Pasta Caprese with Prosciutto and Burrata

with pesto rosso & pumpkin seeds

Total time: 15 - 25 min. Family Quick




Pesto rosso


Pumpkin seeds


Fresh basil


Red onion


Fiocchi tricolore


Burrata


Mini Roma tomatoes


Prosciutto crudo


Hello Buon Appetito

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pesto rosso* (g)	40	80	120	160	200	240
Pumpkin seeds (g)	5	10	15	20	25	30
Fresh basil* (g)	5	10	15	20	25	30
Red onion (unit(s))	½	1	1	2	2	3
Fiocchi tricolore (g)	90	180	270	360	450	540
Burrata* (ball(s))	½	1	1½	2	2½	3
Mini Roma tomatoes* (g)	187½	375	625	750	1000	1125
Prosciutto crudo* (g)	25	50	75	100	125	150
Hello Buon Appetito (sachet(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3678 /879	790 /189
Total fat (g)	46	10
of which saturated(g)	11,3	2,4
Carbonhydrates (g)	81	17
of which sugars (g)	13,9	3
Fiber (g)	9	2
Protein (g)	32	7
Salt (g)	2,2	0,5

Allergens

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

1



Boil the pasta

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

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

2



Prepare the toppings

- Halve the tomatoes and slice the onion into half-rings.
- Heat a clean frying pan over high heat.
- Toast the pumpkin seeds until they start to pop, then remove from the pan and set aside.

3



Finish

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

4



Serve

- Serve the pasta on plates and tear the prosciutto directly over.
- Top with the burrata.
- Garnish with the basil and the toasted pumpkin seeds.

Beef Fajitas with Avocado & Salsa

with smoky ketchup & quick-pickled onion

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




Red onion


Bell pepper strips


Seasoned beef mince


Tomato


Fresh coriander


Greek-style cheese


Avocado


Smoky tomato ketchup


Flour tortillas

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red onion (unit(s))	½	1	1	2	2	3
Bell pepper strips* (g)	50	100	150	200	250	300
Seasoned beef mince* (g)	100	200	300	400	500	600
Tomato (unit(s))	1	2	3	4	5	6
Fresh coriander* (g)	5	10	15	20	25	30
Greek-style cheese* (g)	25	50	75	100	125	150
Avocado (unit(s))	½	1	2	2	3	3
Smoky tomato ketchup* (g)	30	60	90	120	150	180
Flour tortillas (unit(s))	2	4	6	8	10	12
Not included						
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Red wine vinegar (tbsp)	1	2	3	4	5	6
Sugar (tsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3272 /782	632 /151
Total fat (g)	44	8
of which saturated(g)	15,3	3
Carbonhydrates (g)	62	12
of which sugars (g)	16,8	3,2
Fiber (g)	9	2
Protein (g)	33	6
Salt (g)	3	0,6

Allergens

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

1



Prepare

- Preheat the oven to 180°C (see Tip).
- Finely chop the onion.
- In a bowl, combine the red wine vinegar with the sugar, half of the onion and a pinch of salt.
- Set aside until serving, stirring occasionally.

Tip: *you'll use the oven later to heat the tortillas, but you can also do this in the microwave or a frying pan if preferred. In this case, no need to preheat the oven.*

2



Heat the tortillas

- Heat a light drizzle of olive oil in a frying pan over medium-high heat.
- Fry the rest of the onion with half of the bell pepper strips for 2 - 3 minutes (see Tip).
- Add the mince and fry for 3 more minutes, separating it as you do so. Season with salt and pepper.
- Wrap the tortillas in aluminum foil and heat in the oven for 2 - 3 minutes.

Tip: *if you don't like raw bell pepper, fry all of it.*

3



Make the salsa

- Dice the tomato and crumble the cheese, then transfer both to a bowl.
- Finely chop the coriander and add half of it to the bowl, then mix well to combine.
- Season to taste with salt and pepper.
- Halve and pit the avocado, then remove the skin and slice the flesh.

Did you know... *the avocado in this recipe contains copper, a mineral that supports the immune system.*

4



Serve

- Serve everything in separate bowls so as to allow everyone to assemble their own fajitas as preferred.
- Use the rest of the bell pepper and coriander as toppings as well, along with the smoky ketchup.

'Fish' Fingers with Ravigote-Dressed Salad

with baby potatoes & chive mayonnaise

Total time: 15 - 25 min. Quick Vegetarian




Pre-cooked halved baby potatoes [skin-on]


Radicchio & romaine


Slaw mix


Apple


Persian cucumber


Ravigote sauce


Dried thyme


Fresh chives


Plant-based fish fingers


Sunflower seeds


Raisins


Pumpkin seeds

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pre-cooked halved baby potatoes [skin-on]* (g)	200	400	600	800	1000	1200
Radicchio & romaine* (g)	25	50	100	100	150	150
Slaw mix* (g)	100	200	300	400	500	600
Apple* (unit(s))	½	1	1	2	2	3
Persian cucumber* (unit(s))	½	1	2	2	3	3
Ravigote sauce* (g)	20	40	60	80	100	120
Dried thyme (sachet(s))	¼	½	¾	1	1¼	1½
Fresh chives* (g)	2½	5	7½	10	12½	15
Plant-based fish fingers* (unit(s))	3	6	9	12	15	18
Sunflower seeds (g)	5	10	15	20	25	30
Raisins (g)	10	20	30	40	50	60
Pumpkin seeds (g)	10	20	30	40	50	60
Not included						
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Mustard (tsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3728 /891	570 /136
Total fat (g)	50	8
of which saturated(g)	6,8	1
Carbonhydrates (g)	86	13
of which sugars (g)	26,2	4
Fiber (g)	17	3
Protein (g)	18	3
Salt (g)	1,6	0,2

Allergens

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

1



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, then add the thyme and fry for 5 more minutes.
- Heat a clean frying pan over medium-high heat and toast all of the seeds for 2 - 3 minutes, then remove from the pan and set aside.

2



Fry the 'fish' fingers

- Heat a drizzle of olive oil in the same pan over medium-high heat. Fry the 'fish' fingers for 3 minutes per side until golden-brown.
- Core and slice the apple.
- Slice the cucumber into crescents.
- In a salad bowl, combine the ravigote sauce with the extra virgin olive oil, the mustard and the sugar. Season to taste with salt and pepper.

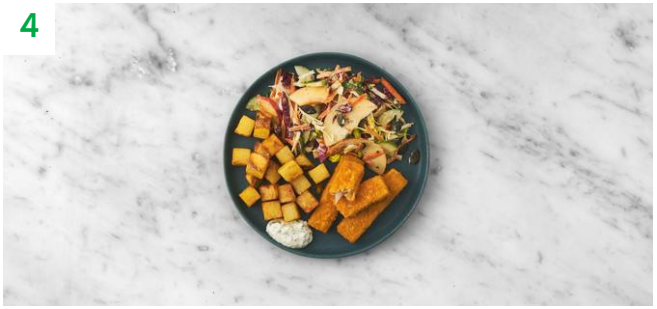
3



Make the sauce

- Finely chop the chives or use scissors if preferred.
- In a small bowl, combine the mayonnaise with the chives and the white wine vinegar. Season to taste with salt and pepper.
- Transfer the lettuce, the slaw mix, the cucumber, the raisins and the apple to the salad bowl.
- Toss well to combine with the dressing.

4



Serve

- Serve the baby potatoes on plates with everything else alongside.
- Garnish the salad with the toasted seeds.
- Serve the chive mayonnaise alongside.

Hot Smoked Salmon Wraps with Lemon Yogurt Sauce

with crispy onions, spinach & tomato

Total time: 10 - 20 min. Quick Health Conscious Choice




Flour tortillas


Hot smoked salmon flakes


Baby spinach


Crispy fried onions


Lemon


Tomato


Red onion


Carrot


Organic full-fat yogurt


Garlic & herb seasoning

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Flour tortillas (unit(s))	2	4	6	8	10	12
Hot smoked salmon flakes* (g)	75	150	225	300	375	450
Baby spinach* (g)	62½	125	187½	250	312½	375
Crispy fried onions (g)	15	30	45	60	75	90
Lemon* (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	1½	2	2½	3
Organic full-fat yogurt* (g)	50	100	150	200	250	300
Garlic & herb seasoning (sachet(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	1	2	3	4	5	6
Extra virgin olive oil	to taste					
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2841 /679	554 /132
Total fat (g)	30	6
of which saturated(g)	8	1,6
Carbonhydrates (g)	70	14
of which sugars (g)	20,2	3,9
Fiber (g)	9	2
Protein (g)	30	6
Salt (g)	2,5	0,5

Allergens

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

1



Prepare

- Chop the onion and grate the carrot.
- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the onion with the carrot and the garlic & herb seasoning for 4 - 6 minutes (see Tip).

Tip: *if preferred, you can also fry the salmon flakes here too.*

2



Make the sauce

- In the meantime, slice the tomato into wedges.
- Juice half of the lemon and cut the rest into wedges.
- In a small bowl, combine the yogurt with the mustard, the honey and half of the lemon juice. Season to taste with salt and pepper.

3



Finish

- Transfer the spinach to a bowl and drizzle with some extra virgin olive oil as preferred.
- Add the rest of the lemon juice, then toss well to combine.
- Season to taste with salt and pepper.

4



Serve

- Serve all the toppings separately at the table and allow everyone to assemble their own wraps as preferred.
- Garnish with the crispy onions and serve the lemon wedges alongside.

Kung Pao Chicken-Inspired Bowl

over rice with cashews & pickled cucumber

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




Basmati rice


Ginger stir-fry sauce


Sesame oil


Garlic


Onion


Bell pepper strips


Roasted cashew nuts


Cucumber


Seasoned chicken mince

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Basmati rice (g)	75	150	225	300	375	450
Ginger stir-fry sauce (g)	35	70	105	140	175	210
Sesame oil (ml)	5	10	15	20	25	30
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Bell pepper strips* (g)	100	200	300	400	500	600
Roasted cashew nuts (g)	10	20	30	40	50	60
Cucumber* (unit(s))	½	1	1½	2	2½	3
Seasoned chicken mince* (g)	100	200	300	400	500	600
Not included						
Sambal (tsp)	½	1	1½	2	2½	3
Low sodium chicken stock cube (unit(s))	¼	½	¾	1	1¼	1½
Water for the sauce (ml)	25	50	75	100	125	150
[Reduced salt] soy sauce (tbsp)	¼	½	¾	1	1¼	1½
Sunflower oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	1	2	3	4	5	6
Cornstarch [or flour] (tbsp)	½	1	1½	2	2½	3
Sugar (tbsp)	½	1	1½	2	2½	3

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3255 /778	542 /130
Total fat (g)	30	5
of which saturated(g)	5,8	1
Carbonhydrates (g)	99	16
of which sugars (g)	24,3	4
Fiber (g)	7	1
Protein (g)	32	5
Salt (g)	3,4	0,6

Allergens

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

1



Prepare

- Boil plenty of water in a pot or saucepan and cook the rice for 12 - 15 minutes, then drain and set aside.
- Slice the onion into half rings and crush or mince the garlic.
- Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat.
- Fry the mince for 3 minutes, separating it as you do so, then remove from the pan and set aside.

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

2



Pickle the cucumber

- Heat another drizzle of sunflower oil in the same pan over high heat. Fry the bell pepper and onion for 4 - 5 minutes.
- Meanwhile, slice the cucumber into crescents.
- In a bowl, combine the cucumber with the white wine vinegar and the sugar.
- Season to taste with salt and pepper and set aside, stirring occasionally.

3



Make the sauce

- Crumble the stock cube into a small bowl (see pantry for amount).
- Add the garlic, the ginger stir-fry sauce, the sesame oil, the sambal, the cornstarch, the soy sauce and the water for the sauce. Mix well to combine.
- Transfer this sauce to the wok, along with the mince. Stir-fry for 1 minute.

4



Serve

- Serve the rice in bowls.
- Top with the stir-fry and the cucumber.
- Garnish with the cashews to finish.

BBQ Portobello Pitas with Aioli

with Romano pepper & rainbow slaw

Total time: 15 - 25 min. Quick Vegetarian



- Garlic
- Red onion
- Green Romano pepper
- Portobello mushroom
- BBQ spice rub
- Fresh flat leaf parsley & chives
- Rainbow slaw mix
- BBQ Sauce
- Aioli
- Sunflower seeds
- Reduced salt soy sauce
- Pita bread
- BBQ potato pearls

NEW INGREDIENT

There is a new ingredient in your box! Full of flavour and quick to prepare, these smoked paprika potato pearls are sure to be everyone's new favourite!
Scan the QR code to let us know what you thought of the ingredient!

NUTRI-SCORE A B C D E

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1	2	2	3
Green Romano pepper* (unit(s))	½	1	2	2	3	3
Portobello mushroom* (unit(s))	2	4	6	8	10	12
BBQ spice rub (sachet(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley & chives* (g)	5	10	15	20	25	30
Rainbow slaw mix* (g)	50	100	150	200	250	300
BBQ Sauce (g)	25	50	75	100	125	150
Aioli (g)	25	50	75	100	125	150
Sunflower seeds (g)	10	20	30	40	50	60
Reduced salt soy sauce (ml)	10	20	30	40	50	60
Pita bread (unit(s))	2	4	6	8	10	12
BBQ potato pearls* (g)	200	400	600	800	1000	1200
Not included						
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
White wine vinegar (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Water for the sauce (tbsp)	½	1	1½	2	2½	3

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4117 /984	568 /136
Total fat (g)	51	7
of which saturated(g)	12,5	1,7
Carbonhydrates (g)	104	14
of which sugars (g)	17,7	2,4
Fiber (g)	16	2
Protein (g)	22	3
Salt (g)	3,1	0,4

Allergens

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

1



Prepare

- Preheat the oven to 200°C.
- Melt a knob of butter in a deep frying pan over medium-high heat. Fry the baby potatoes for 5 - 7 minutes, covered.
- Remove the lid and fry for 5 more minutes. Season to taste with salt and pepper.
- In a small bowl, combine the BBQ sauce with the honey, the soy sauce and the water for the sauce (see Tip).

Tip: *you can also add some sambal if preferred.*

3



Make the slaw

- Stir in a knob of butter, the garlic, the onion, the BBQ rub* and the Romano pepper, then fry for 5 - 6 more minutes.
- Roughly chop the fresh herbs and set half aside, then transfer the rest to a bowl.
- Add the slaw mix, sunflower seeds, mayonnaise and white wine vinegar. Mix well to combine and season to taste with salt and pepper.

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

2



Chop the vegetables

- Heat the pitas in the oven for 4 - 6 minutes, or use a toaster if preferred.
- Slice the onion into half rings and crush or mince the garlic. Cut the Romano pepper into thin rings.
- Heat a large clean frying pan over high heat.
- Cut the portobello mushrooms into strips of around 1cm thickness and fry for 2 - 3 minutes until evenly browned.

4



Serve

- Take the frying pan off the heat and stir in the BBQ sauce.
- Cut open the pitas and spread with some of the aioli as preferred, then fill with some of the slaw and portobello mushrooms.
- Serve the rest alongside, garnished with the rest of the fresh herbs.
- Serve with the potatoes and the rest of the aioli.

Creamy Beef Spaghetti with Harissa

with spinach, Romano pepper & fresh parsley

Total time: 15 - 25 min. Family Quick




Wholewheat spaghetti


Diced tomatoes with garlic & onion


Garlic


Romano pepper


Spinach


Harissa


Red chili pepper


Fresh flat leaf parsley


Fresco spalmabile - cream cheese


Beef mince with East Asian spices

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Wholewheat spaghetti (g)	90	180	270	360	450	540
Diced tomatoes with garlic & onion (pack)	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Romano pepper* (unit(s))	½	1	2	2	3	3
Spinach* (g)	50	100	100	200	200	300
Harissa* (g)	30	60	90	120	150	180
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Fresh flat leaf parsley* (g)	2½	5	7½	10	12½	15
Fresco spalmabile - cream cheese* (g)	25	50	75	100	125	150
Beef mince with East Asian spices* (g)	100	200	300	400	500	600
Not included						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3100 /741	553 /132
Total fat (g)	29	5
of which saturated(g)	13,8	2,5
Carbonhydrates (g)	76	14
of which sugars (g)	18,7	3,3
Fiber (g)	14	2
Protein (g)	38	7
Salt (g)	3,9	0,7

Allergens

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

1



Prepare

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cook the spaghetti for 10 - 12 minutes, then reserve some of the pasta water before draining and setting aside.
- Meanwhile, cut the Romano pepper into strips and crush or mince the garlic.
- Deseed and finely chop the red chili pepper*.

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

2



Fry the mince

- Melt a knob of butter in a deep frying pan over high heat.
- Fry the Romano pepper with the garlic and the chili pepper for 1 - 2 minutes.
- Add the mince and fry for 2 - 3 minutes.

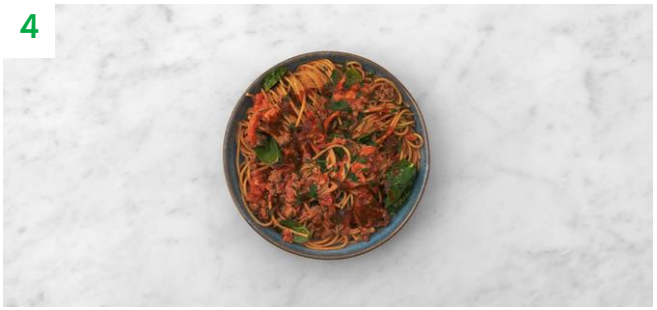
3



Make the sauce

- Add the diced tomatoes and fry for 2 - 3 more minutes.
- Meanwhile, finely chop the parsley.
- Reduce the heat and tear the spinach directly into the pan, in batches if necessary.
- Mix well so as to allow it to wilt and reduce.

4



Serve

- Stir in the cream cheese, then taste and season with salt and pepper as needed.
- Add the spaghetti and mix well to combine, adding a splash of pasta water as necessary if the sauce is too dry.
- Serve the spaghetti on deep plates.
- Drizzle with the harissa and garnish with the parsley to finish.

Doritos Loaded | with Beef & Cheddar

with black beans, tomatoes, coriander & lime

Total time: 15 - 25 min. Quick



- Red onion
- Bell pepper
- Mini Roma tomatoes
- Passata
- Grated cheddar
- Lime
- Fresh coriander
- Seasoned beef mince
- Black beans
- Tortilla chips
- Copacabana-style spice mix

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red onion (unit(s))	½	1	1½	2	2½	3
Bell pepper* (unit(s))	½	1	1	2	2	3
Mini Roma tomatoes* (g)	65	125	250	250	375	375
Passata (g)	100	200	300	390	500	590
Grated cheddar* (g)	40	75	115	150	190	225
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Fresh coriander* (g)	5	10	15	20	25	30
Seasoned beef mince* (g)	100	200	300	400	500	600
Black beans (pack)	¼	½	¾	1	1¼	1½
Tortilla chips (g)	50	100	170	200	270	300
Copacabana-style spice mix (sachet(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3473 /830	594 /142
Total fat (g)	47	8
of which saturated(g)	16,7	2,9
Carbonhydrates (g)	58	10
of which sugars (g)	18,4	3,1
Fiber (g)	15	3
Protein (g)	38	7
Salt (g)	3,1	0,5

Allergens

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

1



Prepare

- Preheat the oven to 180°C.
- Slice the onion into half-rings.
- Heat a drizzle of olive oil in a frying pan over high heat and fry the onion for 2 minutes.
- Add the Copacabana-style spice mix* and the mince, then fry for 3 more minutes.

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

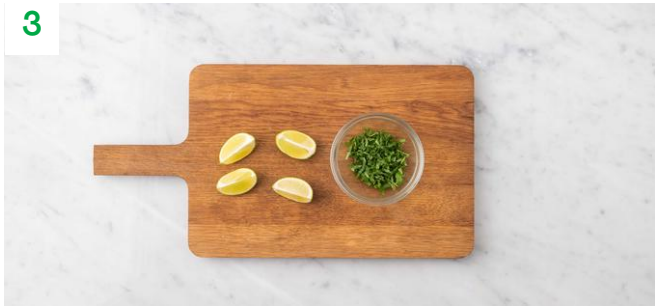
2



Make the sauce

- Meanwhile, dice the bell pepper and transfer to the pan, then fry for another 3 minutes.
- Halve the tomatoes, then drain and rinse the black beans.
- Transfer both to the pan, along with the passata.
- Mix well, then season to taste with salt and pepper.

3



Prepare the garnishes

- Transfer the sauce to an oven dish, then top with the tortilla chips and the cheese (see Tip).
- Bake in the oven for 3 minutes, or until the cheese has melted.
- Meanwhile, cut the lime into wedges and roughly chop the coriander.

Health Tip: *if you're watching your salt intake, use just half of the tortilla chips. You can save the rest for later.*

4



Serve

- Serve the nachos on plates.
- Garnish with the coriander and serve the lime wedges alongside.

Khmer-Inspired Chicken Udon Stir-Fry

with fried egg, East Asian-style sauce & sweetheart cabbage

Total time: 15 - 25 min. Quick




Fresh udon noodles


Chicken thigh strips


Fish sauce


East Asian-style sauce


Scallions


Chopped sweetheart cabbage


Egg


Yellow carrot

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Fresh udon noodles (g)	110	220	330	440	550	660
Chicken thigh strips* (g)	100	200	300	400	500	600
Fish sauce (ml)	10	20	30	40	50	60
East Asian-style sauce* (g)	17½	35	52½	70	87½	105
Scallions* (g)	62½	125	187½	250	312½	375
Chopped sweetheart cabbage* (g)	100	200	300	400	500	600
Egg* (unit(s))	1	2	3	4	5	6
Yellow carrot* (unit(s))	½	1	1½	2	2½	3
Not included						
Sunflower oil (tbsp)	1	2	3	4	5	6
[Reduced salt] soy sauce (tbsp)	½	1	1½	2	2½	3
Sambal	to taste					
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2636 /630	456 /109
Total fat (g)	31	5
of which saturated(g)	7,3	1,3
Carbonhydrates (g)	49	8
of which sugars (g)	9,9	1,7
Fiber (g)	10	2
Protein (g)	37	6
Salt (g)	5,4	0,9

Allergens

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

1



Prepare

- Finely chop the scallions and set aside some of the greens to use later as garnish.
- Grate the carrot.
- Heat a drizzle of sunflower oil in a wok over medium-high heat and stir-fry the scallions for 1 minute.

3



Fry the egg

- In the meantime, heat a drizzle of sunflower oil in a frying pan over medium-high heat and fry the egg.
- Deglaze the wok with a splash of water, then add the noodles, the cabbage and the sauce mixture.
- Toss well to combine and stir-fry for 1 minute over high heat.

2



Fry the chicken

- Add the chicken and the carrot, then stir-fry for 4 - 6 minutes. Season to taste with salt and pepper.
- In a small bowl, combine the fish sauce* with the East Asian-style sauce, the soy sauce and some sambal as preferred.

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

4



Serve

- Serve the stir-fry on deep plates and top with the egg.
- Garnish with the reserved scallion greens and drizzle with more sambal as preferred.

Chicken Breast over Creamy Lemon Rice

with aglio e olio drizzle, tomatoes & courgette

Total time: 15 - 25 min. Family Quick



- Jasmine rice
- Chopped onion
- Courgette
- Mini Roma tomatoes
- Lemon
- Cooking cream
- Aglio e olio
- Chicken breast with Mediterranean herbs
- Italian seasoning

KITCHEN STORIES

Recipe Developer Babette: "For this quick recipe, I was inspired by Italian cuisine - namely risotto. In this recipe, you'll use jasmine rice: this rice is naturally stickier and requires less cooking time than risotto. Cooking the rice in cream results in a delicious, rich texture."

NUTRI-SCORE A B C D E

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Jasmine rice (g)	75	150	225	300	375	450
Chopped onion* (g)	25	50	50	100	100	150
Courgette* (unit(s))	½	1	2	2	3	3
Mini Roma tomatoes* (g)	65	125	250	250	375	375
Lemon* (unit(s))	⅓	⅔	1	1⅓	1⅔	2
Cooking cream (g)	75	150	225	300	375	450
Aglio e olio* (g)	25	50	75	100	125	150
Chicken breast with Mediterranean herbs* (unit(s))	1	2	3	4	5	6
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Not included						
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3510 /839	494 /118
Total fat (g)	41	6
of which saturated(g)	15,5	2,2
Carbonhydrates (g)	80	11
of which sugars (g)	11,7	1,6
Fiber (g)	5	1
Protein (g)	42	6
Salt (g)	1,9	0,3

Allergens

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

1



Boil the rice

- Prepare the stock in a pot or saucepan, then add the cream.
- Bring to a boil, then add the rice and cook for 10 - 12 minutes or until done.
- Drain if necessary and set aside.
- Meanwhile, cut the courgette into 5cm batons and halve the tomatoes.

2

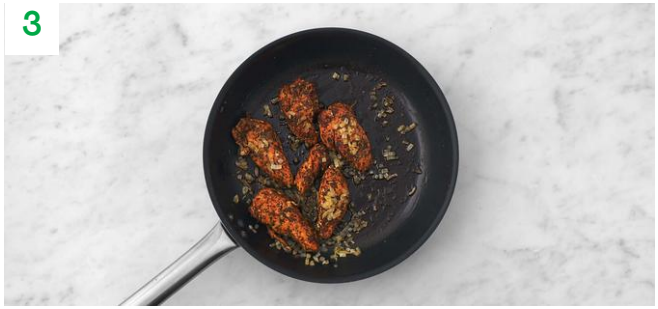


Fry the vegetables

- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the courgette with the tomatoes and the Italian seasoning for 5 - 7 minutes (see Tip).
- Season to taste with salt and pepper.

Tip: *if you don't like raw garlic, add the aglio e olio to the vegetables during the final 3 minutes of cooking time.*

3



Fry the chicken

- Cut the chicken into three strips.
- Melt a knob of butter in a frying pan over medium-high heat. Fry the chicken with the onion for 4 - 5 minutes or until done. Season with salt and pepper.
- In the meantime, zest the lemon.
- Juice half of the lemon and cut the rest into wedges.

4



Serve

- Stir as much lemon juice and zest as preferred into the rice. Season to taste with salt and pepper.
- Serve the rice on plates with everything else on top.
- Drizzle with the aglio e olio* and serve the rest of the lemon wedges alongside.

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

5-Minute Chicken Meatballs & Mashed Potatoes

fresh & tasty in a flash!

Total time: 5 - 15 min. Quick




Microwavable mashed potatoes


Chicken meatballs with Mediterranean herbs


Courgetti


Demi-glace


Fresh basil


Crispy fried onions

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Microwavable mashed potatoes* (g)	250	500	750	1000	1250	1500
Chicken meatballs with Mediterranean herbs* (unit(s))	3	6	9	12	15	18
Courgetti* (g)	100	200	300	400	500	600
Demi-glace (g)	25	50	75	100	125	150
Fresh basil* (g)	2½	5	7½	10	12½	15
Crispy fried onions (g)	15	30	45	60	75	90
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
[Reduced salt] ketjap manis (tbsp)	1	2	3	4	5	6

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2531 /605	488 /117
Total fat (g)	28	5
of which saturated(g)	9,2	1,8
Carbonhydrates (g)	56	11
of which sugars (g)	14,9	2,9
Fiber (g)	8	2
Protein (g)	28	5
Salt (g)	4,3	0,8

Allergens

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

1



Prepare

- Use a knife to pierce several holes across the surface of the packaging, then microwave the mashed potatoes for 4 minutes at 900W.

2



Fry the meatballs

- Meanwhile, heat a drizzle of olive oil in a frying pan over high heat.
- Fry the meatballs for 3 minutes, using a spatula to break them into quarters as you do so.

3



Finish

- Add the courgetti and fry for another 2 minutes.
- Tear or roughly chop the basil in the meantime.
- Deglaze the frying pan with a splash of water, then add the demi-glace, and the ketjap. Mix well to combine.

4



Serve

- Serve the mashed potatoes on deep plates with everything else alongside.
- Pour over any remaining demi-glace from the pan.
- Garnish with the basil and the crispy onions.

5-Minute Char Siu Chicken Noodles

fresh & tasty in a flash!

Total time: 5 - 15 min. Quick

Get a head start by boiling a full kettle of water. Happy cooking!



- Char siu paste
- Courgetti
- Bell pepper strips
- Fresh coriander
- Salted peanuts
- Seasoned chicken mince
- Wholewheat noodles

NEW INGREDIENT

There is a new ingredient in your box! Char siu paste is a Chinese ingredient that combines sweet and savoury flavours with a hint of spice. It's perfect for making rich and glossy sauces, or to use as a marinade!
Scan the QR code to let us know what you thought of the ingredient!

NUTRI-SCORE A B C D E

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Char siu paste (g)	40	75	115	150	190	225
Courgetti* (g)	100	200	300	400	500	600
Bell pepper strips* (g)	50	100	150	200	250	300
Fresh coriander* (g)	5	10	15	20	25	30
Salted peanuts (g)	10	20	30	40	50	60
Seasoned chicken mince* (g)	100	200	300	400	500	600
Wholewheat noodles (g)	100	200	300	400	500	600
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
[Reduced salt] soy sauce (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2975 /711	715 /171
Total fat (g)	19	5
of which saturated(g)	3,8	0,9
Carbonhydrates (g)	99	24
of which sugars (g)	16,3	3,9
Fiber (g)	10	2
Protein (g)	35	8
Salt (g)	3,6	0,9

Allergens

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

1



Prepare

- Get started by boiling a full kettle of water for the noodles.
- Heat a drizzle of sunflower oil in a frying pan over high heat.
- Fry the mince for 3 minutes, separating it as you do so.

2



Boil the noodles

- Add the bell pepper strips, the courgetti, the char siu paste and the soy sauce. Fry for 1 more minute.
- In the meantime, transfer the boiled water to a pot or saucepan. Boil the noodles for 4 minutes.
- Drain the noodles and transfer to the frying pan.
- Toss well to combine, then season to taste with salt and pepper.

3



Finish

- In the meantime, roughly chop the coriander.

4



Serve

- Serve the noodles on deep plates.
- Garnish with the peanuts and the coriander.

Signature Cheeseburger with Loaded Tortilla Chips

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

Total time: 10 - 20 min. Quick




Hamburger from Meatier


Tomato


Red onion


Guacamole


Grated cheddar


Corn


Tortilla chips


Hamburger bun with sesame seeds


Copacabana-style spice mix

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Hamburger from Meatier* (unit(s))	1	2	3	4	5	6
Tomato (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	½	1	1½	2	2½	3
Guacamole* (g)	40	80	120	160	200	240
Grated cheddar* (g)	15	25	40	50	65	75
Corn (g)	35	70	105	140	175	210
Tortilla chips (g)	40	75	115	150	190	225
Hamburger bun with sesame seeds (unit(s))	1	2	3	4	5	6
Copacabana-style spice mix (sachet(s))	½	1	1½	2	2½	3
Not included						
[Plant-based] butter (tbsp)	¼	½	¾	1	1¼	1½
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tsp)	1	2	3	4	5	6
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3845 /919	834 /199
Total fat (g)	53	11
of which saturated(g)	17,1	3,7
Carbonhydrates (g)	72	16
of which sugars (g)	15,1	3,3
Fiber (g)	10	2
Protein (g)	34	7
Salt (g)	3,8	0,8

Allergens

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

1



Fry the burger

- Slice the onion into half rings.
- Melt a small knob of butter in a frying pan over medium-high heat. Fry the onion with the burger for 3 - 4 minutes on one side.
- Flip the burger and top with the cheddar. Cover the pan with the lid so as to allow the cheese to melt.
- Reduce the heat and allow to cook for 3 - 4 minutes or until done.

2



Make the avocado dip

- Dice the tomato.
- In a small bowl, combine the guacamole with half of the tomato.
- Add the white balsamic vinegar and half of the Copacabana-style spice mix*. Season to taste with salt and pepper.

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

3



Prepare the tortilla chips

- Drain the corn.
- Transfer the tortilla chips to a serving plate (see Tip).
- Top the chips with the corn, the avocado dip and the rest of the tomato.

Health Tip: *this recipe is high in both salt and calories. If you're watching your intake of these, serve just two thirds of the chips and keep the rest to use another time.*

4



Serve

- In a small bowl, combine the mayonnaise with the rest of the Copacabana-style spice mix.
- Cut open the bread roll and spread the bottom with half of the mayonnaise, then top with the burger and the onion.
- Serve the burger with the tortilla chips alongside.
- Drizzle the rest of the mayonnaise over the tortilla chips.

Signature Shakshuka with Fresh Goat's Cheese

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

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




Onion


Garlic


Red chili pepper


Carrot


Fresh curly parsley


Middle Eastern spice mix


Egg


Chopped tomatoes


Tomato


Bell pepper


Poppyseed roll


Goat's Cheese

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Carrot* (unit(s))	½	1	1	1	2	2
Fresh curly parsley* (g)	2½	5	7½	10	12½	15
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Egg* (unit(s))	2	4	6	8	10	12
Chopped tomatoes (pack)	½	1	1½	2	2½	3
Tomato (unit(s))	½	1	1½	2	2½	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Poppyseed roll* (unit(s))	1	2	3	4	5	6
Goat's Cheese* (g)	50	100	150	200	250	300
Not included						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1	2	3	4	5	6
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3297 /788	460 /110
Total fat (g)	42	6
of which saturated(g)	14,9	2,1
Carbonhydrates (g)	62	9
of which sugars (g)	21,6	3
Fiber (g)	16	2
Protein (g)	37	5
Salt (g)	3,2	0,4

Allergens

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

1



Prepare

- Preheat the oven to 210°C.
- Chop the onion and crush or mince the garlic.
- Deseed and finely chop the chili pepper*. Dice the carrot, the tomato and the bell pepper.
- Heat a generous drizzle of olive oil in a deep frying pan over medium-high heat. Fry the carrot for 3 - 4 minutes, then add the rest of the chopped ingredients and the Middle Eastern spices. Fry for 2 more minutes.

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

2



Make the sauce

- Finely chop the parsley.
- Stir in the diced tomatoes and half of the parsley, then crumble in the stock cube (see pantry for amount).
- Bring to a boil and allow to simmer gently for 5 - 7 minutes, uncovered (see Tip).
- Season to taste with salt and pepper.

Tip: *allow the sauce to reduce as much as possible; the eggs will poach more easily in a thicker sauce.*

3



Poach the eggs

- Make small wells in the sauce for each egg.
- Crack the eggs directly into the wells so as to mostly submerge them with the sauce, then season the eggs with salt and pepper.
- Crumble over the cheese, then cover with the lid and allow to poach for 4 - 6 minutes (see Tip).

Tip: *the cooking time depends on your pan. Check the eggs regularly and cook for more or less time as preferred.*

4



Serve

- Remove the lid, then turn up the heat and poach for a further 2 - 4 minutes so as to allow any excess liquid to evaporate.
- In the meantime, bake the bread roll in the oven for 6 - 8 minutes.
- Serve the shakshuka on plates and garnish with the rest of the parsley.
- Serve the bread roll alongside.

Signature Shrimp Poké Bowl with Ponzu Mayo

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

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



- Ponzu
- Sushi rice
- Shrimp
- Persian cucumber
- Slaw mix
- Sesame oil
- Garlic
- Mango
- Gomashio
- Reduced salt soy sauce

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Ponzu (g)	12	24	36	48	60	72
Sushi rice (g)	75	150	225	300	375	450
Shrimp* (g)	80	160	240	320	400	480
Persian cucumber* (unit(s))	½	1	2	2	3	3
Slaw mix* (g)	50	100	150	200	250	300
Sesame oil (ml)	5	10	15	20	25	30
Garlic (unit(s))	½	1	1½	2	2½	3
Mango* (unit(s))	½	1	1	2	2	3
Gomashio (sachet(s))	½	1	1½	2	2½	3
Reduced salt soy sauce (ml)	10	20	30	40	50	60
Not included						
Water for the rice (ml)	175	350	525	700	875	1050
White wine vinegar (tbsp)	1	2	3	4	5	6
Sugar (tsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	¾	1½	2¼	3	3¾	4½
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2837 /678	451 /108
Total fat (g)	27	4
of which saturated(g)	6,9	1,1
Carbonhydrates (g)	84	13
of which sugars (g)	23,4	3,7
Fiber (g)	5	1
Protein (g)	22	4
Salt (g)	2,8	0,4

Allergens

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

1



Boil the rice

- Boil the water in a pot or saucepan (see pantry for amount).
- Add a pinch of salt, then cook the rice for 12 - 13 minutes over low heat, covered. Add an extra splash of water as necessary if the rice seems too dry.
- Turn off the heat, then stir in half each of the white wine vinegar and the sugar.
- Set aside until serving, covered.

2



Prepare the toppings

- In a bowl, combine the slaw mix with the sesame oil. Season to taste with salt and pepper.
- Dice the cucumber and transfer to another bowl. Add the rest of the white wine vinegar and sugar and toss well to combine.
- Peel and dice the mango.

3



Fry the shrimp

- Crush or mince the garlic.
- Melt a knob of butter in a frying pan over medium-high heat.
- Fry the shrimp with the garlic for 3 minutes (see Tip). Season to taste with salt and pepper.
- In a small bowl, combine the mayonnaise with the ponzu.

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

4



Serve

- Serve the rice in bowls and arrange everything on top.
- Garnish with the gomashio, then drizzle with the soy sauce and the ponzu mayo to finish.

Signature Chicken Tagliatelle with Guanciale

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

Total time: 15 - 25 min. Family Quick




Chicken mince with Mediterranean herbs


Mascarpone


Fresh basil


Garlic


Romano pepper


Grana Padano flakes DOP


Onion


Passata


Fresh tagliatelle


Guanciale

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken mince with Mediterranean herbs* (g)	100	200	300	400	500	600
Mascarpone* (g)	25	50	75	100	125	150
Fresh basil* (g)	5	10	15	20	25	30
Garlic (unit(s))	1	2	3	4	5	6
Romano pepper* (unit(s))	1	2	3	4	5	6
Grana Padano flakes DOP* (g)	20	40	60	80	100	120
Onion (unit(s))	½	1	1½	2	2½	3
Passata (g)	100	200	300	400	500	600
Fresh tagliatelle* (g)	125	250	375	500	625	750
Guanciale* (g)	40	80	120	160	200	240
Not included						
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Low sodium beef stock cube (unit(s))	¼	½	¾	1	1¼	1½
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4184 /1000	721 /172
Total fat (g)	52	9
of which saturated(g)	23,5	4
Carbonhydrates (g)	85	15
of which sugars (g)	14,3	2,5
Fiber (g)	9	2
Protein (g)	45	8
Salt (g)	3,4	0,6

Allergens

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

1



Prepare

- Boil plenty of salted water in a pot or saucepan for the tagliatelle (see Tip).
- Cut the Romano pepper into thin strips.
- Chop the onion and crush or mince the garlic.
- Boil the tagliatelle for 4 - 6 minutes, then reserve some of the pasta water before draining and setting aside.

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

2



Make the sauce

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

3



Finish

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

4



Serve

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

Signature Dahl with Crispy Chickpeas & Naan

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

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



- Onion
- Carrot
- Tomato paste
- Coconut milk
- Red split lentils
- Spinach
- Naan with herbs
- Lime
- Chickpeas
- African-inspired spice mix
- Fresh coriander
- Fresh ginger
- Curry powder
- Organic full-fat yogurt
- Yellow carrot

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	2	2	3	3
Carrot* (unit(s))	1	1	2	2	3	3
Tomato paste (can)	½	1	1½	2	2½	3
Coconut milk (ml)	90	180	250	360	430	540
Red split lentils (g)	25	50	75	100	125	150
Spinach* (g)	50	100	150	200	250	300
Naan with herbs (unit(s))	½	1	1½	2	2½	3
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Chickpeas (pack)	½	1	1½	2	2½	3
African-inspired spice mix (sachet(s))	½	1	1½	2	2½	3
Fresh coriander* (g)	5	10	15	20	25	30
Fresh ginger* (tsp)	1¼	2½	3¾	5	6¼	7½
Curry powder (sachet(s))	½	1	1½	2	2½	3
Organic full-fat yogurt* (g)	25	50	75	100	125	150
Yellow carrot* (unit(s))	1	1	2	2	3	3
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	150	300	450	600	750	900
Sunflower oil (tbsp)	½	1	1½	2	2½	3

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3339 /798	399 /95
Total fat (g)	37	4
of which saturated(g)	17	2
Carbonhydrates (g)	79	9
of which sugars (g)	19,7	2,4
Fiber (g)	30	4
Protein (g)	27	3
Salt (g)	1,9	0,2

Allergens

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

1



Prepare

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

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

2



Make the dahl

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

3



Add the lentils

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

4



Roast the chickpeas

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

5



Finish

- Bake the naan for 3 - 4 minutes, then cut into triangles.
- Finely chop the coriander.
- Zest the lime and cut it into 6 wedges.
- In a bowl, combine the yoghurt with some lime zest as preferred. Season to taste with salt and pepper.

Air Fryer Option: *heat the bread for 2 - 4 minutes at 180°C. Avoid overcrowding the basket for the best result.*

6



Serve

- When the dahl is done, squeeze in one lime wedge per person. Mix well and season to taste with salt and pepper.
- Serve the dahl in bowls and top with the crispy chickpeas.
- Drizzle with the yogurt sauce and garnish with the coriander.
- Serve with the naan and the rest of the lime wedges.

Signature Chicken Meatballs in Creamy Mushroom Sauce

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

Total time: 40 - 50 min. Health Conscious Choice



- Potatoes
- Onion
- Garlic
- Mushrooms
- Cooking cream
- Green beans
- Basil crème
- Fresh chives
- Chicken meatballs with Mediterranean herbs

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Mushrooms* (g)	65	125	250	250	375	375
Cooking cream (g)	75	150	225	300	375	450
Green beans* (g)	100	200	300	400	500	600
Basil crème (ml)	10	15	18	24	33	39
Fresh chives* (g)	2½	5	7½	10	12½	15
Chicken meatballs with Mediterranean herbs* (unit(s))	3	6	9	12	15	18
Not included						
Low sodium mushroom or vegetable stock (ml)	50	100	150	200	250	300
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1	2	3	4	5	6
Mustard (tsp)	½	1	1½	2	2½	3
Red wine vinegar (tbsp)	1	2	3	4	5	6
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3243 /775	461 /110
Total fat (g)	48	7
of which saturated(g)	20,8	3
Carbonhydrates (g)	55	8
of which sugars (g)	10,3	1,5
Fiber (g)	12	2
Protein (g)	31	4
Salt (g)	1,8	0,3

Allergens

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

1



Roast the potatoes

- Preheat the oven to 210°C.
- Wash the potatoes and cut them into quarters, then transfer to a bowl and drizzle with olive oil.
- Season with salt and pepper, then toss well to coat.
- Transfer to a parchment-lined baking sheet and roast in the oven for 25 – 30 minutes, tossing halfway.

2



Slice the mushrooms

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

Did you know... *the mushrooms in this recipe contain niacin, a vitamin that supports your nervous system.*

3



Fry the mushrooms

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

4



Fry the meatballs

- Meanwhile, halve the meatballs.
- Melt a knob of butter in a frying pan over medium-high heat.
- Fry the meatballs for 6 - 8 minutes until evenly browned.

5



Prepare the green beans

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

6



Serve

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

Miljuschka's Quick One-Pot Pasta Bolognese

with mozzarella & basil

Total time: 25 - 35 min.




Beef-pork mince with Italian herbs


Penne


Garlic


Red chili pepper


Mix of carrot, onion and celery


Tomato paste


Passata


Shredded mozzarella


Organic semi-skimmed milk


Fresh basil


Hello Buon Appetito

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Beef-pork mince with Italian herbs* (g)	100	200	300	400	500	600
Penne (g)	90	180	270	360	450	540
Garlic (unit(s))	1	2	3	4	5	6
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Mix of carrot, onion and celery* (g)	100	200	300	400	500	600
Tomato paste (can)	½	1	1½	2	2½	3
Passata (g)	100	200	300	390	500	590
Shredded mozzarella* (g)	25	50	75	100	125	150
Organic semi-skimmed milk* (ml)	50	100	150	200	250	300
Fresh basil* (g)	2½	5	7½	10	12½	15
Hello Buon Appetito (sachet(s))	½	1	1½	2	2½	3
Not included						
Low sodium beef stock (ml)	150	300	450	600	750	900
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3418 /817	511 /122
Total fat (g)	32	5
of which saturated(g)	12,3	1,8
Carbonhydrates (g)	88	13
of which sugars (g)	16,8	2,5
Fiber (g)	6	1
Protein (g)	42	6
Salt (g)	2,8	0,4

Allergens

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

1



Prepare

- Heat a drizzle of olive oil in a large pot over medium-high heat. Fry the vegetable mix for 5 - 6 minutes, covered, stirring occasionally.
- In the meantime, prepare the stock.
- Crush or mince the garlic.
- Deseed and finely chop the red chili pepper*.

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

2



Fry the mince

- Add the mince, the garlic and the chili pepper, then fry for 3 more minutes, separating the mince as you do so.
- Add the tomato paste and fry for 1 minute.
- Add the Hello Buon Appetito, then season with salt and pepper.

3



Finish

- Add the milk, the passata, the stock and the pasta, then mix well to combine.
- Cover with the lid and simmer for 15 minutes, stirring regularly.
- Add a splash of water as necessary if it seems too dry.
- Season to taste with salt and pepper.

4



Serve

- Roughly chop the basil in the meantime.
- Serve the pasta on deep plates.
- Garnish with the basil and the cheese to finish.

Miljuschka's Salmon Traybake with Homemade Tapenade

with sundried tomatoes, basil, lemon & potatoes

Total time: 40 - 50 min.




Potatoes


Courgette


Broccoli


Garlic & herb seasoning


Sundried tomatoes


Garlic


Fresh basil


Salmon fillet


Lemon

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Courgette* (unit(s))	½	1	1½	2	2½	3
Broccoli* (g)	125	250	360	500	610	750
Garlic & herb seasoning (sachet(s))	½	1	1½	2	2½	3
Sundried tomatoes (g)	30	50	70	100	120	150
Garlic (unit(s))	1	2	3	4	5	6
Fresh basil* (g)	5	10	15	20	25	30
Salmon fillet* (unit(s))	1	2	3	4	5	6
Lemon* (unit(s))	½	1	1½	2	2½	3
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Olive oil (ml)	25	45	60	90	105	135
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3159 /755	493 /118
Total fat (g)	48	7
of which saturated(g)	6,2	1
Carbonhydrates (g)	51	8
of which sugars (g)	9,7	1,5
Fiber (g)	11	2
Protein (g)	28	4
Salt (g)	1	0,2

Allergens

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

1



Prepare

- Preheat the oven to 200°C.
- Peel or thoroughly wash the potatoes.
- Slice the courgette and the potatoes into rounds of 0.5cm thickness.
- Cut the head of the broccoli into florets and dice the stem.

2



Roast the vegetables

- Transfer the potatoes and the vegetables to a bowl and scatter over the garlic & herb seasoning.
- Drizzle with sunflower oil and season with salt and pepper, then toss well to coat.
- Transfer to a parchment-lined baking sheet and roast in the oven for 15 - 20 minutes.

3



Make the tapenade

- Peel the garlic and zest the lemon.
- Roughly chop the basil and set aside some of the leaves to use later as garnish.
- Transfer the sundried tomatoes to a tall container or food processor, along with the garlic, the olive oil, the basil and as much lemon zest as preferred.
- Use an immersion blender to process until smooth. Season to taste with salt and pepper.

4



Prepare the fish

- Slice the lemon.
- Pat the fish dry with kitchen paper, then season with salt and pepper.
- Coat the fish with half of the sundried tomato tapenade and then top with the lemon slices.

5



Finish

- Remove the baking sheet from the oven.
- Dollop the rest of the sundried tomato tapenade over the vegetables, then mix carefully to combine.
- Transfer the fish to the baking sheet and place it on top of the vegetables.
- Return the baking sheet to the oven for 7 more minutes, or until everything is done.

6



Serve

- Serve the traybake on plates.
- Garnish with the reserved basil to finish.

Miljuschka's Butter Chicken Smashed Tacos

with coriander, lime & cucumber salad

Total time: 30 - 40 min.



- Seasoned chicken mince
- Mini tortillas
- Garam Masala
- Onion
- Red onion
- Garlic
- Fresh ginger
- Ground cumin
- Passata
- Cooking cream
- Fresh coriander
- Cucumber
- Lime
- Roma tomato

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Seasoned chicken mince* (g)	100	200	300	400	500	600
Mini tortillas (unit(s))	3	6	9	12	15	18
Garam Masala (sachet(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Fresh ginger* (tsp)	2½	5	7½	10	12½	15
Ground cumin (sachet(s))	¼	½	¾	1	1¼	1½
Passata (g)	100	200	300	390	500	590
Cooking cream (g)	50	100	150	200	250	300
Fresh coriander* (g)	5	10	15	20	25	30
Cucumber* (unit(s))	⅓	⅔	1	1⅓	1⅔	2
Lime* (unit(s))	½	1	1½	2	2½	3
Roma tomato (unit(s))	½	1	2	2	3	3
Not included						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2787 /666	444 /106
Total fat (g)	28	4
of which saturated(g)	12,7	2
Carbonhydrates (g)	72	11
of which sugars (g)	19,6	3,1
Fiber (g)	11	2
Protein (g)	30	5
Salt (g)	2,2	0,4

Allergens

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

1



Prepare

- Preheat the oven to 220°C.
- Chop the yellow onion and crush or mince the garlic. Finely grate the ginger.
- Tear the coriander leaves off of the stalks, then finely chop the stalks and roughly chop the leaves.
- Melt a knob of butter in a frying pan over medium-high heat and fry the garlic with the ginger and the coriander stalks for 1 minute.

2



Make the sauce

- Add half each of both dried spices and fry for 1 more minute. Stir in the passata, the cream and the sugar. Season with salt and pepper, then allow to simmer until serving.
- Use a peeler or cheese slicer to shave the cucumber into thin ribbons.
- Cut the tomato into wedges and slice the red onion into rings.
- Zest the lime, then juice half of it and cut the rest into wedges.

3



Make the salad

- In a bowl, combine the cucumber, the tomato, the red onion, the lime juice and the coriander leaves with some lime zest and salt as preferred.
- Transfer the mince, the yellow onion and the rest of the dried spices to a bowl.
- Season with salt and pepper, then knead well to combine.
- Divide the mince into 3 balls per person, then place these on top of the tortillas.

4



Serve

- Press down firmly and flatten the mince as much as possible, so as to create a 1cm border.
- Transfer the tortillas to a parchment-lined baking sheet and bake in the oven for 5 - 7 minutes, or until the mince is done.
- Top the smashed tacos with the curry sauce and half of the salad.
- Serve the lime wedges and the rest of the salad alongside.

Classic Belgian Moules Frites

with lemon, leek & fresh parsley

Total time: 35 - 45 min.

Health Conscious Choice

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



- Potatoes
- Cooked mussels
- Garlic
- Onion
- Leek
- Carrot
- Fresh flat leaf parsley
- Cooking cream
- Lemon

NEW INGREDIENT

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

NUTRI-SCORE A B C D E

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Cooked mussels* (g)	250	500	750	1000	1250	1500
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1	2	2	3
Leek* (unit(s))	½	1	2	2	3	3
Carrot* (unit(s))	½	1	1	2	2	3
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Cooking cream (g)	75	150	225	300	375	450
Lemon* (unit(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	¾	1½	2¼	3	3¾	4½
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Water (ml)	100	200	300	400	500	600
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3226 /771	374 /89
Total fat (g)	39	4
of which saturated(g)	12,1	1,4
Carbonhydrates (g)	79	9
of which sugars (g)	17,6	2
Fiber (g)	13	2
Protein (g)	29	3
Salt (g)	3,3	0,4

Allergens

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

1



Prepare

- Preheat the oven to 210°C and prepare the stock (see pantry for amounts).
- Peel or thoroughly wash the potatoes and then cut into fries of no more than 1cm thickness.
- Transfer to a parchment-lined baking sheet and drizzle with olive oil. Season with salt and pepper, then toss well to coat.
- Bake for 25 - 30 minutes, or until golden-brown, tossing halfway.

2



Fry the vegetables

- Chop the onion and crush or mince the garlic.
- Slice the leek into thin half-rings and slice the carrot into crescents.
- Heat a drizzle of olive oil in a large deep frying pan over medium-high heat. Fry the garlic, the onion, the leek and the carrot for 4 - 5 minutes, seasoning with salt and pepper.
- Meanwhile, juice half of the lemon and cut the rest into wedges.

3



Add the mussels

- Deglaze the pan with the white wine vinegar, then add the mussels, the cream, the stock and half of the lemon juice.
- Mix well and allow to simmer for 5 minutes, covered, stirring occasionally.
- Chop the parsley in the meantime.
- Remove the mussels from the heat and stir in half of the parsley.

4



Serve

- In a small bowl, combine the mayonnaise with the rest of the lemon juice.
- Serve everything on plates with the mayonnaise and the lemon wedges alongside.
- Garnish with the rest of the parsley to finish.

Cheesy Lentil Bake

with lamb's lettuce & pumpkin seed salad

Total time: 50 - 60 min. Vegetarian




Potato rounds


Lentils


Leek


Carrot


Tomato paste


Soy sauce


Cooking cream


Belgian spice mix


Lamb's lettuce


Pumpkin seeds


Roma tomato


Grated emmentaler

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potato rounds* (g)	100	200	300	400	500	600
Lentils (pack)	½	1	1	2	2	3
Leek* (unit(s))	½	1	2	2	3	3
Carrot* (unit(s))	1	1	2	2	3	3
Tomato paste (can)	¼	½	¾	1	1¼	1½
Soy sauce (ml)	10	20	30	40	50	60
Cooking cream (g)	75	150	225	300	375	450
Belgian spice mix (tsp)	1	2	3	4	5	6
Lamb's lettuce* (g)	30	60	100	120	160	180
Pumpkin seeds (g)	10	20	30	40	50	60
Roma tomato (unit(s))	½	1	1½	2	2½	3
Grated emmentaler* (g)	25	50	75	100	125	150
Not included						
Mustard (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
Sugar (tsp)	1	2	3	4	5	6

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3226 /771	505 /121
Total fat (g)	43	7
of which saturated(g)	16,8	2,6
Carbonhydrates (g)	64	10
of which sugars (g)	26,3	4,1
Fiber (g)	16	2
Protein (g)	25	4
Salt (g)	3,8	0,6

Allergens

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

1



Roast the potatoes

- Preheat the oven to 200°C.
- Transfer the potato rounds to a parchment-lined baking sheet and drizzle with olive oil.
- Season with salt and pepper, then roast in the oven for 8 - 10 minutes. The potatoes should be quite al dente, as they'll finish cooking later.
- Meanwhile, drain and rinse the lentils. Cut the carrot into thin crescents.

2



Fry the vegetables

- Slice the leek into thin half-rings.
- Heat a drizzle of olive oil in a large wok or deep frying pan over medium-high heat.
- Fry the leek with carrot for 4 - 6 minutes, covered.
- Stir in the lentils, tomato paste and half of the Belgian spice mix* and cook for 3 - 5 more minutes.

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

3



Prepare the sauce

- Deglaze with the soy sauce, then stir in the mustard and the sugar (see Tip).
- In a bowl, combine the cream with the rest of the Belgian spice mix and season to taste with pepper.

Health Tip*: if you're watching your salt intake, just use half of the soy sauce. You can always add some more to taste after serving.*

4



Assemble

- Transfer the lentil mixture to an oven dish and top with the potato rounds.
- Pour over the cream mixture and bake in the oven for 20 minutes.
- Scatter over the grated cheese and then bake for a further 5 minutes.

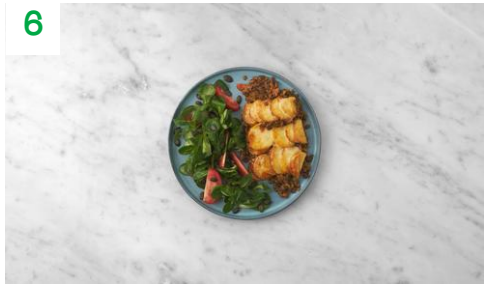
5



Make the salad

- Heat a clean frying pan over high heat and toast the pumpkin seeds until they start to pop.
- Cut the tomato into wedges.
- In a salad bowl, combine the honey with the white wine vinegar and the extra virgin olive oil. Season to taste with salt and pepper.
- Add the lamb's lettuce and tomato and toss well to combine with the dressing. Garnish the salad with the pumpkin seeds.

6



Serve

- Allow the lentil bake to cool.
- Serve with the salad alongside.

Tuna Sushi Tostadas with Avocado & Furikake

bring the sensational food trend home!

Total time: 20 - 30 min. Quick




Sushi rice


Mini tortillas


Tuna packed in water


Furikake


Avocado


Persian cucumber


Corn


Carrot


East Asian-style sauce


Ponzu


Sesame seeds

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Sushi rice (g)	75	150	225	300	375	450
Mini tortillas (unit(s))	4	8	12	16	20	24
Tuna packed in water (can)	1	1	2	2	3	3
Furikake (sachet(s))	½	1	1½	2	2½	3
Avocado (unit(s))	½	1	1½	2	2½	3
Persian cucumber* (unit(s))	½	1	1½	2	2½	3
Corn (g)	70	140	213¾	285	353¾	425
Carrot* (unit(s))	½	1	1½	2	2½	3
East Asian-style sauce* (g)	17½	35	52½	70	87½	105
Ponzu (g)	12	24	36	48	60	72
Sesame seeds (g)	2½	5	7½	10	12½	15
Not included						
Water for the rice (ml)	175	350	525	700	875	1050
Sugar (tsp)	½	1	1½	2	2½	3
[Reduced salt] soy sauce (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	¾	1½	2¼	3	3¾	4½
White wine vinegar (tbsp)	1	2	3	4	5	6
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4301 /1028	580 /139
Total fat (g)	37	5
of which saturated(g)	6,4	0,9
Carbonhydrates (g)	137	18
of which sugars (g)	16,4	2,2
Fiber (g)	10	1
Protein (g)	33	4
Salt (g)	5,3	0,7

Allergens

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

1



Cook the rice

- Preheat the oven to 200°C.
- Boil the water for the rice in a pot or saucepan and cook the rice for 12 - 15 minutes.
- Turn off the heat, then stir in the white wine vinegar and the sugar.
- Set aside until serving, covered.

2



Pickle the vegetables

- Grate or thinly slice the carrot.
- Dice the cucumber.
- In a bowl, combine the carrot with the cucumber, the sesame seeds and the ponzu. Set aside until serving, stirring occasionally.
- Transfer the tortillas to a parchment-lined baking sheet and heat for 4 - 5 minutes, or until crispy.

3



Prepare the tuna

- Drain the tuna and the corn.
- In a bowl, combine the East Asian-style sauce with the mayonnaise.
- In another bowl, combine the tuna with a quarter of the mayonnaise sauce. Season to taste with salt and pepper.
- Halve and pit the avocado, then remove the skin and slice the flesh.

4



Serve

- Stir some soy sauce as preferred into the sushi rice.
- Serve the crispy tortillas on plates and add the toppings.
- Drizzle with the rest of the mayonnaise sauce.
- Scatter over the furikake to finish.

Homemade Beef Döner with Sumac Salad & Fresh Herbs

bring the sensational food trend home!

Total time: 25 - 35 min. Quick




Lebanese flatbread


Seasoned beef mince


Garlic


Red onion


Bell pepper


Tomato paste


Middle Eastern spice mix


Fresh flat leaf parsley & mint


Radicchio & iceberg lettuce


Persian cucumber


Tomato


Sumac


Ground cumin

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Lebanese flatbread (unit(s))	2	4	6	8	10	12
Seasoned beef mince* (g)	100	200	300	400	500	600
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
Tomato paste (can)	½	1	1½	2	2½	3
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
Radicchio & iceberg lettuce* (g)	50	100	150	200	250	300
Persian cucumber* (unit(s))	½	1	1	2	2	3
Tomato (unit(s))	½	1	2	2	3	3
Sumac (tsp)	1	2	3	4	5	6
Ground cumin (sachet(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3812 /911	618 /148
Total fat (g)	45	7
of which saturated(g)	10,8	1,8
Carbonhydrates (g)	88	14
of which sugars (g)	22,9	3,7
Fiber (g)	10	2
Protein (g)	35	6
Salt (g)	2,4	0,4

Allergens

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

1



Prepare

- Preheat the oven to 200°C. Slice the cucumber into crescents. Dice the tomato and mince half of the onion.
- In a bowl, combine the white wine vinegar with cucumber and the sugar.
- In another bowl, combine the onion with the tomato and the sumac.
- Season both to taste with salt and pepper, then set aside until serving, stirring occasionally.

2



Chop the vegetables

- Roughly chop the bell pepper, the garlic, the parsley and the rest of the onion.
- Transfer all four to a tall container and drizzle generously with olive oil.
- Add the tomato paste, the cumin and the Middle Eastern spices (see Tip).
- Process with an immersion blender until smooth.

Tip: *you can also add some sambal if preferred.*

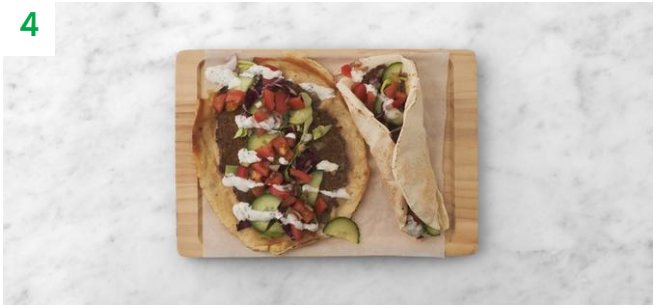
3



Make the döner

- Transfer the paste to a bowl and then add the mince.
- Knead well to combine, seasoning with salt and pepper.
- Spread an even layer of the mince mixture over each flatbread, then transfer to a parchment-lined baking sheet.
- Bake in the oven for 10 - 15 minutes, or until done.

4



Serve

- Finely chop the mint leaves.
- In a small bowl, combine the mint with the mayonnaise and a splash of water as preferred. Season to taste with salt and pepper.
- Top the homemade döner with the lettuce, the cucumber and the sumac salad.
- Drizzle with the herb sauce, then roll up the döner and serve.

Zingy Orange Shrimp Bao Buns

with broccoli slaw, East Asian-style sauce & chili pepper

Total time: 35 - 45 min. Health Conscious Choice




Bao buns


Shrimp


Garlic


Red chili pepper


Red onion


Bell pepper


Orange


Broccoli


East Asian-style sauce

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Bao buns (unit(s))	3	6	9	12	15	18
Shrimp* (g)	80	160	240	320	400	480
Garlic (unit(s))	½	1	1½	2	2½	3
Red chili pepper* (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1	2	2	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Orange* (unit(s))	½	1	1½	2	2½	3
Broccoli* (g)	125	250	360	500	610	750
East Asian-style sauce* (g)	17½	35	52½	70	87½	105
Not included						
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	1	2	3	4	5	6
Sugar (tsp)	½	1	1½	2	2½	3
Cornstarch [or flour] (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2987 /714	467 /112
Total fat (g)	17	3
of which saturated(g)	2,1	0,3
Carbonhydrates (g)	105	16
of which sugars (g)	34,3	5,4
Fiber (g)	13	2
Protein (g)	31	5
Salt (g)	2,1	0,3

Allergens

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

1



Prepare

- Preheat the oven to 180°C.
- Cut the head of the broccoli into florets and julienne the stem.
- In a bowl, combine the white wine vinegar with the sugar, a pinch of salt and the broccoli stems. Set aside until serving, stirring occasionally.
- Boil plenty of salted water in a pot or saucepan and cook the broccoli florets for 5 - 7 minutes, then drain and set aside.

2



Chop the vegetables

- Crush or mince the garlic. Deseed the red chili pepper* and slice into thin rings.
- Slice the onion into half-rings and cut the bell pepper into strips.
- Zest and juice the orange. Combine the orange juice with the cornstarch and the honey.
- Heat the bao buns in the oven for 4 - 5 minutes.

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

3



Fry the shrimp

- Pat the shrimp dry with kitchen paper.
- Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat. Fry the shrimp for 3 minutes until done, then remove from the pan and set aside.
- Heat a drizzle of sunflower oil in the same pan over medium-high heat. Fry the garlic, the onion, the bell pepper and half of the chili pepper for 5 - 6 minutes.

4



Serve

- Transfer the shrimp, the orange-cornstarch slurry and the East Asian-style sauce to the pan, then stir-fry for 1 more minute.
- Cut or gently pull the bao buns open, then fill with the orange shrimp, the fried vegetables and the broccoli slaw.
- Garnish with the orange zest and the rest of the chili pepper as preferred.
- Serve the broccoli alongside.

SWICY EXPLOSION! Mango, Harissa Honey & Sweet Chili

savour the sweet heat of this pork stir-fry with coconut rice

Total time: 25 - 35 min. Quick




Jasmine rice


Sticky pork belly


Coconut milk


Red onion


Red chili pepper


Green Romano pepper


Carrot


Mango


Sweet chili sauce


Hello Harissa

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Jasmine rice (g)	75	150	225	300	375	450
Sticky pork belly* (g)	120	240	360	480	600	720
Coconut milk (ml)	90	180	270	360	450	540
Red onion (unit(s))	½	1	1½	2	2½	3
Red chili pepper* (unit(s))	½	1	1½	2	2½	3
Green Romano pepper* (unit(s))	½	1	2	2	3	3
Carrot* (unit(s))	½	1	1	2	2	3
Mango* (unit(s))	½	1	1½	2	2½	3
Sweet chili sauce* (g)	17½	35	52½	70	87½	105
Hello Harissa (sachet(s))	½	1	1½	2	2½	3
Not included						
Water for the rice (ml)	150	300	450	600	750	900
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative]	to taste					
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4176 /998	555 /133
Total fat (g)	56	7
of which saturated(g)	27,1	3,6
Carbonhydrates (g)	98	13
of which sugars (g)	31,3	4,2
Fiber (g)	7	1
Protein (g)	31	4
Salt (g)	1,9	0,2

Allergens

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

1



Prepare

- Boil the water for the rice in a pot or saucepan and then add the coconut milk.
- Cook the rice for 10 - 12 minutes, covered, then turn off the heat and allow to stand for 5 minutes, still covered. Season to taste with salt.
- Deseed and finely chop the red chili pepper*.
- Slice the carrot into thin crescents.

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

2



Fry the pork

- Dice the pork into 1cm cubes.
- Roughly chop the Romano pepper and the onion.
- Heat a light drizzle of sunflower oil in a frying pan over medium-high heat. Fry the pork with the vegetables and half of the chili pepper for 5 minutes, covered.
- Remove the lid and fry for another 5 minutes. Season to taste with salt and pepper.

3



Make the harissa honey

- Heat a light drizzle of sunflower oil in a saucepan over medium-high heat and fry the rest of the chili pepper for 2 minutes.
- Add half of the Hello Harissa* and some honey as preferred.
- Mix well to combine, then remove from the heat and set aside.
- Meanwhile, peel and slice the mango.

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

4



Serve

- Add the sweet chili sauce to the stir-fry, along with the rest of the Hello Harissa and a splash of water. Mix well to combine.
- Serve the coconut rice on deep plates, topped with the stir-fry and the mango.
- Drizzle with the harissa honey to finish.

Athlete's Choice: Rice with Sweet Potato-Chickpea Curry

with min. 115g carbohydrates per person

Total time: 30 - 40 min. Plant-Based



- White long grain rice
- Sweet potato
- Chickpeas
- Garlic-ginger-chili mix
- Onion
- Eggplant
- Carrot
- Lime
- Fresh coriander
- Coconut milk
- Peanut sauce
- Yellow curry spices
- Salted peanuts

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
White long grain rice (g)	75	150	225	300	375	450
Sweet potato (g)	75	150	225	300	375	450
Chickpeas (pack)	⅓	⅔	1	1⅓	1⅔	2
Garlic-ginger-chili mix* (g)	10	20	30	40	50	60
Onion (unit(s))	½	1	1	2	2	3
Eggplant* (unit(s))	½	1	2	2	3	3
Carrot* (unit(s))	1	1	2	2	3	3
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Fresh coriander* (g)	5	10	15	20	25	30
Coconut milk (ml)	90	180	250	360	430	540
Peanut sauce* (g)	40	80	120	160	200	240
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Salted peanuts (g)	10	20	30	40	50	60
Not included						
Sunflower oil (tbsp)	1	2	3	4	5	6
[Reduced salt] ketjap manis (tbsp)	¾	1½	2¼	3	3¾	4½
Low sodium vegetable stock (ml)	100	200	300	400	500	600
Flour (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4163 /995	530 /127
Total fat (g)	44	6
of which saturated(g)	17,9	2,3
Carbonhydrates (g)	121	15
of which sugars (g)	28,8	3,7
Fiber (g)	20	3
Protein (g)	23	3
Salt (g)	2,3	0,3

Allergens

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

1



Prepare

- Boil plenty of water in a pot or saucepan and cook the rice for 10 - 11 minutes, then drain and set aside (see Tip).
- Prepare the stock.
- Chop the onion and drain the chickpeas.
- Peel or thoroughly wash the sweet potato and carrot, then finely dice both.

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

3



Fry the eggplant

- Add the chickpeas and allow to simmer for 12 minutes, covered.
- Finely dice the eggplant and transfer to a bowl. Add the flour and season with salt and pepper, then toss well to coat.
- Heat a drizzle of sunflower oil in a frying pan over medium-high heat. Fry the eggplant for 8 - 9 minutes.
- Stir in the rest of the ketjap and fry for 1 more minute.

2



Make the curry

- Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat.
- Fry the onion with the sweet potato, the carrot, the yellow curry spices and the garlic-ginger-chili mix* for 3 - 4 minutes.
- Add the peanut sauce, the coconut milk, the stock and half of the ketjap, then bring to the boil.

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

4



Serve

- Cut the lime into wedges. Roughly chop the peanuts and the coriander.
- Serve the rice on deep plates, topped with the curry and the eggplant.
- Garnish with the peanuts and the coriander. Serve the lime wedges alongside.

Athlete's Choice: XL Basa with Rice & Green Beans

with min. 50g protein per person

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



- Basa fillet
- Basmati rice
- Green beans
- Garlic
- Red onion
- Red chili pepper
- Thai basil
- Worcestershire sauce
- Reduced salt soy sauce
- Ketjap manis
- Unsalted peanuts

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Basa fillet* (unit(s))	1½	3	4½	6	7½	9
Basmati rice (g)	75	150	225	300	375	450
Green beans* (g)	150	300	450	600	750	900
Garlic (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	½	1	1½	2	2½	3
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Thai basil* (g)	5	10	15	20	25	30
Worcestershire sauce (g)	3¾	7½	11¼	15	18¾	22½
Reduced salt soy sauce (ml)	10	20	30	40	50	60
Ketjap manis (g)	10	20	30	40	50	60
Unsalted peanuts (g)	20	40	60	80	100	120
Not included						
Water for the rice (ml)	175	350	525	700	875	1050
Sunflower oil (tbsp)	1	2	3	4	5	6
Sugar (tsp)	½	1	1½	2	2½	3
Cornstarch [or flour] (tsp)	½	1	1½	2	2½	3
Water for the sauce (ml)	50	100	150	200	250	300
Flour (tbsp)	1	2	3	4	5	6
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3293 /787	433 /103
Total fat (g)	26	3
of which saturated(g)	4,2	0,6
Carbonhydrates (g)	87	11
of which sugars (g)	15,6	2
Fiber (g)	10	1
Protein (g)	52	7
Salt (g)	1,7	0,2

Allergens

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

1



Boil the green beans

- Discard the tips of the green beans.
- Transfer the green beans to a pot or saucepan and submerge 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 6 - 8 minutes.
- Drain and set aside.

2

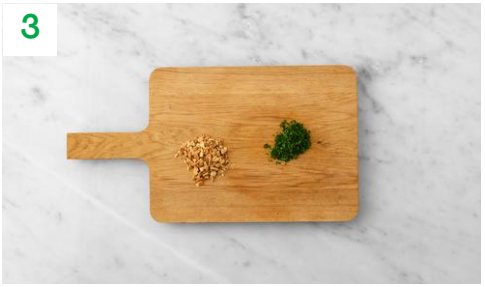


Cook the rice

- Boil the water for the rice in a pot or saucepan and cook the rice for 10 - 12 minutes, covered. Remove from the heat and allow to stand for 5 minutes, still covered.
- Deseed the red chili pepper* and slice into thin rings.
- Slice the onion and crush or mince the garlic.

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

3



Make the sauce

- In a bowl, combine the water for the sauce with the soy sauce, the ketjap, the Worcestershire sauce, the sugar and the cornstarch.
- Season with salt and pepper.
- Roughly chop the Thai basil and the peanuts.

4



Fry the vegetables

- Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat.
- Fry the onion, the garlic, the green beans and half of the chili pepper for 2 - 3 minutes, then deglaze with the ketjap mixture.
- Add two thirds of the Thai basil and simmer for 1 - 2 minutes, or until the sauce has thickened and reduced.

5



Fry the fish

- On a deep plate, combine the flour with some salt and pepper.
- Pat the fish dry with kitchen paper and then coat it with the flour.
- Heat a drizzle of sunflower oil in a frying pan over medium-high heat and fry the fish for 3 minutes per side.

6



Serve

- Serve the rice on deep plates with everything else alongside.
- Garnish with the peanuts, along with the rest of the chili pepper and the Thai basil.

Athlete's Choice: XL Emmentaler-Stuffed Chicken

with min. 50g protein per person

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



- Potatoes
- Grated emmentaler
- Onion
- Chopped escarole
- Chicken breast with Mediterranean herbs
- Cranberry chutney
- Sunflower seeds

SEASONAL INGREDIENT

There is a special ingredient in your box! Escarole is a versatile seasonal vegetable. It's tasty raw in stamppot or in a salad, but it also makes a delicious side dish when stewed.
Scan the QR code to let us know what you thought of the ingredient!

NUTRI-SCORE A B C D E

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Grated emmentaler* (g)	25	50	75	100	125	150
Onion (unit(s))	½	1	1	2	2	3
Chopped escarole* (g)	150	300	500	600	800	900
Chicken breast with Mediterranean herbs* (unit(s))	1½	3	4½	6	7½	9
Cranberry chutney* (g)	40	80	120	160	200	240
Sunflower seeds (g)	10	20	30	40	50	60
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
[Plant-based] milk (splash)	1	1	1	1	2	2
Mustard (tbsp)	1½	3	4½	6	7½	9
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3100 /741	410 /98
Total fat (g)	22	3
of which saturated(g)	7,6	1
Carbonhydrates (g)	76	10
of which sugars (g)	23,5	3,1
Fiber (g)	11	1
Protein (g)	60	8
Salt (g)	2,7	0,4

Allergens

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

1



Prepare

- Preheat the oven to 220°C.
- Butterfly the chicken by cutting it open along the side, then cover with a sheet of parchment paper. Pound it with the base of a pan so as to flatten it.
- Spread the inside with two thirds of the mustard, then fill with the cheese. Season with salt and pepper.
- Transfer to an oven dish and roast for 17 - 18 minutes, or until done.

2



Boil the potatoes

- Peel the potatoes and then cut into rough pieces.
- Transfer to a pot or saucepan and submerge with water, then crumble in the stock cube (see pantry for amount).
- Boil the potatoes for 12 - 15 minutes.
- Transfer the escarole to a sieve and drain the potatoes directly over it, then press out the excess liquid with a spoon.

3



Toast the sunflower seeds

- Meawhile, chop the onion.
- Heat a clean frying pan over high heat and toast the sunflower seeds until golden-brown, then remove from the pan and set aside.
- Heat a drizzle of olive oil in the same pan over medium-high heat and fry the onion for 3 - 4 minutes.
- Deglaze with the balsamic vinegar and a splash of water.

4



Serve

- Stir in the cranberry chutney and cook for 2 - 3 minutes over medium heat. Season with salt and pepper.
- Mash the potatoes with the escarole, the rest of the mustard and a splash of milk. Season to taste with salt and pepper.
- Serve everything on plates and top with the cranberry jus.
- Garnish with the sunflower seeds to finish.

Venison Steak with Balsamic Strawberry Sauce

with rainbow root vegetables, hazelnuts & fresh herbs

Total time: 35 - 45 min. Premium



- Venison steak
- Strawberry sauce
- Potatoes
- Crème fraîche
- Red onion
- Purple carrot
- Parsnip
- Orange
- Fresh flat leaf parsley, coriander & oregano
- Fresh rosemary
- Roasted hazelnuts

Recipe developer Babette: "In this recipe, I chose to use balsamic-strawberry sauce: a sweet but tangy sauce thanks to the combination of strawberry jam and balsamic vinegar. This time I combined it with venison steak, a high-quality piece of meat."

NUTRI-SCORE A B C D E

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Venison steak* (g)	120	240	360	480	600	720
Strawberry sauce (ml)	25	50	75	100	125	150
Potatoes (g)	250	500	750	1000	1250	1500
Crème fraîche* (g)	25	50	75	100	125	150
Red onion (unit(s))	½	1	1	2	2	3
Purple carrot* (unit(s))	1	2	3	4	5	6
Parsnip* (unit(s))	½	1	2	2	3	3
Orange* (unit(s))	¼	½	¾	1	1¼	1½
Fresh flat leaf parsley, coriander & oregano* (g)	5	10	15	20	25	30
Fresh rosemary* (sprig)	½	1	1½	2	2½	3
Roasted hazelnuts (g)	10	20	30	40	50	60
Not included						
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	1	2	3	4	5	6
White balsamic vinegar (tsp)	2	3	4	6	7	9
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1	2	3	4	5	6
Mustard (tsp)	½	1	1½	2	2½	3

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4431 /1059	580 /139
Total fat (g)	62	8
of which saturated(g)	20,7	2,7
Carbonhydrates (g)	88	12
of which sugars (g)	30,1	3,9
Fiber (g)	16	2
Protein (g)	34	4
Salt (g)	1,4	0,2

Allergens

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

1



Prepare

- Preheat the oven to 200°C and boil plenty of water in a pot or saucepan.
- Quarter the carrot lengthways and transfer to one side of a parchment-lined baking sheet.
- Drizzle with olive oil and season with salt and pepper, then roast in the oven for 10 - 15 minutes.
- Discard the rosemary stalk and finely chop the leaves.

2



Roast the parsnip

- Meanwhile, cut the parsnip lengthways into sixths and boil for 3 - 4 minutes.
- Transfer the parsnip to the other side of the baking sheet. Set aside the pot of water to use again later.
- Drizzle the parsnip with olive oil and the honey, then scatter over half of the rosemary.
- Season with salt and pepper, then return the baking sheet to the oven for another 15 minutes.

3



Boil the potatoes

- Meanwhile, peel or thoroughly wash the potatoes and cut into rough chunks.
- Transfer to the same pot you used earlier and add a pinch of salt, then boil for 12 - 15 minutes.
- Reserve a small amount of the cooking liquid, then drain and set aside.
- Melt a knob of butter in a frying pan over high heat. When the butter is nice and hot, fry the steak for 2 minutes per side.

4



Make the jus

- Chop the onion. Zest and juice the orange.
- Remove the steak from the pan and season with pepper, then allow to rest under aluminum foil.
- Fry the onion with the rest of the rosemary in the same pan for 2 - 3 minutes over medium-high heat.
- Lower the heat, then add the strawberry sauce, 30ml orange juice per person and half of the white balsamic vinegar. Season with salt and pepper, then mix well and allow to simmer gently.

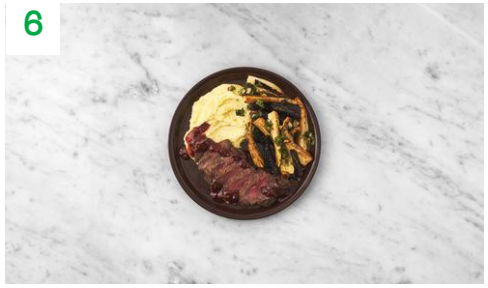
5



Finish

- Finely chop the fresh herbs.
- In a small bowl, combine the extra virgin olive oil with the fresh herbs, the rest of the white balsamic vinegar and 0.5 tsp orange zest per person. Season with salt and pepper.
- Mash the potatoes with the crème fraîche, the mustard and a splash of cooking liquid as preferred. Season to taste with salt and pepper.
- Stir a knob of butter into the jus and then remove from the heat.

6



Serve

- Roughly chop the hazelnuts. Slice the steak against the grain.
- Serve the mashed potatoes on plates, topped with the steak and the roasted vegetables.
- Drizzle the steak with the strawberry jus.
- Garnish the vegetables with the herb dressing and the hazelnuts.

Mozzarella Meatloaf with Creamy Orecchiette

with stewed peppers, roasted broccoli & pesto

Total time: 55 - 65 min. Premium




Garlic


Red onion


Fresh basil


Panko breadcrumbs


Mozzarella


Bell pepper


Broccoli


Beef-pork mince with Italian herbs


Romano pepper


Cooking cream


Orecchiette


Grated Italian-style cheese


Green pesto


Hello Buon Appetito

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	⅓	⅔	1	1⅓	1⅔	2
Fresh basil* (g)	5	10	15	20	25	30
Panko breadcrumbs (g)	25	50	75	100	125	150
Mozzarella* (ball(s))	½	1	1½	2	2½	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Broccoli* (g)	100	200	300	360	500	560
Beef-pork mince with Italian herbs* (g)	150	300	450	600	750	900
Romano pepper* (unit(s))	½	1	1	2	2	3
Cooking cream (g)	75	150	225	300	375	450
Orecchiette (g)	90	180	270	360	450	540
Grated Italian-style cheese* (g)	20	40	60	80	100	120
Green pesto* (g)	20	40	60	80	100	120
Hello Buon Appetito (sachet(s))	½	1	1½	2	2½	3
Not included						
[Plant-based] milk (ml)	30	60	90	120	150	180
Olive oil (tbsp)	1½	3	4½	6	7½	9
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	6180 /1477	803 /192
Total fat (g)	86	11
of which saturated(g)	33,2	4,3
Carbonhydrates (g)	101	13
of which sugars (g)	18,9	2,5
Fiber (g)	11	1
Protein (g)	68	9
Salt (g)	3,3	0,4

Allergens

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

1



Prepare

- Preheat the oven to 210°C.
- Mince the onion and crush or mince the garlic.
- Cut the basil into ribbons.
- In a bowl, combine the mince with the milk, the panko, the Hello Buon Appetito, the onion, a pinch of salt and half each of the garlic and the basil.

2



Make the meatloaf

- Roll out the mince mixture and place the mozzarella in the centre, then fold the meat around the mozzarella so as to seal it.
- Shape into a flattened sphere and make sure there are no gaps.
- Transfer to an oven dish and drizzle with olive oil. Cover with aluminum foil and bake for 25 minutes.
- Remove the foil and bake for 10 more minutes.

3



Stew the peppers

- Meanwhile, cut all of the peppers into strips.
- Boil plenty of salted water in a pot or saucepan and cook the pasta for 10 - 12 minutes, then drain and set aside.
- Heat a drizzle of olive oil in a frying pan over medium-low heat.
- Stew the bell pepper with the white balsamic vinegar for 10 - 12 minutes until soft, covered.

4



Roast the broccoli

- Meanwhile, cut the head of the broccoli into florets and dice the stem.
- Transfer the broccoli and the rest of the garlic to a parchment-lined baking sheet.
- Drizzle with olive oil, then season with salt and pepper.
- Toss well to coat and roast for 10 - 12 minutes.

5



Finish the pasta

- Meanwhile, stir the pesto, the cream and half of the grated cheese into the pasta.
- Allow to simmer gently for 4 - 5 minutes over medium-low heat.

6



Serve

- Serve the meatloaf on a platter and garnish with the rest of the grated cheese.
- Serve the pasta, the broccoli and the stewed peppers on separate serving dishes.
- Garnish the peppers with the rest of the basil.

Italian-Inspired Cheeseburger

with pesto, Parmigiano Reggiano & fries

Total time: 25 - 35 min. Quick Premium




Veal burger


White ciabatta


Italian seasoning


Mozzarella


French fries


Parmigiano Reggiano DOP


Courgette


Roma tomato


Red onion


Pesto rosso

Before you start

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

Ingredients for 1 - 6 servings

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

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	6586 /1574	781 /187
Total fat (g)	99	12
of which saturated(g)	30,3	3,6
Carbonhydrates (g)	114	14
of which sugars (g)	14,3	1,7
Fiber (g)	12	1
Protein (g)	53	6
Salt (g)	3,1	0,4

Allergens

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

1



Prepare

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

2



Fry the burger

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

3



Make the dressing

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

4



Prepare the courgette

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

5



Assemble

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

6



Serve

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

Filet Mignon with Fragrant Thai-Style Green Curry

with eggplant, chili pepper & scallions

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



- White long grain rice
- Scallions
- Coconut milk
- Garlic
- Fresh ginger
- Fish sauce
- Red chili pepper
- Eggplant
- Romano pepper
- Green curry spices
- Filet mignon

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
White long grain rice (g)	75	150	225	300	375	450
Scallions* (g)	62½	125	187½	250	312½	375
Coconut milk (ml)	90	180	270	360	450	540
Garlic (unit(s))	1	1	2	2	3	3
Fresh ginger* (tsp)	1¼	2½	3¾	5	6¼	7½
Fish sauce (ml)	5	10	15	20	25	30
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Eggplant* (unit(s))	½	1	1	2	2	3
Romano pepper* (unit(s))	½	1	2	2	3	3
Green curry spices (sachet(s))	½	1	1½	2	2½	3
Filet mignon* (unit(s))	1	2	3	4	5	6
Not included						
Low sodium vegetable stock (ml)	50	100	150	200	250	300
Sunflower oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Cornstarch [or flour] (tsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3155 /754	527 /126
Total fat (g)	31	5
of which saturated(g)	19,5	3,3
Carbonhydrates (g)	78	13
of which sugars (g)	10,8	1,8
Fiber (g)	6	1
Protein (g)	37	6
Salt (g)	2,4	0,4

Allergens

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

1



Prepare

- Take the steak out of the fridge and allow it to reach room temperature.
- Prepare the stock.
- Boil plenty of water in a pot or saucepan for the rice.
- Cook the rice for 10 - 12 minutes, covered, then drain and set aside.

2



Chop the vegetables

- Crush or mince the garlic and finely grate the ginger.
- Finely chop the scallions and set aside the greens to use later as garnish.
- Slice the eggplant into crescents of no more than 0.5cm thickness.
- Slice the Romano pepper into thin rings.

3



Make the curry

- Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat.
- Fry the garlic with the ginger and the white part of the scallions for 1 - 2 minutes.
- Add the curry spices, the Romano pepper, the eggplant, the coconut milk, the stock and the cornstarch.
- Cover with the lid and cook for 6 - 8 minutes over low heat.

4



Add the aromatics

- Deseed the red chili pepper* and slice into thin rings.
- Add the white wine vinegar and the fish sauce* to the curry, then cook for 1 more minute.
- Taste the curry and add some chili pepper as preferred.
- Season to taste with salt and/or pepper.

**Take care, these ingredients are spicy and salty! Use as preferred.*

5



Fry the steak

- Pat the steak dry with kitchen paper and season with salt.
- 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 pepper, then allow to rest under aluminum foil.
- Shortly before serving, slice the steak against the grain.

6



Serve

- Serve the rice on plates with the curry alongside.
- Top the curry with the steak.
- Garnish the rice with any remaining chili pepper as preferred.
- Garnish the steak with the reserved scallion greens.

Chicken Enchiladas with Cheesy Nachos

with guacamole, sour cream & tomato salsa

Total time: 25 - 35 min. Family Quick Premium




Corn


Red onion


Chicken mince with Mexican seasoning


Passata


Wholewheat tortilla


Tomato


Organic sour cream


Guacamole


Grated cheddar


Tortilla chips


Copacabana-style spice mix

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Corn (g)	70	140	210	285	350	425
Red onion (unit(s))	½	1	1	2	2	3
Chicken mince with Mexican seasoning* (g)	100	200	300	400	500	600
Passata (g)	100	200	300	400	500	600
Wholewheat tortilla (unit(s))	2	4	6	8	10	12
Tomato (unit(s))	½	1	2	2	3	3
Organic sour cream* (g)	25	50	75	100	125	150
Guacamole* (g)	40	80	120	160	200	240
Grated cheddar* (g)	25	50	75	100	125	150
Tortilla chips (g)	40	75	115	150	190	225
Copacabana-style spice mix (sachet(s))	½	1	1½	2	2½	3
Not included						
White balsamic vinegar (tsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3874 /926	662 /158
Total fat (g)	45	8
of which saturated(g)	17,6	3
Carbonhydrates (g)	80	14
of which sugars (g)	17,1	2,9
Fiber (g)	17	3
Protein (g)	40	7
Salt (g)	3,7	0,6

Allergens

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

1



Prepare

- Preheat the oven to 200°C. Drain the corn and chop the onion.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the corn with half of the onion for 1 minute.
- Stir in the mince and the Copacabana-style spice mix* and fry for 4 - 5 more minutes, separating the mince as you do so.
- Stir in the passata and fry for 2 - 4 more minutes.

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

3



Make the tomato salsa

- In the meantime, dice the tomato and transfer to a bowl.
- Add the white balsamic vinegar and the rest of the onion.
- Mix well to combine, then season to taste with salt and pepper.

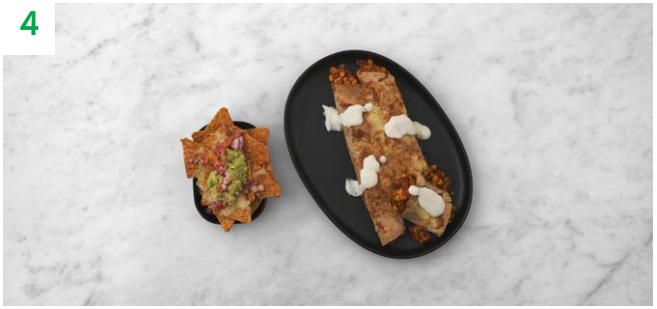
2



Make the enchiladas

- Top the tortillas with the sauce, then roll them up and transfer to an oven dish.
- Scatter over half of the cheese and bake in the oven for 5 - 10 minutes.
- Transfer the tortilla chips to another oven dish and scatter over the rest of the cheese.
- Bake in the oven for 5 - 7 minutes or until the cheese has melted.

4



Serve

- Serve the enchiladas with the sour cream.
- Top the nachos with the tomato salsa and the guacamole.

Basa with Coconut Noodles, Peanuts & Chili Oil

in fragrant yellow curry sauce with pak choi & coriander

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



- Broccolini
- Basa fillet
- Fresh udon noodles
- Pak choi
- Coconut milk
- Fresh coriander
- Ginger paste
- Garlic
- Lime
- Onion
- Yellow curry paste
- Yellow curry spices
- Smoked paprika
- Chili oil
- Salted peanuts

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Broccolini* (g)	100	200	300	400	500	600
Basa fillet* (unit(s))	1	2	3	4	5	6
Fresh udon noodles (g)	220	440	660	880	1100	1320
Pak choi* (unit(s))	½	1	1½	2	2½	3
Coconut milk (ml)	60	120	180	240	300	360
Fresh coriander* (g)	5	10	15	20	25	30
Ginger paste* (g)	5	10	15	20	25	30
Garlic (unit(s))	½	1	1½	2	2½	3
Lime* (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	1	2	3	4	5	6
Yellow curry paste* (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Smoked paprika (sachet(s))	½	1	1½	2	2½	3
Chili oil (ml)	4	8	12	16	20	24
Salted peanuts (g)	10	20	30	40	50	60
Not included						
Salt and pepper	to taste					
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	150	300	450	600	750	900

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3335 /797	372 /89
Total fat (g)	35	4
of which saturated(g)	12,8	1,4
Carbonhydrates (g)	77	9
of which sugars (g)	9,6	1,1
Fiber (g)	15	2
Protein (g)	44	5
Salt (g)	2,9	0,3

Allergens

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

1



Prepare

- Prepare the stock. Boil plenty of salted water in a pot or saucepan.
- Halve the broccolini lengthways and boil for 3 – 5 minutes, then drain and set aside.
- Discard the base of the pak choi and finely chop both the leaves and the stems, being sure to keep them separate.
- Zest and quarter the lime. Chop the onion and crush or mince the garlic.

2



Fry the veggies

- Heat a light drizzle of sunflower oil in a deep frying pan over medium-high heat. Fry the onion, the garlic and the white part of the pak choi for 2 - 3 minutes.
- Add the ginger paste, the curry paste and the curry spices and fry for 1 minute.
- Add the coconut milk and the stock, then bring to the boil. Simmer for 4 - 5 minutes over a low heat.

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

3



Fry the fish

- Heat a light drizzle of sunflower oil in a frying pan over medium-high heat and fry the fish for 3 minutes per side.
- Scatter over the smoked paprika, then season to taste with salt and pepper.
- Transfer the noodles and the green part of the pak choi to the curry. Simmer for 1 - 2 minutes.
- Add the lime zest and the juice of a quarter lime per person.

4



Serve

- In the meantime, roughly chop the coriander.
- Serve the noodles on plates, topped with the broccolini and the fish.
- Garnish with the coriander and the peanuts.
- Drizzle with the chili oil* and serve the rest of the lime wedges alongside.

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

Shrimp Laksa-Style Noodle Soup with Thai Basil

in fragrant coconut broth with fresh lemongrass & courgette

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



- Shrimp
- Fresh udon noodles
- Garlic-ginger-chili mix
- Scallions
- Carrot
- Courgette
- Beansprouts
- Lime
- Thai basil
- Fresh lemongrass
- Green curry spices
- Coconut milk
- Ground coriander

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Shrimp* (g)	120	240	360	480	600	720
Fresh udon noodles (g)	110	220	330	440	550	660
Garlic-ginger-chili mix* (g)	10	20	30	40	50	60
Scallions* (g)	62½	125	187½	250	312½	375
Carrot* (unit(s))	½	1	1½	2	2½	3
Courgette* (unit(s))	½	1	1½	2	2½	3
Beansprouts* (g)	25	50	75	100	125	150
Lime* (unit(s))	½	1	1½	2	2½	3
Thai basil* (g)	2½	5	7½	10	12½	15
Fresh lemongrass* (unit(s))	½	1	1½	2	2½	3
Green curry spices (sachet(s))	½	1	1½	2	2½	3
Coconut milk (ml)	125	250	375	500	625	750
Ground coriander (tsp)	1½	3	4½	6	7½	9
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	150	300	450	600	750	900
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2552 /610	312 /75
Total fat (g)	32	4
of which saturated(g)	20,3	2,5
Carbonhydrates (g)	48	6
of which sugars (g)	12,8	1,6
Fiber (g)	9	1
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.

1



Prepare

- Prepare the stock.
- Finely chop the scallions and separate the white part from the greens.
- Use a peeler or cheese slicer to shave the carrot into thin ribbons.
- Slice the courgette into crescents of 0.5cm thickness. Bruise or pierce the lemongrass in three places.

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

2



Fry the aromatics

- Heat a drizzle of sunflower oil in a soup pot over medium-high heat.
- Fry the garlic-ginger-chili mix* with the white part of the scallions, the courgette, the lemongrass, the green curry spices and the ground coriander for 1 minute.
- Pour in the coconut milk and the stock, then bring to a boil.

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

3



Add the shrimp

- Add the shrimp, then cover with the lid and cook for 4 - 5 minutes.
- Season to taste with salt and pepper.
- Add the noodles, the beansprouts and the carrot, then continue cooking for 1 - 2 more minutes.
- Lower the heat and remove the lemongrass, then taste and season with salt and pepper as needed.

4



Serve

- Quarter the lime and finely chop the Thai basil.
- Serve the soup in bowls or deep plates and squeeze a lime wedge directly over each portion.
- Garnish with the Thai basil and the scallion greens. Serve with the rest of the lime wedges.

Creamy Chicken Stew with Bell Pepper Sauce & Parsley

over rice with BBQ rub & Italian herbs

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




Quick-cook brown rice


Chicken thigh strips with kebab spices


Bell pepper


Onion


BBQ spice rub


Passata


Cooking cream


Fresh flat leaf parsley


Roasted bell pepper sauce


Green Romano pepper


Italian seasoning

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Quick-cook brown rice (g)	75	150	225	300	375	450
Chicken thigh strips with kebab spices* (g)	120	240	360	480	600	720
Bell pepper* (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
BBQ spice rub (sachet(s))	½	1	1½	2	2½	3
Passata (g)	100	200	300	390	500	590
Cooking cream (g)	50	100	150	200	250	300
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Roasted bell pepper sauce* (g)	20	40	60	80	100	120
Green Romano pepper* (unit(s))	½	1	2	2	3	3
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3167 /757	550 /131
Total fat (g)	31	5
of which saturated(g)	10,2	1,8
Carbonhydrates (g)	82	14
of which sugars (g)	19	3,3
Fiber (g)	10	2
Protein (g)	33	6
Salt (g)	1,3	0,2

Allergens

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

1



Prepare

- Boil plenty of water in a pot or saucepan and cook the rice for 10 - 11 minutes, then drain and set aside.
- Slice the onion into half-rings and cut all of the peppers into strips.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the chicken, the peppers and the onion for 7 - 8 minutes.

Did you know... *the rice in this recipe contains folate, a vitamin that supports the immune system.*

2



Make the sauce

- Add the BBQ rub* and the Italian seasoning, then mix well to combine.
- Stir in the passata and the cream, then allow to simmer for 3 - 4 minutes.

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

3



Finish

- Roughly chop the parsley in the meantime.
- Stir the honey into the stew, then taste and season with salt and pepper as needed.

4



Serve

- Serve the rice on deep plates with the stew alongside.
- Drizzle with the roasted bell pepper sauce.
- Garnish with the parsley to finish.

Cauliflower Steak in Creamy Blue Cheese Sauce

with mushrooms, capers, baby potatoes & endive salad

Total time: 35 - 45 min. Premium Vegetarian




Baby potatoes


Fresh rosemary


Garlic


Cauliflower


Chestnut mushrooms


Capers


Endive


Apple


Arugula & lamb's lettuce


Raisins


Fresh chives


Heavy cream


Blue cheese cubes


Chopped walnuts

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Baby potatoes (g)	250	500	750	1000	1250	1500
Fresh rosemary* (sprig)	½	1	1½	2	2½	3
Garlic (unit(s))	1	2	3	4	5	6
Cauliflower* (g)	375	750	1125	1500	1875	2250
Chestnut mushrooms* (g)	125	250	400	400	650	650
Capers (g)	15	30	45	60	75	90
Endive* (unit(s))	¼	½	¾	1	1¼	1½
Apple* (unit(s))	¼	½	¾	1	1¼	1½
Arugula & lamb's lettuce* (g)	20	40	60	90	100	130
Raisins (g)	10	20	30	40	50	60
Fresh chives* (g)	5	10	15	20	25	30
Heavy cream* (ml)	100	200	300	400	500	600
Blue cheese cubes* (g)	50	100	150	200	250	300
Chopped walnuts (g)	10	20	30	40	50	60
Not included						
Olive oil (tbsp)	1½	3	4½	6	7½	9
Extra virgin olive oil	to taste					
Honey [or plant-based alternative]	to taste					
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4962 /1186	466 /111
Total fat (g)	81	8
of which saturated(g)	40,4	3,8
Carbonhydrates (g)	73	7
of which sugars (g)	26,9	2,5
Fiber (g)	23	2
Protein (g)	32	3
Salt (g)	2,3	0,2

Allergens

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

1



Prepare

- Preheat the oven to 200°C.
- Wash the baby potatoes and cut them in half, or any larger ones into quarters. Transfer to a parchment-lined baking sheet and drizzle with olive oil.
- Finely chop the rosemary and scatter half of it over the potatoes.
- Season with salt and pepper, then toss well to coat and roast for 25 - 30 minutes.

2



Fry the cauliflower steak

- Slice one cauliflower 'steak' per person from the centre of the cauliflower.
- Heat a drizzle of olive oil in a large frying pan over high heat.
- Sear the cauliflower steak for 1 - 2 minutes per side until golden-brown.
- Transfer to a parchment-lined baking sheet and roast in the oven for 20 - 25 minutes, or until done.

3



Fry the vegetables

- Finely chop the rest of the cauliflower.
- Slice the mushrooms.
- Heat a drizzle of olive oil in the same pan over medium-heat and fry the mushrooms for 2 - 3 minutes.
- Add the capers and the cauliflower, then fry for 12 - 15 minutes over medium heat, or until golden-brown.

4



Make the sauce

- Crush or mince the garlic.
- In a saucepan, combine the cream with the blue cheese, the garlic and the rest of the rosemary.
- Cook the sauce for 6 - 8 minutes over low heat. Season to taste with salt and pepper.
- Add the walnuts to the potatoes during the final 5 minutes of cooking time.

5



Make the salad

- Finely chop the endive. Core and dice the apple.
- Roughly chop the raisins.
- In a salad bowl, combine the endive with the apple, the raisins and the mixed leaves, along with some honey and extra virgin olive oil as preferred. Season to taste with salt and pepper.
- Finely chop the chives or use scissors if preferred.

6



Serve

- Serve the cauliflower steak on plates and top with the cheese sauce.
- Top with the fried vegetables and garnish with the chives.
- Serve the potatoes and salad alongside.
- Garnish the salad with the walnuts.

Black Garlic Hoisin Duck with Edamame & Broccolini

over rice with honey-ginger mayonnaise & sesame seeds

Total time: 25 - 35 min. Quick Premium

The edamame beans have a short use-by date. For best results, be sure to cook this recipe within two days of receiving your box. Enjoy!



- Duck breast
- Jasmine rice
- Broccolini
- Yellow carrot
- Edamame
- Hello Umami
- Reduced salt soy sauce
- Hoisin sauce
- Black garlic marinade
- Sesame seeds
- Honey-ginger dressing

CHEF'S FINEST

Chef's Finest is a selection of exclusive recipes just for HelloFresh Premium customers. This week, enjoy delicious duck breast. Exceptionally tender and full of rich, complex flavour, it's sure to be the star of the dinner table.
Scan the QR code to let us know what you thought of the ingredient!

NUTRI-SCORE A B C D E

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Duck breast* (g)	120	240	360	480	600	720
Jasmine rice (g)	75	150	225	300	375	450
Broccolini* (g)	100	200	300	400	500	600
Yellow carrot* (unit(s))	½	1	1½	2	2½	3
Edamame* (g)	25	50	75	100	125	150
Hello Umami (sachet(s))	½	1	1½	2	2½	3
Reduced salt soy sauce (ml)	10	20	30	40	50	60
Hoisin sauce (g)	25	50	75	100	125	150
Black garlic marinade* (g)	15	30	45	60	75	90
Sesame seeds (g)	5	10	15	20	25	30
Honey-ginger dressing (g)	12½	25	37½	50	62½	75
Not included						
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Water for the rice (ml)	175	350	525	700	875	1050
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3565 /852	543 /130
Total fat (g)	40	6
of which saturated(g)	11,6	1,8
Carbonhydrates (g)	86	13
of which sugars (g)	15,8	2,4
Fiber (g)	8	1
Protein (g)	40	6
Salt (g)	3,2	0,5

Allergens

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

1



Prepare

- Boil the water in a pot or saucepan (see pantry for amount).
- Cook the rice for 10 - 12 minutes, covered, then turn off the heat and allow to stand for 5 minutes, still covered.
- Use a sharp knife to score the surface of the duck in a crisscross pattern, being sure not to cut too deep.
- Season generously with salt and pepper.

2



Fry the duck

- Place the duck skin-side down in a clean frying pan and set the heat to medium.
- Fry for 7 - 9 minutes and allow the fat to render, until the skin is crisp and deeply golden-brown.
- Flip the duck and fry for 2 - 4 more minutes, so as to cook it medium-rare.

3



Make the sauce

- In a bowl, combine the hoisin sauce with the soy sauce and the black garlic marinade.
- Deglaze the duck with this sauce, then bring to a boil.
- Flip the duck so as to coat its skin with the sauce, then turn off the heat.
- Remove the duck from the pan and allow to rest under aluminum foil for at least 3 minutes.

4



Fry the vegetables

- Slice the carrot into thin rounds.
- Halve the broccolini lengthwise, or cut any thicker stems into quarters.
- Heat a drizzle of sunflower oil in a frying pan over high heat.
- Fry the broccolini and the carrot for 4 - 6 minutes, or until evenly browned.

5



Finish

- Deglaze the vegetables with a splash of water, then cover with the lid.
- Allow to cook for 4 - 5 minutes over medium-low heat. Season to taste with salt and pepper.
- Scatter over the Hello Umami, then mix well to combine.
- In a bowl, combine the mayonnaise with the honey-ginger dressing.

6



Serve

- Slice the duck.
- Serve the rice in bowls, topped with the vegetables, the edamame and the duck.
- Drizzle the duck with any residual hoisin sauce from the pan.
- Drizzle everything with the honey-ginger mayonnaise and garnish with the sesame seeds to finish.

Ribeye with Red Wine Veal Jus & Potato Gratin

with mustard caviar, rainbow carrots & shaved almonds

Total time: 35 - 45 min. Premium



- Ribeye steak
- Potatoes
- Cooking cream
- Garlic & herb seasoning
- Carrot
- Yellow carrot
- Purple carrot
- Garlic
- Nutmeg
- Grated aged Gouda
- Yellow mustard seeds
- Shaved almonds
- Fresh rosemary
- Veal jus
- Red wine jus

CHEF'S FINEST

Chef's Finest is a selection of exclusive recipes just for HelloFresh Premium customers. This week, enjoy delicious filet ribeye steak from Meatier: a deluxe cut of steak from cows reared in the very best conditions.
Scan the QR code to let us know what you thought of the ingredient!

NUTRI-SCORE A B C D E

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Ribeye steak* (unit(s))	1	1	1	1	2	2
Potatoes (g)	250	500	750	1000	1250	1500
Cooking cream (g)	75	150	225	300	375	450
Garlic & herb seasoning (sachet(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	1	2	3	4	5	6
Yellow carrot* (unit(s))	½	1	1½	2	2½	3
Purple carrot* (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	2	3	4	5	6
Nutmeg (pinch)	2½	5	7½	10	12½	15
Grated aged Gouda* (g)	25	50	75	100	125	150
Yellow mustard seeds (sachet(s))	½	1	1½	2	2½	3
Shaved almonds (g)	5	10	15	20	25	30
Fresh rosemary* (sprig)	1	1	2	2	3	3
Veal jus* (g)	30	60	90	120	150	180
Red wine jus (g)	30	60	90	120	150	180
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	1½	3	4½	6	7½	9

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3920 /937	429 /102
Total fat (g)	47	5
of which saturated(g)	20,8	2,3
Carbonhydrates (g)	82	9
of which sugars (g)	20,9	2,3
Fiber (g)	17	2
Protein (g)	48	5
Salt (g)	2	0,2

Allergens

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

1



Prepare

- Preheat the oven to 200°C. Take the steak out of the fridge and allow it to reach room temperature.
- Boil plenty of salted water in a pot or saucepan for the potatoes.
- Wash the potatoes and slice into rounds of no more than 1cm thickness.
- Boil the potato rounds for 6 - 8 minutes, covered, then drain and return to the pot.

2



Make the potato gratin

- Grate the nutmeg directly into the potatoes, then add the cream, the garlic & herb seasoning and half of the cheese.
- Season generously with salt and pepper, then mix carefully to combine.
- Transfer to an oven dish and top with the rest of the cheese.
- Bake in the oven for 25 - 30 minutes until the potatoes are done and the top is golden-brown.

3



Roast the carrots

- Meanwhile, quarter the carrots lengthways.
- Transfer to a parchment-lined baking sheet and drizzle with olive oil.
- Season with salt and pepper, then drizzle with some honey as preferred and toss well to coat. Roast in the oven for 18 - 23 minutes.
- In a small bowl, combine the mustard seeds with the white wine vinegar. Set aside until serving.

4



Fry the steak

- Peel the garlic clove.
- Heat a large clean frying pan over high heat and toast the almonds until golden-brown. Remove from the pan and set aside.
- Heat a drizzle of olive oil in the same pan over medium-high heat.
- When the oil is nice and hot, fry the steak with the garlic clove, a knob of butter and and the rosemary sprig for 3 minutes per side.

5



Make the jus

- Remove the steak from the pan and season with pepper, then allow to rest for at least 3 minutes under aluminum foil.
- Remove the rosemary from the pan and set aside to use later as garnish.
- To the garlic, add both types of jus and bring to a boil.
- Turn the heat to low and simmer for 1 minute until thick and glossy. Remove the garlic before serving.

6



Serve

- Serve the carrots on plates and drizzle with some more honey as preferred.
- Top with the rosemary sprig, then garnish with the almonds and the mustard caviar.
- Serve the steak, the jus and the potato gratin alongside.

Teriyaki Salmon with Sesame Udon

with peanuts, pak choi & broccoli

Total time: 20 - 30 min. Quick Premium




Broccoli


Garlic


Pak choi


Salmon fillet


Fresh udon noodles


Ginger stir-fry sauce


Teriyaki sauce


Sesame seeds


Sesame oil


Salted peanuts

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Broccoli* (g)	200	360	500	750	860	1110
Garlic (unit(s))	½	1	1½	2	2½	3
Pak choi* (unit(s))	½	1	1½	2	2½	3
Salmon fillet* (unit(s))	1	2	3	4	5	6
Fresh udon noodles (g)	110	220	330	440	550	660
Ginger stir-fry sauce (g)	17½	35	52½	70	87½	105
Teriyaki sauce (g)	25	50	75	100	125	150
Sesame seeds (g)	5	10	15	20	25	30
Sesame oil (ml)	10	20	30	40	50	60
Salted peanuts (g)	10	20	30	40	50	60
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Sambal (tsp)	½	1	1½	2	2½	3
[Reduced salt] soy sauce	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3448 /824	592 /142
Total fat (g)	52	9
of which saturated(g)	7,6	1,3
Carbonhydrates (g)	47	8
of which sugars (g)	12,5	2,1
Fiber (g)	11	2
Protein (g)	41	7
Salt (g)	2,6	0,4

Allergens

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

1



Prepare

- Cut the head of the broccoli into florets and dice the stem.
- Crush or mince the garlic.
- Heat a drizzle of olive oil in a large deep frying pan over medium-high heat.
- Stir-fry the broccoli with the garlic for 2 minutes.

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

2



Add the noodles

- Meanwhile, discard the base of the pak choi, then cut into strips.
- Add the pak choi and a splash of water to the pan, then cook for 3 - 5 minutes over low heat, covered.
- Add the udon noodles and stir-fry for 1 - 2 minutes.
- Add the ginger stir-fry sauce and a third of the teriyaki sauce. Mix well to combine.

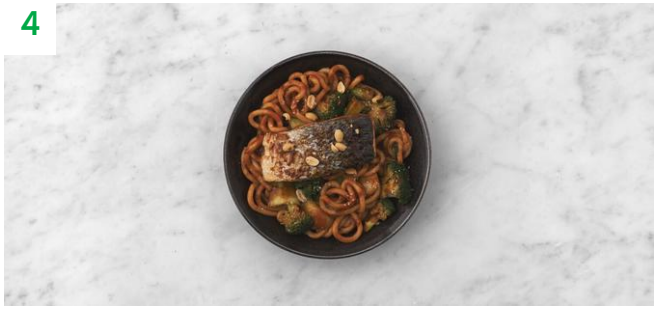
3



Fry the fish

- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the fish on its skin for 2 - 3 minutes, then flip and fry for 1 more minute.
- Top the fish with the rest of the teriyaki sauce and fry for 1 more minute.
- Scatter over half of the sesame seeds.

4



Serve

- To the noodles, add the sesame oil, the sambal, (add more if you'd prefer it to be spicier), the rest of the sesame seeds and some soy sauce as preferred.
- Serve the noodles on deep plates and top with the fish.
- Drizzle with any residual cooking juices and garnish with the peanuts to finish.

Pork Tenderloin in Creamy Mustard Sauce

with green beans, parsley, yellow carrot & potatoes

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




Potatoes


Yellow carrot


Green beans


Red onion


Pork tenderloin


Fresh curly parsley


Worcestershire sauce


Cooking cream

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	100	200	300	400	500	600
Yellow carrot* (unit(s))	½	1	1½	2	2½	3
Green beans* (g)	150	300	450	600	750	900
Red onion (unit(s))	½	1	1½	2	2½	3
Pork tenderloin* (unit(s))	1	2	3	4	5	6
Fresh curly parsley* (g)	5	10	15	20	25	30
Worcestershire sauce (g)	5	10	15	20	25	30
Cooking cream (g)	75	150	225	300	375	450
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Mustard (tbsp)	¼	½	¾	1	1¼	1½
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2715 /649	438 /105
Total fat (g)	39	6
of which saturated(g)	18,7	3
Carbonhydrates (g)	38	6
of which sugars (g)	9	1,5
Fiber (g)	12	2
Protein (g)	35	6
Salt (g)	1,1	0,2

Allergens

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

1



Prepare

- Boil plenty of water in a pot or saucepan for the green beans.
- Slice the carrot and potatoes into 0.5cm thick rounds.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the potatoes for 5 minutes, covered. Add the carrot and fry for another 5 minutes, still covered.
- Remove the lid and fry for 10 - 15 minutes, tossing regularly.

2



Fry the pork

- Discard the tips of the green beans. Finely chop the onion.
- Boil the green beans for 4 - 6 minutes until al dente, then drain and set aside, covered.
- Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the pork tenderloin for 10 - 13 minutes, or until cooked as preferred. Remove from the pan and allow to rest under aluminium foil.
- Keep the cooking juices in the pan.

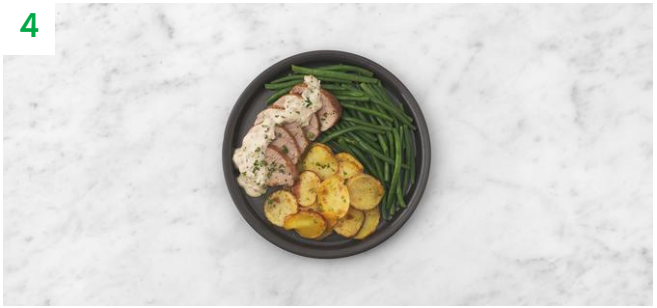
3



Make the sauce

- Fry the onion in the same pan for 3 minutes.
- Meanwhile, finely chop the parsley.
- Add the Worcestershire sauce, the cream, the butter and the mustard, along with half of the parsley.
- Mix well, then allow to thicken and reduce for 2 - 3 minutes. Season to taste with salt and pepper.

4



Serve

- Slice the pork tenderloin.
- Serve the pork with the the potatoes, carrot and green beans alongside.
- Pour the creamy mustard sauce over the pork and green beans.
- Garnish with the rest of the parsley.

Keto-Friendly Cod with Smoky Moqueca-Style Soup

with pak choi, coconut milk and coriander

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




Garlic


Onion


Red chili pepper


Bell pepper


Pak choi


Tomato


Smoked paprika


Coconut milk


Lime


Fresh coriander


Cod fillet

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Bell pepper* (unit(s))	½	1	2	2	3	3
Pak choi* (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	1	2	2	4	4	6
Smoked paprika (sachet(s))	⅙	⅓	½	⅔	⅚	1
Coconut milk (ml)	90	180	250	360	430	540
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Fresh coriander* (g)	5	10	15	20	25	30
Cod fillet* (unit(s))	1	2	3	4	5	6
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium fish or vegetable stock (ml)	100	200	300	400	500	600
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	2	4	6	8	10	12
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2736 /654	406 /97
Total fat (g)	54	8
of which saturated(g)	22,5	3,3
Carbonhydrates (g)	16	2
of which sugars (g)	11,9	1,8
Fiber (g)	7	1
Protein (g)	26	4
Salt (g)	0,6	0,1

Allergens

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

1



Prepare

- Prepare the stock.
- Chop the onion and crush or mince the garlic. Deseed and finely chop the red chili pepper*.
- Cut the bell pepper into thin strips and dice the tomato.
- Discard the base of the pak choi and finely chop both the leaves and the stems, making sure to keep them separate.

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

2



Fry the vegetables

- Heat a drizzle of olive oil in a soup pot over medium-high heat. Fry the onion with the chili pepper and the bell pepper for 4 - 6 minutes.
- Add the garlic, the tomato, the pak choi stems and the smoked paprika and fry for 3 - 4 more minutes.
- Meanwhile, finely chop the coriander.
- Zest the lime and then cut it into 8 wedges.

3



Make the coriander oil

- Add the stock and the coconut milk, then simmer for 3 minutes over low heat, covered.
- Stir in the pak choi leaves and the lime zest, then simmer for 1 more minute.
- In a small bowl, combine the coriander with the extra virgin olive oil and the juice of 1 lime wedge per person.
- Season to taste with salt and pepper.

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

4



Serve

- Meanwhile, pat the fish dry with kitchen paper.
- Melt a knob of butter in a frying pan over medium-high heat. Fry the fish for 1 - 2 minutes per side, seasoning with salt and pepper.
- Serve the soup on deep plates and top with the fish.
- Drizzle with the coriander oil and serve the rest of the lime wedges alongside.