



Surinamese-Style Bami with Chicken Thigh Strips

with quick-pickled cucumber & crispy onions

Family Quick

Total time: 25 - 30 min.



Onion



Garlic



Fresh ginger



Persian cucumber



Surinamese-style spices



Chicken thigh strips with kebab spices



Tomato paste



Reduced salt soy sauce



Fresh celery leaves



Crispy fried onions



Bell Pepper



Linguine



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

Today, you're going to give this homemade bami dish a Surinamese twist. Did you know that in Suriname, they often use spaghetti instead of noodles?



Tear me out!

Before you start

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

Equipment

Grater, pot or saucepan, salad bowl, wok

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Fresh ginger* (tsp)	1	2	3	4	5	6
Persian cucumber* (unit(s))	½	1	1½	2	2½	3
Surinamese-style spices (sachet(s))	½	½	1	1½	1½	2
Chicken thigh strips with kebab spices* (g)	100	200	300	400	500	600
Tomato paste (can)	¼	½	¾	1	1¼	1½
Reduced salt soy sauce (ml)	10	20	30	40	50	60
Fresh celery leaves* (g)	5	10	15	20	25	30
Crispy fried onions (g)	15	30	45	60	75	90
Bell Pepper* (unit(s))	½	1	2	2	3	3
Linguine (g)	90	180	270	360	450	540
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Low sodium beef stock cube (unit(s))	¾	¾	¾	½	¾	¾
[Reduced salt] ketjap manis (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	1	2	3	4	5	6
Sugar (tbsp)	½	1	1½	2	2½	3
Sambal (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3021 /722	614 /147
Total fat (g)	21	4
of which saturated(g)	6,7	1,4
Carbonhydrates (g)	94	19
of which sugars (g)	22,7	4,6
Fiber (g)	10	2
Protein (g)	36	7
Salt (g)	3	0,6

Allergens

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



Chop the vegetables

- Boil plenty of salted water in a pot or saucepan for the linguine.
- Chop the onion and crush or mince the garlic.
- Grate the ginger. Halve the cucumber lengthways and scoop out the seeds, then slice into crescents.
- Cut the bell pepper into strips.



Finish

- Stir in the chicken and the bell pepper, then fry for 7 minutes.
- Stir in the tomato paste, soy sauce and ketjap, then crumble in the stock cube (see pantry for amount). Stir-fry for 1 minute.
- Transfer the linguine to the wok and toss well to combine, adding a splash of pasta water as necessary if it seems too thick.



Prepare the cucumber

- In a salad bowl, combine the white wine vinegar with the sugar, then add the cucumber and toss well to combine.
- Boil the linguine for 9 - 11 minutes, then reserve some of the pasta water before draining and setting aside.
- Meanwhile, heat a drizzle of sunflower oil in a wok over medium-high heat. Fry the onion with the garlic, ginger and Surinamese-style spices for 2 - 3 minutes.



Serve

- Finely chop the celery leaves.
- Serve the bami on plates with some sambal as preferred. Garnish with the celery leaves and the crispy onions.
- Serve the quick-pickled cucumber alongside.

Enjoy!



Mediterranean Mozzarella Meatballs in Pesto Rosso Sauce

hidden courgette! | over couscous with parsley & Sicilian-style herbs

Family Quick

Total time: 25 - 30 min.



Courgette



Onion



Wholewheat couscous



Fresh flat leaf parsley



Sicilian-style herb mix



Pesto rosso



Panko breadcrumbs



Passata



Shredded mozzarella



Chicken mince with Mediterranean herbs



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

With our hidden veggies recipes, you can serve delicious meals that are fresh, easy to make and sneakily packed with the veggies that kids usually push to the side of the plate. Family dinner made stress-free!



Tear me out!



Before you start

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

Equipment

Bowl, lidded frying pan, grater, lidded pot or saucepan, sieve, tea towel

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Courgette* (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Wholewheat couscous (g)	75	150	225	300	375	450
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Pesto rosso* (g)	20	40	60	80	100	120
Panko breadcrumbs (g)	15	25	40	50	65	75
Passata (g)	100	200	300	390	500	590
Shredded mozzarella* (g)	25	50	75	100	125	150
Chicken mince with Mediterranean herbs* (g)	100	200	300	400	500	600
Not included						
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Water for the sauce (ml)	25	50	75	100	125	150
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3443 /823	498 /119
Total fat (g)	38	6
of which saturated(g)	9,8	1,4
Carbonhydrates (g)	70	10
of which sugars (g)	13,7	2
Fiber (g)	20	3
Protein (g)	41	6
Salt (g)	3	0,4

Allergens

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



Make the meatballs

- Grate the courgette. Place a clean tea towel in a sieve. Add half of the courgette and a pinch of salt, then allow to drain.
- Chop the parsley.
- In a bowl, combine the drained courgette with the panko, the mince and half each of the cheese and parsley. Season with salt and pepper.
- Shape into six meatballs per person.



Fry the meatballs

- Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the meatballs for 3 - 4 minutes.
- Add the onion and the rest of the courgette. Fry for 2 - 3 minutes.
- Add the passata and simmer for 4 minutes, covered.
- Stir the pesto rosso and the water for sauce, then season to taste with salt and pepper.



Prepare the couscous

- Meanwhile, prepare the stock in a pot or saucepan.
- Remove from the heat and add the couscous. Allow to stand for 8 minutes, covered.
- Stir in the Sicilian herbs and the extra virgin olive oil, then fluff through the couscous with a fork to separate the grains.
- Chop the onion in the meantime.



Serve

- Serve the couscous on plates and top with the meatballs in their sauce.
- Garnish with the rest of the parsley and cheese.

Enjoy!



DIY Shrimp Pasta Bowl with Tomato Sauce

pick 'n' mix toppings: mozzarella, basil, golden panko & more!

Family Quick

Total time: 25 - 30 min.



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Before you start

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

Equipment

Parchment-lined baking sheet, pot or saucepan, kitchen paper, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Penne (g)	90	180	270	360	450	540
Shrimp* (g)	80	160	240	320	400	480
Passata (g)	100	200	300	400	500	600
Garlic (unit(s))	1	2	3	4	5	6
Courgette* (unit(s))	½	1	1	2	2	3
Romano pepper* (unit(s))	½	1	2	2	3	3
Shredded mozzarella* (g)	25	50	75	100	125	150
Fresh basil* (g)	5	10	15	20	25	30
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Panko breadcrumbs (g)	15	25	40	50	65	75
Dried oregano (sachet(s))	½	1	1½	2	2½	3

Not included						
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Olive oil (tbsp)	1½	3	4½	6	7½	9
Balsamic vinegar (tsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3159 /755	621 /148
Total fat (g)	26	5
of which saturated(g)	7,4	1,5
Carbonhydrates (g)	90	18
of which sugars (g)	15,2	3
Fiber (g)	9	2
Protein (g)	35	7
Salt (g)	2,1	0,4

Allergens

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



Roast the vegetables

- Preheat the oven to 210°C.
- Slice the courgette into thin crescents and the Romano pepper into thin strips.
- Transfer both to a parchment-lined baking sheet, being sure to keep them separate. Drizzle with olive oil and scatter over half of the oregano, then season with salt and pepper.
- Roast in the oven for 15 - 20 minutes, or until done.



Make the sauce

- Crush or mince the garlic. Pat the shrimp dry with kitchen paper.
- Heat a drizzle of olive oil in the same pan over medium-high heat.
- Fry the shrimp with half of the garlic for 3 minutes, or until done. Season with salt and pepper and set aside.
- In the same pan, heat the passata, Sicilian-style herbs, balsamic vinegar and sugar with the rest of the garlic for 2 - 3 minutes over medium-high heat.



Fry the panko

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount). Boil the pasta for 10 - 12 minutes.
- Reserve some of the pasta water, then drain and set aside.
- Heat a drizzle of olive oil in a frying pan over high heat. Fry the panko with the rest of the oregano for 3 - 4 minutes or until golden, then transfer to a small bowl and set aside.



Serve

- Transfer the pasta to the sauce and toss well to combine, adding some pasta water as necessary if it seems too dry. Season to taste with salt and pepper.
- Chop the basil. Serve the pasta in bowls or deep plates.
- Serve all the elements separately at the table: the courgette, Romano pepper, shrimp, panko, mozzarella and basil. Allow everyone to build their own pasta bowl as preferred.

Enjoy!



Tomato Soup with Sicilian-Style Herbs

& for parents: burrata & basil on toasted ciabatta

Family Veggie Quick Calorie Smart

Total time: 25 - 30 min.



Onion



Garlic



Carrot



Tomato



Fresh basil



Burrata



Sicilian-style herb mix



Wholegrain ciabatta



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Before you start

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

Equipment

Parchment-lined baking sheet, lidded soup pot, immersion blender

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	2	3	4	5	6
Carrot* (unit(s))	1	1	2	2	3	3
Tomato (unit(s))	2	4	6	8	10	12
Fresh basil* (g)	2½	5	7½	10	12½	15
Burrata* (ball(s))	½	1	1½	2	2½	3
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Wholegrain ciabatta (unit(s))	1	2	3	4	5	6
Not included						
Low sodium vegetable stock (ml)	300	600	900	1200	1500	1800
Olive oil (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2385 /570	317 /76
Total fat (g)	32	4
of which saturated(g)	9,7	1,3
Carbonhydrates (g)	48	6
of which sugars (g)	15,6	2,1
Fiber (g)	18	2
Protein (g)	20	3
Salt (g)	2,4	0,3

Allergens

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



Prepare

- Preheat the oven to 200°C and prepare the stock.
- Chop the onion and crush or mince the garlic.
- Slice the carrot into thin crescents and cut the tomato into wedges.
- Finely chop the basil.

Did you know... 🥕 carrots are rich in vitamin A, which not only supports growth but is also good for your skin, hair, nails, eyes and immune system. You can also find vitamin A in kale, spinach, broccoli and eggs.



Blend the soup

- Meanwhile, cut open the bread roll and transfer to a parchment-lined baking sheet. Heat in the oven for 4 - 6 minutes.
- Take the soup off the heat and use an immersion blender to process until smooth.
- Add an extra splash of water as necessary if the soup is too thick.
- Season to taste with salt and pepper.



Make the soup

- Heat a generous drizzle of olive oil in a soup pot over medium-high heat.
- Fry the garlic and onion for 2 minutes, then stir in the carrot and tomato and fry for 2 more minutes.
- Add the Sicilian-style herbs and fry for 1 minute, then pour in the stock.
- Cover with the lid and boil for 12 - 14 minutes over medium-low heat.



Serve

- For parents: top the bread with the burrata and the basil. Drizzle with extra virgin olive oil and season to taste with salt and pepper.
- For kids: serve the bread plain, drizzled with extra virgin olive oil.
- Serve the soup in bowls with the bread alongside.

Enjoy!



Chicken Breast in Creamy Mushroom Sauce

with roast potatoes & salad

Family Calorie Smart

Total time: 40 - 50 min.



Potatoes



Red onion



Garlic



Mushrooms



Cooking cream



Carrot



Tomato



Lamb's lettuce



Chicken breast



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

Chicken breast is a lean, versatile cut with a mild flavour and tender texture. It easily absorbs seasonings and suits many different cuisines!



Tear me out!

Before you start

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

Equipment

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Red onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Mushrooms* (g)	65	125	250	250	375	375
Cooking cream (g)	75	150	225	300	375	450
Carrot* (unit(s))	½	1	1	2	2	3
Tomato (unit(s))	½	1	2	2	3	3
Lamb's lettuce* (g)	20	40	60	80	100	120
Chicken breast* (unit(s))	1	2	3	4	5	6
Not included						
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
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)	½	1	1½	2	2½	3
Mustard (tsp)	½	1	1½	2	2½	3
Red wine vinegar (tbsp)	1	2	3	4	5	6
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2824 /675	419 /100
Total fat (g)	39	6
of which saturated(g)	18,6	2,8
Carbonhydrates (g)	47	7
of which sugars (g)	9,8	1,5
Fiber (g)	12	2
Protein (g)	34	5
Salt (g)	0,7	0,1

Allergens

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



Roast the potatoes

- Preheat the oven to 210°C.
- Peel or wash the potatoes and cut into quarters, then transfer to a bowl. Drizzle with olive oil and season with salt and pepper, then toss well to coat.
- Transfer to a parchment-lined baking sheet and roast in the oven for 25 - 30 minutes or until done, tossing halfway.
- Meanwhile, chop the onion and crush or mince the garlic. Slice the mushrooms.



Prepare the vegetables

- Transfer the chicken back to the pan and cook for 8 - 12 minutes until the sauce has thickened to your liking.
- Meanwhile, grate the carrot and cut the tomato into wedges.

Did you know... 🥕 carrots are rich in vitamin A, which not only supports growth but is also good for your skin, hair, nails, eyes and immune system. You can also find vitamin A in kale, spinach, broccoli and eggs.



Fry the mushrooms

- Melt a knob of butter in a deep frying pan over medium-high heat. Season the chicken breast with salt and pepper, then fry for 2 - 3 minutes per side. Remove from the pan and set aside.
- Prepare the stock.
- Melt another knob of butter in the same pan and fry the garlic with half of the onion for 1 - 2 minutes.
- Stir in the mushrooms and fry for 4 - 6 minutes.



Make the salad

- In a salad bowl, combine the extra virgin olive oil with the mustard and the rest of the red wine vinegar and onion.
- Season to taste with salt and pepper, then add the lettuce, tomato and carrot.
- Toss well to combine with the vinaigrette.



Make the sauce

- Deglaze the mushrooms with the stock and half of the red wine vinegar, then add the cream and mix well to combine.
- Season to taste with salt and pepper.
- Allow the mushroom sauce to reduce for 5 minutes (see Tip).

Tip: taste and stir the sauce regularly. If it's too thin, allow to reduce for more time.



Serve

- Serve the potatoes and salad on plates.
- Serve the chicken and mushroom sauce alongside.

Enjoy!



Kohlrabi-Coconut Curry with Veggie Chicken

over bulgur with lime, chili pepper & spinach

Quick Plant-Based

Total time: 25 - 30 min.



There is a special ingredient in your box! Kohlrabi is like a cross between cabbage and white turnip, with a crisp, slightly sweet flavour. Both raw, roasted or grilled, this root vegetable is full of flavour!
Scan the QR code to let us know what you thought of the ingredient!



Kohlrabi



Carrot



Vegan chicken pieces



Curry powder



Onion



Garlic



Red chili pepper



Lime



Bulgur



Coconut milk



Spinach



Yellow curry 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.

Equipment

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Kohlrabi* (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	1½	2	2½	3
Vegan chicken pieces* (g)	80	160	240	320	400	480
Curry powder (sachet(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Red chili pepper* (unit(s))	½	1	1½	2	2½	3
Lime* (unit(s))	½	1	1½	2	2½	3
Bulgur (g)	75	150	225	300	375	450
Coconut milk (ml)	90	180	270	360	450	540
Spinach* (g)	100	200	300	400	500	600
Yellow curry spices (sachet(s))	¼	½	¾	1	1¼	1½
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Low sodium mushroom or vegetable stock cube (unit(s))	½	1	1½	2	2½	3
[Reduced salt] soy sauce (tsp)	1	2	3	4	5	6

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3335 /797	533 /127
Total fat (g)	40	6
of which saturated(g)	17,3	2,8
Carbonhydrates (g)	73	12
of which sugars (g)	13,9	2,2
Fiber (g)	27	4
Protein (g)	30	5
Salt (g)	2,6	0,4

Allergens

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



Prepare

- Slice the carrot in thin crescents and the onion into half rings.
- Peel the kohlrabi and cut into thin matchsticks. Set aside a quarter of the kohlrabi for later use.
- Transfer the bulgur to a pot or saucepan and cover with water, then crumble in the stock cube (see pantry for amount). Bring to a boil and cook the bulgur for 10 minutes, or until done. Drain and set aside.



Fry the veggie chicken

- Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the veggie chicken for 7 - 8 minutes, then transfer to the vegetables.
- Add the coconut milk and the soy sauce, then mix well to combine.
- Allow to simmer for 2 - 3 minutes.
- Meanwhile, quarter the lime.



Fry the vegetables

- Heat a drizzle of olive oil in a wok or deep frying pan over medium-high heat. Bloom the curry powder and the yellow curry spices for 1 min.
- Add the carrot and onion and fry for 2 - 3 minutes.
- Deseed and finely chop the chilli pepper* and crush or mince the garlic.
- Add both to the wok and fry for 1 minute, then add the kohlrabi and fry for 2 minutes.

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



Serve

- Gradually stir the spinach into the curry. Allow to wilt and reduce, then squeeze a quarter lime per person directly into the curry.
- Serve the bulgur in bowls, topped with the curry and the reserved kohlrabi.
- Serve the rest of the lime wedges alongside.

Enjoy!



Provençal-Style Meatloaf

over rice with roasted vegetables in tomato sauce

Total time: 45 - 55 min.



Onion



Garlic



Pork mince



Panko breadcrumbs



Chopped tomatoes



Fresh rosemary



White long grain rice



Sicilian-style herb mix



Sundried tomatoes



Carrot



Italian seasoning



Courgette



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

You might know meatloaf mostly as an American food, but this isn't really the case! It originates from what we now call Western Europe, namely around Germany and Scandinavia.



Tear me out!

Before you start

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

Equipment

Parchment-lined baking sheet, bowl, oven dish, 2x pot or saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	¼	½	1	1	1½	1½
Garlic (unit(s))	½	1	1½	2	2½	3
Pork mince* (g)	100	200	300	400	500	600
Panko breadcrumbs (g)	15	25	40	50	65	75
Chopped tomatoes (pack)	¼	½	¾	1	1¼	1½
Fresh rosemary* (sprig)	½	1	1½	2	2½	3
White long grain rice (g)	75	150	225	300	375	450
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Sundried tomatoes (g)	15	30	50	70	80	100
Carrot* (unit(s))	½	1	1	1	2	2
Italian seasoning (sachet(s))	⅓	⅔	1	1½	1½	2
Courgette* (unit(s))	½	1	2	2	3	3

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3176 /759	591 /141
Total fat (g)	30	6
of which saturated(g)	9,9	1,8
Carbonhydrates (g)	93	17
of which sugars (g)	15,4	2,9
Fiber (g)	7	1
Protein (g)	29	5
Salt (g)	2,3	0,4

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Chop the onion and crush or mince the garlic. Finely chop the sundried tomatoes.
- Transfer the mince to a bowl. Add the panko, the milk, the garlic, the sundried tomatoes, the Sicilian-style herbs and half of the onion.
- Season generously with salt and pepper, then knead well to combine.



Make the sauce

- Heat a light drizzle of olive oil in a pot or saucepan over medium-high heat. Fry the rest of the onion for 2 minutes, then deglaze with the balsamic vinegar.
- Add the chopped tomatoes, Italian seasoning and rosemary, then season to taste with salt and pepper.
- Mix well and lower the heat, then allow to simmer gently for 10 - 15 minutes.



Bake the meatloaf

- Shape into a meatloaf.
- Melt a small knob of butter in a frying pan over medium-high heat. Sear the meatloaf for 4 - 6 minutes until evenly browned.
- Transfer to an oven dish and bake for 20 - 30 minutes (see Tip).

Tip: cut open the meatloaf after 20 minutes and check how much further it needs to be cooked.



Finish the sauce

- When the roasted vegetables are done, transfer them to the tomato sauce.
- Mix well to combine.

Did you know... 🍅 chopped tomatoes contain almost as many vitamins and minerals as fresh ones. Altogether, this recipe contains more than 200g of vegetables!



Roast the vegetables

- Boil plenty of salted water in a pot or saucepan for the rice.
- Cut the carrot and courgette into crescents, then transfer both to a parchment-lined baking sheet.
- Drizzle lightly with olive oil and season with salt and pepper, then roast in the oven for 15 - 20 minutes.
- Meanwhile, boil the rice for 10 - 12 minutes, then drain and set aside.



Serve

- Slice the meatloaf and serve on plates.
- Drizzle with the cooking juices from the oven dish.
- Serve with the rice and vegetables alongside.

Enjoy!



Spicy Dahl with Fried Eggplant & Zesty Yogurt Sauce

over rice with cashews & fresh herbs

Veggie Quick

Total time: 25 - 30 min.



Basmati rice



Red split lentils



Coconut milk



Fresh ginger



Eggplant



Onion



Garlic



Garam Masala



Lemon



Yellow curry spices



Tomato



Cornstarch



Organic full-fat yogurt



Roasted cashew nuts



Fresh coriander & mint



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

Did you know that garam masala literally means “spicy spice mixture” in Hindi?



Tear me out!

Before you start

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

Equipment

Bowl, large frying pan, microplane, pot or saucepan, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Basmati rice (g)	75	150	225	300	375	450
Red split lentils (g)	40	75	115	150	190	225
Coconut milk (ml)	90	180	250	360	430	540
Fresh ginger* (tsp)	1	2	3	4	5	6
Eggplant* (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Garam Masala (sachet(s))	½	1	1½	2	2½	3
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Tomato (unit(s))	1½	3	4½	6	7½	9
Cornstarch (sachet(s))	½	1	1½	2	2½	3
Organic full-fat yogurt* (g)	50	100	150	200	250	300
Roasted cashew nuts (g)	10	20	30	40	50	60
Fresh coriander & mint* (g)	10	20	30	40	50	60
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Sugar (tsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	100	200	300	400	500	600
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3665 /876	531 /127
Total fat (g)	37	5
of which saturated(g)	17,8	2,6
Carbonhydrates (g)	112	16
of which sugars (g)	19	2,8
Fiber (g)	17	2
Protein (g)	23	3
Salt (g)	0,9	0,1

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan and cook the rice for 12 - 15 minutes, then drain and set aside.
- Dice the tomato. Chop the onion and crush or mince the garlic.
- Mince the ginger or use a microplane as preferred.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the garlic, onion, ginger and yellow curry spices for 2 - 3 minutes.



Fry the eggplant

- Dice the eggplant into 1cm cubes. Coat it with the cornstarch and season with salt and pepper.
- Heat a drizzle of olive oil in a large frying pan over medium-high heat. Fry the eggplant for 9 - 12 minutes or until done, tossing regularly.
- Cut half of the lemon into wedges and juice the rest into a small bowl.
- Finely chop the fresh herbs, being sure to keep them separate.



Make the dahl

- Add the lentils, tomato, **garam masala*** and sugar, then fry for 2 minutes.
- Add the stock and coconut milk. Cook for 15 - 17 minutes, covered. Season to taste with salt and pepper.

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



Serve

- In a bowl, combine the yogurt with the mint and some lemon juice as preferred. Season to taste with salt and pepper.
- Serve the rice on deep plates, topped with the curry, the eggplant and the yogurt sauce.
- Garnish with the coriander and the cashews. Serve the lemon wedges alongside.

Enjoy!



Black Garlic Mushrooms with Greek-Style Cheese & Celeriac

over mashed potatoes with walnuts & parsley

Veggie Calorie Smart

Total time: 30 - 40 min.



Potatoes



Black garlic marinade



Celeriac



Pre-cut mushroom mix



Chopped walnuts



Fresh flat leaf parsley



Red onion



Italian seasoning



Greek-style cheese



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

The black garlic marinade in this recipe is made using real black garlic, which adds a lovely caramelised, umami flavour to this dish.



Tear me out!

Before you start

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

Equipment

Potato masher, small bowl, frying pan, two pots or saucepans, wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Black garlic marinade* (g)	15	30	45	60	75	90
Celeriac* (unit(s))	¼	½	¾	1	1¼	1½
Pre-cut mushroom mix* (g)	90	175	265	350	440	525
Chopped walnuts (g)	10	20	30	40	50	60
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Red onion (unit(s))	½	1	1½	2	2½	3
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Greek-style cheese* (g)	25	50	75	100	125	150
Not included						
Mustard (tsp)	1	2	3	4	5	6
Red wine vinegar (tbsp)	½	1	1½	2	2½	3
Water for the sauce (ml)	25	50	75	100	125	150
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
[Reduced salt] soy sauce (tbsp)	½	1	1½	2	2½	3
Brown sugar (tbsp)	½	1	1½	2	2½	3
Low sodium mushroom or vegetable stock (ml)	75	150	225	300	375	450
[Plant-based] milk (splash)	0	0	0	0	0	0
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2640 /631	406 /97
Total fat (g)	32	5
of which saturated(g)	14,3	2,2
Carbonhydrates (g)	63	10
of which sugars (g)	15,8	2,4
Fiber (g)	17	3
Protein (g)	18	3
Salt (g)	3	0,5

Allergens

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



Prepare

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



Make the sauce

- Roughly chop the parsley.
- In a small bowl, combine the black garlic marinade with the Italian seasoning, the red wine vinegar and the water for the sauce.



Prepare the celeriac

- Peel and then dice the celeriac into small cubes of no more than 1cm thickness.
- Transfer to a pot or saucepan and submerge with salted water.
- Parboil for 6 - 8 minutes, then drain.
- Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the celeriac for 5 - 7 minutes.



Finish

- Transfer the sauce to celeriac and allow to simmer for 1 minute.
- Mash the potatoes with a knob of butter and a splash of milk or cooking liquid as preferred.
- Stir in the mustard and season to taste with salt and pepper.



Fry the vegetables

- Meanwhile, slice the onion into half rings.
- Melt a knob of butter in a wok or deep frying pan over high heat. Fry the onion with the mushrooms for 4 - 6 minutes.
- Stir in the sugar, stock and soy sauce. Season to taste with salt and pepper, then allow to reduce gently for 3 minutes.



Serve

- Serve the mashed potatoes on plates. Top with the mushroom sauce and the celeriac.
- Crumble over the cheese. Garnish with walnuts and the parsley to finish.

Enjoy!



Shrimp Flatbreads with Tahini Sauce

with courgette, za'atar & parsley

Quick Calorie Smart

Total time: 20 - 25 min.



Shrimp



Wholewheat
Lebanese flatbread



Passata



Garlic



Onion



Courgette



Fresh flat leaf parsley



Middle Eastern
spice mix



Za'atar



Tahini sauce



Lemon



Tomato



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

The tahini sauce in this recipe is made from sesame seeds and low-fat, high-protein yogurt. It's nutty, creamy and the perfect addition to your meal!



Tear me out!

Before you start

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

Equipment

Parchment-lined baking sheet, bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Shrimp* (g)	80	160	240	320	400	480
Wholewheat Lebanese flatbread (unit(s))	2	4	6	8	10	12
Passata (g)	100	200	300	390	500	590
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Courgette* (unit(s))	½	1	2	2	3	3
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Za'atar (sachet(s))	½	1	1½	2	2½	3
Tahini sauce* (g)	20	40	60	80	100	120
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Tomato (unit(s))	½	1	1½	2	2½	3
Not included						
Sunflower oil (tbsp)	1	2	3	4	5	6
Sugar (tsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2686 /642	472 /113
Total fat (g)	21	4
of which saturated(g)	2,8	0,5
Carbonhydrates (g)	82	14
of which sugars (g)	17,1	3
Fiber (g)	10	2
Protein (g)	27	5
Salt (g)	2	0,4

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Cut the onion into half rings and crush or mince the garlic.
- Slice the courgette into crescents.
- Heat a drizzle of sunflower oil in a frying pan over medium-high heat and fry the garlic, onion and courgette for 3 - 4 minutes.

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



Fry the shrimp

- Heat a drizzle of sunflower oil in the same frying pan over medium-high heat. Fry the shrimp for 3 minutes until done, then take the pan off the heat.
- In the meantime, quarter the lemon and finely chop the parsley.
- Juice a quarter lemon per person into the shrimp. Mix well and then season to taste with salt and pepper.
- Top the flatbreads with the shrimp.



Bake the flatbreads

- In a bowl, combine the passata with the Middle Eastern-style spices and the sugar. Season with salt and pepper.
- Slice the tomato.
- Transfer the flatbreads to a parchment-lined baking sheet. Spread with the passata mixture, then top with the tomato and the vegetables.
- Bake the flatbreads in the oven for 3 - 5 minutes.



Serve

- Drizzle the flatbreads with the tahini sauce.
- Garnish with the parsley and the za'atar as preferred.
- Serve any remaining lemon wedges alongside.

Enjoy!



Crispy Coconut Cod with Pak Choi Curry

over celeriac purée with sesame seeds & chili pepper

Calorie Smart Premium -30% Carbs

Total time: 35 - 45 min.



Celeriac



Pak choi



Red chili pepper



Lime



Desiccated coconut



Green curry spices



Coconut milk



Korean-style spice mix



Cod fillet



Black sesame seeds



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

Pak choi, with its crisp stems and tender leaves, is a versatile and nutritious vegetable. Originally from China, it's often used in Asian cuisine for its mild, succulent flavour.



Tear me out!

Before you start

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

Equipment

Deep frying pan, 2x deep plate, immersion blender, lidded pot or saucepan, kitchen paper, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Celeriac* (unit(s))	¼	½	¾	1	1¼	1½
Pak choi* (unit(s))	¾	1½	2½	3	4	4½
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Desiccated coconut (g)	5	10	15	20	25	30
Green curry spices (sachet(s))	½	1	1½	2	2½	3
Coconut milk (ml)	125	250	375	500	625	750
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
Cod fillet* (unit(s))	1	2	3	4	5	6
Black sesame seeds (sachet(s))	¼	½	¾	1	1¼	1½
Not included						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Mustard (totaste)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2728 /652	479 /114
Total fat (g)	52	9
of which saturated(g)	31,8	5,6
Carbonhydrates (g)	15	3
of which sugars (g)	4,8	0,8
Fiber (g)	11	2
Protein (g)	29	5
Salt (g)	1,2	0,2

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Peel and dice the celeriac.
- Boil the celeriac for 12 - 14 minutes, then drain and set aside, covered.
- Quarter the lime in the meantime.



Prepare the fish

- Pat the fish dry with kitchen paper, then season both sides with salt and pepper.
- Coat one side of the fish first with the coconut milk and then with the desiccated coconut.
- Melt a generous knob of butter in a frying pan over medium-high heat.
- Fry the fish first on its coconut crust for 3 minutes, then carefully flip and fry for 2 - 3 minutes on the other side.



Toast the coconut

- Discard the base of the pak choi and then halve the pak choi lengthways.
- Finely chop a small amount of the green part to use later as garnish.
- Heat a clean deep frying pan over medium-high heat. Toast the desiccated coconut until lightly golden-brown, then transfer to a deep plate.
- Add the Korean-style spices and mix well to combine, then set aside.



Finish the celeriac

- To the celeriac, add some butter and mustard as preferred.
- Use an immersion blender to process the celeriac until smooth.
- Season to taste with salt and pepper, then set aside over a low heat until serving.
- Deseed the **red chili pepper*** and slice it into rings.

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



Fry the pak choi

- Heat a generous drizzle of olive oil in the same pan and fry the pak choi for 4 - 5 minutes.
- Add the green curry spices, two thirds of the coconut milk and the juice of a quarter lime per person.
- Allow to reduce over low heat until serving.
- Meanwhile, transfer the rest of the coconut milk to a deep plate.



Serve

- Serve the celeriac purée on deep plates and top with the fish.
- Serve the pak choi curry alongside.
- Garnish with the reserved pak choi leaves, the sesame seeds and the chili pepper.

Enjoy!



Antipasto Tortelloni with Serrano Ham & Burrata

in roasted bell pepper sauce with pistachios & arugula

Quick Premium

Total time: 20 - 25 min.



Serrano ham



Arugula



Pistachio nuts



Tinned cherry tomatoes



Red onion



Burrata



Roasted bell pepper sauce



Tortelloni with ricotta & spinach



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Before you start

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

Equipment

Lidded pot or saucepan, wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Serrano ham* (g)	40	80	120	160	200	240
Arugula* (g)	20	40	60	80	100	120
Pistachio nuts (g)	10	20	30	40	50	60
Tinned cherry tomatoes (can)	½	½	1	1½	1½	2
Red onion (unit(s))	½	1	1½	2	2½	3
Burrata* (ball(s))	½	1	1½	2	2½	3
Roasted bell pepper sauce* (g)	40	80	120	160	200	240
Tortelloni with ricotta & spinach* (g)	150	300	450	600	750	900
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1½	1½
Extra virgin olive oil (totaste)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3452 /825	681 /163
Total fat (g)	38	8
of which saturated(g)	12,6	2,5
Carbonhydrates (g)	78	15
of which sugars (g)	15,4	3
Fiber (g)	11	2
Protein (g)	40	8
Salt (g)	4,3	0,9

Allergens

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



Prepare

- Slice the onion into half-rings.
- Roughly chop the pistachios.



Boil the tortelloni

- Boil plenty of water in a pot or saucepan for the tortelloni and crumble in the stock cube (see pantry for amount).
- Carefully separate the tortelloni and boil for 3 - 5 minutes, covered, then drain.
- Transfer the tortelloni to the sauce and mix well to combine.
- Carefully halve the burrata.



Make the sauce

- Heat a drizzle of olive oil in a wok or deep frying pan over low heat. Fry the onion for 2 minutes.
- Add the cherry tomatoes and the roasted bell pepper sauce. Allow to simmer for 5 minutes over medium-high heat.
- Season to taste with salt and pepper.



Serve

- Serve the arugula on plates and top with the tortelloni.
- Carefully separate the Serrano ham slices and arrange over the tortelloni. Top with the burrata.
- Garnish with the pistachios and drizzle with extra virgin olive oil as preferred. Finish with some freshly ground black pepper to taste.

Enjoy!



Ribeye Steak with Parmigiano Risotto & Arugula

with roasted cherry tomatoes, pistachios & parsley

Premium

Total time: 40 - 50 min.



Ribeye steak



Risotto rice



Garlic



Red cherry tomatoes



Shallot



Arugula



Dried thyme



Fresh flat leaf parsley



Parmigiano
Reggiano DOP



Pistachio nuts



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Before you start

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

Equipment

Oven dish, deep frying pan, microplane, oven dish, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Ribeye steak* (unit(s))	1	1	1	1	2	2
Risotto rice (g)	75	150	225	300	375	450
Garlic (unit(s))	½	1	1½	2	2½	3
Red cherry tomatoes (g)	190	375	500	750	875	1125
Shallot (unit(s))	½	1	2	2	3	3
Arugula* (g)	20	40	60	80	100	120
Dried thyme (sachet(s))	¼	½	¾	1	1¼	1½
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Pistachio nuts (g)	10	20	30	40	50	60

Not included						
Low sodium vegetable stock (ml)	300	600	900	1200	1500	1800
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Olive oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3904 /933	458 /110
Total fat (g)	45	5
of which saturated(g)	18,6	2,2
Carbonhydrates (g)	85	10
of which sugars (g)	16,9	2
Fiber (g)	13	2
Protein (g)	49	6
Salt (g)	1,4	0,2

Allergens

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



Roast the tomatoes

- Preheat the oven to 200°C and prepare the stock.
- Take the steak out of the fridge and allow to reach room temperature.
- Transfer the tomatoes, the thyme, the honey and half of the white wine vinegar to an oven dish.
- Drizzle with olive oil and season with salt and pepper, then toss well to combine. Roast in the oven for 20 - 25 minutes.



Cook the steak

- Heat a clean frying pan over high heat. Toast the pistachios until golden-brown, then remove from the pan and set aside.
- Melt a knob of butter in the same pan over high heat. When the pan is nice and hot, sear the steak for 1 - 2 minutes per side.
- Transfer the steak to an oven dish and roast for 6 - 8 minutes, or until cooked as preferred (see Tip).

Tip: If preferred, roast for 2 - 3 minutes for rare, or 4 - 6 for medium.



Prepare the risotto

- Chop the shallot and crush or mince the garlic.
- Melt a knob of butter in a deep frying pan over medium-high heat. Fry the garlic and shallot for 2 minutes.
- Stir in the risotto rice and toast the grains for 1 minute, then deglaze with the rest of the white wine vinegar.



Prepare the garnishes

- Grate the cheese and chop the parsley.
- Stir a knob of butter and half of the cheese into the risotto.
- Season to taste with salt and pepper.
- Shortly before serving, slice the steak against the grain.



Finish the risotto

- Pour in a third of the stock and allow to slowly incorporate, stirring regularly.
- Repeat with the rest of the stock, adding it in two more batches.
- The risotto is done when the rice is soft but still al dente. This should take around 25 - 30 minutes.
- Add extra water and cook longer if you'd prefer the risotto to be less al dente.



Serve

- Serve the arugula on deep plates. Top with the risotto, the roasted tomatoes and the steak.
- Drizzle over any residual cooking juices from the oven dishes.
- Garnish with the parsley, the pistachios and the rest of the cheese.

Enjoy!



Teriyaki Salmon Bowl with Edamame

over garlic rice with broccolini & furikake

Quick Premium

Total time: 25 - 30 min.



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



Garlic



White long grain rice



Carrot



Broccolini



Teriyaki sauce



Furikake



Edamame



Salmon fillet



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

Edamame grow in bunches on branches; in fact, the term “edamame” comes from the Japanese “eda”, meaning branch, and “mame”, meaning beans - literally translating to “beans on branches”!



Tear me out!

Before you start

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

Equipment

Bowl, lidded pot or saucepan, peeler or cheese slicer, frying pan, lidded wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
White long grain rice (g)	75	150	225	300	375	450
Carrot* (unit(s))	½	1	1½	2	2½	3
Broccolini* (g)	100	200	300	400	500	600
Teriyaki sauce (g)	25	50	75	100	125	150
Furikake (sachet(s))	½	1	1½	2	2½	3
Edamame* (g)	25	50	75	100	125	150
Salmon fillet* (unit(s))	1	2	3	4	5	6
Not included						
Low sodium vegetable stock (ml)	200	400	600	800	1000	1200
Water (ml)	30	60	90	120	150	180
Olive oil (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	2	4	6	8	10	12
Sugar (tsp)	1	2	3	4	5	6
Water for the sauce (tbsp)	1	2	3	4	5	6
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3753 /897	547 /131
Total fat (g)	43	6
of which saturated(g)	6,3	0,9
Carbonhydrates (g)	89	13
of which sugars (g)	20,3	3
Fiber (g)	8	1
Protein (g)	35	5
Salt (g)	2,8	0,4

Allergens

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



Boil the rice

- Prepare the stock. Crush or mince the garlic.
- Heat a drizzle of olive oil in a pot or saucepan over low heat and fry the garlic for 1 - 2 minutes.
- Add the rice and the stock, then cover with the lid and boil the rice for 12 - 15 minutes. Remove from the heat and allow to rest for 5 minutes, still covered. Drain if necessary and set aside.
- Use a peeler or cheese slicer to shave the carrot into thin ribbons. Cut the broccolini into 4cm pieces.



Fry the fish

- Heat a drizzle of sunflower oil in a frying pan over medium-high heat. Fry the fish for 2 - 3 minutes on its skin.
- Top the fish with the teriyaki sauce and then flip it over.
- Fry for 2 more minutes, seasoning to taste with salt and pepper, then remove from the pan.



Prepare the broccolini

- In a bowl, combine the white wine vinegar with the sugar, then add the carrot.
- Season to taste with salt, then toss well to combine and set aside until serving.
- Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat. Fry the broccolini for 2 minutes, then add the water (see pantry for amount).
- Cover with the lid and allow to stew for 3 - 5 minutes, then season to taste with salt and pepper.



Serve

- Add the water for the sauce to the same pan and mix well to combine.
- Serve the garlic rice on plates and top with the broccolini, carrot ribbons, edamame and fish.
- Drizzle with the teriyaki sauce and garnish with the furikake.

Enjoy!



Pork Tenderloin with Peppercorn Sauce

with baby potatoes & cucumber-apple salad

Quick Calorie Smart Premium

Total time: 15 - 20 min.



Peppercorn sauce



Pre-cooked halved baby potatoes [skin-on]



Arugula & lamb's lettuce



Pork tenderloin



Italian seasoning



Red onion



Cucumber



Apple



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

Peppercorn sauce is a creamy, flavourful condiment made with crushed peppercorns. The peppercorns add a bold, spicy kick, making it a classic pairing with fried, grilled or roasted meats.



Tear me out!

Before you start

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

Equipment

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Peppercorn sauce* (g)	50	100	150	200	250	300
Pre-cooked halved baby potatoes [skin-on]* (g)	200	400	600	800	1000	1200
Arugula & lamb's lettuce* (g)	30	60	90	120	150	180
Pork tenderloin* (unit(s))	1	2	3	4	5	6
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1	2	2	3
Cucumber* (unit(s))	¼	½	¾	1	1¼	1½
Apple* (unit(s))	½	1	1½	2	2½	3
Not included						
[Plant-based] butter (tbsp)	1	2	3	4	5	6
White wine vinegar (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2761 /660	439 /105
Total fat (g)	32	5
of which saturated(g)	13,9	2,2
Carbonhydrates (g)	58	9
of which sugars (g)	16,7	2,7
Fiber (g)	9	1
Protein (g)	34	5
Salt (g)	1,4	0,2

Allergens

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



Fry the pork

- Melt a knob of butter in a deep frying pan over medium-high heat and fry the pork for 7 minutes.
- Meanwhile, slice the onion into half rings.
- Add another knob of butter to one side of the pan, then add the onion and continue frying for 6 more minutes.
- Remove the pork from the pan and allow to rest under aluminum foil until serving. Remove the onion from the pan and set aside.



Make the salad

- Core and slice the apple. Dice the cucumber.
- In a salad bowl, combine the white wine vinegar with the extra virgin olive oil, the honey and the mustard.
- Season to taste with salt and pepper.
- Add the lettuce, the apple and the cucumber and toss well to combine with the dressing.



Fry the potatoes

- In the same pan, heat the peppercorn sauce for 1 minute over medium-high heat.
- In the meantime, heat a drizzle of sunflower oil in a frying pan over medium-high heat and fry the baby potatoes for 9 minutes, covered.
- Remove the lid and fry for 4 more minutes.
- Add the Italian seasoning and fry for 1 more minute, seasoning to taste with salt and pepper.



Serve

- Serve the pork on plates, topped with the onion and the peppercorn sauce.
- Serve the baby potatoes and the salad alongside.

Enjoy!



Mediterranean Chicken with Kalamata Olives & Greek-Style Cheese

over tomato bulgur with roasted courgette & bell pepper

Quick Premium Quick & Conscious

Total time: 25 - 30 min.



Chicken breast



Bulgur



Onion



Courgette



Bell pepper



Tomato paste



Sicilian-style herb mix



Greek-style spice mix



Raisins



Kalamata olives



Greek-style cheese



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

The Kalamata olive is a typical Greek olive. It gets its name from the city of Kalamata, which is located in southern Greece.

Tear me out!



Before you start

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

Equipment

Parchment-lined baking sheet, lidded pot or saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken breast* (unit(s))	1	2	3	4	5	6
Bulgur (g)	75	150	225	300	375	450
Onion (unit(s))	½	1	1½	2	2½	3
Courgette* (unit(s))	½	1	1½	2	2½	3
Bell pepper* (unit(s))	½	1	1½	2	2½	3
Tomato paste (can)	¼	½	¾	1	1¼	1½
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Greek-style spice mix (sachet(s))	½	1	1½	2	2½	3
Raisins (g)	10	20	30	40	50	60
Kalamata olives (g)	10	20	30	40	50	60
Greek-style cheese* (g)	25	50	75	100	125	150
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Low sodium chicken stock (ml)	120	240	360	480	600	720
Salt and pepper (totaste)	0	0	0	0	0	0
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3008 /719	464 /111
Total fat (g)	25	4
of which saturated(g)	7,7	1,2
Carbonhydrates (g)	71	11
of which sugars (g)	21,2	3,3
Fiber (g)	19	3
Protein (g)	47	7
Salt (g)	2,3	0,3

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Slice the courgette into rounds of no more than 1cm thickness. Cut the bell pepper into thin strips.
- Transfer both to a parchment-lined baking sheet and drizzle with olive oil. Season with salt and pepper, then toss well to coat.
- Roast in the oven for 12 - 17 minutes.



Fry the chicken

- Slice the onion into half rings. Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the onion for 1 - 2 minutes.
- Butterfly the chicken by cutting it open along the side.
- Add it to the pan and fry for 6 - 8 minutes per side, or until done.
- Add the Greek-style spices during the final minute of cooking, then remove the chicken from the pan.



Make the bulgur

- Prepare the stock in a pot or saucepan, then add the bulgur, the Sicilian-style herbs and the tomato paste.
- Cook for 10 - 12 minutes over low heat, covered.
- Stir the raisins into the bulgur and then set aside, still covered.



Serve

- Slice the chicken. Roughly chop the olives.
- Serve the bulgur on deep plates. Top with the courgette, bell pepper, chicken and onion.
- Garnish with the olives and crumble over the cheese to finish.

Enjoy!



Korean-Inspired Chicken Bao Buns

with kimchi sauce, slaw & coriander

Premium

Total time: 35 - 45 min.



Bao buns



Kimchi sauce



Korean-style spice mix



Cucumber



Fresh coriander



Garlic



Sesame oil



Slaw mix



Red onion



Chicken breast



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

The bao bun is a Chinese invention. A quintessential street food, it makes it easier to eat something sweet and sticky on the go.



Tear me out!

Before you start

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

Equipment

Bowl, large bowl, kitchen paper, plate, salad bowl, saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Bao buns (unit(s))	3	6	9	12	15	18
Kimchi sauce (g)	20	40	60	80	100	120
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
Cucumber* (unit(s))	¼	½	1	1	1½	1½
Fresh coriander* (g)	5	10	15	20	25	30
Garlic (unit(s))	½	1	1½	2	2½	3
Sesame oil (ml)	5	10	15	20	25	30
Slaw mix* (g)	100	200	300	400	500	600
Red onion (unit(s))	½	1	1	2	2	3
Chicken breast* (unit(s))	1	2	3	4	5	6
Not included						
Flour (g)	25	50	75	100	125	150
Sunflower oil (ml)	30	60	90	120	150	180
Water (ml)	30	60	90	120	150	180
White wine vinegar (tbsp)	1	2	3	4	5	6
Sugar (tbsp)	1½	3	4½	6	7½	9
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
[Reduced salt] soy sauce (tbsp)	1	2	3	4	5	6

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4326 /1034	685 /164
Total fat (g)	39	6
of which saturated(g)	5,1	0,8
Carbonhydrates (g)	120	19
of which sugars (g)	33	5,2
Fiber (g)	9	1
Protein (g)	48	8
Salt (g)	3,8	0,6

Allergens

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



Prepare

- Preheat the oven to 180°C.
- In a bowl, combine the white wine vinegar with a third of the sugar.
- Slice the cucumber and cut the onion into half rings, then transfer both to the bowl. Season to taste with salt, then toss well to combine.
- Set aside until serving, stirring occasionally.



Fry the chicken

- Prepare a plate lined with kitchen paper.
- Coat the chicken with the batter and transfer carefully to the frying pan (see Tip).
- Fry the chicken for 5 - 6 minutes until golden-brown, carefully turning halfway.
- Transfer to the plate when finished.

Tip: if the oil spatters, reduce the heat and carefully cover with the lid.



Make the coleslaw

- In a salad bowl, combine the mayonnaise with the slaw mix.
- Season to taste with salt and pepper.

Did you know... 🥕 Carrots are rich in vitamin A, which not only supports growth but is also good for your skin, hair, nails, eyes and immune system. You can also find vitamin A in kale, spinach, broccoli and eggs.



Make the sauce

- Crush or mince the garlic and transfer to a saucepan over medium-high heat.
- Add the sesame oil, soy sauce, kimchi sauce* and the rest of the sugar, then mix well to combine.
- Allow to reduce gently for 1 - 2 minutes into a thick sauce.
- Meanwhile, bake the bao buns in the oven for 4 - 5 minutes. Roughly chop the coriander.

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



Prepare the chicken

- Pat the chicken dry with kitchen paper and then cut into 2cm chunks. Season with salt and pepper.
- In a large bowl, combine the Korean-style spices with the flour and the water, so as to make a batter (see pantry for amounts).
- Heat the sunflower oil in a frying pan over medium-high heat.
- Check if the oil is hot enough by adding a drop of batter to the pan. If it starts bubbling immediately, it's hot enough to fry the chicken.



Serve

- Spread some of the sauce inside the bao buns and then fill with the pickled vegetables, the slaw and the fried chicken.
- Drizzle over the rest of the sauce and garnish with the coriander.

Enjoy!