



# Chicken Sausages with Parmigiano Reggiano

with tomato tapenade, baby potatoes & vegetables

Quick Calorie Smart

Total time: 25 - 30 min.



Baby potatoes



Chicken sausage



Red onion



Parmigiano Reggiano DOP



Broccoli



Bell pepper



Garlic



Sicilian-style herb mix



Tomato tapenade



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Before you start

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

Equipment

Lidded frying pan, microplane, pot or saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Baby potatoes (g)	200	400	600	800	1000	1200
Chicken sausage* (unit(s))	2	4	6	8	10	12
Red onion (unit(s))	½	1	1	2	2	3
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Broccoli* (g)	100	200	300	400	500	600
Bell pepper* (unit(s))	½	1	2	2	3	3
Garlic (unit(s))	½	1	1½	2	2½	3
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Tomato tapenade* (g)	20	40	60	80	100	120
Not included						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2176 /520	382 /91
Total fat (g)	20	4
of which saturated(g)	8,9	1,6
Carbonhydrates (g)	47	8
of which sugars (g)	9,9	1,7
Fiber (g)	15	3
Protein (g)	30	5
Salt (g)	2,5	0,4

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Wash the baby potatoes and cut them in half, or any larger ones into quarters.
- Boil the baby potatoes for 8 - 9 minutes.



Fry the sausages

- Melt a knob of butter in a frying pan over medium-high heat.
- Fry the sausages for 2 minutes, then add the bell pepper, onion and garlic and fry for 1 - 2 minutes.
- Cover with the lid and fry for 5 - 6 minutes, turning regularly.
- Add the Sicilian-style herbs and fry for 1 more minute, or until the sausages are done. Season to taste with salt and pepper.



Add the broccoli

- Cut the head of the broccoli into florets and dice the stem.
- Add the broccoli to the baby potatoes and boil for 4 - 6 minutes until the potatoes are done, then drain and set aside.
- Meanwhile, cut the bell pepper into strips.
- Slice the onion into half rings and crush or mince the garlic.



Serve

- Grate the Parmigiano Reggiano.
- Stir the tomato tapenade into the broccoli and baby potatoes, seasoning to taste with salt and pepper.
- Serve the broccoli and baby potatoes on plates with everything else alongside.
- Garnish with the Parmigiano Reggiano to finish.

Enjoy!





# Crispy Chickpeas with Sweet & Creamy Curry Sauce

with hidden veggies for kids: carrot, cauliflower & tomato

Family Veggie Quick Calorie Smart

Total time: 25 - 30 min.



Chickpeas



Cauliflower Rice



White long grain rice



Onion



Garlic



Tomato



Carrot



Cream cheese



Curry powder



Mango chutney



Roasted cashew nuts



Fresh flat leaf parsley



Lime



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Before you start

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Equipment

Lidded deep frying pan, immersion blender, pot or saucepan, sieve, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chickpeas (pack)	½	1	1½	2	2½	3
Cauliflower Rice* (g)	100	200	300	400	500	600
White long grain rice (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
Tomato (unit(s))	1	2	3	4	5	6
Carrot* (unit(s))	½	1	1	1	2	2
Cream cheese* (g)	50	100	150	200	250	300
Curry powder (sachet(s))	¾	1½	2¼	3	3¾	4½
Mango chutney* (g)	20	40	60	80	100	120
Roasted cashew nuts (g)	10	20	30	40	50	60
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Lime* (unit(s))	½	1	1½	2	2½	3
Not included						
Sunflower oil (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	50	100	150	200	250	300
Salt and pepper (totaste)	0	0	0	0	0	0
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2761 /660	442 /106
Total fat (g)	29	5
of which saturated(g)	7,7	1,2
Carbonhydrates (g)	76	12
of which sugars (g)	14,5	2,3
Fiber (g)	16	3
Protein (g)	20	3
Salt (g)	1,1	0,2

Allergens

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



Prepare

- Prepare the stock. Dice the tomato and slice the carrot.
- Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat. Fry the carrot and tomato for 2 - 3 minutes.
- Chop the onion and crush or mince the garlic, then transfer both to the pan and fry for 1 - 2 minutes.
- Add the curry powder and fry for 1 minute.



Fry the chickpeas

- Drain and rinse the chickpeas.
- Heat a drizzle of sunflower oil in a frying pan over medium heat and fry the chickpeas for 12 - 15 minutes. Season to taste with salt and pepper.
- Meanwhile, add the cream cheese to the curry.
- Use an immersion blender to process into a smooth sauce. Season to taste with salt and pepper.



Boil the rice

- Stir in the stock and the mango chutney, then bring to a rapid boil.
- Allow to simmer over medium heat for 8 - 10 minutes, covered.
- Boil plenty of water in a pot or saucepan and cook the rice for 8 - 10 minutes.
- Add the cauliflower rice and boil for 1 more minute, then drain. Season with salt and pepper, then set aside.



Serve

- Chop the parsley and quarter the lime.
- Top the rice with the curry and the chickpeas.
- Garnish with the cashews and the parsley.
- Serve the lime wedges alongside.

Enjoy!





# Family Pasta Night: Creamy Fiocchi Tricolore in Sundried Tomato Sauce

build your own & enjoy together!

Family Veggie Quick

Total time: 15 - 20 min.



Sundried tomatoes



Cooking cream



Garlic



Courgette



Sicilian-style herb mix



Onion



Spinach



Pesto rosso



Fresh basil



Shredded mozzarella



Italian seasoning



Sunflower seeds



Fiocchi tricolore



Red cherry tomatoes



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Before you start

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

Equipment

Deep frying pan, pot or saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Sundried tomatoes (g)	30	50	70	100	120	150
Cooking cream (g)	75	150	225	300	375	450
Garlic (unit(s))	½	1	1½	2	2½	3
Courgette* (unit(s))	½	1	2	2	3	3
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Spinach* (g)	50	100	100	200	200	300
Pesto rosso* (g)	20	40	60	80	100	120
Fresh basil* (g)	5	10	15	20	25	30
Shredded mozzarella* (g)	25	50	75	100	125	150
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Sunflower seeds (g)	10	20	30	40	50	60
Fiocchi tricolore (g)	90	180	270	360	450	540
Red cherry tomatoes (g)	65	125	190	250	315	375
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
White balsamic vinegar (tsp)	1	2	3	4	5	6
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3870 /925	702 /168
Total fat (g)	49	9
of which saturated(g)	15,6	2,8
Carbonhydrates (g)	88	16
of which sugars (g)	19,3	3,5
Fiber (g)	11	2
Protein (g)	29	5
Salt (g)	1,4	0,2

Allergens

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



Prepare

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

Health Tip 🌱 this recipe is high in calories. Are you watching your calorie intake? Prepare all of the pasta but then just serve two thirds. You can keep the rest to use another time.



Make the sauce

- Heat a drizzle of olive oil in the same pan over medium-high heat. Fry the garlic and sundried tomatoes for 1 minute.
- Deglaze with the white balsamic vinegar, then stir in the cream and the Sicilian-style herbs.
- Gradually add the spinach, tearing it directly into the pan.
- Season to taste with salt and pepper, then allow to simmer until serving.



Fry the vegetables

- Slice the courgette into crescents and halve the tomatoes. Slice the onion into half rings.
- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the onion and courgette with the Italian seasoning for 1 - 2 minutes.
- Add the tomatoes and fry for 5 - 6 more minutes.



Finish

- Meanwhile, cut or tear the basil leaves into smaller pieces.
- Transfer the pasta to the sauce and toss well to combine, adding a splash of pasta water as necessary if it seems too thick.



Toast the sunflower seeds

- Heat a clean deep frying pan over high heat.
- Toast the sunflower seeds for 3 - 4 minutes until golden-brown, then remove from the pan and set aside.
- Meanwhile, finely chop the sundried tomatoes and crush or mince the garlic.



Serve

- Serve the creamy pasta on deep plates.
- Serve all the elements separately at the table and allow everyone to build their own pasta bowl (or if preferred, just plate it directly).

Enjoy!





# Celeriac 'Stampptot' with Pork Sausage

one simple recipe with extra flavours for parents!

Family Calorie Smart

Total time: 35 - 45 min.



Pork sausage



Potatoes



Red onion



Chestnut mushrooms



Spinach



Belgian spice mix



Celeriac cubes



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Before you start

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Equipment

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pork sausage* (unit(s))	1	2	3	4	5	6
Potatoes (g)	200	400	600	800	1000	1200
Red onion (unit(s))	½	1	1	2	2	3
Chestnut mushrooms* (g)	125	250	320	400	570	650
Spinach* (g)	50	100	200	200	300	300
Belgian spice mix (tsp)	¼	½	¾	1	1¼	1½
Celeriac cubes* (g)	75	150	225	300	375	450
Not included						
Mustard (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	1¼	2½	3¾	5	6¼	7½
Low sodium beef stock (ml)	50	100	150	200	250	300
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] milk (splash)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2858 /683	430 /103
Total fat (g)	41	6
of which saturated(g)	17,4	2,6
Carbonhydrates (g)	46	7
of which sugars (g)	5	0,8
Fiber (g)	14	2
Protein (g)	29	4
Salt (g)	2,1	0,3

Allergens

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



Prepare

- Prepare the stock and weigh the celeriac.
- Peel the potatoes and cut into rough pieces.
- Transfer the potatoes and celeriac to a pot or saucepan, then submerge with water.
- Cover with the lid, then bring to the boil and allow to cook gently for 15 - 18 minutes. Drain and set aside when finished.



Fry the spinach

- To the mushrooms, add the stock and half of the mustard.
- Allow to reduce for 5 minutes so as to make a jus, then add the sausage and allow to simmer for 3 minutes.
- Meanwhile, heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the rest of the onion for 2 - 3 minutes, then gradually add the spinach and allow to wilt and reduce.



Fry the sausage

- Melt a knob of butter in a frying pan over medium-high heat.
- Fry the sausage for 2 minutes until evenly browned, then cover with the lid.
- Fry for 8 minutes over medium heat, turning regularly.



Mash the vegetables

- In the meantime, mash the potatoes and celeriac with a knob of butter and a splash of milk.
- Stir in the Belgian spice mix\* and the rest of the mustard.
- Season to taste with salt and pepper.

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



Fry the mushrooms

- Slice the onion into half rings. Halve the mushrooms or cut any larger ones into quarters.
- Take the sausage out of the pan and set aside.
- Add a small knob of butter to the same pan and fry the mushrooms for 5 - 7 minutes over high heat.
- Lower the heat, then add half of the onion and fry for 3 more minutes.



Serve

- For kids: serve some of the mash on plates.
- For parents: stir the spinach into the rest of the mash, then serve on plates and top with the mushroom jus.
- Top both with the sausages.

Enjoy!





# Chicken Noodle Stir-Fry

with courgette, chili pepper & gomashio

Family Quick

Total time: 25 - 30 min.



Garlic



Fresh ginger



Red chili pepper



Soy sauce



East Asian-style sauce



Courgette



Red onion



Ground paprika



Wholewheat noodles



Gomashio



Carrot



Seasoned chicken mince



Spinach



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Before you start

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Equipment

Bowl, large wok or deep frying pan, microplane, pot or saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	1	1	2	2	3	3
Fresh ginger* (tsp)	1	2	3	4	5	6
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Soy sauce (ml)	10	15	25	30	40	45
East Asian-style sauce* (g)	35	70	105	140	175	210
Courgette* (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1	2	2	3
Ground paprika (tsp)	1½	3	4½	6	7½	9
Wholewheat noodles (g)	50	100	150	200	250	300
Gomashio (sachet(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	2	2	3	3
Seasoned chicken mince* (g)	100	200	300	400	500	600
Spinach* (g)	100	200	300	400	500	600
Not included						
Sunflower oil (tbsp)	1½	3	4½	6	7½	9
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2682 /641	514 /123
Total fat (g)	26	5
of which saturated(g)	4,6	0,9
Carbonhydrates (g)	64	12
of which sugars (g)	16,1	3,1
Fiber (g)	11	2
Protein (g)	32	6
Salt (g)	3,9	0,8

Allergens

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Prepare

- Boil plenty of water in a pot or saucepan. Cook the noodles for 3 - 4 minutes, then drain and set aside.
- Chop the onion. Slice the courgette and the carrot into thin crescents.
- Heat a generous drizzle of sunflower oil in a large wok or deep frying pan over medium-high heat.
- Fry the onion with the carrot, the courgette and the paprika for 6 - 7 minutes, seasoning to taste with salt and pepper.



Make the sauce

- In a bowl, combine the garlic with the ginger, **chili pepper**, East Asian-style sauce and soy sauce (see Tip).

**Health Tip** 🌿 if you're watching your salt intake, use just half of the soy sauce and then add more as preferred when serving.



Fry the vegetables

- Gradually add the spinach, tearing it directly into the wok. Mix well and fry for 1 more minute, allowing it to wilt and reduce.
- Heat a drizzle of sunflower oil in a frying pan over medium-high heat. Fry the mince for 4 - 5 minutes until done, separating it as you do so.
- Crush or mince the garlic. Finely grate the ginger.
- Deseed and finely chop the **red chili pepper**.\*

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



Serve

- Transfer the mince and the sauce to the vegetables. Stir-fry for 1 minute.
- Add the noodles and toss well to combine. Stir-fry for another minute over high heat.
- Serve the noodles on plates and garnish with the gomashio to finish.

Enjoy!





# Goat's Cheese-Stuffed Portobello with Glazed Carrots

with cashews, fresh herbs & roast potatoes

Veggie Calorie Smart

Total time: 45 - 55 min.



Potatoes



Portobello mushroom



Garlic



Red onion



Roasted cashew nuts



Grated mature goat's cheese



Sliced carrots



Fresh curly parsley & thyme



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Before you start

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Equipment

Parchment-lined baking sheet, bowl, lidded deep frying pan, oven dish

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Portobello mushroom* (unit(s))	2	4	6	8	10	12
Garlic (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	½	1	1½	2	2½	3
Roasted cashew nuts (g)	20	40	60	80	100	120
Grated mature goat's cheese* (g)	15	25	40	50	65	75
Sliced carrots* (g)	150	300	450	600	750	900
Fresh curly parsley & thyme* (g)	5	10	15	20	25	30
Not included						
Olive oil (tbsp)	1½	3	4½	6	7½	9
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Extra virgin olive oil (totaste)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2849 /681	433 /103
Total fat (g)	33	5
of which saturated(g)	7,3	1,1
Carbonhydrates (g)	67	10
of which sugars (g)	11,4	1,7
Fiber (g)	12	2
Protein (g)	19	3
Salt (g)	0,3	0,1

Allergens

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



Roast the potatoes

- Preheat the oven to 200°C.
- Thoroughly wash the potatoes and cut them into 1 - 2cm cubes.
- Transfer to a parchment-lined baking sheet and drizzle with olive oil. Season with salt and pepper, then toss well to coat. Roast in the oven for 30 - 35 minutes.
- Meanwhile, finely chop the parsley and strip the thyme.



Fry the carrot

- Transfer the carrots to a deep frying pan and submerge with a shallow layer of water.
- Bring to the boil and cook for 8 - 9 minutes, covered, then drain and return to the pan.
- Drizzle with olive oil, then add the thyme and the honey.
- Fry the carrots for 1 - 2 minutes over medium-high heat. Season to taste with salt and pepper.



Stuff the portobello

- Chop the onion and crush or mince the garlic.
- In a bowl, combine the cheese with the garlic, the onion and half of the parsley. Season to taste with salt and pepper.
- Transfer the portobellos face-up to an oven dish and drizzle with olive oil.
- Stuff with the cheese mixture and then bake in the oven for 18 - 20 minutes.



Serve

- Serve the potatoes, carrots and stuffed portobello on plates.
- Garnish the portobello with the cashews and the rest of the parsley.
- Drizzle with extra virgin olive oil as preferred to finish.

Enjoy!





# Bolognese-Style Risotto

with Parmigiano Reggiano, basil & mascarpone

Total time: 45 - 55 min.



Risotto rice



Garlic



Onion



Carrot



Chopped tomatoes with basil



Sicilian-style herb mix



Bay leaf



Mascarpone



Parmigiano Reggiano DOP



Fresh basil



Fresh rosemary



Pork mince



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Before you start

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Equipment

Deep frying pan, microplane

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Risotto rice (g)	75	150	225	300	375	450
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	2	2	3	3
Carrot* (unit(s))	1	1	1	2	2	3
Chopped tomatoes with basil (pack)	½	1	1½	2	2½	3
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Bay leaf (unit(s))	1	1	2	2	3	3
Mascarpone* (g)	25	50	75	100	125	150
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Fresh basil* (g)	2½	5	7½	10	12½	15
Fresh rosemary* (sprig)	1	1	2	2	3	3
Pork mince* (g)	100	200	300	400	500	600
Not included						
Low sodium beef stock (ml)	250	500	750	1000	1250	1500
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tsp)	1	2	3	4	5	6
Salt and pepper (totaste)	0	0	0	0	0	0
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3879 /927	467 /112
Total fat (g)	47	6
of which saturated(g)	24,5	3
Carbonhydrates (g)	94	11
of which sugars (g)	22	2,6
Fiber (g)	10	1
Protein (g)	31	4
Salt (g)	4,5	0,5

Allergens

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



Prepare

- Melt a knob of butter in a deep frying pan over medium-high heat.
- Fry the mince for 3 minutes, separating it as you do so, then remove from the pan and set aside.
- Meanwhile, chop the onion and crush or mince the garlic.
- Dice the carrot.



Prepare the garnishes

- 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.
- Meanwhile, grate the Parmigiano Reggiano and chop the basil.



Fry the vegetables

- Melt another knob of butter in the same pan over medium-high heat.
- Fry the garlic, onion and carrot for 6 - 8 minutes,
- Prepare the stock in the meantime.



Finish the risotto

- When the risotto is done, remove the rosemary and the bay leaf.
- Add the mince and the Sicilian-style herbs, then mix well and cook for 1 more minute.
- Take the pan off the heat, then stir in the mascarpone and half of the Parmigiano Reggiano.
- Season to taste with salt and pepper.



Make the risotto

- Deglaze the vegetables with the balsamic vinegar, then stir in the risotto rice and toast the grains for 1 minute.
- Add the tomatoes, the rosemary stalk and the bay leaf, then pour in a third of the stock.
- Allow the stock to slowly incorporate, stirring regularly.
- Repeat with the rest of the stock, adding it in two more batches.



Serve

- Serve the risotto on deep plates.
- Garnish with the basil and the rest of the Parmigiano Reggiano.

Enjoy!





# Miso-Glazed Eggplant with Fried Egg

Japanese-inspired, over sesame rice with cashews & cucumber

Veggie

Total time: 40 - 50 min.



Eggplant



Garlic



Scallions



Sesame oil



Jasmine rice



White miso paste



Sesame seeds



Egg



Cucumber



Roasted cashew nuts



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Before you start

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Equipment

Aluminum foil, deep frying pan, oven dish, lidded pot or saucepan, small bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Eggplant* (unit(s))	½	1	2	2	3	3
Garlic (unit(s))	½	1	1½	2	2½	3
Scallions* (bunch)	½	1	1	2	2	3
Sesame oil (ml)	5	10	15	20	25	30
Jasmine rice (g)	75	150	225	300	375	450
White miso paste (g)	15	25	40	50	65	75
Sesame seeds (sachet(s))	¼	½	¾	1	1¼	1½
Egg* (unit(s))	1	2	3	4	5	6
Cucumber* (unit(s))	½	1	1½	2	2½	3
Roasted cashew nuts (g)	20	40	60	80	100	120
Not included						
Low sodium vegetable stock (ml)	250	500	750	1000	1250	1500
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	1¼	2½	3¾	5	6¼	7½
Sugar (tsp)	1	2	3	4	5	6
Sambal (totaste)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3632 /868	462 /111
Total fat (g)	46	6
of which saturated(g)	10,6	1,3
Carbonhydrates (g)	91	12
of which sugars (g)	22,7	2,9
Fiber (g)	6	1
Protein (g)	25	3
Salt (g)	2,5	0,3

Allergens

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



Prepare

- Prepare the stock.
- Crush or mince the garlic.
- Finely chop the scallions and separate the white part from the greens.
- In a small bowl, combine the miso paste\* with the honey and the sugar, along with some sambal as preferred.

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



Roast the eggplant

- Add the miso sauce to the eggplant and fry for 1 minute or until the sauce has thickened and reduced.
- Coat the eggplant with the sauce, then transfer face-up to an oven dish.
- Top with the sauce and scatter over half of the sesame seeds.
- Cover with aluminum foil, then roast in the oven for 10 - 12 minutes.



Cook the rice

- Melt a knob of butter with the sesame oil in a pot or saucepan over medium-high heat.
- Fry the garlic with the white part of the scallions for 2 - 3 minutes, then add the rice and the stock.
- Bring to a boil, then cover with the lid and cook for 12 - 15 minutes until done.
- Drain if necessary and set aside until serving.



Fry the egg

- Heat a light drizzle of sunflower oil in the same pan you used for the eggplant over medium heat.
- Fry the egg, seasoning to taste with salt and pepper.
- Slice the cucumber.
- Stir the rest of the sesame seeds into the rice.



Fry the eggplant

- Preheat the oven to 200°C.
- Halve the eggplant lengthways and score the flesh in a criss-cross pattern, being sure not to cut all the way through.
- Heat a generous drizzle of sunflower oil in a deep frying pan over medium-high heat.
- Fry the eggplant face-up for 4 minutes, then turn and fry for 4 more minutes or until golden-brown.



Serve

- Serve the rice on plates and top with the eggplant and the fried egg.
- Garnish with the scallion greens and the cashews.
- Serve the cucumber alongside.

Enjoy!





# Indonesian-Style Egg Curry with Crispy Onions

over rice with coriander & quick-pickled cucumber

Veggie Quick

Total time: 25 - 30 min.



## Our recipe developer Steffi says:

"This recipe was inspired by 'telor belado', an Indonesian egg dish that my grandmother often served. Traditionally, the ingredients for the boemboe are ground by hand in a 'cobek' (mortar). I went for the easy version here and used the food processor. Less work, but just as tasty!"



Basmati rice



Egg



Onion



Garlic



Tomato



Javanese wok paste



Green beans



Tomato paste



Coconut milk



Crispy fried onions



Fresh coriander



Persian cucumber



Before you start

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

Equipment

Blender or an immersion blender with a tall container, bowl, large wok or deep frying pan, two pots or saucepans

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Basmati rice (g)	75	150	225	300	375	450
Egg* (unit(s))	2	4	6	8	10	12
Onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	2	3	4	5	6
Tomato (unit(s))	½	1	1½	2	2½	3
Javanese wok paste* (sachet(s))	½	1	1½	2	2½	3
Green beans* (g)	100	200	300	400	500	600
Tomato paste (can)	½	1	1½	2	2½	3
Coconut milk (ml)	45	90	135	180	225	270
Crispy fried onions (g)	15	30	45	60	75	90
Fresh coriander* (g)	2½	5	7½	10	12½	15
Persian cucumber* (unit(s))	½	1	1½	2	2½	3
Not included						
Sunflower oil (tbsp)	1	2	3	4	5	6
Brown sugar (tsp)	1	2	3	4	5	6
[Reduced salt] ketjap manis (tbsp)	1	2	3	4	5	6
[Reduced salt] soy sauce (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Sambal (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3715 /888	618 /148
Total fat (g)	42	7
of which saturated(g)	15	2,5
Carbonhydrates (g)	100	17
of which sugars (g)	27,8	4,6
Fiber (g)	8	1
Protein (g)	30	5
Salt (g)	2,6	0,4

Allergens

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



Boil the rice

- Boil plenty of water in two pots or saucepans. Discard the tips of the green beans and then cut in half. Wash the eggs.
- In one pot, cook the rice for 12 - 15 minutes, then drain and set aside.
- In the other pot, boil the eggs for 4 minutes.
- Add the green beans and cook for another 2 - 4 minutes. Remove both from the pot and rinse under cold water.



Make the curry

- Heat a generous drizzle of sunflower oil in a large wok or deep frying pan over medium-high heat.
- Fry the onion mixture with the tomato paste for 2 - 3 minutes, along with some sambal as preferred.
- Add the blended tomato, the Javanese wok paste, the ketjap, the soy sauce and the rest of the sugar. Mix well and fry for 2 more minutes.



Prepare the cucumber

- Slice the cucumber into crescents.
- In a bowl, combine the white wine vinegar with half of the sugar.
- Transfer the cucumber to the bowl and season to taste with salt, then toss well to combine.
- Set aside, stirring occasionally.



Finish

- Peel the eggs in the meantime.
- Add the coconut milk, eggs and green beans to the wok. Cook for 2 more minutes. Season to taste with salt and pepper.
- Roughly chop the coriander.



Prepare the vegetables

- Roughly chop the onion and transfer to a tall container.
- Add the garlic and then use an immersion blender to process into a paste. Remove from the container and set aside.
- Roughly chop the tomato and transfer to the same container, then process with the immersion blender (see Tip).

**Tip:** you can also finely dice the tomato if you'd prefer the paste to have more texture.



Serve

- Serve the rice and curry on deep plates with the cucumber alongside.
- Garnish with the crispy onions and the coriander.

Enjoy!





# Chicken & Beetroot Bulgur Bowl

with honeyed goat's cheese pearls, almonds & fresh herbs

Calorie Smart

Total time: 45 - 55 min.



Beetroot



Garlic



Bulgur



Red onion



Dried oregano



Chicken breast with Mediterranean herbs



Fresh flat leaf parsley & mint



Cucumber



Salted almonds



Honeyed goat's cheese pearls



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Before you start

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

Equipment

Parchment-lined baking sheet, bowl, oven dish, pot or saucepan, salad bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Beetroot* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
Bulgur (g)	40	75	115	150	190	225
Red onion (unit(s))	½	1	1½	2	2½	3
Dried oregano (sachet(s))	½	1	1½	2	2½	3
Chicken breast with Mediterranean herbs* (unit(s))	1	2	3	4	5	6
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
Cucumber* (unit(s))	¼	½	1	1½	1¾	2½
Salted almonds (g)	10	20	30	40	50	60
Honeyed goat's cheese pearls* (g)	25	50	75	100	125	150
Not included						
Extra virgin olive oil (tsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Salt and pepper (totaste)	0	0	0	0	0	0
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2682 /641	573 /137
Total fat (g)	32	7
of which saturated(g)	7,8	1,7
Carbonhydrates (g)	51	11
of which sugars (g)	15,7	3,4
Fiber (g)	10	2
Protein (g)	37	8
Salt (g)	1,4	0,3

Allergens

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



Roast the beetroot

- Preheat the oven to 200°C.
- Peel the beetroot and cut it into 1 - 2cm thick wedges, then transfer to a bowl.
- Crush or mince the garlic and add half of it to the beetroot. Drizzle with olive oil and season with salt and pepper, then toss well to coat.
- Transfer to a parchment-lined baking sheet and roast in the oven for 25 - 30 minutes, tossing halfway.



Make the salad

- Boil the bulgur for 10 - 12 minutes or until done, then drain and set aside.
- Finely chop the fresh herbs and dice the cucumber.
- In a salad bowl, combine the extra virgin olive oil with the white wine vinegar and the honey, then season with salt and pepper.
- Add the fresh herbs and the cucumber, then toss well to combine with the dressing.



Roast the chicken

- Boil plenty of water in a pot or saucepan for the bulgur and crumble in the stock cube (see pantry for amount).
- Slice the onion into half rings and transfer to an oven dish.
- Add the chicken, the oregano and the rest of the garlic. Drizzle with olive oil and season with salt and pepper, then mix well to combine.
- Roast in the oven for 12 - 15 minutes, or until the chicken is done.



Serve

- Roughly chop the almonds.
- Serve the bulgur on deep plates and arrange everything on top.
- Garnish with the almonds and the goat's cheese pearls.
- Drizzle with extra virgin olive oil as preferred.

Enjoy!





# Cod with Samphire, Olive Salsa & Lemon

over creamy mash with parsley & tomato

Premium

Total time: 30 - 40 min.



Cod fillet



Potatoes



Celeriac



Cooking cream



Roma tomato



Lemon



Garlic



Fresh flat leaf parsley



Green olives



Samphire



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Before you start

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

Equipment

Aluminum foil, lidded frying pan, pot or saucepan, kitchen paper, potato masher, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Cod fillet* (unit(s))	1	2	3	4	5	6
Potatoes (g)	200	400	600	800	1000	1200
Celeriac* (unit(s))	¼	½	¾	1	1	1½
Cooking cream (g)	50	100	150	200	250	300
Roma tomato (unit(s))	1	2	3	4	5	6
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Garlic (unit(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley* (g)	2½	5	7½	10	12½	15
Green olives (g)	15	30	45	60	75	90
Samphire* (g)	25	50	75	100	125	150
Not included						
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Mustard (tsp)	1	2	3	4	5	6
Red wine vinegar (tsp)	1	2	3	4	5	6
Sugar (tsp)	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1½	3	4½	6	7½	9
[Plant-based] milk (splash)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3071 /734	466 /111
Total fat (g)	42	6
of which saturated(g)	16,3	2,5
Carbonhydrates (g)	53	8
of which sugars (g)	8,6	1,3
Fiber (g)	12	2
Protein (g)	32	5
Salt (g)	1,9	0,3

Allergens

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



Boil the potatoes

- Boil plenty of salted water in a pot or saucepan.
- Peel the celeriac and the potatoes and cut both into 2cm chunks.
- Boil the celeriac for 3 minutes, then add the potatoes and the cream.
- Continue cooking for 12 - 15 minutes, then reserve some of the cooking liquid before draining and set aside.



Fry the fish

- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Pat the fish dry with kitchen paper and season with salt and pepper.
- Fry the fish for 1 - 2 minutes per side.
- Remove from the pan and allow to rest under aluminum foil until serving.



Prepare the aromatics

- Dice the tomato and halve the olives.
- Cut the lemon into wedges.
- Crush or mince the garlic and roughly chop the parsley.



Mash the potatoes

- Melt a knob of butter in the same pan over medium-high heat and fry the garlic for 1 minute.
- Stir in the samphire and fry for 1 - 2 more minutes.
- Mash the potatoes with the mustard, a knob of butter and a splash of cooking liquid.
- Season to taste with salt and pepper.



Make the sauce

- Heat a generous drizzle of olive oil in a frying pan over medium-high heat.
- Fry the tomato with the sugar and the red wine vinegar for 4 - 5 minutes.
- Reduce the heat, then stir the olives and two thirds of the parsley.
- Season to taste with salt and pepper, then allow to simmer gently until serving, covered.



Serve

- Serve the mash on plates, topped with the samphire and the fish.
- Serve the tomato-olive salsa and the lemon wedges alongside.
- Garnish with the rest of the parsley to finish.

Enjoy!





# Pork Tenderloin with Fresh Tagliatelle in Creamy Truffle Sauce

with Grana Padano, arugula & fresh herbs

Quick Premium

Total time: 20 - 25 min.



Fresh tagliatelle



Vegetable mix with mushrooms



Fresh curly parsley & thyme



Cooking cream



Pork tenderloin



Truffle-style olive oil



Garlic



Grana Padano flakes DOP



Arugula



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Before you start

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

Equipment

Aluminum foil, large frying pan, pot or saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Fresh tagliatelle* (g)	125	250	375	500	625	750
Vegetable mix with mushrooms* (g)	200	400	600	800	1000	1200
Fresh curly parsley & thyme* (g)	5	10	15	20	25	30
Cooking cream (g)	75	150	225	300	375	450
Pork tenderloin* (unit(s))	1	2	3	4	5	6
Truffle-style olive oil (ml)	4	8	12	16	20	24
Garlic (unit(s))	1	2	3	4	5	6
Grana Padano flakes DOP* (g)	20	40	60	80	100	120
Arugula* (g)	20	40	60	80	100	120
Not included						
White wine vinegar (tsp)	1	2	3	4	5	6
Low sodium mushroom or vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3732 /892	627 /150
Total fat (g)	39	7
of which saturated(g)	19,4	3,3
Carbonhydrates (g)	83	14
of which sugars (g)	8,3	1,4
Fiber (g)	9	1
Protein (g)	54	9
Salt (g)	1,6	0,3

Allergens

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



Prepare

- Boil plenty of salted water in a pot or saucepan for the tagliatelle.
- Crush or mince the garlic.
- Tear the thyme leaves off of the stems.
- Finely chop the parsley.



Boil the tagliatelle

- Meanwhile, boil the tagliatelle for 4 - 6 minutes until done.
- Reserve 25ml cooking liquid per person, then drain and set aside.
- To the vegetables, add the cooking juices from the pork, the cream and the reserved cooking liquid.
- Crumble in the stock cube and mix well to combine (see pantry for amount).



Fry the pork

- Melt a knob of butter in a frying pan over medium-high heat.
- Season the pork with salt and pepper, then fry for 10 - 13 minutes until evenly browned.
- Remove from the pan and allow to rest under aluminum foil until serving.



Make the sauce

- Transfer the tagliatelle to the sauce, then bring to the boil and simmer for 1 minute or longer as needed. Add an extra splash of cooking liquid if necessary.
- Take the pan off the heat and stir in half of the cheese. Season to taste with a generous amount of salt and pepper.
- Slice the pork (see Tip).

Tip: it may still be slightly rare inside.



Fry the vegetables

- Heat a large clean frying pan over medium-high heat.
- Fry the vegetable mix for 6 minutes.
- Drizzle with olive oil, then add the garlic and half of the fresh herbs.
- Fry for 2 more minutes, then deglaze with the white wine vinegar.



Serve

- Serve half of the arugula on plates and top with the tagliatelle.
- Drizzle with the truffle oil and garnish with the rest of the cheese.
- Top with the sliced pork and the rest of the arugula.
- Garnish with the rest of the fresh herbs to finish.

Enjoy!





# Italian-Inspired Cheeseburger

with bruschetta dip, Parmigiano Reggiano & fries

Veggie Quick Premium

Total time: 25 - 30 min.



Veal burger



Bruschetta spread



White ciabatta



Italian seasoning



Mozzarella



French fries



Parmigiano Reggiano DOP



Courgette



Roma tomato



Red onion



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Before you start

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

Equipment

2x parchment-lined baking sheet, lidded frying pan, microplane, salad bowl, small bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Veal burger* (unit(s))	1	2	3	4	5	6
Bruschetta spread* (g)	40	80	120	160	200	240
White ciabatta (unit(s))	1	2	3	4	5	6
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Mozzarella* (ball(s))	½	1	1½	2	2½	3
French fries* (g)	250	500	750	1000	1250	1500
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Courgette* (unit(s))	½	1	2	2	3	3
Roma tomato (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	½	1	1	2	2	3
Not included						
Balsamic vinegar (tbsp)	1	2	3	4	5	6
Sugar (tsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (totaste)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	5720 /1367	678 /162
Total fat (g)	77	9
of which saturated(g)	28	3,3
Carbonhydrates (g)	112	13
of which sugars (g)	16,3	1,9
Fiber (g)	11	1
Protein (g)	52	6
Salt (g)	3	0,4

Allergens

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



Prepare

- Preheat the oven to 220°C.
- Transfer the fries to a parchment-lined baking sheet and bake for 20 - 25 minutes or until golden-brown, tossing halfway.
- Meanwhile, slice onion into half rings and the courgette into thin rounds.
- Slice half each of the tomato and mozzarella, then dice the rest.



Prepare the courgette

- In a small bowl, combine the Italian seasoning with a generous drizzle of olive oil.
- Transfer the courgette to a parchment-lined baking sheet and combine with half of the oil. Season with salt and pepper.
- Cut open the ciabatta and spread with the rest of the oil, then bake alongside the courgette for 5 - 6 minutes.



Fry the burger

- Melt a knob of butter in a frying pan over medium-high heat. Fry the onion for 1 - 2 minutes.
- Add the burger and fry for 5 minutes, then flip and top with the sliced mozzarella.
- Season with salt and pepper, then cover with the lid and fry for another 5 minutes.
- Remove the burger from the pan and set aside.



Assemble

- Top the ciabatta with some of the courgette, then add the sliced tomato, the cheeseburger, the fried onion and the bruschetta dip.
- Transfer the rest of the courgette to the salad bowl.
- Add the diced tomato and mozzarella, then toss well to combine.



Make the dressing

- To the onion, add the sugar and half of the balsamic vinegar.
- Mix well and fry for 1 more minute.
- In a salad bowl, combine the extra virgin olive oil with the rest of the balsamic vinegar.
- Season to taste with salt and pepper, then set aside.

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



Serve

- Serve the fries on plates and grate the Parmigiano Reggiano directly over. Season to taste with salt and pepper.
- Serve the burger with the salad and fries, along with mayonnaise as preferred.

Enjoy!





# Duck Confit in Smoky Sauce with Bacon-Fried Corn

soul food-inspired, with cheesy mash & parsley

Quick Premium

Total time: 20 - 25 min.



Chipotle paste



Boneless duck thigh confit



Potatoes



Corn



Red onion



Grated aged Gouda



Fresh flat leaf parsley



Garlic



Red cherry tomatoes



Romano pepper



Peruvian-style spice mix



Bacon lardons



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Before you start

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

Equipment

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chipotle paste (g)	10	20	30	40	50	60
Boneless duck thigh confit* (unit(s))	1	2	3	4	5	6
Potatoes (g)	250	500	750	1000	1250	1500
Corn (g)	70	140	210	280	350	420
Red onion (unit(s))	½	1	1½	2	2½	3
Grated aged Gouda* (g)	25	50	75	100	125	150
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Garlic (unit(s))	½	1	1½	2	2½	3
Red cherry tomatoes (g)	65	125	250	250	375	375
Romano pepper* (unit(s))	½	1	1	2	2	3
Peruvian-style spice mix (sachet(s))	½	1	1½	2	2½	3
Bacon lardons* (g)	25	50	75	100	125	150
Not included						
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Mustard (tsp)	1	2	3	4	5	6
Low sodium beef stock (ml)	50	100	150	200	250	300
Red wine vinegar (tbsp)	½	1	1½	2	2½	3
[Plant-based] milk (splash)	1	2	3	4	5	6
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4159 /994	529 /127
Total fat (g)	56	7
of which saturated(g)	26,4	3,4
Carbonhydrates (g)	70	9
of which sugars (g)	17,6	2,2
Fiber (g)	14	2
Protein (g)	48	6
Salt (g)	3,6	0,5

Allergens

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



Prepare

- Peel or thoroughly wash the potatoes and cut them into rough pieces.
- Transfer to a pot or saucepan and submerge with water.
- Boil the potatoes for 12 - 15 minutes, then drain and set aside.



Make the sauce

- Remove the duck from the pan and set aside under aluminum foil.
- Deglaze the pan with the red wine vinegar, then add the **chipotle paste**\* and the stock.
- Bring to a boil, then turn off the heat.

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



Fry the vegetables

- Chop the onion and crush or mince the garlic.
- Dice the Romano pepper and halve the tomatoes.
- Melt a knob of butter in a frying pan over medium-high heat.
- Fry the bacon lardons, the Romano pepper, the tomatoes, the garlic and the onion for 4 - 5 minutes.



Mash the potatoes

- Mash the potatoes with a knob of butter and a splash of milk.
- Stir in the mustard and the cheese, then season to taste with salt and pepper.
- Meanwhile, roughly chop the parsley.



Fry the duck

- Meanwhile, drain the corn. Prepare the stock.
- Add the corn and the Peruvian-style spices to the bacon lardons and vegetables. Mix well and fry for 1 - 2 more minutes.
- 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.



Serve

- Serve the mash on plates and top with the duck.
- Drizzle with the smoky sauce and top with the bacon-fried corn.
- Garnish with the parsley to finish.

Enjoy!





# Beetroot Wraps with Chicken Thigh & Chorizo

with Romano pepper, zhoug & feta

Quick Premium

Total time: 25 - 30 min.



Lebanese flatbread with beetroot



Diced chorizo



Red onion



Romano pepper



Red cherry tomatoes



Mesclun



Feta



Organic sour cream



Zhoug



BBQ spice rub



Chicken thigh strips with kebab spices



There is a new ingredient in your box! This Lebanese flatbread with beetroot is slightly sweet in flavour, rich in fibre and steals the show on your plate with its striking colour. Scan the QR code to let us know what you thought of the ingredient!



Before you start

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

Equipment

Bowl, small bowl, 2x frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Lebanese flatbread with beetroot (unit(s))	2	4	6	8	10	12
Diced chorizo* (g)	30	60	90	120	150	180
Red onion (unit(s))	½	1	1	2	2	3
Romano pepper* (unit(s))	1	2	3	4	5	6
Red cherry tomatoes (g)	65	125	250	250	375	375
Mesclun* (g)	30	60	90	120	150	180
Feta* (g)	25	50	75	100	125	150
Organic sour cream* (g)	25	50	75	100	125	150
Zhoug (g)	25	45	70	90	115	135
BBQ spice rub (sachet(s))	½	1	1½	2	2½	3
Chicken thigh strips with kebab spices* (g)	100	200	300	400	500	600

Not included						
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (totaste)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4305 /1029	733 /175
Total fat (g)	62	11
of which saturated(g)	16,2	2,8
Carbonhydrates (g)	68	12
of which sugars (g)	16,2	2,8
Fiber (g)	13	2
Protein (g)	44	7
Salt (g)	3,7	0,6

Allergens

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



Prepare

- Slice the Romano pepper into strips and finely chop the onion.
- Halve the cherry tomatoes.
- Heat a light drizzle of olive oil in a frying pan over medium-high heat and fry the chorizo for 3 - 4 minutes, then remove from the pan and set aside.

Did you know... 🌿 Romano peppers are high in vitamin C, which helps support iron absorption.



Heat the flatbread

- In small bowl, combine the sour cream with the mayonnaise and season to taste with salt and pepper.
- Heat the flatbread for 30 seconds per side in a clean frying pan over medium-high heat.



Fry the chicken and vegetables

- Heat a drizzle of olive oil in the same frying pan over medium-high heat.
- Fry the chicken thigh strips, onion, **BBQ spice rub**\*, cherry tomatoes and Romano pepper for 7 minutes.
- In the meantime, transfer the mesclun to a bowl and add a drizzle of extra virgin olive oil. Season to taste with salt and pepper, then toss to combine.

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



Serve

- Fill the flatbread with the mesclun and the chicken with vegetables.
- Top with the sour cream mayonnaise and the chorizo.
- Crumble over the feta.
- Drizzle over the **zhoug**\*, as well as honey to taste.

Enjoy!





# Steak & Creamy Vegetables with Sicilian-Style Herbs

with mushrooms, courgette & BBQ rub

Quick Premium -30% Carbs

Total time: 20 - 25 min.



Onion



Courgette



Mushrooms



Worcestershire sauce



BBQ spice rub



Sicilian-style herb mix



Steak



Heavy cream



**Cook, win, and cycle the night away!**

Scan the QR code for a chance to win a lightning-fast WATT e-bike, and ride back into your routine with style. Terms and conditions apply.



Before you start

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

Equipment

Lidded deep frying pan, small frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1½	2	2½	3
Courgette* (unit(s))	½	1	1½	2	2½	3
Mushrooms* (g)	125	250	375	500	625	750
Worcestershire sauce (g)	10	15	25	30	40	45
BBQ spice rub (sachet(s))	½	1	1½	2	2½	3
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Steak* (unit(s))	1	2	3	4	5	6
Heavy cream* (ml)	100	200	300	400	500	600
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Low sodium beef stock cube (unit(s))	½	¾	1	1½	1¾	2
[Plant-based] butter (totaste)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2966 /709	552 /132
Total fat (g)	36	7
of which saturated(g)	17,5	3,3
Carbonhydrates (g)	15	3
of which sugars (g)	13,2	2,5
Fiber (g)	5	1
Protein (g)	36	7
Salt (g)	1,6	0,3

Allergens

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



Prepare

- Take the steak out of the fridge and allow it to reach room temperature.
- Slice the onion into half rings and the courgette into crescents.
- Heat a drizzle of olive oil in a deep frying pan over medium heat.
- Fry the onion with the courgette for 2 - 3 minutes, covered. Season to taste with salt and pepper.



Fry the steak

- Bring the sauce to a gentle boil, then allow to thicken and reduce for 3 - 5 minutes.
- Heat a drizzle of olive oil in a small frying pan over medium-high heat.
- Fry the steak for 2 - 4 minutes per side, or until cooked to your liking.
- Stir in some butter as preferred.



Make the sauce

- Slice the mushrooms, then add them to the pan and fry for 2 - 3 minutes.
- Deglaze with the Worcestershire sauce, then add the BBQ rub\* and the Sicilian-style herbs.
- Crumble in the stock cube (see pantry for amount).
- Fry for 30 seconds, then stir in the cream.

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



Serve

- Slice the steak against the grain.
- Serve the creamy vegetables on deep plates and top with the steak.

Enjoy!





# Teriyaki Salmon with Udon Noodles & Lime

with spinach, carrot & Romano pepper

Premium Quick & Conscious

Total time: 25 - 30 min.



Garlic



Lime



Onion



Romano pepper



Carrot



Teriyaki sauce



Sesame oil



Salmon fillet



Fresh udon noodles



Ginger stir-fry sauce



Spinach



Cook, win, and cycle the night away!

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Before you start

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

Equipment

Large bowl, large wok or deep frying pan, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Lime* (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Romano pepper* (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	1½	2	2½	3
Teriyaki sauce (g)	25	50	75	100	125	150
Sesame oil (ml)	10	20	30	40	50	60
Salmon fillet* (unit(s))	1	2	3	4	5	6
Fresh udon noodles (g)	110	220	330	440	550	660
Ginger stir-fry sauce (g)	20	35	55	70	90	105
Spinach* (g)	100	200	300	400	500	600
Not included						
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Water for the sauce (tbsp)	1	2	3	4	5	6
Salt and pepper (totaste)	0	0	0	0	0	0
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3146 /752	523 /125
Total fat (g)	42	7
of which saturated(g)	6,4	1,1
Carbonhydrates (g)	59	10
of which sugars (g)	23,5	3,9
Fiber (g)	9	2
Protein (g)	34	6
Salt (g)	2,9	0,5

Allergens

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



Prepare

- Quarter the lime.
- Juice a quarter lime per person into a small bowl. Add the teriyaki sauce, the sesame oil and the ginger stir-fry sauce.
- Mix well to combine, then transfer 1 tbsp per person to a large bowl.
- Add the water for the sauce to the small bowl and mix well, then set aside.



Fry the salmon

- Heat a light drizzle of olive oil in a frying pan over medium-high heat.
- Fry the salmon on its skin for 2 - 3 minutes, then flip and fry for 2 more minutes. Season to taste with salt and pepper.
- Heat a drizzle of olive oil in a large wok or deep frying pan over medium-high heat.
- Fry the garlic, onion, carrot and Romano pepper for 5 - 7 minutes.



Chop the vegetables

- Transfer the salmon to the large bowl and coat with the teriyaki marinade, then set aside.
- Slice the carrot and crush or mince the garlic.
- Slice the onion into half rings and cut the Romano pepper into strips.



Serve

- Add the noodles and the reserved teriyaki sauce. Stir-fry for 1 more minutes, seasoning to taste with salt and pepper.
- Reduce the heat and gradually add the spinach, tearing it directly into the pan.
- Serve the stir-fry on deep plates and top with the salmon. Serve with the rest of the lime wedges.

Enjoy!