant into 0.5cm thick rounds and slice the onion into half-rings.
- Halve the bell pepper lengthways and remove the seeds.
- Transfer the eggplant to a parchment-lined baking sheet and drizzle generously with olive oil.
- Transfer the bell pepper and onion to another parchment-lined baking sheet and drizzle with olive oil.

3



Roast the vegetables

- Scatter a third of the rosemary over both baking sheets, then season with salt and pepper.
- Drizzle everything with half of the balsamic vinegar, then toss well to coat.
- Roast the eggplant for 12 minutes, then flip and return to the oven.
- Place the other baking sheet in the oven at the same time and roast everything for 6 - 8 minutes.

4



Cook the bulgur

- Meanwhile, melt a knob of butter in a pot or saucepan over medium-high heat.
- Fry half of the remaining rosemary for 1 minute, then add the bulgur and mix well so as to coat it with the butter.
- Add the stock and then boil the bulgur for 10 - 12 minutes, covered.
- Stir regularly and then set aside when finished.

5



Fry the shrimp

- Halve the tomatoes in the meantime.
- In a small bowl, combine the yogurt with the extra virgin olive oil and the rest of the Italian seasoning. Season to taste with salt and pepper.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the shrimp with the tomatoes and the rest of the rosemary for 3 – 4 minutes.
- Remove the shrimp from the pan and set aside.

6



Serve

- Deglaze the tomatoes with the rest of the balsamic vinegar and fry for 2 – 3 minutes, then stir the tomatoes into the bulgur.
- Serve the bulgur with the roasted vegetables.
- Top with the shrimp and drizzle with the yogurt sauce.

Chicken Breast in Creamy Mustard Sauce

with potatoes, mushrooms & glazed carrots

Total time: 35 - 45 min.




Potatoes


Chestnut mushrooms


Garlic


Red onion


Fresh rosemary


Chicken breast


Cooking cream


Carrot


Purple carrot

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Chestnut mushrooms* (g)	65	125	250	250	375	375
Garlic (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1	2	2	3
Fresh rosemary* (sprig)	1	2	3	4	5	6
Chicken breast* (unit(s))	1	2	3	4	5	6
Cooking cream (g)	150	300	450	600	750	900
Carrot* (unit(s))	½	1	2	2	3	3
Purple carrot* (unit(s))	½	1	1	2	2	3
Not included						
Low sodium vegetable stock (ml)	100	200	300	400	500	600
Mustard (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1½	3	4½	6	7½	9
[Plant-based] butter (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Brown sugar (tsp)	1	2	3	4	5	6
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4000 /956	449 /107
Total fat (g)	58	6
of which saturated(g)	27,3	3,1
Carbonhydrates (g)	69	8
of which sugars (g)	24,2	2,7
Fiber (g)	12	1
Protein (g)	43	5
Salt (g)	1,2	0,1

Allergens

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

1



Prepare

- Prepare the stock.
- Peel or thoroughly wash the potatoes and slice them into rounds of 0.5cm thickness (see Tip).

Tip: *this recipe is high in calories. If you're watching your calorie intake, serve just half of the potatoes and keep the rest to use another time.*

2



Fry the potatoes

- Heat a generous drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the potatoes for 25 minutes, covered.
- Remove the lid and fry for 5 more minutes, seasoning to taste with salt and pepper.

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

3



Fry the carrots

- Meanwhile, slice the carrots into crescents.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the carrots for 1 minute, then add the sugar and half of the stock.
- Cover with the lid and stew for 10 - 12 minutes.
- Remove the lid and cook for 2 more minutes. Season to taste with salt and pepper.

4



Fry the chicken

- Slice the mushrooms. Chop the onion and crush or mince the garlic.
- Discard the rosemary spring and roughly chop the leaves.
- Melt a knob of butter in a frying pan over medium-high heat and sear the chicken for 2 - 3 minutes per side, then remove from the pan and set aside.
- It shouldn't be done yet, as it will finish cooking later.

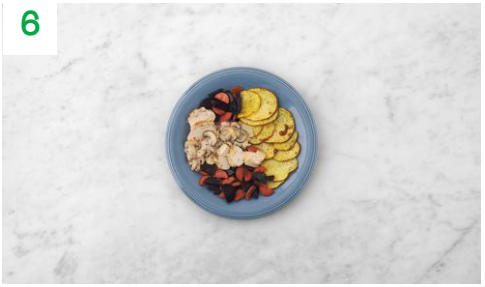
5



Fry the mushrooms

- Melt a knob of butter in the same pan over medium-high heat and fry the onion for 1 - 2 minutes.
- Stir in the mushrooms and the garlic, then fry for 2 - 3 more minutes.
- Deglaze with the rest of the stock, then stir in the mustard, the white wine vinegar, the rosemary and the cream.
- Lower the heat and allow to reduce for 5 minutes.

6



Serve

- Return the chicken to the pan. Allow the sauce to thicken and reduce for 8 - 12 minutes, or longer if it seems too watery.
- Taste the sauce and stir regularly, adding 1 tsp flour per person if necessary to thicken it.
- Serve the carrots and potatoes on plates.
- Serve the chicken in its creamy mustard sauce alongside.

Sticky Meatballs with Stir-Fried Noodles

in black garlic sauce with hot honey peanuts

Total time: 20 - 30 min. Family Quick



- Black garlic marinade
- Ginger paste
- Eggplant
- Carrot
- Wholewheat noodles
- Beef-pork meatballs with Thai seasoning
- Scallions
- East Asian-style sauce
- Garlic
- Gomashio
- Hot honey peanuts
- Korean-style spice mix

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Black garlic marinade* (g)	15	30	45	60	75	90
Ginger paste* (g)	2½	5	7½	10	12½	15
Eggplant* (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	1	1	2	2
Wholewheat noodles (g)	50	100	150	200	250	300
Beef-pork meatballs with Thai seasoning* (unit(s))	4	8	12	16	20	24
Scallions* (g)	62½	125	125	250	250	375
East Asian-style sauce* (g)	17½	35	52½	70	87½	105
Garlic (unit(s))	½	1	1½	2	2½	3
Gomashio (sachet(s))	½	1	1½	2	2½	3
Hot honey peanuts (g)	10	20	30	40	50	60
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
Not included						
Sunflower oil (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Water for the sauce (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3498 /836	749 /179
Total fat (g)	50	11
of which saturated(g)	10,2	2,2
Carbonhydrates (g)	66	14
of which sugars (g)	18,9	4
Fiber (g)	10	2
Protein (g)	30	7
Salt (g)	3,8	0,8

Allergens

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

1



Prepare

- Boil plenty of water in a pot or saucepan and cook the noodles for 4 - 5 minutes until al dente, then drain and set aside.
- Slice the carrot into thin crescents.
- Dice the eggplant into 1cm cubes.
- Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat. Add the eggplant, the carrot and a splash of water, then cover with the lid and stew for 8 - 10 minutes.

2



Fry the vegetables

- Remove the lid, then stir in the black garlic marinade, the ginger paste and half of the Korean-style spices.
- Crush or mince the garlic.
- Finely chop the scallions, then set aside half of the scallion greens to use later as garnish.
- Heat a drizzle of sunflower oil in a frying pan over medium-high heat. Fry the garlic with the scallions for 1 minute.

3



Fry the meatballs

- Add the meatballs to the scallions and fry for 2 - 3 minutes until evenly browned.
- Lower the heat and fry for 5 - 6 more minutes, covered, or until the meatballs are done.
- Stir in the East Asian-style sauce and the gomashio.
- Transfer the noodles to the vegetables, then toss well to combine and fry for 1 more minute. Season to taste with salt and pepper.

4



Serve

- In a small bowl, combine the mayonnaise with the rest of the Korean-style spices and the water for the sauce.
- Roughly chop the hot honey peanuts.
- Serve everything on deep plates.
- Drizzle over the mayonnaise sauce and garnish with the hot honey peanuts* and the reserved scallion greens.

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

No-Chicken Curry with Pak Choi

over rice in fragrant coconut sauce

Total time: 35 - 45 min. Plant-Based




Red onion


Garlic


Bell pepper


Apple


Yellow curry spices


Coconut milk


Basmati rice


Red chili pepper


Pak choi


Plant-based chicken pieces

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Apple* (unit(s))	½	1	1½	2	2½	3
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Coconut milk (ml)	125	250	360	500	610	750
Basmati rice (g)	75	150	225	300	375	450
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Pak choi* (unit(s))	½	1	1	2	2	3
Plant-based chicken pieces* (g)	80	160	240	320	400	480
Not included						
Sunflower oil (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Water for the sauce (tbsp)	1	2	3	4	5	6
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3519 /841	556 /133
Total fat (g)	43	7
of which saturated(g)	21,4	3,4
Carbonhydrates (g)	92	15
of which sugars (g)	19,5	3,1
Fiber (g)	9	1
Protein (g)	23	4
Salt (g)	1,7	0,3

Allergens

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

1



Prepare

- Chop the onion and crush or mince the garlic. Dice the bell pepper.
- Deseed and finely chop the red chili pepper*. Core and dice the apple.
- Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat.
- Fry the garlic, onion and chili pepper for 1 - 2 minutes.

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

2



Fry the vegetables

- Add the apple and bell pepper and fry for 3 - 4 minutes.
- Add the yellow curry spices and stir-fry for 1 - 2 minutes.
- Deglaze with the white balsamic vinegar, the water and the coconut milk. Lower the heat and mix well to combine.
- Allow to simmer for 12 - 15 minutes, covered (see Tip).

Tip: *add an extra splash of water as necessary if the curry gets too dry.*

3



Boil the rice

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cook the rice for 12 - 15 minutes, then drain and set aside.

4



Fry the veggie chicken

- Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat.
- Fry the veggie chicken for 7 - 8 minutes.
- Season to taste with salt and pepper, then transfer to the curry sauce and mix well to combine.
- Set aside the pan to use again in the next step.

5



Fry the pak choi

- Discard the base of the pak choi and finely chop both the leaves and the stems.
- Fry the pak choi in the same pan over medium-high heat for 3 - 4 minutes, then turn off the heat.
- Transfer the rice to the pak choi and mix well to combine. Season to taste with salt and pepper.

6



Serve

- Serve the rice and pak choi on plates.
- Top with the curry.

Lemon Hake & Vibrant Candy Cane Beetroot

with Greek-style cheese & yogurt-dressed giant couscous

Total time: 35 - 45 min. Health Conscious Choice




Candy cane beetroot


Red onion


Persian cucumber


Giant couscous


Greek-style cheese


Hake fillet


Fresh curly parsley & thyme


Yogurt dressing


Lemon


Garlic

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Candy cane beetroot* (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	½	1	1½	2	2½	3
Persian cucumber* (unit(s))	½	1	1½	2	2½	3
Giant couscous (g)	75	150	225	300	375	450
Greek-style cheese* (g)	25	50	75	100	125	150
Hake fillet* (unit(s))	1	2	3	4	5	6
Fresh curly parsley & thyme* (g)	5	10	15	20	25	30
Yogurt dressing* (g)	20	40	60	80	100	120
Lemon* (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Not included						
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	1½	3	4½	6	7½	9
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2937 /702	571 /136
Total fat (g)	27	5
of which saturated(g)	7,6	1,5
Carbonhydrates (g)	77	15
of which sugars (g)	21,4	4,2
Fiber (g)	6	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.

1



Chop the vegetables

- Preheat the oven to 200°C.
- Peel the beetroot and cut into wedges. Pull the thyme leaves off of the stalks.
- Slice the onion into half-rings and crush or mince the garlic.
- Transfer the beetroot, the thyme, the garlic and half of the onion to a bowl, then drizzle with olive oil. Season with salt and pepper, then toss well to coat.

2



Boil the giant couscous

- Transfer to a parchment-lined baking sheet and drizzle with a third of the honey. Roast for 25 - 30 minutes, tossing halfway.
- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cook the giant couscous for 12 - 14 minutes, then drain and rinse under cold water.
- Return to the pot and set aside.

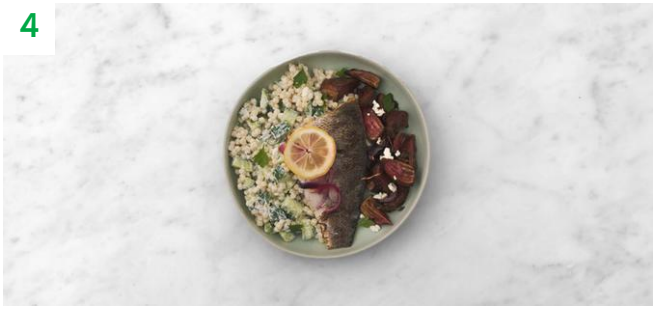
3



Prepare the fish

- Juice half of the lemon and thinly slice the rest. Pat the fish dry with kitchen paper.
- Transfer the lemon slices and the rest of the onion to an oven dish, then top with the fish, skin-side up. Season with salt and pepper.
- Drizzle with olive oil, then roast for 12 - 15 minutes.
- Meanwhile, dice the cucumber, chop the parsley and crumble the cheese.

4



Serve

- Add the yogurt dressing to the giant couscous, along with the lemon juice, the cucumber, the rest of the honey and half of the parsley.
- Season to taste with salt and pepper, then toss well to combine.
- Serve the giant couscous on deep plates with everything else alongside.
- Garnish with the cheese and the rest of the parsley.

Steak Bowl with Teriyaki Eggplant

over rice with carrot slaw & gomashio

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




White long grain rice


Garlic


Eggplant


Carrot


Teriyaki sauce


Gomashio


Fresh coriander


Marinated 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.

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
Eggplant* (unit(s))	½	1	2	2	3	3
Carrot* (unit(s))	1	1	1	2	2	3
Teriyaki sauce (g)	25	50	75	100	125	150
Gomashio (sachet(s))	½	1	1½	2	2½	3
Fresh coriander* (g)	5	10	15	20	25	30
Marinated steak* (unit(s))	1	2	3	4	5	6
Not included						
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Sunflower oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
Water (ml)	30	60	90	120	150	180
Extra virgin olive oil	to taste					
Salt and pepper	to taste					

** store in the fridge*

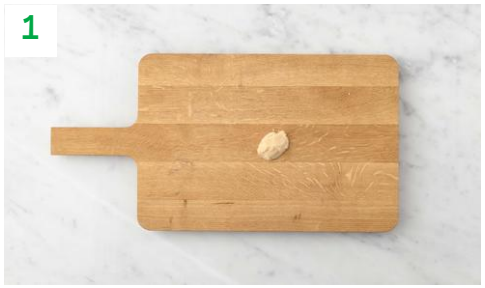
Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3008 /719	451 /108
Total fat (g)	26	4
of which saturated(g)	7,4	1,1
Carbonhydrates (g)	83	12
of which sugars (g)	15,5	2,3
Fiber (g)	7	1
Protein (g)	36	5
Salt (g)	2,5	0,4

Allergens

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

1



Prepare

- Prepare the stock. Take the steak out of the fridge and allow it to reach room temperature.
- Crush or mince the garlic.
- Heat a light drizzle of sunflower oil in a pot or saucepan over low heat and fry the garlic for 1 - 2 minutes.
- Stir in the rice, then pour in the stock.

2



Boil the rice

- Boil the rice for 10 - 12 minutes over low heat, covered. Take the pan off the heat and allow to rest for 5 minutes.
- Drain the rice if necessary, then season to taste with salt and pepper.
- Halve the eggplant lengthways, then cut each half into four long wedges.
- Heat a light drizzle of sunflower oil in a deep frying pan over high heat. Fry the eggplant for 3 - 4 minutes, turning regularly.

3



Steam the eggplant

- Lower the heat to medium and add the water (see pantry for amount).
- Cover with the lid and then steam the eggplant for 4 - 6 minutes.
- Remove the lid and add the teriyaki sauce, then fry for 1 more minute (see Tip).
- Season to taste with salt and pepper.

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

4



Fry the steak

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

5

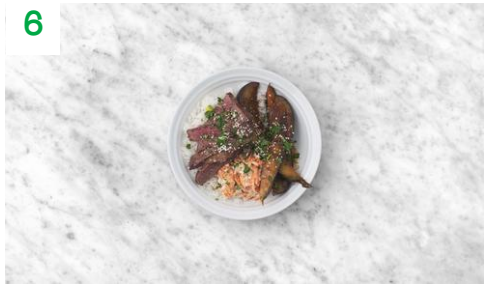


Make the carrot slaw

- Meanwhile, grate the carrot and chop the coriander.
- In a bowl, combine the carrot with the mayonnaise, the white wine vinegar and half of the coriander.
- Drizzle with extra virgin olive oil as preferred, then season to taste with salt and pepper.

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

6



Serve

- Slice the steak against the grain.
- Serve the rice in bowls and top with the eggplant, the carrot slaw and the steak.
- Garnish with the gomashio and the rest of the coriander.