Hearty Chicken Pie with BBQ Rub

with carrot, tomato & celery

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




Chicken mince with Mediterranean herbs


Worcestershire sauce


BBQ spice rub


Mix of carrot, onion and celery


Puff pastry


Tomato

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken mince with Mediterranean 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
Mix of carrot, onion and celery* (g)	200	400	600	800	1000	1200
Puff pastry* (roll(s))	⅓	⅔	1	1⅓	1⅔	2
Tomato (unit(s))	1	2	3	4	5	6
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)	2803 /670	509 /122
Total fat (g)	37	7
of which saturated(g)	19,6	3,6
Carbonhydrates (g)	54	10
of which sugars (g)	11,9	2,2
Fiber (g)	8	1
Protein (g)	27	5
Salt (g)	2,4	0,4

Allergens

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

1



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 4 - 5 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 with Wholewheat Spaghetti

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


Wholewheat spaghetti


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
Wholewheat spaghetti (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)	2536 /606	545 /130
Total fat (g)	18	4
of which saturated(g)	4,4	0,9
Carbonhydrates (g)	73	16
of which sugars (g)	16,1	3,5
Fiber (g)	12	3
Protein (g)	31	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 spaghetti for 10 - 12 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.

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.*

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.

4



Serve

- Transfer the spaghetti 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 spaghetti on plates. Garnish with the basil and the Parmigiano Reggiano.

Wholewheat Fusilli in Creamy Mushroom Sauce

with truffle-style oil, broccolini & spinach

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




Wholewheat fusilli


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
Wholewheat fusilli (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)	2632 /629	566 /135
Total fat (g)	24	5
of which saturated(g)	9,1	2
Carbonhydrates (g)	70	15
of which sugars (g)	10,2	2,2
Fiber (g)	15	3
Protein (g)	28	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 Chicken 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


Chicken mince with Mediterranean herbs


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
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
Chicken mince with Mediterranean herbs* (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)	2791 /667	525 /125
Total fat (g)	26	5
of which saturated(g)	9,1	1,7
Carbonhydrates (g)	62	12
of which sugars (g)	16,9	3,2
Fiber (g)	17	3
Protein (g)	37	7
Salt (g)	3,2	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 Brown Rice

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

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




Carrot


Chopped sweetheart cabbage


Quick-cook brown 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
Quick-cook brown 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)	3996 /955	555 /133
Total fat (g)	45	6
of which saturated(g)	6,1	0,8
Carbonhydrates (g)	110	15
of which sugars (g)	25,5	3,5
Fiber (g)	15	2
Protein (g)	21	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.

No-Chicken Bulgur Bowl with Yogurt Sauce

with parsley, lime & Romano beans

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




Roma tomato


Carrot


Garlic


Fresh flat leaf parsley


Lime


Bulgur


Organic full-fat yogurt


Middle Eastern spice mix


Plant-based chicken pieces


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
Plant-based chicken pieces* (g)	80	160	240	320	400	480
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)	2828 /676	460 /110
Total fat (g)	31	5
of which saturated(g)	4,8	0,8
Carbonhydrates (g)	77	13
of which sugars (g)	12	2
Fiber (g)	16	3
Protein (g)	25	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



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 veggie chicken

- Heat a drizzle of sunflower oil in a frying pan over medium-high heat and fry the veggie chicken for 7 - 8 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.

Venison Steak 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


Venison 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
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
Venison steak* (g)	120	240	360	480	600	720
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)	3891 /930	528 /126
Total fat (g)	59	8
of which saturated(g)	18,9	2,6
Carbonhydrates (g)	65	9
of which sugars (g)	14,2	1,9
Fiber (g)	13	2
Protein (g)	34	5
Salt (g)	1,8	0,2

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. Take the steak out of the fridge and allow it to reach room temperature.
- 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 steak

- Melt a knob of butter in another frying pan over medium-high heat.
- When the butter is nice and hot, fry the steak for 1 - 3 minutes per side, or until cooked as preferred.
- Remove the steak from the pan and allow to rest 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.

Wholewheat 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
- Wholewheat 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 multiseed 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
Wholewheat orzo (g)	40	75	115½	150	190½	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)	2694 /644	482 /115
Total fat (g)	33	6
of which saturated(g)	8,5	1,5
Carbonhydrates (g)	61	11
of which sugars (g)	21,2	3,8
Fiber (g)	12	2
Protein (g)	20	4
Salt (g)	1,6	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

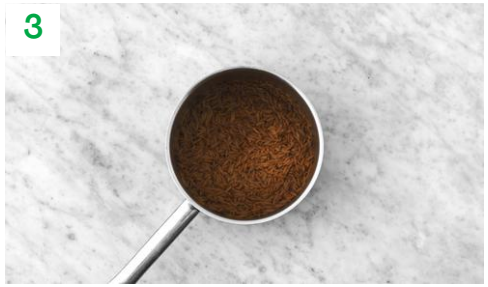


Roast the vegetables

- 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 Chicken Stew

with dried apricot & ras el hanout

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




Chicken thigh strips with kebab spices


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
Chicken thigh strips with kebab spices* (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
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Low sodium chicken stock (ml)	150	300	450	600	750	900
Extra virgin olive oil	to taste					
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2536 /606	412 /98
Total fat (g)	14	2
of which saturated(g)	3,7	0,6
Carbonhydrates (g)	91	15
of which sugars (g)	28	4,5
Fiber (g)	17	3
Protein (g)	32	5
Salt (g)	1,6	0,3

Allergens

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

1



Prepare

- Prepare the stock.
- Chop the onion and crush or mince the garlic. Slice the carrot 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 chicken 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.

Duck Thigh Confit with Tzatziki & Sumac Salad

over bulgur with fresh herbs & za'atar

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




Boneless duck thigh confit


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
Boneless duck thigh confit* (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)	3096 /740	454 /108
Total fat (g)	35	5
of which saturated(g)	11,2	1,6
Carbonhydrates (g)	71	10
of which sugars (g)	9	1,3
Fiber (g)	11	2
Protein (g)	40	6
Salt (g)	1,7	0,2

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 duck

- Meanwhile, slice the onion into half-rings.
- Melt a knob of butter in a frying pan over medium-high heat.
- Fry the onion with the duck in its juices for 2 - 3 minutes per side, covered.
- Remove the duck from the pan and set aside under aluminum foil.

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.

Shrimp Bowl with Mango Salsa

over rice with rainbow slaw & African-inpired spices

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




Shrimp


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
Shrimp* (g)	80	160	240	320	400	480
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)	2665 /637	419 /100
Total fat (g)	23	4
of which saturated(g)	3,3	0,5
Carbonhydrates (g)	89	14
of which sugars (g)	24,1	3,8
Fiber (g)	6	1
Protein (g)	24	4
Salt (g)	1,6	0,2

Allergens

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

1



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.

2



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.

3



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.*

4



Serve

- Pat the shrimp dry with kitchen paper.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the shrimp with the African-inspired spice mix for 3 minutes until done.
- Serve the rice on deep plates.
- Top with the shrimp, the salsa and the slaw.

Veggie Spag Bol with Grana Padano

with wholewheat spaghetti, tomatoes & parsley

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




Wholewheat 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
Wholewheat 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)	2707 /647	452 /108
Total fat (g)	18	3
of which saturated(g)	5,3	0,9
Carbonhydrates (g)	78	13
of which sugars (g)	19,5	3,3
Fiber (g)	20	3
Protein (g)	35	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.

Organic Salmon | with Fragrant Coconut Curry Sauce

over rice with chives & roasted vegetables

Total time: 25 - 35 min. Quick




Basmati rice


Carrot


Purple carrot


Courgette


Organic skin-on 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
Organic skin-on 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)	3393 /811	466 /111
Total fat (g)	42	6
of which saturated(g)	17,4	2,4
Carbonhydrates (g)	78	11
of which sugars (g)	11,3	1,6
Fiber (g)	7	1
Protein (g)	34	5
Salt (g)	2,6	0,4

Allergens

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

1



Prepare

- 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.

Organic Steak | 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


Organic steak


Fresh flat leaf parsley


Middle Eastern 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
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
Organic 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)	3778 /903	561 /134
Total fat (g)	50	7
of which saturated(g)	13,3	2
Carbonhydrates (g)	76	11
of which sugars (g)	15,8	2,3
Fiber (g)	13	2
Protein (g)	39	6
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.
- 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.

Organic Salmon | with Sesame Coating & Noodles

in oyster sauce with stir-fried vegetables

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




Wholewheat noodles


Organic skin-on 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
Organic skin-on 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)	3054 /730	646 /154
Total fat (g)	41	9
of which saturated(g)	5,4	1,1
Carbonhydrates (g)	54	12
of which sugars (g)	11,7	2,5
Fiber (g)	6	1
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

- 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.

Za'atar-Lemon Chicken with Parsley Yogurt Sauce

with giant couscous, raisins & roasted vegetables

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



- Lemon
- Garlic
- Za'atar
- Middle Eastern spice mix
- Organic full-fat yogurt
- Raisins
- Courgette
- Romano pepper
- Chicken breast
- 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 breast* (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)	3335 /797	597 /143
Total fat (g)	32	6
of which saturated(g)	9,6	1,7
Carbonhydrates (g)	79	14
of which sugars (g)	22,6	4
Fiber (g)	9	2
Protein (g)	46	8
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

- 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 7 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.

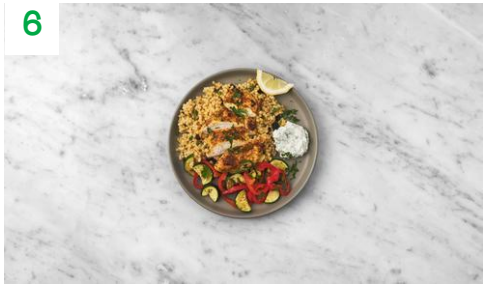
5



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.

Baked Cypriot-Style Cheese with Pumpkin Orzotto

with caramelised pear, roasted walnuts & thyme

Total time: 30 - 40 min. Vegetarian




Wholewheat orzo


Garlic


Onion


Diced pumpkin


Pear


Dried thyme


Chopped walnuts


Cypriot-style 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
Wholewheat 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)	3946 /943	541 /129
Total fat (g)	46	6
of which saturated(g)	28,2	3,9
Carbonhydrates (g)	89	12
of which sugars (g)	36,6	5
Fiber (g)	12	2
Protein (g)	38	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.

Venison Steak with Creamy Mustard Sauce

with potatoes, mushrooms & glazed carrots

Total time: 35 - 45 min.




Potatoes


Chestnut mushrooms


Garlic


Red onion


Fresh rosemary


Venison steak


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
Venison steak* (g)	120	240	360	480	600	720
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)	4243 /1014	476 /114
Total fat (g)	66	7
of which saturated(g)	29,2	3,3
Carbonhydrates (g)	70	8
of which sugars (g)	24,2	2,7
Fiber (g)	12	1
Protein (g)	36	4
Salt (g)	2,2	0,2

Allergens

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

1



Prepare

- Take the steak out of the fridge and allow it to reach room temperature.
- 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 steak

- 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 fry the steak for 1 - 3 minutes per side.
- Remove from the pan and season with pepper, then allow to rest under aluminum foil.

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

- 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 steak and the creamy mustard sauce alongside.

Sticky Shrimp with Stir-Fried Noodles

in black garlic sauce with hot honey peanuts

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




Black garlic marinade


Ginger paste


Eggplant


Carrot


Wholewheat noodles


Shrimp


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
Shrimp* (g)	80	160	240	320	400	480
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)	2824 /675	632 /151
Total fat (g)	34	8
of which saturated(g)	4,1	0,9
Carbonhydrates (g)	65	15
of which sugars (g)	18,9	4,2
Fiber (g)	10	2
Protein (g)	26	6
Salt (g)	3,5	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 shrimp

- Pat the shrimp dry with kitchen paper, then transfer to the scallions and fry for 3 minutes.
- 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.*

Chicken Curry with Pak Choi

over rice in fragrant coconut sauce

Total time: 35 - 45 min.




Red onion


Garlic


Bell pepper


Apple


Yellow curry spices


Coconut milk


Basmati rice


Red chili pepper


Pak choi


Chicken thigh strips with kebab spices

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red onion (unit(s))	½	1	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
Chicken thigh strips with kebab spices* (g)	100	200	300	400	500	600
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)	3469 /829	531 /127
Total fat (g)	40	6
of which saturated(g)	22,6	3,5
Carbonhydrates (g)	88	14
of which sugars (g)	19,3	3
Fiber (g)	8	1
Protein (g)	30	5
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

- 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 chicken

- Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat and fry the chicken for 7 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.

Organic Steak | 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


Organic 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
Organic 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*

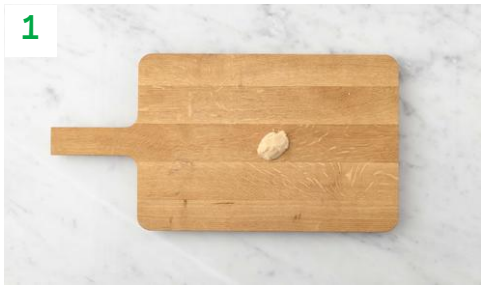
Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2958 /707	440 /105
Total fat (g)	25	4
of which saturated(g)	7	1
Carbonhydrates (g)	84	12
of which sugars (g)	15,5	2,3
Fiber (g)	7	1
Protein (g)	36	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

- 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

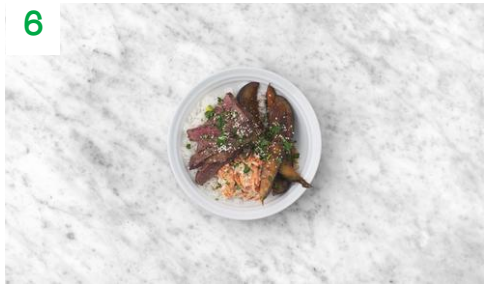


Make the carrot slaw

- 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.

Wholewheat Fusilli in Creamy Chorizo Sauce

with guacamole & tomatoes

Total time: 15 - 25 min. Family Quick




Wholewheat fusilli


Diced chorizo


Onion


Mini Roma tomatoes


Guacamole


Herbed cream cheese


Grated Gouda


Romano pepper

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Wholewheat fusilli (g)	90	180	270	360	450	540
Diced chorizo* (g)	45	90	135	180	225	270
Onion (unit(s))	½	1	1	2	2	3
Mini Roma tomatoes* (g)	125	250	375	500	625	750
Guacamole* (g)	40	80	120	160	200	240
Herbed cream cheese* (g)	25	50	75	100	125	150
Grated Gouda* (g)	25	50	75	100	125	150
Romano pepper* (unit(s))	½	1	2	2	3	3
Not included						
Sunflower 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)	3464 /828	751 /180
Total fat (g)	43	9
of which saturated(g)	16,7	3,6
Carbonhydrates (g)	70	15
of which sugars (g)	14,6	3,2
Fiber (g)	14	3
Protein (g)	33	7
Salt (g)	2,3	0,5

Allergens

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

1



Boil the pasta

- Boil plenty of salted water in a pot or saucepan and cook the pasta for 11 - 13 minutes, then drain and set aside.
- Chop the onion in the meantime.
- Cut the Romano pepper into strips.

2



Fry the chorizo and vegetables

- Heat a drizzle of sunflower oil in a large deep frying pan over medium-high heat.
- Fry the onion with the chorizo for 2 - 3 minutes.
- Halve the tomatoes and transfer to the frying pan, along with the Romano pepper.
- Fry for 4 - 5 minutes, seasoning to taste with salt and pepper.

3



Finish the sauce

- Stir in the herbed cream cheese and half of the grated cheese.
- Allow to melt, then add the pasta and mix well to combine.
- Cook for 1 more minute over high heat, seasoning to taste with salt and pepper.

Did you know... *the cheese in this recipe contains calcium, a nutrient that supports your nervous system to function efficiently.*

4



Serve

- Serve the pasta on plates.
- Garnish with the rest of the cheese.
- Finish with the guacamole.

Panko Shrimp Wraps

with rainbow apple slaw & tomato

Total time: 15 - 25 min. Quick




Shrimp


Tomato


Rainbow slaw mix


Apple


Wholewheat mini tortilla


Panko breadcrumbs


Mayonnaise


Peruvian-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
Shrimp* (g)	120	240	360	480	600	720
Tomato (unit(s))	1½	3	4½	6	7½	9
Rainbow slaw mix* (g)	100	200	300	400	500	600
Apple* (unit(s))	½	1	1½	2	2½	3
Wholewheat mini tortilla (unit(s))	4	8	12	16	20	24
Panko breadcrumbs (g)	25	50	75	100	125	150
Mayonnaise (g)	35	75	100	150	175	225
Peruvian-style spice mix (sachet(s))	½	1	1½	2	2½	3
Not included						
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Sunflower oil (ml)	25	50	75	100	125	150
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3992 /954	643 /154
Total fat (g)	50	8
of which saturated(g)	5,6	0,9
Carbonhydrates (g)	82	13
of which sugars (g)	21,2	3,4
Fiber (g)	17	3
Protein (g)	36	6
Salt (g)	3	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 200°C (see Tip).
- Transfer the panko to a large bowl and half of the mayonnaise to a small bowl. Season both with salt and pepper.
- Prepare a plate lined with kitchen paper.

Tip: *the oven will be used later to heat the tortillas, but you can also do this in the microwave if preferred. In this case, skip preheating the oven.*

2



Fry the shrimp

- Coat the shrimp with the Peruvian-style spice mix and then with the mayonnaise, then finally with the panko.
- Heat the sunflower oil in a frying pan over medium-high heat.
- When the oil is nice and hot, carefully fry the shrimp for 3 - 4 minutes or until golden-brown.
- Transfer to the plate and set aside.

3



Heat the tortillas

- Wrap the tortillas in aluminum foil and heat in the oven for 3 - 4 minutes (see Tip).
- In the meantime, core and dice the apple.
- Dice the tomato.

Tip: *if using the microwave, transfer the tortillas to a microwave-safe plate and heat for 30 second intervals until done.*

4



Serve

- In a salad bowl, combine the honey with the white balsamic vinegar and the rest of the mayonnaise.
- Add the apple and the slaw mix, then toss well to combine. Season to taste with salt and pepper.
- Serve all the toppings separately and allow everyone to assemble their own tortillas as preferred.

Chicken Wraps with Kiwi & Smashed Avocado

with rainbow slaw, lamb's lettuce, coriander & lime

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




Wholewheat tortilla


Marinated diced chicken


Kiwi


Avocado


Rainbow slaw mix


Lamb's lettuce


Fresh coriander


Lime


Peruvian-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
Wholewheat tortilla (unit(s))	2	4	6	8	10	12
Marinated diced chicken* (g)	100	200	300	400	500	600
Kiwi* (unit(s))	½	1	1½	2	2½	3
Avocado (unit(s))	½	1	1½	2	2½	3
Rainbow slaw mix* (g)	100	200	300	400	500	600
Lamb's lettuce* (g)	20	40	60	80	100	120
Fresh coriander* (g)	5	10	15	20	25	30
Lime* (unit(s))	½	1	1½	2	2½	3
Peruvian-style spice mix (sachet(s))	½	1	1½	2	2½	3
Not included						
Sunflower oil (tbsp)	¼	½	¾	1	1¼	1½
White wine vinegar (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (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)	2954 /706	607 /145
Total fat (g)	38	8
of which saturated(g)	6,9	1,4
Carbonhydrates (g)	50	10
of which sugars (g)	11,6	2,4
Fiber (g)	15	3
Protein (g)	34	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



Fry the chicken

- Preheat the oven to 200°C.
- Cut any larger pieces of chicken smaller as needed.
- Heat a light drizzle of sunflower oil in a frying pan over medium-high heat.
- Fry the chicken with the Peruvian-style spice mix for 6 minutes, or until done. Season with salt and pepper.

2



Make the slaw

- Roughly chop the coriander.
- In a bowl, combine the mayonnaise with the white wine vinegar, the slaw mix and half of the coriander. Season to taste with salt and pepper.
- Peel and dice the kiwi.
- Wrap the tortillas in aluminum foil and heat in the oven for 2 - 3 minutes.

3



Smash the avocado

- Juice half of the lime and cut the rest into wedges.
- Halve and pit the avocado, then remove the skin and transfer the flesh to a small bowl.
- Add the lime juice and some extra virgin olive oil as preferred, then mash with a fork to combine.
- Season to taste with salt and pepper.

4



Serve

- Serve all the elements separately at the table and allow everyone to assemble their own wraps as preferred.
- Garnish with the rest of the coriander and serve with the lime wedges.

Wholewheat Fusilli with Eggplant & Chicken Breast

& for parents: parsley & Kalamata olives

Total time: 15 - 25 min. Family Quick




Wholewheat fusilli


Kalamata olives


Italian seasoning


Cooking cream


Garlic


Tomato paste


Eggplant


Onion


Grated Gouda


Fresh flat leaf parsley


Chicken breast with Mediterranean herbs

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Wholewheat fusilli (g)	90	180	270	360	450	540
Kalamata olives (g)	15	30	55	70	85	100
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Cooking cream (g)	75	150	225	300	375	450
Garlic (unit(s))	½	1	1½	2	2½	3
Tomato paste (can)	½	1	1½	2	2½	3
Eggplant* (unit(s))	½	1	2	2	3	3
Onion (unit(s))	½	1	1	2	2	3
Grated Gouda* (g)	15	25	40	50	65	75
Fresh flat leaf parsley* (g)	2½	5	7½	10	12½	15
Chicken breast with Mediterranean herbs* (unit(s))	1	2	3	4	5	6
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Low sodium chicken stock (ml)	50	100	150	200	250	300
Flour (tbsp)	2	4	6	8	10	12
Honey [or plant-based alternative] (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)	3636 /869	605 /145
Total fat (g)	35	6
of which saturated(g)	13,6	2,3
Carbonhydrates (g)	84	14
of which sugars (g)	24	4
Fiber (g)	14	2
Protein (g)	49	8
Salt (g)	2	0,3

Allergens

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

1



Prepare

- Boil plenty of water in a pot or saucepan and cook the pasta for 10 - 12 minutes, then drain and set aside.
- Dice the eggplant and season with salt and pepper.
- Slice the onion into half-rings.
- Transfer the flour to a deep plate. Halve the chicken lengthways, then coat it with the flour. Season with salt and pepper.

2



Fry the eggplant and chicken

- Heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the eggplant with the onion for 4 - 5 minutes or until done, tossing regularly.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the chicken for 2 - 3 minutes per side.
- Reduce the heat and fry for 4 - 5 more minutes, or until done.

3



Finish the sauce

- Prepare the stock. Crush or mince the garlic.
- Deglaze the eggplant with the white balsamic vinegar, then add the tomato paste and the garlic. Fry for 1 more minute.
- Add the cream, the stock, the honey and the Italian seasoning, then allow to simmer for 1 - 2 minutes.
- Transfer the pasta to the sauce and toss well to combine.

4



Serve

- Finely chop the parsley.
- Serve the pasta on plates.
- For kids: slice the chicken into strips and serve on top of the pasta. Garnish with the cheese.
- For parents: serve the whole piece of chicken on top of the pasta. Garnish with the cheese, the olives and the parsley.

Bulgogi Noodles with Veggie Mince & Stir-Fried Vegetables

with coriander, tahini & sesame seeds

Total time: 10 - 20 min. Quick Vegetarian




Plant-based mince


Garlic


Vegetable mix with cabbage


Tahini


Ginger stir-fry sauce


Fresh coriander


Bulgogi sauce


Sesame seeds


Crispy fried onions


Wholewheat noodles

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Plant-based mince* (g)	75	150	225	300	375	450
Garlic (unit(s))	½	1	1½	2	2½	3
Vegetable mix with cabbage* (g)	200	400	600	800	1000	1200
Tahini (g)	15	25	40	50	65	75
Ginger stir-fry sauce (g)	35	70	105	140	175	210
Fresh coriander* (g)	5	10	15	20	25	30
Bulgogi sauce (g)	20	35	55	70	90	105
Sesame seeds (g)	5	10	15	20	25	30
Crispy fried onions (g)	15	30	45	60	75	90
Wholewheat noodles (g)	100	200	300	400	500	600
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	½	1	1½	2	2½	3
Sambal	to taste					
Salt and pepper	to taste					
[Reduced salt] ketjap manis (tbsp)	½	1	1½	2	2½	3

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3556 /850	736 /176
Total fat (g)	27	6
of which saturated(g)	5,9	1,2
Carbonhydrates (g)	116	24
of which sugars (g)	25,1	5,2
Fiber (g)	18	4
Protein (g)	33	7
Salt (g)	3,9	0,8

Allergens

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

1



Boil the noodles

- Boil plenty of salted water in a pot or saucepan.
- Cook the noodles for 4 - 5 minutes until al dente.
- Reserve 50ml cooking liquid per person, then drain and return to the pot.

2



Stir-fry the vegetables

- Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat. Crush or mince the garlic.
- When the oil is nice and hot, fry the mince with the garlic for 2 minutes.
- Add the vegetable mix and stir-fry for 4 - 6 minutes. Season to taste with salt and pepper.

3



Make the sauce

- In a bowl, combine the tahini with the ginger stir-fry sauce, the bulgogi sauce, the white wine vinegar, the reserved cooking liquid, some sambal as preferred and the ketjap.
- Transfer the sauce to the noodles and mix well to combine.

4



Serve

- Finely chop the coriander.
- Serve the noodles in bowls. Top with the stir-fry.
- Garnish with the coriander, the sesame seeds and the crispy onions.

Duck Confit with Wholewheat Noodles

with stir-fried vegetables & gomashio

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




Boneless duck thigh confit


Garlic-ginger-chili mix


Vegetable mix with cabbage


Wholewheat noodles


East Asian-style sauce


Gomashio


Ginger stir-fry 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
Boneless duck thigh confit* (unit(s))	1	2	3	4	5	6
Garlic-ginger-chili mix* (g)	10	20	30	40	50	60
Vegetable mix with cabbage* (g)	200	400	600	800	1000	1200
Wholewheat noodles (g)	50	100	150	200	250	300
East Asian-style sauce* (g)	20	35	55	70	90	105
Gomashio (sachet(s))	½	1	1½	2	2½	3
Ginger stir-fry sauce (g)	20	35	55	70	90	105
Not included						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
[Reduced salt] ketjap manis (tbsp)	½	1	1½	2	2½	3
Sunflower 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)	3042 /727	694 /166
Total fat (g)	35	8
of which saturated(g)	10,6	2,4
Carbonhydrates (g)	65	15
of which sugars (g)	18,7	4,3
Fiber (g)	9	2
Protein (g)	36	8
Salt (g)	2,9	0,7

Allergens

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

1



Prepare

- In a bowl, combine the duck and its juices with the ginger stir-fry sauce and the ketjap.
- Cover with aluminum foil and set aside until step 3.
- Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat and fry the garlic-ginger-chili mix* for 1 minute.

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

2



Fry the vegetables

- Stir in the vegetable mix and fry for 4 - 6 minutes.
- Meanwhile, boil plenty of water in a pot or saucepan.
- Cook the noodles for 3 - 4 minutes, then drain and transfer to the vegetables.
- Add the East Asian-style sauce and mix well to combine, then fry for 2 more minutes.

3



Fry the duck

- Melt a knob of butter in a frying pan over medium-high heat.
- Fry the duck for 2 - 3 minutes per side, covered.

4



Serve

- Serve everything on deep plates and drizzle with any residual juices from the pan.
- Garnish with the gomashio to finish.

Signature Wholewheat Spaghetti with Chicken & Guanciale

fall in love again (and again!) with our most loved recipes

Total time: 15 - 25 min. Family Quick




Chicken mince with Mediterranean herbs


Mascarpone


Fresh basil


Garlic


Romano pepper


Grana Padano flakes DOP


Onion


Passata


Wholewheat spaghetti


Guanciale

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 mince with Mediterranean herbs* (g)	100	200	300	400	500	600
Mascarpone* (g)	25	50	75	100	125	150
Fresh basil* (g)	5	10	15	20	25	30
Garlic (unit(s))	1	2	3	4	5	6
Romano pepper* (unit(s))	1	2	3	4	5	6
Grana Padano flakes DOP* (g)	20	40	60	80	100	120
Onion (unit(s))	½	1	1½	2	2½	3
Passata (g)	100	200	300	400	500	600
Wholewheat spaghetti (g)	90	180	270	360	450	540
Guanciale* (g)	40	80	120	160	200	240
Not included						
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Low sodium beef 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)	4021 /961	737 /176
Total fat (g)	50	9
of which saturated(g)	22,6	4,1
Carbonhydrates (g)	75	14
of which sugars (g)	17	3,1
Fiber (g)	14	2
Protein (g)	45	8
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

- Bring plenty of salted water in a pot or saucepan for the spaghetti (see Tip).
- Cut the Romano pepper into thin strips.
- Chop the onion and crush or mince the garlic.
- Boil the spaghetti for 10 - 12 minutes, then reserve some of the pasta water before draining and setting aside.

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

2



Make the sauce

- Heat a light drizzle of olive oil in a large deep frying pan over medium-high heat.
- Fry the mince with the guanciale, the garlic and the onion for 4 - 5 minutes, separating the mince as you do so.
- Stir in the Romano pepper and the passata, then crumble in the stock cube (see pantry for amount).
- Cover with the lid and allow to simmer for 5 - 6 minutes.

3



Finish

- Roughly chop the basil in the meantime.
- When the sauce is done, take the pan off the heat and then stir in the mascarpone.
- Add the spaghetti and 1 tbsp per person of the reserved pasta water, then toss well to combine. Add more pasta water as necessary if it seems too dry.
- Season generously with salt and pepper.

4



Serve

- Serve the spaghetti on plates.
- Garnish with the basil and the Grana Padano.

Signature Venison Steak in Creamy Mushroom Sauce

fall in love again (and again!) with our most loved recipes

Total time: 45 - 55 min.



- Potatoes
- Onion
- Garlic
- Mushrooms
- Cooking cream
- Green beans
- Basil crème
- Fresh chives
- Venison 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
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
Mushrooms* (g)	65	125	250	250	375	375
Cooking cream (g)	75	150	225	300	375	450
Green beans* (g)	100	200	300	400	500	600
Basil crème (ml)	10	15	18	24	33	39
Fresh chives* (g)	2½	5	7½	10	12½	15
Venison steak* (g)	120	240	360	480	600	720
Not included						
Low sodium mushroom or vegetable stock (ml)	50	100	150	200	250	300
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1	2	3	4	5	6
Mustard (tsp)	½	1	1½	2	2½	3
Red wine vinegar (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)	3439 /822	478 /114
Total fat (g)	52	7
of which saturated(g)	21,1	2,9
Carbonhydrates (g)	54	8
of which sugars (g)	10,3	1,4
Fiber (g)	10	1
Protein (g)	35	5
Salt (g)	1,8	0,3

Allergens

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

1



Roast the potatoes

- Preheat the oven to 210°C. Take the steak out of the fridge and allow it to reach room temperature.
- Wash the potatoes and cut them into quarters, 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 25 – 30 minutes, tossing halfway.

2



Slice the mushrooms

- Prepare the stock.
- Chop the onion and crush or mince the garlic.
- Slice the mushrooms.

3



Make the mushroom sauce

- Melt a knob of butter in a deep frying pan over medium-high heat.
- Fry half each of the garlic and the onion for 1 – 2 minutes.
- Add the mushrooms and fry for 4 – 6 minutes, then deglaze with the red wine vinegar and the stock.
- Stir in the mustard and the cream, then season to taste with salt and pepper. Allow to reduce for 8 - 9 minutes.

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, or until cooked as preferred.
- Remove the steak from the pan and allow to rest under aluminum foil.
- Shortly before serving, slice the steak against the grain.

5



Prepare the green beans

- In the meantime, discard the tips of the green beans.
- Heat a drizzle of olive oil in a frying pan over high heat. Fry the green beans with the rest of the garlic and the onion for 2 - 3 minutes.
- Deglaze with a splash of water, then cover with the lid and allow to cook for 2 - 3 minutes over medium-low heat.
- Stir in the basil crème, then season to taste with salt and pepper.

6



Serve

- Finely chop the chives or use scissors if preferred.
- Serve the potatoes on plates with everything else alongside.
- Pour over the mushroom sauce and garnish with the chives.

Hearty Pie with Veggie Mince & BBQ Rub

with carrot, tomato & celery

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




Plant-based mince


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
Plant-based mince* (g)	75	150	225	300	375	450
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						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					
Low sodium vegetable stock (ml)	50	100	150	200	250	300

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2607 /623	494 /118
Total fat (g)	33	6
of which saturated(g)	17,7	3,4
Carbonhydrates (g)	54	10
of which sugars (g)	11,9	2,3
Fiber (g)	12	2
Protein (g)	21	4
Salt (g)	2	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.
- 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.

Cheesy Beef Taquitos

with organic beef mince | wholewheat tortillas & yogurt

Total time: 25 - 35 min. Family Quick




Wholewheat mini tortilla


Red onion


Roma tomato


Organic full-fat yogurt


Fresh coriander


Bell Pepper


Passata


Smoked paprika


Shredded mozzarella


Organic beef mince


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
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
Organic beef mince* (g)	125	250	375	500	625	750
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)	3552 /849	638 /152
Total fat (g)	45	8
of which saturated(g)	18,1	3,2
Carbonhydrates (g)	60	11
of which sugars (g)	16,8	3
Fiber (g)	15	3
Protein (g)	43	8
Salt (g)	3,5	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.

Shrimp 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


Shrimp


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
Shrimp* (g)	80	160	240	320	400	480
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)	2481 /593	404 /97
Total fat (g)	23	4
of which saturated(g)	4	0,7
Carbonhydrates (g)	73	12
of which sugars (g)	11,7	1,9
Fiber (g)	15	2
Protein (g)	27	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

- 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 shrimp

- Pat the shrimp dry with kitchen paper.
- Heat a drizzle of sunflower oil in a frying pan over medium-high heat and fry the shrimp for 3 minutes until done.
- 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.

Chicken Burger with Fries & Aioli

with green bean salad & onion jus

Total time: 40 - 50 min. Family




Potatoes


Green beans


Red onion


Mixed leaves of radicchio, arugula & lettuce


BBQ spice rub


Chicken burger from Oranjehoen


Aioli

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
Mixed leaves of radicchio, arugula & lettuce* (g)	20	40	60	90	100	130
BBQ spice rub (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Chicken burger from Oranjehoen* (unit(s))	1	2	3	4	5	6
Aioli (g)	25	50	75	100	125	150
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
[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					
Low sodium chicken stock (ml)	50	100	150	200	250	300

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3715 /888	518 /124
Total fat (g)	55	8
of which saturated(g)	18	2,5
Carbonhydrates (g)	67	9
of which sugars (g)	14,2	2
Fiber (g)	13	2
Protein (g)	30	4
Salt (g)	1,6	0,2

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.

Veggie Chicken with Tzatziki & Sumac Salad

over bulgur with fresh herbs & za'atar

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




Plant-based chicken pieces


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
Plant-based chicken pieces* (g)	80	160	240	320	400	480
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 vegetable stock (ml)	175	350	525	700	875	1050
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil	to taste					
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)	2498 /597	389 /93
Total fat (g)	23	4
of which saturated(g)	6,4	1
Carbonhydrates (g)	75	12
of which sugars (g)	9,2	1,4
Fiber (g)	13	2
Protein (g)	25	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



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.

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.*

2



Fry the veggie chicken

- Meanwhile, slice the onion into half-rings.
- Melt a knob of butter in a frying pan over medium-high heat and fry the onion with the veggie chicken for 7 - 8 minutes.
- Season to taste with salt and pepper.

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.

Steak Strips with Mango Salsa

over brown rice with rainbow slaw & African-inspired spices

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




Marinated steak strips


Quick-cook brown 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
Quick-cook brown 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)	2941 /703	448 /107
Total fat (g)	27	4
of which saturated(g)	4,5	0,7
Carbonhydrates (g)	82	13
of which sugars (g)	23,8	3,6
Fiber (g)	7	1
Protein (g)	31	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 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.

Spag Bol with Grana Padano

with tomatoes & parsley

Total time: 25 - 35 min. Quick



- Spaghetti
- Onion
- Garlic
- Carrot
- Mini Roma tomatoes
- Seasoned beef 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
Seasoned beef mince* (g)	100	200	300	400	500	600
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)	3364 /804	539 /129
Total fat (g)	31	5
of which saturated(g)	11,8	1,9
Carbonhydrates (g)	87	14
of which sugars (g)	20	3,2
Fiber (g)	10	2
Protein (g)	42	7
Salt (g)	3,3	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, the garlic and the mince for 3 minutes, separating it as you do so.
- Add the carrot, the tomatoes, 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.

Chicken 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


Chicken breast with Mediterranean herbs


Fresh flat leaf parsley


Middle Eastern 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
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
Chicken breast with Mediterranean herbs* (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						
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					
Low sodium chicken stock (ml)	175	350	525	700	875	1050

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3740 /894	560 /134
Total fat (g)	49	7
of which saturated(g)	13	1,9
Carbonhydrates (g)	76	11
of which sugars (g)	15,8	2,4
Fiber (g)	13	2
Protein (g)	40	6
Salt (g)	2,2	0,3

Allergens

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

1



Prepare

- Preheat the oven to 200°C.
- 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 chicken

- Melt another knob of butter in a frying pan over medium-high heat and fry the chicken for 2 minutes per side.
- Reduce the heat and fry for a further 5 minutes per side, or until done.
- Deglaze with the rest of the balsamic vinegar, then stir in the honey.

5



Make the sauce

- Meanwhile, 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 chicken 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

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

Za'atar-Lemon Hake with Parsley Yogurt Sauce

with giant couscous, raisins & roasted vegetables

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




Lemon


Garlic


Za'atar


Middle Eastern spice mix


Organic full-fat yogurt


Raisins


Courgette


Romano pepper


Hake fillet


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
Hake fillet* (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 vegetable 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)	3159 /755	586 /140
Total fat (g)	32	6
of which saturated(g)	9,5	1,8
Carbonhydrates (g)	79	15
of which sugars (g)	22,6	4,2
Fiber (g)	9	2
Protein (g)	34	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 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 fish

- In a bowl, coat the fish 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 and fry the onion for 3 minutes.
- Add the fish and fry for 3 minutes per side until done. Season with salt and pepper.
- Coat the fish 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.

Plant-Based Chicken Wraps with Kiwi & Smashed Avocado

with rainbow slaw, lamb's lettuce, coriander & lime

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




Flour tortillas


Plant-based chicken pieces


Kiwi


Avocado


Rainbow slaw mix


Lamb's lettuce


Fresh coriander


Lime


Peruvian-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
Flour tortillas (unit(s))	2	4	6	8	10	12
Plant-based chicken pieces* (g)	80	160	240	320	400	480
Kiwi* (unit(s))	½	1	1½	2	2½	3
Avocado (unit(s))	½	1	1½	2	2½	3
Rainbow slaw mix* (g)	100	200	300	400	500	600
Lamb's lettuce* (g)	20	40	60	80	100	120
Fresh coriander* (g)	5	10	15	20	25	30
Lime* (unit(s))	½	1	1½	2	2½	3
Peruvian-style spice mix (sachet(s))	½	1	1½	2	2½	3
Not included						
Sunflower oil (tbsp)	¼	½	¾	1	1¼	1½
White wine vinegar (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (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)	3205 /766	686 /164
Total fat (g)	46	10
of which saturated(g)	7,1	1,5
Carbonhydrates (g)	62	13
of which sugars (g)	11	2,4
Fiber (g)	12	2
Protein (g)	23	5
Salt (g)	2,6	0,6

Allergens

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

1



Fry the plant-based chicken

- Preheat the oven to 200°C.
- Heat a light drizzle of sunflower oil in a frying pan over medium-high heat.
- Fry the plant-based chicken with the Peruvian-style spice mix for 7 - 8 minutes. Season with salt and pepper.

2



Make the slaw

- Roughly chop the coriander.
- In a bowl, combine the mayonnaise with the white wine vinegar, the slaw mix and half of the coriander. Season to taste with salt and pepper.
- Peel and dice the kiwi.
- Wrap the tortillas in aluminum foil and heat in the oven for 2 - 3 minutes.

3



Smash the avocado

- Juice half of the lime and cut the rest into wedges.
- Halve and pit the avocado, then remove the skin and transfer the flesh to a small bowl.
- Add the lime juice and some extra virgin olive oil as preferred, then mash with a fork to combine.
- Season to taste with salt and pepper.

4



Serve

- Serve all the elements separately at the table and allow everyone to assemble their own wraps as preferred.
- Garnish with the rest of the coriander and serve with the lime wedges.

Shrimp with Wholewheat Noodles

with stir-fried vegetables & gomashio

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




Shrimp


Garlic-ginger-chili mix


Vegetable mix with cabbage


Wholewheat noodles


East Asian-style sauce


Gomashio


Ginger stir-fry 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
Shrimp* (g)	80	160	240	320	400	480
Garlic-ginger-chili mix* (g)	10	20	30	40	50	60
Vegetable mix with cabbage* (g)	200	400	600	800	1000	1200
Wholewheat noodles (g)	50	100	150	200	250	300
East Asian-style sauce* (g)	20	35	55	70	90	105
Gomashio (sachet(s))	½	1	1½	2	2½	3
Ginger stir-fry sauce (g)	20	35	55	70	90	105
Not included						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
[Reduced salt] ketjap manis (tbsp)	½	1	1½	2	2½	3
Sunflower 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)	2096 /501	526 /126
Total fat (g)	15	4
of which saturated(g)	5,1	1,3
Carbonhydrates (g)	65	16
of which sugars (g)	18,7	4,7
Fiber (g)	9	2
Protein (g)	23	6
Salt (g)	3	0,8

Allergens

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

1



Prepare

- Pat the shrimp dry with kitchen paper.
- In a bowl, combine the shrimp with the ginger stir-fry sauce and the ketjap.
- Cover with aluminum foil and set aside until step 3.
- Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat and fry the garlic-ginger-chili mix* for 1 minute.

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

2



Fry the vegetables

- Stir in the vegetable mix and fry for 4 - 6 minutes.
- Meanwhile, boil plenty of water in a pot or saucepan.
- Cook the noodles for 3 - 4 minutes, then drain and transfer to the vegetables.
- Add the East Asian-style sauce and mix well to combine, then fry for 2 more minutes.

3



Fry the shrimp

- Melt a knob of butter in a frying pan over high heat.
- Fry the shrimp for 3 minutes until done, seasoning to taste with salt and pepper.

4



Serve

- Serve everything on deep plates and drizzle with any residual juices from the pan.
- Garnish with the gomashio to finish.