



Spaghetti & Meatballs in Creamy Tomato Sauce

with leek, mushroom & Mexican-style spices

Family Quick

Total time: 20 - 25 min.



Garlic



Leek



Mushrooms



Wholewheat spaghetti



Beef-pork meatballs
with Spanish-
style seasoning



Mexican-style spices



Diced tomatoes
with garlic & onion



Herbed cream cheese



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

A single strand of spaghetti is called a "spaghetto", which means "thin string" in Italian.

Tear me out!



Before you start

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

Equipment

Deep frying pan, pot or saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Leek* (unit(s))	½	1	1	2	2	3
Mushrooms* (g)	65	125	250	250	375	375
Wholewheat spaghetti (g)	90	180	270	360	450	540
Beef-pork meatballs with Spanish-style seasoning* (unit(s))	4	8	12	16	20	24
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Diced tomatoes with garlic & onion (pack)	½	1	1½	2	2½	3
Herbed cream cheese* (g)	20	40	60	75	100	115
Not included						
Low sodium beef stock cube (unit(s))	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3326 /795	573 /137
Total fat (g)	35	6
of which saturated(g)	12,1	2,1
Carbonhydrates (g)	75	13
of which sugars (g)	17,7	3
Fiber (g)	19	3
Protein (g)	38	6
Salt (g)	3,8	0,7

Allergens

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



Prepare

- Boil plenty of salted water in a pot or saucepan for the spaghetti.
- Crush or mince the garlic and finely chop the leek.
- Slice the mushrooms.
- Boil the spaghetti for 10 - 12 minutes until al dente. Reserve 50ml pasta water per person, then drain and set aside.



Make the sauce

- Crumble in the stock cube (see pantry for amount).
- Add the chopped tomatoes and the reserved pasta water, then bring to a boil.
- Stir in the spaghetti and the cream cheese, then cook for 1 - 2 more minutes over medium-high heat.
- Season to taste with salt and pepper.



Fry the meatballs

- Heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the meatballs with the **Mexican-style spices*** for 2 - 3 minutes until evenly browned.
- Stir in the garlic, mushrooms and leek and fry for 5 - 6 more minutes.

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



Serve

- Serve the spaghetti on deep plates.

Enjoy!



Avocado Bulgur Bowl with Greek-Style Cheese

with fresh herbs, shaved almonds & dried cranberries

Family Veggie Calorie Smart

Total time: 35 - 45 min.



Red onion



Tomato



Persian cucumber



Bulgur



Fresh flat leaf
parsley & mint



Shaved almonds



Avocado



Greek-style cheese



Dried cranberries



Red chili pepper



Bell pepper



Ground coriander



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

Bulgur is made of wheat grains; they're first steamed, then dried, and finally cracked. This results in a whole grain product that's full of fibre, iron and B-vitamins!



Tear me out!

Before you start

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

Equipment

Lidded pot or saucepan, salad bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red onion (unit(s))	1	2	2	4	4	6
Tomato (unit(s))	1	2	3	4	5	6
Persian cucumber* (unit(s))	½	1	2	2	3	3
Bulgur (g)	75	150	225	300	375	450
Fresh flat leaf parsley & mint* (g)	10	20	30	40	50	60
Shaved almonds (g)	10	20	30	40	50	60
Avocado (unit(s))	¼	½	1	1	1½	1½
Greek-style cheese* (g)	25	50	75	100	125	150
Dried cranberries (g)	10	20	30	40	50	60
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Bell pepper* (unit(s))	½	1	1	2	2	3
Ground coriander (tsp)	½	1	1½	2	2½	3
Not included						
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (totaste)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2464 /589	382 /91
Total fat (g)	22	3
of which saturated(g)	6,2	1
Carbonhydrates (g)	72	11
of which sugars (g)	12,9	2
Fiber (g)	21	3
Protein (g)	20	3
Salt (g)	1,3	0,2

Allergens

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



Prepare

- Prepare the stock in a pot or saucepan.
- In the meantime, slice the onion into thin rings.
- Dice the cucumber, the bell pepper and the tomato.
- Deseed and finely chop the **red chili pepper**.*

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



Prepare the toppings

- In the meantime, tear the mint leaves from the stems and chop into thin ribbons.
- Roughly chop the parsley and crumble the Greek-style cheese.
- Halve and pit the avocado, then remove the skin and slice the flesh.



Cook the bulgur

- Boil the bulgur for 10 - 12 minutes or until done, covered. Stir regularly, then drain and set aside.
- In a salad bowl, combine the tomato with the cucumber, the ground coriander and the white wine vinegar.
- Drizzle with extra virgin olive oil as preferred, then season to taste with salt and pepper.



Make the salad

- Transfer the bulgur, fried vegetables and two thirds of the fresh herbs to the salad bowl and mix well to combine.
- Season to taste with salt and pepper.

Did you know... 🌱 this recipe is low in saturated fat and rich in unsaturated plant-based fats, thanks to the avocado and olive oil. These ingredients are not only delicious, but they also help lower cholesterol and benefit cardiovascular health overall.



Fry the vegetables

- Heat a clean frying pan over medium-high heat and toast the shaved almonds until golden-brown, then remove from the pan and set aside.
- Fry the onion and bell pepper in the same pan for 3 - 4 minutes, adding a generous pinch of salt.
- Stir regularly so as to prevent them from burning.
- Drizzle lightly with olive oil, then reduce the heat allow to caramelise for 6 - 8 minutes.



Serve

- Serve the salad on plates and top with the avocado.
- Garnish with the shaved almonds, Greek-style cheese, dried cranberries and **red chili pepper**.
- Finish with the rest of the fresh herbs and then drizzle over some extra virgin olive oil as preferred.

Enjoy!



Roasted Eggplant with Tahini Sauce

with Greek-style cheese & tomato couscous

Veggie













Total time: 35 - 45 min.



Sarah's favorite

Our recipe developer Sarah says:

"I love Middle Eastern cuisine: aromatic, heart-warming dishes with balanced flavours. In this dish I was able to combine this with my favourite vegetable, the eggplant!"

- | | |
|--|---|
| 
Wholewheat couscous | 
Garlic |
| 
Onion | 
Eggplant |
| 
Tomato paste | 
Red cherry tomatoes |
| 
African-inspired spice mix | 
Tahini sauce |
| 
Fresh flat leaf parsley & mint | 
Greek-style cheese |
| 
Salted almonds | 
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.

Equipment

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Wholewheat couscous (g)	75	150	225	300	375	450
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1	2	2	3
Eggplant* (unit(s))	½	1	2	2	3	3
Tomato paste (can)	¼	½	¾	1	1¼	1½
Red cherry tomatoes (g)	125	250	375	500	625	750
African-inspired spice mix (sachet(s))	½	1	1½	2	2½	3
Tahini sauce* (g)	20	40	60	80	100	120
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
Greek-style cheese* (g)	25	50	75	100	125	150
Salted almonds (g)	10	20	30	40	50	60
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Not included						
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Olive oil (tbsp)	1½	3	4½	6	7½	9
Balsamic vinegar (tsp)	½	1	1½	2	2½	3
Water for the sauce (tbsp)	1	2	3	4	5	6
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3113 /744	479 /114
Total fat (g)	40	6
of which saturated(g)	9	1,4
Carbonhydrates (g)	65	10
of which sugars (g)	18,9	2,9
Fiber (g)	22	3
Protein (g)	23	4
Salt (g)	2,3	0,4

Allergens

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

1



Roast the eggplant

- Preheat the oven to 200°C.
- Crush or mince the garlic and transfer half to a bowl.
- Add the Middle Eastern spices, the balsamic vinegar and a drizzle of olive oil. Season to taste with salt and pepper, then mix well to combine.
- Quarter the eggplant lengthways and coat it with the oil, then transfer to a parchment-lined baking sheet.

2



Roast the tomatoes

- Transfer the tomatoes to an oven dish and drizzle with olive oil.
- Season with salt and pepper, then toss well to coat.
- Roast the eggplant for 15 minutes, then add the tomatoes to the oven and continue cooking for 12 - 15 minutes.

3



Fry the onion

- In the meantime, chop the onion and prepare the stock.
- Heat a drizzle of olive oil in a pot or saucepan over medium-high heat.
- Fry the onion with the rest of the garlic for 2 - 3 minutes.
- Stir in the tomato paste and fry for 1 - 2 more minutes, or until it turns crimson.

4



Prepare the couscous

- Deglaze with the stock and bring to the boil.
- Stir in the couscous, then remove from the heat and allow to stand until step 5, covered.

5



Finish

- Finely chop the fresh herbs.
- Roughly chop the almonds.
- Stir the roasted tomatoes and the African-inspired spices into the couscous, then season to taste with salt and pepper.

6



Serve

- Combine the tahini sauce with the water for the sauce.
- Serve the tomato couscous on plates and top with the eggplant.
- Drizzle with the tahini sauce and crumble over the Greek-style cheese.
- Garnish with the fresh herbs and the almonds.

Enjoy!



Fragrant Coconut Fish Stew

inspired by Brazilian moqueca, over rice with coriander

Quick

Total time: 25 - 30 min.



White long grain rice



Garlic



Red onion



Carrot



Romano pepper



Chopped tomatoes



Mexican-style spices



Coconut milk



Fresh coriander



Basa fillet



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

This recipe is inspired by Brazilian moqueca! In Brazil, this seafood stew is always prepared in an earthenware pot called a "cassole".



Tear me out!

Before you start

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

Equipment

Lidded pot or saucepan, kitchen paper, lidded wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
White long grain rice (g)	75	150	225	300	375	450
Garlic (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1	2	2	3
Carrot* (unit(s))	1	1	2	2	3	3
Romano pepper* (unit(s))	½	1	1½	2	2½	3
Chopped tomatoes (pack)	½	1	1½	2	2½	3
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Coconut milk (ml)	125	250	375	500	625	750
Fresh coriander* (g)	2½	5	7½	10	12½	15
Basa fillet* (unit(s))	1	2	3	4	5	6
Not included						
Low sodium fish stock cube (unit(s))	⅓	⅔	1	1½	1½	2
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3644 /871	515 /123
Total fat (g)	33	5
of which saturated(g)	24,5	3,5
Carbonhydrates (g)	90	13
of which sugars (g)	19,6	2,8
Fiber (g)	13	2
Protein (g)	33	5
Salt (g)	2,6	0,4

Allergens

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



Prepare

- Boil plenty of salted water in a pot or saucepan. Cook the rice for 10 - 12 minutes, covered, then drain and set aside.
- Meanwhile, dice the Romano pepper.
- Chop the onion and dice the carrot.
- Crush or mince the garlic.



Add the fish

- Pat the fish dry with kitchen paper and cut into 3cm chunks.
- Shortly before serving, transfer the fish to the stew and poach gently for 2 - 3 minutes. Season to taste with salt and pepper (see Tip).
- Finely chop the coriander in the meantime.

Tip: if you'd prefer the stew to be spicier, you can also add some sambal from your pantry.



Make the stew

- Melt a knob of butter in a wok or deep frying pan over medium heat.
- Fry the garlic, onion and **Mexican-style spices*** for 2 minutes.
- Stir in the carrot, Romano pepper, coconut milk and chopped tomatoes, then crumble in the stock cube (see pantry for amount).
- Allow to simmer gently over medium-low heat for 10 - 12 minutes, covered.

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



Serve

- Serve the rice with the stew in bowls or deep plates.
- Garnish with the coriander to finish.

Enjoy!



BBQ Veggie Meatballs with Baby Potatoes

with orange mayo, roasted vegetables & Surinamese-style spices

Family Veggie

Total time: 50 - 60 min.



Unbelievaballs from the Vegetarian Butcher®



Apple



Baby potatoes



Carrot



Surinamese-style spices



Red onion



Easy peel orange



Fresh flat leaf parsley



BBQ Sauce



Bell pepper



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

Bell peppers are commonly used as vegetables - but they're actually fruits! They're sweet rather than spicy because they don't contain capsaicin, the spicy compound found in most other peppers.

Tear me out!



Before you start

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

Equipment

Parchment-lined baking sheet, large bowl, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Unbelievaballs from the Vegetarian Butcher®* (unit(s))	5	10	15	20	25	30
Apple* (unit(s))	½	1	2	2	3	3
Baby potatoes (g)	200	400	600	800	1000	1200
Carrot* (unit(s))	½	1	1	2	2	3
Surinamese-style spices (sachet(s))	½	1	1½	2	2½	3
Red onion (unit(s))	1	2	2	4	4	6
Easy peel orange* (unit(s))	¼	½	¾	1	1¼	1½
Fresh flat leaf parsley* (g)	2½	5	7½	10	12½	15
BBQ Sauce (g)	15	25	40	50	65	75
Bell pepper* (unit(s))	½	1	2	2	3	3
Not included						
[Plant-based] mayonnaise (tbsp)	1½	3	4½	6	7½	9
Olive oil (tbsp)	1¼	2½	3¾	5	6¼	7½
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3297 /788	469 /112
Total fat (g)	42	6
of which saturated(g)	5,3	0,8
Carbonhydrates (g)	76	11
of which sugars (g)	30,5	4,3
Fiber (g)	20	3
Protein (g)	20	3
Salt (g)	2,3	0,3

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Wash the baby potatoes and cut them in half, or any larger ones into quarters.
- Cut the carrot into 5cm batons, then transfer both a large bowl.
- Drizzle with olive oil and add half of the Surinamese-style spices, then toss well to coat.



Roast the vegetables

- Slice the onion into rings. Cut the bell pepper into strips.
- Wash or peel the apple, then remove the core and cut into wedges.
- Transfer all three to the same bowl you used earlier. Drizzle with olive oil and season with salt and pepper, then toss well to coat.
- Transfer to the same baking sheet and roast in the oven for 30 minutes or until golden-brown, tossing halfway.



Prepare the toppings

- Transfer to a parchment-lined baking sheet and roast in the oven for 10 minutes.
- Meanwhile, juice the orange.
- In a small bowl, combine the mayonnaise with the rest of the Surinamese-style spices and (per person) 1 ½ tbsp orange juice. Season to taste with salt and pepper.
- Roughly chop the parsley.



Serve

- Heat a light drizzle of olive oil in a frying pan over medium-high heat. Fry the meatballs for 4 - 5 minutes, then add the BBQ sauce and fry for 1 - 2 more minutes.
- Serve the potatoes and vegetables on plates.
- Top with the meatballs and drizzle with the orange mayo.
- Garnish with the parsley to finish.

Enjoy!



Cheesy Eggplant & Courgette Al Forno

with casarecce, tomato & basil

Family Veggie Calorie Smart

Total time: 45 - 55 min.



Eggplant



Tomato



Garlic



Passata



Grated aged Gouda



Casarecce



Fresh basil



Sicilian-style herb mix



Courgette



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

Casarecce is derived from the Italian word "casereccio", which means "homemade". Casarecce gets its shape from rolling fresh pasta around a small stick.



Tear me out!

Before you start

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

Equipment

Bowl, oven dish, lidded pot or saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Eggplant* (unit(s))	½	1	1	2	2	3
Tomato (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
Passata (g)	100	200	300	400	500	600
Grated aged Gouda* (g)	50	75	100	125	175	200
Casarecce (g)	90	180	270	360	450	540
Fresh basil* (g)	2½	5	7½	10	12½	15
Sicilian-style herb mix (sachet(s))	⅓	⅓	1	1⅓	1⅓	2
Courgette* (unit(s))	¼	½	1	1	1½	1½
Not included						
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Extra virgin olive oil (totaste)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2644 /632	537 /128
Total fat (g)	20	4
of which saturated(g)	9,6	2
Carbonhydrates (g)	83	17
of which sugars (g)	16,9	3,4
Fiber (g)	8	2
Protein (g)	26	5
Salt (g)	1,4	0,3

Allergens

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



Fry the vegetables

- Preheat the oven to 220°C.
- Thinly slice the eggplant and courgette lengthways.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the eggplant and courgette for 4 - 5 minutes per side (see Tip).
- Season to taste with salt and pepper.

Tip: if preferred, you can also grill the vegetables instead.



Assemble

- Pour a layer of the sauce into an oven dish.
- Top with a layer of the eggplant, followed by a layer of the tomatoes and then with a layer of the courgette.
- Repeat this process and finish with a layer of sauce.
- Scatter over the cheese and then bake in the oven for 20 - 25 minutes.



Make the sauce

- Slice the tomato and crush or mince the garlic.
- In a bowl, combine the passata and garlic with the balsamic vinegar, the sugar and the Sicilian-style herbs.
- Season to taste with salt and pepper.



Serve

- In the meantime, boil plenty of water in a pot or saucepan and cook the pasta for 10 - 12 minutes, covered. Drain, then drizzle with extra virgin olive oil as preferred and mix well.
- Chop the basil into thin ribbons.
- Serve the pasta on plates and top with the vegetables al forno. Garnish with the basil to finish.

Enjoy!



Spicy Butter Tofu in Creamy Coconut Sauce

over rice with coriander & bell pepper

Plant-Based

Total time: 30 - 40 min.



Our recipe developer Sarah says:

"This butter tofu proves that tasty vegetarian food doesn't have to be complicated! In Indian cuisine, spices are often bloomed briefly in cooking oil or fat, so that the aromas are released and infuse in the oil; this way, they can spread throughout the dish so every bite is full of flavour."



Onion



Fresh coriander



Garam Masala



White long grain rice



Garlic



Tomato



Ginger paste



Bell pepper



Curry powder



Coconut milk



Tofu



Sunflower seeds



Tomato paste



Fresh lemongrass



Before you start

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

Equipment

Lidded deep frying pan, pot or saucepan, kitchen paper, plate, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Fresh coriander* (g)	5	10	15	20	25	30
Garam Masala (sachet(s))	¼	½	1	1½	1½	2
White long grain rice (g)	75	150	225	300	375	450
Garlic (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	1½	3	4½	6	7½	9
Ginger paste* (g)	5	10	15	20	25	30
Bell pepper* (unit(s))	½	1	2	2	3	3
Curry powder (sachet(s))	½	1	1½	2	2½	3
Coconut milk (ml)	90	180	270	360	450	540
Tofu* (g)	100	200	300	400	500	600
Sunflower seeds (g)	10	20	30	40	50	60
Tomato paste (can)	¼	½	¾	1	1¼	1½
Fresh lemongrass* (unit(s))	1	1	2	2	3	3
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	50	100	150	200	250	300
Cornstarch [or flour] (tbsp)	½	1	1½	2	2½	3

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3502 /837	544 /130
Total fat (g)	44	7
of which saturated(g)	23,7	3,7
Carbonhydrates (g)	89	14
of which sugars (g)	16,2	2,5
Fiber (g)	8	1
Protein (g)	19	3
Salt (g)	0,4	0,1

Allergens

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



Prepare

- Prepare the stock.
- Chop the onion and crush or mince the garlic.
- Cut the bell pepper into strips and dice the tomato.
- Heat a clean deep frying pan over medium heat and toast the sunflower seeds until lightly golden-brown, then remove from the pan and set aside.



Boil the rice

- Meanwhile, boil plenty of water in a pot or saucepan.
- Cook the rice for 12 - 15 minutes or until done, then drain and set aside.
- Chop the coriander in the meantime.
- Transfer the cornstarch to a plate and season with salt and pepper.



Fry the aromatics

- Melt a knob of butter in the same pan over medium-high heat.
- Fry the bell pepper and onion for 3 - 4 minutes.
- Add the garlic, tomato paste, ginger paste, diced tomato, **Garam Masala*** and curry powder.
- Mix well and fry for 2 - 3 minutes.

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



Fry the tofu

- Wrap the tofu in kitchen paper and squeeze out the excess liquid, then dice it.
- Coat the tofu with the cornstarch.
- Heat a drizzle of sunflower oil in a frying pan over high heat. Fry the tofu for 3 – 4 minutes, then transfer to a plate lined with kitchen paper.
- Stir the tofu and knob of butter into the curry, then taste and season with salt and pepper.



Make the sauce

- Deglaze with the stock and the coconut milk. Mix well to combine.
- Bruise or pierce the lemongrass in three places and add it to the sauce.
- Lower the heat and simmer for 10 - 15 minutes, covered.
- Taste the curry and add a pinch of sugar and/or a splash of vinegar if necessary.



Serve

- Serve the rice on deep plates and top with the curry.
- Garnish with the coriander and the sunflower seeds to finish.

Enjoy!



Black Bean Tostadas with Avocado Salsa

with corn, cheese & crunchy slaw

Veggie Quick

Total time: 25 - 30 min.



Mini tortillas



Black beans



Shredded red cabbage



Corn



Avocado



Mexican-style spices



Grated Gouda



Scallions



Fresh coriander



Romano pepper



Lime



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

Tostadas are a staple in Mesoamerican cuisine: crispy, toasted tortillas that can be served alone or topped with an endless variety of ingredients.



Tear me out!

Before you start

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

Equipment

Parchment-lined baking sheet, tall container, immersion blender, large bowl, microplane, sieve, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Mini tortillas (unit(s))	4	8	12	16	20	24
Black beans (pack)	½	1	1½	2	2½	3
Shredded red cabbage* (g)	50	100	150	200	250	300
Corn (g)	70	140	140	285	280	425
Avocado (unit(s))	½	1	2	2	3	3
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Grated Gouda* (g)	25	50	75	100	125	150
Scallions* (bunch)	¼	½	¾	1	1¼	1½
Fresh coriander* (g)	5	10	15	20	25	30
Romano pepper* (unit(s))	½	1	1½	2	2½	3
Lime* (unit(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Water for the sauce (ml)	30	60	90	120	150	180
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3782 /904	673 /161
Total fat (g)	48	9
of which saturated(g)	10,6	1,9
Carbonhydrates (g)	84	15
of which sugars (g)	13	2,3
Fiber (g)	21	4
Protein (g)	28	5
Salt (g)	3	0,5

Allergens

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



Prepare

- Preheat the oven to 200°C. Drain and rinse the black beans.
- Finely chop the scallions and separate the white part from the greens.
- Dice the Romano pepper.
- Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the white part of the scallions with the Romano pepper for 2 - 3 minutes.



Make the salsa

- Zest the lime and then cut it into quarters.
- Halve and pit the avocado, then remove the skin and transfer to a tall container. Squeeze a quarter lime per person directly into the container.
- Add the coriander, the scallion greens and the water (see pantry for amount).
- Process with an immersion blender into a smooth sauce. Taste and add lime zest as preferred.



Make the tostadas

- Add the black beans and fry for 3 more minutes, then add the **Mexican-style spices*** and season to taste with salt and pepper.
- Drain the corn.
- Transfer the tortillas to a parchment-lined baking sheet.
- Top with the black beans and scatter over the cheese, then bake in the oven for 5 - 8 minutes.

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



Serve

- In a large bowl, combine the red cabbage with the corn, the mayonnaise and 1 tbsp per person of the avocado salsa. Season to taste with salt and pepper.
- Top the tostadas with some of the slaw.
- Serve the tostadas on plates and garnish with the rest of the avocado salsa. Serve the rest of the slaw alongside.

Enjoy!



Harissa Giant Couscous with Chorizo & Greek-Style Cheese

with courgette, sundried tomatoes & salad

Quick Calorie Smart

Total time: 20 - 25 min.



Giant couscous



Red onion



Courgette



Garlic



Diced chorizo



Radicchio & iceberg lettuce



Greek-style cheese



Sundried tomatoes



Harissa



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

Harissa is a chili paste from the Maghreb made using a variety of chilies, spices, and herbs. Its name comes from the Arabic root word "harasa", which means to "crush" or "mash".



Tear me out!

Before you start

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

Equipment

Large pot or saucepan, salad bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Giant couscous (g)	75	150	225	300	375	450
Red onion (unit(s))	1	2	3	4	5	6
Courgette* (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	2	3	4	5	6
Diced chorizo* (g)	60	90	120	180	210	270
Radicchio & iceberg lettuce* (g)	50	100	150	200	250	300
Greek-style cheese* (g)	25	50	75	100	125	150
Sundried tomatoes (g)	15	30	50	70	80	100
Harissa* (g)	15	30	45	60	75	90
Not included						
White wine vinegar (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2536 /606	554 /132
Total fat (g)	22	5
of which saturated(g)	9,5	2,1
Carbonhydrates (g)	72	16
of which sugars (g)	16	3,5
Fiber (g)	8	2
Protein (g)	28	6
Salt (g)	2,5	0,5

Allergens

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



Prepare

- Boil plenty of water in a large pot or saucepan.
- Cook the giant couscous for 12 - 14 minutes, then drain and set aside.
- Slice the onion into thin half rings and crush or mince the garlic.
- Slice the courgette into thin crescents.



Make the salad

- Transfer the lettuce and the white wine vinegar to a salad bowl.
- Season with salt and pepper, then toss well to combine.
- Chop the sundried tomatoes into thin strips.



Fry the vegetables

- In the meantime, heat a light drizzle of olive oil in a frying pan over medium-high heat.
- Fry the chorizo, onion and garlic for 3 minutes, then add the courgette and continue frying for 6 - 8 minutes, or until the courgette is done.
- Stir in the harissa and the giant couscous and cook for another minute.
- Season to taste with salt and pepper.



Serve

- Serve the giant couscous on plates with the salad alongside.
- Garnish with the sundried tomatoes and crumble over the Greek-style cheese.

Enjoy!



Creamy Blue Cheese Rigatoni

with mixed mushrooms, endive & parsley

Veggie Quick

Total time: 20 - 25 min.



Rigatoni



Onion



Garlic



Endive



Pre-cut mushroom mix



Blue cheese cubes



Cooking cream



Fresh curly parsley



Cook along and win a SMEG fridge

La cucina tastes even better with a touch of SMEG: Italian design, premium quality, and cooking pleasure.

Scan the QR code for a chance to win a SMEG fridge.



Before you start

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

Equipment

Deep frying pan, pot or saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Rigatoni (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
Endive* (unit(s))	1	2	3	4	5	6
Pre-cut mushroom mix* (g)	100	175	350	350	525	525
Blue cheese cubes* (g)	25	50	75	100	125	150
Cooking cream (g)	75	150	225	300	375	450
Fresh curly parsley* (g)	5	10	15	20	25	30
Not included						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1	2	3	4	5	6
Mustard (tsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
White balsamic vinegar (tbsp)	1	2	3	4	5	6
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3092 /739	590 /141
Total fat (g)	34	6
of which saturated(g)	14,9	2,8
Carbonhydrates (g)	81	15
of which sugars (g)	15,5	3
Fiber (g)	11	2
Protein (g)	25	5
Salt (g)	1,6	0,3

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan and cook the rigatoni for 13 - 15 minutes. Reserve some of the pasta water, then drain and set aside.
- Meanwhile, chop the onion and crush or mince the garlic.
- Remove the tough base of the endive and discard.
- Halve the endive lengthways and then cut into thin strips.



Make the sauce

- Add the cream and half of the blue cheese, then crumble in the stock cube (see pantry for amount).
- Stir in the honey and mustard, then allow to cook for 3 minutes over medium-low heat.
- Taste and then season with salt and pepper as needed (see Tip).

Tip: if the sauce is not thick enough, allow to reduce for a further 3 - 5 minutes. If the sauce is too thick, add some of the reserved pasta water.



Fry the vegetables

- Heat a generous drizzle of olive oil in a deep frying pan over medium heat. Fry the garlic and onion for 2 - 3 minutes.
- Stir in the mushrooms and the majority of the endive, then fry for 4 - 6 minutes over medium-high heat (see Tip).
- Deglaze with the white balsamic vinegar.

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



Serve

- Finely chop the parsley.
- Transfer the rigatoni to the sauce and mix well to combine. Season to taste with salt and pepper, then serve on deep plates.
- Top with the rest of the endive and blue cheese. Garnish with the parsley to finish.

Enjoy!



Chicken Cheeseburger with Caramelised Onion

with salad and homemade potato wedges

Total time: 40 - 50 min.



Potatoes



Red onion



Cucumber



Grated cheddar



Roma tomato



Hamburger bun with sesame seeds



Chicken burger from Oranjehoen



There is a special ingredient in your box! This burger is made with Oranjehoen chicken. These chickens eat locally sourced, sustainable feed, and their CO2 emissions are 22% lower than 1-star 'Beter Leven' chickens.

Scan the QR code to learn more about this supplier!



Before you start

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

Equipment

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Red onion (unit(s))	½	1	1½	2	2½	3
Cucumber* (unit(s))	½	¾	1	1½	1¾	2
Grated cheddar* (g)	15	25	40	50	65	75
Roma tomato (unit(s))	1	2	3	4	5	6
Hamburger bun with sesame seeds (unit(s))	1	2	3	4	5	6
Chicken burger from Oranjehoen* (unit(s))	1	2	3	4	5	6
Not included						
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	1	2	3	4	5	6
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3330 /796	515 /123
Total fat (g)	38	6
of which saturated(g)	11,2	1,7
Carbonhydrates (g)	79	12
of which sugars (g)	11,6	1,8
Fiber (g)	12	2
Protein (g)	33	5
Salt (g)	2,4	0,4

Allergens

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



Make the wedges

- Preheat the oven to 200°C.
- Peel the potatoes and cut into wedges, 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 30 - 35 minutes or until golden-brown, tossing halfway.
- Meanwhile, slice the onion into half rings. Slice half of the tomato and finely dice the rest.



Make the salad

- Cut 4 slices of cucumber for each burger and set aside, then dice the rest.
- In a salad bowl, combine the white balsamic vinegar with the extra virgin olive oil.
- Season to taste with salt and pepper, then add the diced tomato and cucumber and toss well to combine.



Fry the burger

- Melt a knob of butter in a frying pan over medium-high heat.
- Fry the burger and the onion for 7 - 8 minutes or until done, turning regularly.
- In the meantime, bake the burger bun in the oven for 4 - 5 minutes.



Serve

- Cut open the burger bun and spread the bottom half with mustard.
- Top with the sliced tomato and cucumber. Add the burger and some of the onion, then finish with the cheddar.
- Serve the burger with the potato wedges and the salad.

Enjoy!



Coconut Curry Noodle Soup

with fresh udon, coriander & peanuts

Quick Calorie Smart Plant-Based

Total time: 20 - 25 min.



Red chili pepper



Garlic



Red onion



Yellow curry spices



Vegetable mix with mushrooms



Coconut milk



Fresh coriander



Salted peanuts



Fresh udon noodles



Soy sauce



Crispy fried onions



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

The yellow curry spices used in this recipe are made up of turmeric, coriander, ginger, lemongrass - and a few other aromatics to brighten up your dish and add tons of flavour!



Tear me out!

Before you start

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

Equipment

Soup pot

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red chili pepper* (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	½	1	1½	2	2½	3
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Vegetable mix with mushrooms* (g)	200	400	600	800	1000	1200
Coconut milk (ml)	125	250	375	500	625	750
Fresh coriander* (g)	2½	5	7½	10	12½	15
Salted peanuts (g)	20	40	60	80	100	120
Fresh udon noodles (g)	110	220	330	440	550	660
Soy sauce (ml)	10	20	30	40	50	60
Crispy fried onions (g)	10	20	30	40	50	60
Not included						
Low sodium vegetable stock (ml)	200	400	600	800	1000	1200
Sunflower oil (tbsp)	¼	½	¾	1	1¼	1½
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2795 /668	373 /89
Total fat (g)	41	6
of which saturated(g)	23,5	3,1
Carbonhydrates (g)	52	7
of which sugars (g)	11,9	1,6
Fiber (g)	15	2
Protein (g)	19	3
Salt (g)	3,4	0,5

Allergens

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



Prepare

- Prepare the stock.
- Deseed and finely chop the **red chili pepper**.*
- Chop the onion and crush or mince the garlic.

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



Make the soup

- Add the coconut milk and the stock, then allow to simmer gently for 4 minutes over medium heat.
- Meanwhile, finely chop the coriander and roughly chop the peanuts.
- Add the udon noodles and the soy sauce, then cook for 3 more minutes.



Fry the vegetables

- Heat a light drizzle of sunflower oil in a soup pot over high heat.
- Fry the onion with the garlic, the **chili pepper** and the yellow curry spices for 1 minute.
- Stir in the vegetable mix and fry for 4 more minutes.



Serve

- Season the soup to taste with salt and pepper, then serve in bowls.
- Garnish with the coriander, the peanuts and the crispy onions.

Enjoy!



Criss-Cross Courgette with Creamy Bean Stew

over rice with Grana Padano & green pesto

Veggie Express

Total time: 15 - 20 min.



Bell pepper strips



Courgette



Red onion



Garlic



Mixed beans



Passata



Green pesto



Grana Padano flakes DOP



Jasmine rice



Crème fraîche



Sicilian-style herb mix



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

Criss-cross courgette involves scoring the flesh of the courgette in a criss-cross pattern. This technique helps it cook evenly and absorb flavours, and is perfect for grilling, frying or roasting!



Tear me out!

Before you start

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

Equipment

Lidded deep frying pan, 2x lidded frying pan, pot or saucepan, sieve

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Bell pepper strips* (g)	50	100	150	200	250	300
Courgette* (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Mixed beans (pack)	½	1	1½	2	2½	3
Passata (g)	100	200	300	400	500	600
Green pesto* (g)	20	40	60	80	100	120
Grana Padano flakes DOP* (g)	20	40	60	80	100	120
Jasmine rice (g)	75	150	225	300	375	450
Crème fraîche* (g)	25	50	75	100	125	150
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Water (ml)	30	60	90	120	150	180
Low sodium vegetable stock (ml)	25	50	75	100	125	150
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3849 /920	532 /127
Total fat (g)	40	5
of which saturated(g)	12,3	1,7
Carbonhydrates (g)	109	15
of which sugars (g)	18,8	2,6
Fiber (g)	19	3
Protein (g)	34	5
Salt (g)	2,2	0,3

Allergens

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



Prepare

- Boil plenty of salted water in a pot or saucepan and cook the rice for 10 - 12 minutes, then drain and set aside.
- Meanwhile, halve the courgette lengthways and then score the flesh, making a criss-cross pattern. Be sure not to cut too deep, so as to keep the skin intact.
- Season with salt and pepper.



Make the stew

- Crush or mince the garlic and drain the beans. Slice the onion.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the bell pepper strips with the onion, garlic and Sicilian herbs for 1 minute.
- Stir in the passata, stock, balsamic vinegar, beans and sugar. Bring to the boil and allow to reduce gently for 4 - 5 minutes, covered.



Fry the courgette

- Heat a drizzle of olive oil in a frying pan over high heat. Sear the courgette face-down for 2 - 3 minutes.
- Add the water (see pantry for amount).
- Turn the courgette and cover with the lid, then allow to cook for 7 - 8 minutes.
- Meanwhile, prepare the stock.



Serve

- Stir in the crème fraîche and half of the Grana Padano, then bring briefly back to the boil.
- Take the pan off the heat and season to taste with salt and pepper.
- Serve the rice on plates and top with the stew and the criss-cross courgette. Garnish with the pesto and the rest of the Grana Padano.

Enjoy!



Zesty Thai-Style Tempeh Noodle Bowl

with fish sauce, peanuts & fresh herbs

Calorie Smart Express

Total time: 15 - 20 min.



Rice noodles



Vegetable mix with cabbage



Fish sauce



Reduced salt soy sauce



Garlic



Ginger paste



Diced tempeh



Unsalted peanuts



Lime



Mint, coriander & Thai basil



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

Tempeh is not only packed with probiotics and nutrients, but it also absorbs marinades well, making it ideal for stir-fries, salads, and grilling!



Tear me out!

Before you start

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

Equipment

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Rice noodles (g)	50	100	150	200	250	300
Vegetable mix with cabbage* (g)	200	400	600	800	1000	1200
Fish sauce (ml)	10	20	30	40	50	60
Reduced salt soy sauce (ml)	5	10	15	20	25	30
Garlic (unit(s))	½	1	1½	2	2½	3
Ginger paste* (g)	5	10	15	20	25	30
Diced tempeh* (g)	80	160	240	320	400	480
Unsalted peanuts (g)	10	20	30	40	50	60
Lime* (unit(s))	½	1	1½	2	2½	3
Mint, coriander & Thai basil* (g)	5	10	15	20	25	30
Not included						
Sunflower oil (tbsp)	1½	3	4½	6	7½	9
Brown sugar (tbsp)	½	1	1½	2	2½	3
Sambal (totaste)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2807 /671	656 /157
Total fat (g)	32	8
of which saturated(g)	4	0,9
Carbonhydrates (g)	67	16
of which sugars (g)	18,7	4,4
Fiber (g)	8	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.



Cook the noodles

- Boil plenty of water in a pot or saucepan.
- Cook the rice noodles for 4 - 5 minutes until al dente.
- Reserve some of the cooking liquid, then drain and return to the pot.
- Drizzle with sunflower oil, then toss well to coat and set aside.



Make the sauce

- Quarter the lime.
- In a bowl, combine the fish sauce* with the soy sauce and the sugar, along with (per person) 1 tbsp cooking liquid and the juice of a quarter lime.
- Add the sauce and the noodles to the vegetables, along with some sambal as preferred.
- Toss well and stir-fry for 1 - 2 minutes over high heat. Season with salt and pepper.

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



Fry the vegetables

- Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat. Fry the vegetable mix for 6 - 8 minutes, seasoning with salt and pepper.
- Crush or mince the garlic.
- Heat a drizzle of sunflower oil in a frying pan over medium-high heat. Fry the tempeh with the garlic and the ginger paste for 4 - 5 minutes.
- Deglaze with 1 tbsp cooking liquid per person.



Serve

- Roughly chop the fresh herbs.
- Serve the noodles in bowls and top with the tempeh.
- Garnish with the peanuts and fresh herbs.
- Serve with the rest of the lime wedges.

Enjoy!



Hamburger with Piccalilli

with sour cream salad & baby potatoes

Quick

Total time: 15 - 20 min.



Pre-cooked halved baby potatoes [skin-on]



Cucumber



Red onion



Organic sour cream



Radicchio & romaine



Piccalilli



Hamburger from Meatier



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

You'll give this burger an original twist by adding piccalilli, a popular British product inspired by Indian cuisine.



Tear me out!

Before you start

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

Equipment

Aluminum foil, lidded frying pan, salad bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pre-cooked halved baby potatoes [skin-on]* (g)	200	400	600	800	1000	1200
Cucumber* (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1	2	2	3
Organic sour cream* (g)	25	50	75	100	125	150
Radicchio & romaine* (g)	50	100	150	200	250	300
Piccalilli* (g)	25	50	75	100	125	150
Hamburger from Meatier* (unit(s))	1	2	3	4	5	6
Not included						
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1½	3	4½	6	7½	9
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3565 /852	534 /128
Total fat (g)	59	9
of which saturated(g)	17,7	2,7
Carbonhydrates (g)	50	7
of which sugars (g)	11,7	1,8
Fiber (g)	8	1
Protein (g)	27	4
Salt (g)	2,6	0,4

Allergens

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



Fry the potatoes

- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the baby potatoes for 9 minutes, covered, then remove the lid.
- Season with salt and pepper and fry for 5 more minutes.



Make the salad

- Add the lettuce, onion and cucumber to the salad bowl.
- Toss well to combine with the dressing.

Did you know... 🥒 cucumbers are low in calories and mostly made up of water, but they still contain vitamins and minerals. They're a great way to stay hydrated and get your essential nutrients at the same time.



Make the dressing

- Slice the cucumber.
- Slice the onion into thin half rings (see Tip).
- In a salad bowl, combine the extra virgin olive oil with the honey, mustard and white wine vinegar. Season to taste with salt and pepper, then add the sour cream and mix well.

Tip: the onion will be served raw, but if preferred you can also fry it with the burger instead.



Serve

- Melt a knob of butter in a frying pan over medium-high heat. When the butter is nice and hot, fry the burger for 3 - 4 minutes per side.
- Remove from the pan and season with pepper, then allow to rest under aluminum foil.
- Serve the burger with the potatoes, the mayonnaise and the salad. Taste the piccalilli and serve it on top of the burger as preferred.

Enjoy!



Garlic-Lemon Shrimp Spaghetti

in creamy tomato sauce with arugula

Family Quick Calorie Smart

Total time: 15 - 20 min.



Shrimp



Spaghetti



Red cherry tomatoes



Cooking cream



Arugula



Red onion



Lemon



Garlic



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Before you start

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

Equipment

Deep frying pan, pot or saucepan, small bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Shrimp* (g)	80	160	240	320	400	480
Spaghetti (g)	90	180	270	360	450	540
Red cherry tomatoes (g)	125	250	375	500	625	750
Cooking cream (g)	75	150	225	300	375	450
Arugula* (g)	20	40	60	80	100	120
Red onion (unit(s))	½	1	1½	2	2½	3
Lemon* (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	2	3	4	5	6
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2703 /646	542 /130
Total fat (g)	21	4
of which saturated(g)	9,6	1,9
Carbonhydrates (g)	82	16
of which sugars (g)	15,5	3,1
Fiber (g)	8	2
Protein (g)	29	6
Salt (g)	1,3	0,3

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan for the spaghetti.
- Halve the tomatoes and slice the onion into half rings.
- Crush or mince the garlic. Cut half of the lemon into wedges and juice the rest into a small bowl.
- Boil the spaghetti for 10 - 12 minutes, then reserve a small amount of the pasta water before draining and setting aside.



Make the sauce

- Add the cream and crumble in the stock cube (see pantry for amount).
- Allow the sauce to reduce for 1 minute (see Tip).
- Add the spaghetti and cook for 1 more minute, seasoning to taste with salt and pepper.

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



Fry the shrimp

- Heat a drizzle of olive oil in a deep frying pan over medium-high heat and fry the onion for 1 - 2 minutes.
- Add the tomatoes, the shrimp, the garlic and half of the lemon juice, then fry for 3 more minutes.

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



Serve

- Serve the spaghetti on deep plates.
- Top with the arugula and drizzle with the rest of the lemon juice.
- Garnish with the rest of the lemon wedges.

Enjoy!



Risotto with Roasted Cherry Tomatoes

with fennel, Greek-style cheese & almonds

Veggie

Total time: 45 - 55 min.



Risotto rice



Fennel



African-inspired
spice mix



Onion



Greek-style cheese



Garlic



Red cherry tomatoes



Salted almonds



Tomato paste



Fresh flat leaf parsley



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Before you start

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

Equipment

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Risotto rice (g)	75	150	225	300	375	450
Fennel* (unit(s))	½	1	2	2	3	3
African-inspired spice mix (sachet(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Greek-style cheese* (g)	50	100	150	200	250	300
Garlic (unit(s))	½	1	1½	2	2½	3
Red cherry tomatoes (g)	125	250	375	500	625	750
Salted almonds (g)	10	20	30	40	50	60
Tomato paste (can)	½	1	1½	2	2½	3
Fresh flat leaf parsley* (g)	2½	5	7½	10	12½	15
Not included						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	350	700	1050	1400	1750	2100
Olive oil (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3251 /777	391 /93
Total fat (g)	39	5
of which saturated(g)	15,7	1,9
Carbonhydrates (g)	87	10
of which sugars (g)	18,2	2,2
Fiber (g)	16	2
Protein (g)	22	3
Salt (g)	3	0,4

Allergens

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



Prepare

- Preheat the oven to 200°C and prepare the stock.
- Chop the onion and crush or mince the garlic.
- Quarter the fennel, then remove the core and cut the fennel into strips.



Roast the tomatoes

- The risotto is done when the rice is soft but still al dente. This should take around 25 - 30 minutes.
- Add extra water if you'd prefer the risotto to be less al dente.
- Transfer the tomatoes to an oven dish and add the balsamic vinegar.
- Drizzle with olive oil and season with salt and pepper, then toss well to coat. Roast in the oven for 12 - 15 minutes.



Roast the fennel

- Transfer the fennel to a large bowl.
- Add the tomato paste and half of the African-inspired spices.
- Drizzle with olive oil, then toss well to coat.
- Transfer to a parchment-lined baking sheet and roast in the oven for 20 - 25 minutes. Be sure to leave enough space to add an oven dish later.



Finish the risotto

- Roughly chop the almonds and finely chop the parsley.
- Crumble the Greek-style cheese.
- Take the risotto off the heat and stir in the rest of the African-inspired spices, along with half each of the cheese and the parsley.
- Stir in two thirds of the tomatoes, then season to taste with plenty of salt and pepper.



Make the risotto

- Melt a knob of butter in a large deep frying pan over medium-high heat and fry the onion and garlic for 1 minute.
- Stir in the risotto rice and toast the grains for 1 minute, then pour in a third of the stock.
- Allow the stock to slowly incorporate, stirring regularly.
- Repeat with the rest of the stock, adding it in two more batches.



Serve

- Serve the risotto on deep plates and top with the roasted fennel and the rest of the tomatoes.
- Garnish with the almonds, as well as the rest of the cheese and the parsley.

Enjoy!



Miso Mushroom Conchiglie

with Grana Padano, spinach & gomashio

Veggie Quick Calorie Smart

Total time: 25 - 30 min.



White miso paste



Mushrooms



Spinach



Garlic



Grana Padano
flakes DOP



Cooking cream



Red chili pepper



Gomashio-herb mix



Conchiglie



Onion



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

White miso is made from soybeans that have been fermented with rice, resulting in a white or light beige colour. The resulting flavour is somewhat milder and sweeter than regular miso paste.



Tear me out!

Before you start

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

Equipment

Deep frying pan, lidded pot or saucepan, small bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
White miso paste (g)	20	40	60	75	100	115
Mushrooms* (g)	125	250	400	400	650	650
Spinach* (g)	100	200	300	400	500	600
Garlic (unit(s))	1	2	3	4	5	6
Grana Padano flakes DOP* (g)	10	20	30	40	50	60
Cooking cream (g)	75	150	225	300	375	450
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Gomashio-herb mix (sachet(s))	½	1	1½	2	2½	3
Conchiglie (g)	90	180	270	360	450	540
Onion (unit(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2736 /654	580 /139
Total fat (g)	24	5
of which saturated(g)	11,1	2,4
Carbonhydrates (g)	78	16
of which sugars (g)	9,7	2,1
Fiber (g)	8	2
Protein (g)	27	6
Salt (g)	2,9	0,6

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan for the pasta.
- Deseed and finely chop the **red chili pepper**.* Chop the onion and crush or mince the garlic. Quarter the mushrooms.
- Boil the pasta for 14 - 16 minutes, covered, then reserve 50ml pasta water per person. Drain and set aside.

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



Finish

- Stir in the spinach and cook for 2 - 3 minutes, or until the spinach has wilted and reduced.
- Transfer the pasta to the sauce and mix well to combine, adding a splash of pasta water as needed.
- Taste and season with salt and pepper if necessary.
- Meanwhile, in a small bowl combine the Grana Padano with the the gomashio-herb mix.



Fry the vegetables

- Heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the mushrooms for 3 - 4 minutes, then stir in the garlic, onion and **chili pepper** and fry for 1 - 2 more minutes.
- Add the miso paste* and the cream, then cook for another 1 - 2 minutes.

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



Serve

- Serve the pasta on plates.
- Garnish with the Grana Padano-gomashio topping.

Enjoy!



Panko Basa with Sticky Soy Vegetables

over garlic-ginger rice with furikake

Family Calorie Smart

Total time: 30 - 40 min.



Basa fillet



Basmati rice



Ginger paste



Garlic



Red onion



Bell pepper



Carrot



Panko breadcrumbs



Reduced salt soy sauce



Furikake



Ground paprika



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

Basa is a fish native to South-East Asia. Similar in taste and texture to both cod and haddock, it's a great source of omega-3 and protein!



Tear me out!

Before you start

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

Equipment

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Basa fillet* (unit(s))	1	2	3	4	5	6
Basmati rice (g)	70	150	225	300	375	450
Ginger paste* (g)	5	10	15	20	25	30
Garlic (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	½	1	1	2	2	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Carrot* (unit(s))	1	1	2	2	3	3
Panko breadcrumbs (g)	10	20	30	40	50	60
Reduced salt soy sauce (ml)	10	20	30	40	50	60
Furikake (sachet(s))	½	1	1½	2	2½	3
Ground paprika (tsp)	1½	3	4½	6	7½	9
Not included						
Low sodium vegetable stock (ml)	180	360	540	720	900	1080
Flour (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1	2	3	4	5	6
Water (ml)	30	60	90	120	150	180
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
Sambal (tsp)	1	2	3	4	5	6
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3259 /779	482 /115
Total fat (g)	18	3
of which saturated(g)	3,5	0,5
Carbonhydrates (g)	101	15
of which sugars (g)	18,4	2,7
Fiber (g)	13	2
Protein (g)	35	5
Salt (g)	3,4	0,5

Allergens

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



Cook the rice

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



Prepare the fish

- Pat the fish dry with kitchen paper.
- Transfer the paprika and half of the flour to a deep plate. On another deep plate, combine the rest of the flour with the water so as to make a batter (see pantry for amount).
- Transfer the panko to a third deep plate and season with salt and pepper.
- Coat the fish with the flour and then with the batter, before finally coating it in the panko. Transfer to a plate and set aside.



Prepare the vegetables

- Cut the onion into wedges and chop the bell pepper into strips. Thinly slice the carrot.
- Transfer the vegetables to a bowl and lightly drizzle with olive oil. Season with salt and pepper, then toss well to coat.
- Transfer to a parchment-lined baking sheet and roast in the oven for 15 - 20 minutes.
- Meanwhile, combine the soy sauce, honey, and sambal in a small bowl. Set aside until later use.



Serve

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

Enjoy!



Mediterranean Shrimp Couscous

with basil crème & sundried tomatoes

Quick Calorie Smart

Total time: 25 - 30 min.



Garlic



Dried oregano



Wholewheat couscous



Tomato



Basil crème



Shrimp



Sundried tomatoes



Romano pepper



Courgette



Sicilian-style herb mix



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

Oregano is one of the most commonly used herbs worldwide! For example, oregano is a fixture in both Mediterranean and Mexican cuisine.



Tear me out!

Before you start

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

Equipment

Bowl, kitchen paper, frying pan, lidded wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	1	2	3	4	5	6
Dried oregano (sachet(s))	½	1	1½	2	2½	3
Wholewheat couscous (g)	75	150	225	300	375	450
Tomato (unit(s))	1½	3	5	6	8	9
Basil crème (ml)	10	15	18	24	33	39
Shrimp* (g)	80	160	240	320	400	480
Sundried tomatoes (g)	20	30	50	70	80	100
Romano pepper* (unit(s))	½	1	2	2	3	3
Courgette* (unit(s))	½	1	1	2	2	3
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Not included						
Balsamic vinegar (tsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2565 /613	389 /93
Total fat (g)	28	4
of which saturated(g)	10,7	1,6
Carbonhydrates (g)	57	9
of which sugars (g)	13,7	2,1
Fiber (g)	15	2
Protein (g)	25	4
Salt (g)	2,2	0,3

Allergens

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



Prepare

- Prepare the stock.
- Dice the Romano pepper and courgette into 1cm cubes.
- Crush or mince the garlic.

Did you know... 🥒 courgettes are technically classified as a fruit, as are cucumbers, pumpkins and tomatoes. Courgettes are high in iron, vitamin C and calcium.



Prepare the tomatoes

- Dice the tomato and finely chop the sundried tomatoes.
- In a bowl, combine the basil crème with the balsamic vinegar and the extra virgin olive oil.
- Add the tomato and the sundried tomatoes, then mix well to combine.
- Season to taste with salt and pepper.



Fry the vegetables

- Melt a knob of butter in a wok or frying pan over medium-high heat.
- Fry the Romano Pepper and courgette with the oregano and half of the garlic for 5 - 6 minutes.
- Remove from the heat and add the couscous, the Sicilian-style herbs and the stock, then cover with the lid.
- Set aside for 10 minutes.



Serve

- Pat the shrimp dry with kitchen paper.
- Melt a knob of butter in a frying pan over medium-high heat. Fry the shrimp with the rest of the garlic for 3 minutes, seasoning to taste with salt and pepper.
- Stir the tomato salad into the couscous, then serve on plates. Top with the shrimp and drizzle with any residual cooking juices.

Enjoy!



Chorizo & Bacon Stew with Sour Cream

with baby potatoes, mushrooms & bell pepper

Calorie Smart

Total time: 45 - 55 min.



Onion



Baby potatoes



Garlic



Tomato paste



Peruvian-style spice mix



Mushrooms



Bell pepper



Diced chorizo



Fresh chives



Organic sour cream



Bacon



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

Chorizo is a type of Spanish sausage that owes its flavour and red colour to a liberal use of paprika.

Tear me out!



Before you start

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

Equipment

Small bowl, lidded soup pot

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Baby potatoes (g)	200	400	600	800	1000	1200
Garlic (unit(s))	1	2	3	4	5	6
Tomato paste (can)	¼	½	¾	1	1¼	1½
Peruvian-style spice mix (sachet(s))	¼	½	¾	1	1¼	1½
Mushrooms* (g)	65	125	250	250	375	375
Bell pepper* (unit(s))	1	2	3	4	5	6
Diced chorizo* (g)	30	60	90	120	150	180
Fresh chives* (g)	2½	5	7½	10	12½	15
Organic sour cream* (g)	25	50	75	100	125	150
Bacon* (slice(s))	2	4	6	8	10	12
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium chicken stock (ml)	150	300	450	600	750	900
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2255 /539	297 /71
Total fat (g)	24	3
of which saturated(g)	8	1,1
Carbonhydrates (g)	54	7
of which sugars (g)	16,8	2,2
Fiber (g)	17	2
Protein (g)	21	3
Salt (g)	2,3	0,3

Allergens

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



Fry the bacon and onion

- Slice the onion into half rings and cut the bacon into strips.
- Heat a drizzle of olive oil in a soup pot over medium-high heat and fry the onion with the bacon for 4 minutes.
- Prepare the stock. Wash the baby potatoes and cut them into uniform pieces.
- Crush or mince the garlic.



Make the stew

- Add the chorizo, mushrooms, bell pepper and stock, then cover with the lid and bring to a boil.
- Lower the heat and cook for 15 minutes, stirring occasionally.
- Remove the lid and cook for 10 more minutes, or until the potatoes are done.



Add the potatoes

- Add the garlic and baby potatoes and fry for 2 - 3 minutes.
- Add the tomato paste and Peruvian-style spices and fry for 2 more minutes.
- Meanwhile, quarter the mushrooms and cut the bell pepper into thin strips.



Serve

- Finely chop the chives and transfer to a small bowl.
- Add the sour cream and season to taste with salt and pepper, then mix well to combine.
- Serve the stew on deep plates and garnish with a dollop of sour cream.

Enjoy!



Creamy Hot Smoked Salmon Penne

in spinach-leek sauce with lemon & dill

Quick

Total time: 20 - 25 min.



Leek



Onion



Garlic



Penne



Cooking cream



Spinach



Hot smoked salmon flakes



Grated Gouda



Lemon



Fresh dill



Our recipe developer Selma says:

"This recipe was inspired by a delicious dish I was served at my Flemish in-laws' house. I am not a salmon lover, but they didn't know that. The salmon went so well with the sweetness of the onion and leeks that I was completely won over!"



Before you start

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

Equipment

Lidded deep frying pan, pot or saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Leek* (unit(s))	½	1	2	2	3	3
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Penne (g)	90	180	270	360	450	540
Cooking cream (g)	75	150	225	300	375	450
Spinach* (g)	50	100	150	200	250	300
Hot smoked salmon flakes* (g)	75	150	225	300	375	450
Grated Gouda* (g)	15	25	40	50	65	75
Lemon* (unit(s))	½	1	1½	2	2½	3
Fresh dill* (g)	2½	5	7½	10	12½	15
Not included						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3268 /781	636 /152
Total fat (g)	32	6
of which saturated(g)	13,5	2,6
Carbonhydrates (g)	82	16
of which sugars (g)	13,7	2,7
Fiber (g)	12	2
Protein (g)	38	7
Salt (g)	1,5	0,3

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan for the pasta.
- Cook the pasta for 10 - 13 minutes, then drain and set aside.



Finish the sauce

- Stir the cream into the vegetables and crumble in the stock cube (see pantry for amount).
- Cover with the lid and allow to reduce for 8 - 10 minutes.
- During the last few minutes of cooking, gradually stir in the spinach and allow it to wilt and reduce, then stir in the hot smoked salmon and half of the cheese.



Fry the leek

- Slice the leek into thin crescents.
- Chop the onion and crush or mince the garlic.
- Heat a drizzle of olive oil in a deep frying pan over high heat.
- Fry the garlic, onion and leek for 4 - 5 minutes, stirring regularly.



Serve

- Cut the lemon into wedges and squeeze a quarter per person into the sauce. Mix well and season to taste with salt and pepper.
- Finely chop the dill.
- Serve the pasta on plates and top with the sauce.
- Garnish with the dill and the rest of the cheese. Serve with the rest of the lemon wedges.

Enjoy!



Mexican-Style Steak & Roasted Sweet Potato Bowl

with avocado & tomato salsa

Calorie Smart

Total time: 30 - 40 min.



Steak strips



Sweet potato



Carrot



Tomato



Avocado



Garlic



Mexican-style spices



Fresh coriander



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

You may be surprised to learn that carrots weren't always orange! Ancient carrots came in purple, yellow, red, and white. The orange variety was first cultivated in the Netherlands in the 17th century.



Tear me out!

Before you start

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

Equipment

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Steak strips* (g)	100	200	300	400	500	600
Sweet potato (g)	225	450	675	900	1125	1350
Carrot* (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	1	2	3	4	5	6
Avocado (unit(s))	½	1	2	2	3	3
Garlic (unit(s))	1	1	2	2	3	3
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Fresh coriander* (g)	5	10	15	20	25	30
Not included						
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	½	1	1½	2	2½	3
Mustard (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tsp)	1	2	3	4	5	6
Salt and pepper (totaste)	0	0	0	0	0	0
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2715 /649	470 /112
Total fat (g)	31	5
of which saturated(g)	4,4	0,8
Carbonhydrates (g)	60	10
of which sugars (g)	21,9	3,8
Fiber (g)	11	2
Protein (g)	29	5
Salt (g)	1,2	0,2

Allergens

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



Prepare

- Preheat the oven to 210°C.
- Take the steak strips out of the fridge and allow to reach room temperature.
- Peel or thoroughly wash the sweet potato and cut it into wedges. Slice the carrot into crescents.
- To a bowl, add the carrot, the sweet potato, half of the **Mexican-style spices*** and a pinch of salt. Drizzle lightly with olive oil, then toss well to coat.

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



Make the dressing

- Halve and pit the avocado, then remove the skin and slice the flesh.
- Crush or finely chop the roasted garlic clove.
- In a small bowl, combine the white wine vinegar, mayonnaise, garlic, and mustard. Season to taste with salt and pepper.

Did you know... 🥑 avocado is rich in unsaturated fat, which is good for cholesterol levels and overall cardiovascular health.



Roast the vegetables

- Transfer the sweet potato and carrot to a parchment-lined baking sheet and roast in the oven for 10 - 15 minutes.
- Peel the garlic clove in the meantime.
- Add the garlic to the baking sheet and toss well.
- Return to the oven for a further 5 - 10 minutes, or until the carrot and sweet potato are golden-brown.



Fry the steak strips

- Heat a light drizzle of olive oil in a frying pan over medium-high heat.
- Fry the steak strips with the rest of the **Mexican-style spices** for 1 minute (see Tip).
- Season to taste with salt and pepper.

Tip: fry the steak strips for more or less time as preferred, depending on how rare you'd like them to be. They will cook quickly, so don't fry them too long if you'd prefer them to be more rare.



Make the salsa

- Dice the tomato and roughly chop the coriander (see Tip).
- In a bowl, mix the tomato and coriander with the extra virgin olive oil.
- Season to taste with salt and pepper.

Tip: you can also serve the coriander separately so as to allow everyone to garnish as preferred.



Serve

- Serve the roasted carrot and sweet potato on deep plates and top with the tomato salsa.
- Serve the steak strips and avocado on top.
- Drizzle over the dressing.

Enjoy!



Brandt & Levie Sausage in Curry Sauce with Crispy Onions

over cheesy mash with green beans

Quick

Total time: 25 - 30 min.



Pork sausage
with curry spices



Onion



Garlic



Carrot



Curry powder



Green beans



Potatoes



Crispy fried onions



Grated Gouda



There is a new ingredient in your box! Together with Brandt & Levie, we are introducing a new flavour of pork sausage containing aromatic curry spices. This unique combination gives a spicy, slightly sweet and savoury twist to their classic artisanal sausage.
Scan the QR code to learn more about this supplier!



Before you start

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

Equipment

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pork sausage with curry spices* (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	¾	1	1¼	2
Curry powder (sachet(s))	½	1	1½	2	2½	3
Green beans* (g)	100	200	300	400	500	600
Potatoes (g)	250	500	750	1000	1250	1500
Crispy fried onions (g)	15	30	45	60	75	90
Grated Gouda* (g)	15	25	40	50	65	75
Not included						
Low sodium chicken stock (ml)	100	200	300	400	500	600
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Flour (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	½	1	1½	2	2½	3
[Plant-based] milk (splash)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3582 /856	505 /121
Total fat (g)	50	7
of which saturated(g)	24,7	3,5
Carbonhydrates (g)	70	10
of which sugars (g)	12,4	1,7
Fiber (g)	18	3
Protein (g)	28	4
Salt (g)	2,4	0,3

Allergens

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



Boil the potatoes

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



Make the sauce

- Add the curry powder and fry for 1 more minute.
- Add the flour and fry for 1 minute, then gradually whisk in the stock.
- When it is fully incorporated, stir in half of the mustard. Season to taste with salt and pepper.
- Return the sausage to the pan and simmer for 2 - 3 minutes over low heat.



Cook the green beans

- Discard the tips of the green beans, then transfer to a pot or saucepan and cover with a shallow layer of water.
- Add a pinch of salt and cover with the lid, then bring to the boil and allow to cook gently for 8 - 10 minutes.
- Prepare the stock.
- Slice the onion into half rings and crush or mince the garlic. Slice the carrot into thin crescents.



Mash the potatoes

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



Fry the sausage

- Melt a knob of butter in a frying pan over medium-high heat and fry the sausage for 2 - 3 minutes until evenly browned.
- Add the carrots, then reduce the heat to medium and cover with the lid.
- Fry for 8 - 10 minutes, turning regularly, then remove the sausage and set aside.
- Add the garlic and onion to the carrots and fry for 1 - 2 minutes over medium-high heat.



Serve

- Serve the mash, green beans and sausage on plates.
- Pour over the curry sauce and garnish with the crispy onions.

Enjoy!

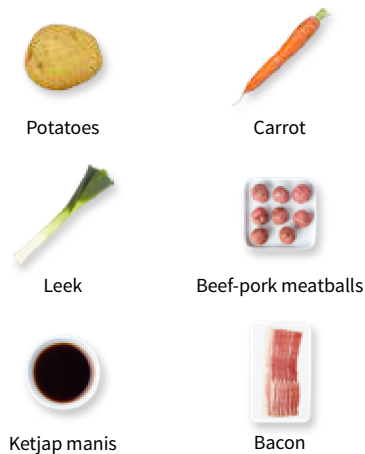


Meatballs with Carrot-Leek Stamppot

with bacon & ketjap jus

Family

Total time: 30 - 40 min.



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

The most commonly used variety of ketjap is ketjap manis. Did you know that "manis" means "sweet" in Indonesian?



Tear me out!

Before you start

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

Equipment

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Carrot* (unit(s))	1	2	3	4	5	6
Leek* (unit(s))	½	1	1½	2	2½	3
Beef-pork meatballs* (unit(s))	4	8	12	16	20	24
Ketjap manis (ml)	10	20	30	40	50	60
Bacon* (slice(s))	2	4	6	8	10	12
Not included						
[Plant-based] butter (tbsp)	2	4	6	8	10	12
Low sodium beef stock (ml)	50	100	150	200	250	300
Mustard (tsp)	1	2	3	4	5	6
[Plant-based] milk (splash)	1	2	3	4	5	6
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3657 /874	472 /113
Total fat (g)	50	6
of which saturated(g)	25,6	3,3
Carbonhydrates (g)	71	9
of which sugars (g)	23,2	3
Fiber (g)	17	2
Protein (g)	32	4
Salt (g)	2,5	0,3

Allergens

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



Prepare

- Boil plenty of salted water in a pot or saucepan (see Tip).
- Wash or peel the potatoes and cut them into rough pieces. Cut the carrot into 3cm chunks.
- Boil both for 12 - 15 minutes until done, then drain and set aside.
- Meanwhile, prepare the stock.

Tip: use two pans if you’re cooking for more than four people.



Fry the meatballs

- Melt a knob of butter in the same pan over medium-high heat.
- Fry the meatballs for 4 - 6 minutes until evenly browned, then remove from the pan and set aside (see Tip).

Tip: the meatballs should not be done yet, as they will finish cooking in the jus.



Fry the leek

- Meanwhile, slice the leek into thin rings.
- Melt a knob of butter in a deep frying pan over medium-high heat.
- Fry the leek for 5 - 7 minutes. Season to taste with salt and pepper.



Make the jus

- Melt another knob of butter in the same pan, then stir in the ketjap, the stock and half of the mustard.
- Transfer the meatballs back to the pan.
- Lower the heat and cover with the lid. Allow the jus to gently reduce for 5 - 6 minutes, or until the meatballs are done.



Fry the bacon

- Cut the bacon into strips.
- Heat a clean frying pan over medium-high heat and fry the bacon for 5 - 7 minutes until done.
- Remove from the pan using a slotted spoon, so as to keep the cooking juices in the pan.



Serve

- Mash the vegetables with the leek, a knob of butter, a splash of milk and the rest of the mustard.
- Stir in the bacon and then season to taste with salt and pepper.
- Serve the stamppot on plates, topped with the meatballs and the jus.

Enjoy!



Giant Couscous with Greek-Style Cheese & Yogurt Sauce

with roasted bell pepper, almonds & parsley

Veggie

Total time: 40 - 50 min.



Bell pepper



Garlic



Fresh curly parsley



Greek-style cheese



Salted almonds



Giant couscous



Ground cumin



Organic full-fat yogurt



Sliced carrots



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

Roasting bell peppers in the oven deepens their flavour, pairing perfectly with fresh herbs and savoury spices!

Tear me out!



Before you start

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

Equipment

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Bell pepper* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
Fresh curly parsley* (g)	2½	5	7½	10	12½	15
Greek-style cheese* (g)	50	100	150	200	250	300
Salted almonds (g)	15	30	45	60	75	90
Giant couscous (g)	75	150	225	300	375	450
Ground cumin (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Organic full-fat yogurt* (g)	50	100	150	200	250	300
Sliced carrots* (g)	75	150	225	300	375	450
Not included						
Low sodium vegetable stock (ml)	150	300	450	600	750	900
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3443 /823	549 /131
Total fat (g)	45	7
of which saturated(g)	13,5	2,2
Carbonhydrates (g)	75	12
of which sugars (g)	16,2	2,6
Fiber (g)	12	2
Protein (g)	26	4
Salt (g)	2	0,3

Allergens

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



Roast the bell pepper

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



Fry the carrot

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



Prepare the toppings

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



Serve

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

Enjoy!



Salmon Fillet with Stir-Fried Green Beans

with sambal potato salad & sesame seeds

Family Calorie Smart

Total time: 30 - 40 min.



Potatoes



Green beans



Garlic



Ground coriander



Onion



Soy sauce



Sesame seeds



Salmon fillet



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

Salmon falls under the category of oily fish. These fish are high in good fatty acids and, therefore, help to protect against cardiovascular diseases.



Tear me out!

Before you start

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

Equipment

Bowl, kitchen paper, frying pan, two pots or saucepans, wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Garlic (unit(s))	½	1	1½	2	2½	3
Ground coriander (tsp)	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Soy sauce (ml)	5	10	15	20	25	30
Sesame seeds (sachet(s))	½	1	¾	1	1¼	2
Salmon fillet* (unit(s))	1	2	3	4	5	6
Green beans* (g)	150	300	500	600	800	900
Not included						
White wine vinegar (tsp)	½	1	1½	2	2½	3
Sambal (tsp)	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2707 /647	517 /124
Total fat (g)	39	7
of which saturated(g)	6,1	1,2
Carbonhydrates (g)	42	8
of which sugars (g)	4,5	0,9
Fiber (g)	14	3
Protein (g)	28	5
Salt (g)	1,5	0,3

Allergens

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



Boil the potatoes

- Boil plenty of water in two pots or saucepans.
- Peel or thoroughly wash the potatoes and then cut into rough pieces.
- Boil the potatoes for 12 - 15 minutes, then drain and set aside.
- In the meantime, discard the tips of the green beans and then cut into thirds.



Stir-fry the green beans

- In the meantime, heat a drizzle of olive oil in a wok or deep frying pan over medium-high heat.
- Stir-fry the green benas with half of the dressing for 3 - 5 minutes, or until al dente.
- Stir in half of the sesame seeds.
- To the potatoes, add the mayonnaise and the rest of the dressing, then mix well to combine.



Make the dressing

- Transfer the green beans to a pot or saucepan and submerge with water. Cover with the lid, then bring to a boil.
- Allow to simmer gently for 4 - 5 minutes, then drain and rinse under cold water.
- Chop the onion and crush or mince the garlic, then transfer both to a bowl.
- Add the ground coriander, sambal, white wine vinegar and soy sauce. Mix well to combine and season to taste with salt and pepper.



Serve

- Pat the fish dry with kitchen paper.
- Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the fish for 2 - 3 minutes on its skin, then flip and fry for 2 more minutes. Season to taste with salt and pepper.
- Serve the potato salad with the green beans and the fish. Garnish with the rest of the sesame seeds.

Enjoy!



Steak with Kohlrabi-Apple Salad

with potato wedges & fresh herbs

Quick Calorie Smart

Total time: 25 - 30 min.



Marinated steak



Potatoes



Kohlrabi



Apple



Onion chutney



Fresh flat leaf parsley



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

Kohlrabi adds a fresh and crunchy twist to this dish. This relatively uncommon vegetable grows above ground, and contains calcium and vitamin C, as well as a variety of other minerals!

Tear me out!



Before you start

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

Equipment

Aluminum foil, lidded deep frying pan, grater, salad bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Marinated steak* (unit(s))	1	2	3	4	5	6
Potatoes (g)	200	400	600	800	1000	1200
Kohlrabi* (unit(s))	½	1	1	2	2	3
Apple* (unit(s))	½	1	2	2	3	3
Onion chutney* (g)	40	80	120	160	200	240
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Not included						
Water for the potatoes (ml)	25	50	75	100	125	150
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
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
Water for the sauce (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (totaste)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2753 /658	472 /113
Total fat (g)	30	5
of which saturated(g)	7,9	1,4
Carbonhydrates (g)	65	11
of which sugars (g)	27,5	4,7
Fiber (g)	12	2
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.



Prepare

- Take the steak out of the fridge and allow it to reach room temperature.
- Thoroughly wash the potatoes and cut them into wedges.
- Transfer to a deep frying pan and pour in the water (see pantry for amount). Cover with the lid and allow to steam for 12 - 15 minutes over medium heat.
- Drain if necessary, then drizzle with olive oil and fry for 5 - 7 minutes or until done. Season to taste with salt and pepper.



Fry the steak

- Melt a knob of butter in a frying pan over medium-high heat. When the pan is nice and hot, fry the steak for 1 - 3 minutes per side.
- Remove from the pan and season with salt and pepper, then allow to rest under aluminum foil.
- To the same pan, add the onion chutney and the water for the sauce.
- Mix well and cook for 1 minute over medium-high heat.



Make the salad

- Discard the top of the kohlrabi, then peel and grate it.
- Core and thinly slice the apple. Finely chop the fresh herbs.
- Transfer the kohlrabi and the apple to a salad bowl, then add the mayonnaise and the white wine vinegar.
- Add half of the fresh herbs, then drizzle with extra virgin olive oil as preferred. Season to taste with salt and pepper, then toss well to combine.



Serve

- Slice the steak against the grain.
- Serve the potato wedges with the kohlrabi salad and the steak.
- Top the steak with the onion sauce and garnish with the rest of the fresh herbs.

Enjoy!



Dahl with Naan Bread & Salsa

with ginger, apple, coconut & a twist of lemon

Plant-Based

Total time: 35 - 45 min.



Red onion



Garlic



Apple



Fresh ginger



Ground turmeric



Green curry spices



Red split lentils



Coconut milk



Naan with herbs



Cucumber



Kumato tomato



Fresh mint



Desiccated coconut



Lemon



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

You'll serve this dish with herby naan. Try using it to scoop up the flavourful dahl for the perfect bite!

Tear me out!



Before you start

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

Equipment

Bowl, large deep frying pan with lid, microplane

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Apple* (unit(s))	½	1	1½	2	2½	3
Fresh ginger* (tsp)	1	2	3	4	5	6
Ground turmeric (tsp)	½	1	1½	2	2½	3
Green curry spices (sachet(s))	½	1	1½	2	2½	3
Red split lentils (g)	50	100	150	200	250	300
Coconut milk (ml)	125	250	360	500	610	750
Naan with herbs (unit(s))	1	2	3	4	5	6
Cucumber* (unit(s))	⅓	⅔	1	1½	1¾	2
Kumato tomato* (unit(s))	½	1	2	2	3	3
Fresh mint* (g)	5	10	15	20	25	30
Desiccated coconut (g)	5	10	15	20	25	30
Lemon* (unit(s))	¼	½	¾	1	1¼	1½

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3724 /890	457 /109
Total fat (g)	41	5
of which saturated(g)	23,9	2,9
Carbonhydrates (g)	97	12
of which sugars (g)	20,3	2,5
Fiber (g)	22	3
Protein (g)	24	3
Salt (g)	2	0,2

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Prepare the stock.
- Slice the onion into half rings and crush or mince the garlic.
- Grate or finely chop the apple and the ginger.



Bake the naan

- Bake the naan in the oven for 4 - 6 minutes.
- Finely dice the cucumber.
- Cut the tomato into wedges and remove the seeds, then finely dice it.
- Finely chop the mint leaves and cut the lemon into wedges.



Fry the aromatics

- Heat a light drizzle of sunflower oil in a large deep frying pan over medium-high heat.
- Bloom the turmeric and the green curry spices for 1 minute until fragrant.
- Stir in the garlic, onion and ginger and fry for 2 - 3 minutes.



Make the salsa

- In a bowl, combine the cucumber and tomato with the mint and the extra virgin olive oil.
- Season to taste with salt and pepper, then set aside until serving.



Make the dahl

- Add the lentils and the apple and mix well to combine, then pour in the coconut milk and the stock.
- Reduce the heat and cover with the lid, then allow the dahl to cook for 18 - 20 minutes.
- Remove the lid and allow to reduce for 5 minutes, or until the lentils are done.
- Season to taste with salt and pepper.



Serve

- Juice 1 lemon wedge per person into the dahl and mix well.
- Serve the dahl on deep plates and garnish with the desiccated coconut.
- Serve with the naan and the salsa, along with any remaining lemon wedges.

Enjoy!



Smoky Chorizo Mafaldine

in creamy tomato sauce with pecorino & spinach

Quick

Total time: 10 - 15 min.



Mafaldine



Diced chorizo



Garlic



Chopped onion



Spinach



Sicilian-style herb mix



Cream cheese



Tinned cherry tomatoes



Grated Pecorino DOP



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Before you start

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

Equipment

Pot or saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Mafaldine (g)	90	180	270	360	450	540
Diced chorizo* (g)	30	60	90	120	150	180
Garlic (unit(s))	½	1	1½	2	2½	3
Chopped onion* (g)	25	50	75	100	125	150
Spinach* (g)	100	200	300	400	500	600
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Cream cheese* (g)	50	100	150	200	250	300
Tinned cherry tomatoes (can)	½	1	1½	2	2½	3
Grated Pecorino DOP* (g)	10	20	30	40	50	60
Not included						
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tsp)	1	2	3	4	5	6
Sugar (tsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3021 / 722	572 / 137
Total fat (g)	27	5
of which saturated(g)	11,7	2,2
Carbonhydrates (g)	85	16
of which sugars (g)	15,7	3
Fiber (g)	10	2
Protein (g)	30	6
Salt (g)	2,7	0,5

Allergens

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



Boil the mafaldine

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cook the mafaldine for 7 minutes, then add the spinach and cook for 2 more minutes.
- Reserve some of the cooking water, then drain and set aside.



Make the sauce

- Deglaze the pan with the balsamic vinegar.
- Add the tinned cherry tomatoes, the cream cheese, the Sicilian-style herbs and the sugar, along with 25ml pasta water per person.
- Mix well to combine, then season to taste with salt and pepper.
- Allow to simmer until the mafaldine is done.



Fry the aromatics

- Crush or mince the garlic.
- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the chorizo with the garlic and the onion for 2 - 3 minutes.



Serve

- Transfer the mafaldine and the spinach to the sauce and toss well to combine.
- Add some more pasta water as necessary if the sauce is too thick.
- Serve the mafaldine on plates and garnish with the Pecorino to finish.

Enjoy!



Chicken Meatball Bulgur Bowl with African-Inspired Spices

with buttered almonds, dates & lemon mayonnaise

Quick

Total time: 15 - 20 min.



Bulgur



Chopped red onion



Carrot



Courgette



Lemon



African-inspired
spice mix



Chopped dates



Shaved almonds



Chicken meatballs with
Mediterranean herbs



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

Dates are understood to be some of the oldest fruits cultivated by
humans. There's even evidence that dates were being grown for food as
far back as 7000 BCE!



Tear me out!

Before you start

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

Equipment

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Bulgur (g)	75	150	225	300	375	450
Chopped red onion* (g)	40	75	75	150	150	225
Carrot* (unit(s))	½	1	1	2	2	3
Courgette* (unit(s))	½	1	2	2	3	3
Lemon* (unit(s))	½	1	1½	2	2½	3
African-inspired spice mix (sachet(s))	½	1	1½	2	2½	3
Chopped dates (g)	20	40	60	80	100	120
Shaved almonds (g)	10	20	30	40	50	60
Chicken meatballs with Mediterranean herbs* (unit(s))	3	6	9	12	15	18
Not included						
Low sodium chicken stock (ml)	250	500	750	1000	1250	1500
[Plant-based] butter (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	2	4	6	8	10	12
Extra virgin olive oil (totaste)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4146 / 991	549 / 131
Total fat (g)	56	7
of which saturated(g)	15	2
Carbonhydrates (g)	79	11
of which sugars (g)	22,3	3
Fiber (g)	16	2
Protein (g)	34	5
Salt (g)	3,3	0,4

Allergens

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



Boil the bulgur

- Prepare the stock in a pot or saucepan. Finely chop the carrot.
- Add the bulgur and bring to a boil, then cover with the lid and cook gently for 2 minutes.
- Add the carrot and boil for 6 - 7 minutes, then add the dates and cook for 1 more minute.
- Turn off the heat and drizzle with extra virgin olive oil as preferred, then season to taste with salt and pepper.



Prepare the toppings

- Melt a knob of butter in a small frying pan over medium-high heat. Fry the almonds for 2 - 3 minutes or until golden, then take the pan off the heat.
- Cut half of the lemon into wedges and juice the rest into a small bowl.
- Add the mayonnaise and mix well to combine (see Tip). Season to taste with salt and pepper.

Health Tip 🍏 if you're watching your calorie intake, just use half of the mayonnaise.



Fry the meatballs

- Melt a knob of butter in a frying pan over medium-high heat. Fry the meatballs for 2 - 3 minutes until evenly browned.
- Meanwhile, finely dice the courgette.
- Reduce the heat under the frying pan to medium, then add the African-inspired spices, the courgette and the onion.
- Mix well and allow to cook for 8 minutes, or until done. Season to taste with salt and pepper.



Serve

- Serve the bulgur on deep plates and arrange everything on top.
- Garnish with the buttered almonds and drizzle with the lemon mayonnaise.
- Serve with the lemon wedges.

Enjoy!



Chicken Breast with Pesto Potatoes

with courgette & bell pepper

Family Calorie Smart Express

Total time: 15 - 20 min.



Pre-cooked halved baby potatoes [skin-on]



Green pesto



Onion



Bell pepper



Courgette



Chicken breast with Mediterranean herbs



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

The word "pesto" literally means "mashed"; this is because pesto traditionally prepared in a mortar.



Tear me out!

Before you start

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

Equipment

Lidded frying pan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pre-cooked halved baby potatoes [skin-on]* (g)	200	400	600	800	1000	1200
Green pesto* (g)	20	40	60	80	100	120
Onion (unit(s))	½	1	1	2	2	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Courgette* (unit(s))	¼	½	1	1½	1½	2
Chicken breast with Mediterranean herbs* (unit(s))	1	2	3	4	5	6
Not included						
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2862 /684	500 /120
Total fat (g)	42	7
of which saturated(g)	9	1,6
Carbonhydrates (g)	46	8
of which sugars (g)	10	1,7
Fiber (g)	9	2
Protein (g)	30	5
Salt (g)	1,7	0,3

Allergens

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



Fry the baby potatoes

- Melt a knob of butter in a frying pan over medium-high heat.
- Fry the baby potatoes for 8 - 10 minutes, covered.
- Remove the lid and season to taste with salt and pepper, then fry for another 2 - 4 minutes, tossing regularly.



Fry the vegetables

- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the onion, bell pepper and courgette for 3 minutes.
- Meanwhile, stir the pesto into the baby potatoes when they are done.



Chop the vegetables

- Slice the onion into thin half rings.
- Cut the courgette into crescents and chop the bell pepper into strips.

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



Serve

- Add the chicken to the vegetables and fry for 2 minutes per side.
- Reduce the heat and fry for further 4 minutes per side, or until done.
- Serve the baby potatoes with the chicken and vegetables. Serve the mayonnaise alongside.

Enjoy!