



Yellow Fish Curry with Wholewheat Noodles

with carrot, broccoli & gomashio

Family Quick Calorie Smart

Total time: 25 - 30 min.



Pollock



Garlic



Carrot



Broccoli



Yellow curry spices



Coconut milk



Fish sauce



Wholewheat noodles



Red onion



Gomashio



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

Broccoli really is a super vegetable! It contains a high yield of vitamins, it's very high in fibre, and is packed with iron.



Tear me out!



Before you start

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

Equipment

Large deep frying pan with lid, kitchen paper

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pollock* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
Carrot* (unit(s))	½	1	1	2	2	3
Broccoli* (g)	100	200	360	400	560	600
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Coconut milk (ml)	90	180	250	360	430	540
Fish sauce (ml)	5	10	15	20	25	30
Wholewheat noodles (g)	50	100	150	200	250	300
Red onion (unit(s))	½	1	2	2	3	3
Gomashio (sachet(s))	¼	½	1	1½	1½	2
Not included						
Sunflower oil (tbsp)	1	2	3	4	5	6
Sugar (tsp)	¼	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Water (ml)	225	450	675	900	1125	1350
White wine vinegar (tsp)	¼	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)	2594 /620	542 /130
Total fat (g)	31	6
of which saturated(g)	15,8	3,3
Carbonhydrates (g)	52	11
of which sugars (g)	11,8	2,5
Fiber (g)	12	3
Protein (g)	30	6
Salt (g)	2,8	0,6

Allergens

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



1. Prepare

- Boil the water and crumble in the stock cube (see pantry for amounts).
- Chop the **onion** and crush or mince the **garlic**.
- Cut the head of the **broccoli** into very small florets and then finely dice the stem.
- Slice the **carrot** into thin crescents.



3. Make the curry

- Pour in the stock and the **coconut milk**, then add the sugar, **fish sauce*** and white wine vinegar.
- Add the **carrot** and **broccoli**, mix well and cover with the lid. Allow to stew for 5 minutes and weigh the **noodles** in the meantime.
- The **broccoli** doesn't need to be done yet as it will finish cooking later.
- Remove the lid, add the **noodles** and cook for 3 - 4 more minutes, uncovered.

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



2. Fry the aromatics

- Heat a generous drizzle of sunflower oil in a large deep frying pan over medium heat. Fry the **onion** with the **garlic** and **curry spices** for 2 - 3 minutes.
- In the meantime, pat the **pollock** dry with kitchen paper and cut it into uniform pieces of around 2cm. Season with salt and pepper.
- Move the aromatics to one side of the pan and then transfer the **pollock** to the other side. Fry the **pollock** for 2 minutes per side, then remove from the pan and set aside.



4. Serve

- Stir the **noodles** so as to separate them and add a splash of water or stock as necessary if the curry is too dry. Season to taste with salt and pepper.
- Transfer the **pollock** to the curry and heat briefly, then serve.
- Garnish with the **gomashio**.

Enjoy!



Roasted Pepper Risotto with Honeyed Goat's Cheese

with walnuts & tomato-basil salsa

Family Veggie

Total time: 35 - 45 min.



Risotto rice



Romano pepper



Grana Padano flakes DOP



Onion



Garlic



Fresh goat's cheese



Chopped walnuts



Tomato



Smoked paprika



Fresh basil



Chiara's favorite

Our recipe developer Chiara says:

"You can always count me in for risotto! A good risotto is creamy and al dente. This vegetarian version has a lot of flavour thanks to the oven-roasted peppers, the smoked paprika powder and the fresh 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.

Equipment

Parchment-lined baking sheet, bowl, tall container, immersion blender, pot or saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Risotto rice (g)	75	150	225	300	375	450
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	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Fresh goat's cheese* (g)	25	50	75	100	125	150
Chopped walnuts (g)	10	20	30	40	50	60
Tomato (unit(s))	1	2	3	4	5	6
Smoked paprika (tsp)	½	¾	1¼	1½	2	2¼
Fresh basil* (g)	5	10	15	20	25	30
Not included						
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	300	600	900	1200	1500	1800
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (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)	3502 /837	493 /118
Total fat (g)	45	6
of which saturated(g)	15,8	2,2
Carbonhydrates (g)	86	12
of which sugars (g)	22,3	3,1
Fiber (g)	12	2
Protein (g)	21	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. Prepare

- Preheat the oven to 220°C and prepare the stock.
- Deseed the **Romano pepper** and then cut into rough pieces. Transfer to a parchment-lined baking sheet along with half of the **garlic**. Drizzle with half of the olive oil and toss well to combine, seasoning generously with salt.
- Roast in the oven for 10 - 15 minutes or until lightly browned, tossing halfway.
- Chop the **onion** and crush or mince the rest of the **garlic**.



3. Bake the goat's cheese

- Peel the roasted **garlic** and transfer to a tall container. Add the roasted pepper, **Grana Padano**, the rest of the olive oil and a pinch of **smoked paprika**.
- Use an immersion blender to process into a thick paste, then stir this into the **risotto**.
- Transfer the **goat's cheese** to the same baking sheet and season with salt and pepper.
- Drizzle with the honey and top with the **walnuts**, then bake in the oven for 5 - 10 minutes or until golden-brown.



2. Make the risotto

- Melt a knob of butter in a pot or saucepan and fry the **garlic** and **onion** for 1 - 2 minutes over low heat.
- Stir in the **risotto rice** and toast the grains for 1 minute, then pour in a third of the stock.
- Allow the stock to slowly incorporate, stirring regularly.
- Repeat with the rest of the stock, adding it in two more batches. The risotto is done when the **rice** is soft but still al dente. This should take around 20 - 25 minutes.



4. Serve

- Dice the **tomato** and transfer to a bowl. Roughly chop the **basil** leaves and add half of them to the **tomato**.
- Drizzle with extra virgin olive oil and season to taste with salt and pepper, then mix well to combine.
- Serve the **risotto** on deep plates and top with the baked **goat's cheese** and **walnuts**.
- Garnish with the rest of the **basil** and serve with the **tomato-basil** salsa.



Camembert En Croûte with Caramelised Onion

with baby potatoes & a crisp salad

Veggie

Total time: 45 - 55 min.



Camembert



Puff pastry



Red onion



Apple



Mixed leaves of radicchio, arugula & lettuce



Romano pepper



Dried thyme



Baby potatoes



There is an improved ingredient in your box! Our puff pastry recipe has been reduced in both salt and saturated fat, without compromising the flavour or texture. Enjoy!
Scan the QR code to let us know what you thought of the ingredient!



Before you start

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

Equipment

Lidded frying pan, pot or saucepan, salad bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Camembert* (g)	80	160	240	320	400	480
Puff pastry* (roll(s))	¼	½	¾	1	1¼	1½
Red onion (unit(s))	½	1	1	2	2	3
Apple* (unit(s))	½	1	2	2	3	3
Mixed leaves of radicchio, arugula & lettuce* (g)	20	40	60	90	100	130
Romano pepper* (unit(s))	½	1	1½	2	2½	3
Dried thyme (sachet(s))	½	¾	1	1½	1¾	2
Baby potatoes (g)	100	200	300	400	500	600
Not included						
Balsamic vinegar (tsp)	1½	3	4½	6	7½	9
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3364 /804	691 /165
Total fat (g)	48	10
of which saturated(g)	26,1	5,4
Carbonhydrates (g)	66	14
of which sugars (g)	18,7	3,8
Fiber (g)	11	2
Protein (g)	25	5
Salt (g)	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. Boil plenty of water in a pot or saucepan for the **baby potatoes**. Slice the **onion** into half rings. Core and slice the **apple**. Halve the **baby potatoes** or cut any larger ones into quarters.



4. Fill the pastry

For each person, use a quarter roll of **pastry**. Spread half of the mustard over the **pastry** and then top with a piece of **camembert**. Top with half of the **fried onion** and **apple** and then scatter over the rest of the **thyme**. Season with black pepper, then fold in the edges of the **pastry** towards the centre, taking care not to stretch it too much. Pinch the **pastry** together at the top so as to seal it, then bake in the oven for 15 - 20 minutes or until golden-brown.



2. Boil the potatoes

Crumble the stock cube into the boiling water (see pantry for amount). Boil the **baby potatoes** for 16 - 18 minutes, then drain and rinse under cold water.



5. Make the salad

Cut the **Romano pepper** into thin strips. Shortly before serving, make the vinaigrette; in a salad bowl, combine the extra virgin olive oil with the rest of the mustard and balsamic vinegar. Season to taste with salt and pepper. Transfer the **lettuce**, **baby potatoes** and **Romano pepper** to the bowl along with the rest of the **apple** and **onion**. Toss well to combine.



3. Fry the apple

Melt the butter in a frying pan over medium-high heat. Fry the **onion** for 2 - 3 minutes, then add the **apple** and fry for another 2 - 3 minutes. Deglaze with two thirds of the balsamic vinegar, then stir in the sugar and half of the **thyme**. Cover with the lid and allow to reduce for 4 - 6 minutes over low heat, stirring occasionally.



6. Serve

Serve the **camembert** en croûte on plates with the salad alongside.

Enjoy!



Shrimp Vadouvan

over rice with bell pepper, lemon & fresh coriander

Quick Calorie Smart

Total time: 20 - 25 min.



Garlic



Onion



Vadouvan



Ginger paste



Coconut milk



East Asian-style sauce



Tomato



Fresh coriander



Lemon



Shrimp



Bell pepper



White long grain rice



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

Vadouvan is the French version of an Indian spice blend. Its flavour is a distinctive, aromatic blend of spicy, sweet and smoky flavours.



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

Pot or saucepan, 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
Onion (unit(s))	½	1	1	2	2	3
Vadouvan (sachet(s))	½	½	1	1½	1½	2
Ginger paste* (g)	5	10	15	20	25	30
Coconut milk (ml)	125	250	375	500	625	750
East Asian-style sauce* (g)	20	35	55	70	90	105
Tomato (unit(s))	1	2	3	4	5	6
Fresh coriander* (g)	5	10	15	20	25	30
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Shrimp* (g)	80	160	240	320	400	480
Bell pepper* (unit(s))	½	1	1½	2	2½	3
White long grain rice (g)	75	150	225	300	375	450
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2816 /673	518 /124
Total fat (g)	29	5
of which saturated(g)	19,8	3,6
Carbonhydrates (g)	79	15
of which sugars (g)	14,8	2,7
Fiber (g)	6	1
Protein (g)	21	4
Salt (g)	1,5	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 for the **rice**.
- Slice the **onion** into half rings and crush or mince the **garlic**. Dice the **bell pepper**.
- Boil the **rice** for 12 - 15 minutes, then drain and set aside.



2. Fry the vegetables

- Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat.
- Fry the **vadouvan** for 1 minute, then add the **ginger** paste, **garlic**, **onion** and **bell pepper** and fry for 1 - 2 minutes.



3. Make the curry

- Deglaze with the white wine vinegar, then stir in the **coconut milk** and **East Asian-style sauce**.
- Reduce the heat and allow to simmer gently for 5 - 6 minutes.
- Meanwhile, dice the **tomato** and finely chop the **coriander**. Cut the **lemon** into wedges.
- Add the **shrimp** and half of the **tomato** to the curry and allow to cook for 3 - 4 minutes. Season to taste with salt and pepper.



4. Serve

- Serve the **rice** on plates and top with the curry and the rest of the **tomato**.
- Garnish with the **coriander** and serve the **lemon wedges** alongside.

Enjoy!



Bulgur with Roasted Carrots & Feta

with harissa, spinach & almonds

Veggie Calorie Smart

Total time: 35 - 45 min.



Carrot



Middle Eastern
spice mix



Bulgur



Garlic



Red onion



Harissa



Baby spinach



Salted almonds



Feta



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

While almonds are often confused with nuts, they're actually seeds of the almond tree (*prunus dulcis*). This makes almonds part of the stone fruit family, just like peaches and apricots!



Tear me out!



Before you start

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

Equipment

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Carrot* (unit(s))	¼	2	2½	3	4½	5
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Bulgur (g)	75	150	225	300	375	450
Garlic (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	¼	1	1	2	2	3
Harissa* (g)	15	30	45	60	75	90
Baby spinach* (g)	65	125	250	250	375	375
Salted almonds (g)	15	30	40	60	70	90
Feta* (g)	50	100	150	200	250	300
Not included						
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Olive oil (tbsp)	¼	1½	2¼	3	3¾	4½
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2925 /699	482 /115
Total fat (g)	32	5
of which saturated(g)	11	1,8
Carbonhydrates (g)	70	11
of which sugars (g)	16,3	2,7
Fiber (g)	22	4
Protein (g)	25	4
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. Halve the **carrot** lengthways and cut into batons of 0.5cm thickness. Transfer to a bowl along with the **Middle Eastern-style spices**. Drizzle with olive oil and then toss well to coat.



2. Roast the carrot

Transfer the **carrot** to a parchment-lined baking sheet and roast for 20 - 25 minutes. Toss halfway and drizzle with some more olive oil if necessary. The **carrot** is done when the tips are lightly browned and the insides are soft.



3. Cook the bulgur

Prepare the stock in a pot or saucepan. Boil the **bulgur** for 10 minutes until done, stirring regularly.



4. Make the sauce

Chop the **onion** and crush or mince the **garlic**. Heat a light drizzle of olive oil in a frying pan over medium-high heat, then fry the **onion** and **garlic** for 2 - 3 minutes. Stir in the honey and **harissa**, then cook for 30 seconds or until fragrant. Transfer the sauce directly to the **bulgur** and mix well to combine.



5. Add the spinach

Gradually add the **spinach** to the **bulgur** and mix well to combine. Roughly chop the **salted almonds** and set aside.



6. Serve

Serve the **bulgur** on plates and top with the roasted **carrots**. Crumble over the **feta** and garnish with the chopped **almonds**.

Did you know... 🌱 *this recipe is rich in fibre thanks to the vegetables and bulgur, as well as calcium thanks to the feta and almonds. Overall, the recipe provides almost half the RDA of both nutrients.*

Enjoy!



Orzo Salad with Cypriot-Style Cheese

with cherry tomatoes, lemon & thyme

Veggie Quick

Total time: 20 - 25 min.



Orzo



Red onion



Garlic



[Persian] cucumber



Sicilian-style herb mix



Fresh flat leaf parsley



Cypriot-style cheese



Dried thyme



Lemon



Red cherry tomatoes



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

The secret to perfectly grilled Cypriot-style cheese is timing - fry the cheese just before serving. Better too short than too long!



Tear me out!



Before you start

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

Equipment

Large salad bowl, non-stick frying pan, oven dish, pot or saucepan, kitchen paper

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Orzo (g)	75	150	225	300	375	450
Red onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
[Persian] cucumber* (unit(s))	½	1	1	1	2	2
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Cypriot-style cheese* (g)	100	200	300	400	500	600
Dried thyme (sachet(s))	½	½	1	1½	1½	2
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Red cherry tomatoes (g)	125	250	375	500	625	750
Not included						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Balsamic vinegar (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (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)	3431 /820	706 /169
Total fat (g)	38	8
of which saturated(g)	23,7	4,9
Carbonhydrates (g)	81	17
of which sugars (g)	26,8	5,5
Fiber (g)	9	2
Protein (g)	36	7
Salt (g)	3,6	0,7

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.
- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cook the **orzo** for 10 - 12 minutes, then drain and set aside (see Tip).
- Cut the **onion** into half rings and thinly slice the **garlic**. Dice the **cucumber**.

Tip: if preferred, you can also rinse the orzo under cold water at this stage.



2. Roast the tomatoes

- Transfer the **onion**, **garlic** and **cherry tomatoes** to an oven dish. Drizzle with the olive oil and the balsamic vinegar, then add the **Sicilian herbs**. Season with salt and pepper, then toss well to coat.
- Roast the vegetables in the oven for 15 minutes.
- Pat the **Cypriot-style cheese** dry with kitchen paper and cut into three slabs per person.
- Juice the **lemon** and finely chop the **parsley**.



3. Fry the cheese

- Heat a clean non-stick frying pan over medium-high heat. Fry the **cheese** for 2 - 3 minutes per side (see Tip). Stir in half of the honey and season with pepper.
- In a salad bowl, combine the **thyme** with the extra virgin olive oil, the rest of the honey, two thirds of the **parsley** and 1 tbsp **lemon** juice per person.

Health Tip 🍋 if you're watching your salt intake, serve just half of the cheese and keep the rest to use another time.



4. Serve

- Transfer the **orzo**, **cucumber** and roasted vegetables to the salad bowl and mix well to combine.
- Serve the **orzo** on deep plates and top with the **Cypriot-style cheese**.
- Garnish with the rest of the **parsley**.

Enjoy!



Spicy Burrito Bowl with Tortilla Chips

with avocado, black beans & cheese

Veggie Quick

Total time: 25 - 30 min.



Basmati rice



Red onion



Garlic



Black beans



Mexican-style spices



Passata



Grated Gouda



Fresh coriander



Tomato



Avocado



Corn



Sweet chilli tortilla chips



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

Basmati rice originates from northern India, and its unique flavour has been treasured there for centuries. It accompanies this dish perfectly!



Tear me out!



Before you start

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

Equipment

Deep frying pan, lidded pot or saucepan, sieve

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Basmati rice (g)	75	150	225	300	375	450
Red onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Black beans (pack)	½	½	1	1½	1½	2
Mexican-style spices (sachet(s))	1	2	3	4	5	6
Passata (g)	100	200	300	390	500	590
Grated Gouda* (g)	25	50	75	100	125	150
Fresh coriander* (g)	5	10	15	20	25	30
Tomato (unit(s))	½	1	1½	2	2½	3
Avocado (unit(s))	½	1	2	2	3	3
Corn (g)	140	285	425	570	710	855
Sweet chilli tortilla chips (g)	25	50	75	100	125	150
Not included						
Extra virgin olive oil (totaste)	0	0	0	0	0	0
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Sunflower 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)	3736 /893	614 /147
Total fat (g)	32	5
of which saturated(g)	8,4	1,4
Carbonhydrates (g)	122	20
of which sugars (g)	21,2	3,5
Fiber (g)	21	3
Protein (g)	28	5
Salt (g)	3,5	0,6

Allergens

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



1. Prepare

- Boil plenty of water in a pot or saucepan for the **rice**, then crumble in the stock cube (see pantry for amount).
- Cook the **rice** for 10 - 12 minutes, covered, then drain and set aside.
- Chop the **onion** and crush or mince the **garlic**.
- Drain and rinse the **black beans**.



3. Chop the vegetables

- Finely chop the **coriander** and dice the **tomato**.
- Halve and pit the **avocado**, then remove the skin and slice the flesh.
- Drain the **corn**.

Did you know... 🌱 this recipe provides more than 250g vegetables per serving. This is thanks in part to the passata, which contains around the same amount of vitamins, minerals and fibre as fresh vegetables.



2. Make the tomato rice

- Heat a drizzle of sunflower oil in a deep frying pan.
- Fry the **onion** and **garlic** for 2 - 3 minutes over medium-high heat. Add the **black beans**, **Mexican-style spices*** and **passata**, then fry for 6 - 8 minutes, stirring regularly.
- Stir in the **rice** and the **cheese** and cook for 2 more minutes.
- Season to taste with salt and pepper.

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



4. Serve

- Serve the **tomato**, **avocado**, **corn**, **coriander** and **tortilla chips** in small bowls.
- Add some extra virgin olive oil to the **tomato** and **avocado** as preferred, then season to taste with salt and pepper.
- Serve the **tomato rice** on deep plates and let everyone garnish their own bowl as preferred.

Enjoy!



Asian-Inspired Fusion Salad with Veggie No-Beef

with udon noodles, peanuts & chili pepper

Veggie Quick Calorie Smart

Total time: 20 - 25 min.



Garlic



Ginger paste



Lime



East Asian-style sauce



Soy sauce



Red onion



Fresh udon noodles



Unsalted peanuts



Red chili pepper



[Persian] cucumber



Vegetarian beef-style pieces



Tomato



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

Did you know that peanuts are rich in vitamin E and magnesium? Vitamin E is good for your immune system and magnesium contributes to the formation of bones and muscles.



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, salad bowl, small bowl, 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
Ginger paste* (g)	5	10	15	20	25	30
Lime* (unit(s))	¼	½	¾	1	1¼	1½
East Asian-style sauce* (g)	35	70	105	140	175	210
Soy sauce (ml)	5	10	15	20	25	30
Red onion (unit(s))	¼	½	1	1	1½	1½
Fresh udon noodles (g)	100	200	300	400	500	600
Unsalted peanuts (g)	10	20	30	40	50	60
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
[Persian] cucumber* (unit(s))	½	1	1½	2	2½	3
Vegetarian beef-style pieces* (g)	80	160	240	320	400	480
Tomato (unit(s))	1	2	3	4	5	6
Not included						
Sunflower oil (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)	2238 / 535	430 / 103
Total fat (g)	19	4
of which saturated(g)	2,1	0,4
Carbonhydrates (g)	63	12
of which sugars (g)	22,9	4,4
Fiber (g)	5	1
Protein (g)	28	5
Salt (g)	3,4	0,7

Allergens

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



1. Prepare

- Crush or mince the **garlic** and quarter the **lime**.
- In a small bowl, combine the **East Asian-style sauce** with the **soy sauce**, **ginger** paste and **garlic**.
- Add the sugar and the juice of a quarter **lime** per person, then mix well to combine.
- Transfer the **veggie beef** to another bowl and add two thirds of the marinade, then mix well and set aside.



2. Make the salad

- Slice the **cucumber** into crescents and cut the **tomato** into wedges.
- Slice the **onion** into thin half rings, then transfer the vegetables to a salad bowl and toss well.



3. Fry the noodles

- Heat the sunflower oil in a wok or deep frying pan over medium-high heat.
- Stir-fry the **veggie beef** for 2 - 3 minutes, then add the **udon noodles** and continue stir-frying for another 2 - 3 minutes.
- In the meantime, roughly chop the **peanuts** and cut the **red chili pepper*** into thin rings.

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



4. Serve

- Transfer the **udon noodles** and **veggie beef** to the salad bowl.
- Toss well to combine, then serve on plates.
- Garnish with the **peanuts** and the **chili pepper**.
- Drizzle with the rest of the marinade as preferred and serve with any remaining **lime wedges**.

Enjoy!



Bacon-Wrapped Burger with Creamy Mash

with carrots, onion sauce & chives

Quick

Total time: 25 - 30 min.



-  Potatoes
-  Cream cheese
-  Bacon
-  Onion
-  Carrot
-  Onion chutney
-  Italian seasoning
-  Dried thyme
-  Fresh chives
-  Hamburger from Meatier



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

You'll season the mashed potatoes with mustard and Italian herbs. The cream cheese will make them extra luxurious and flavourful!



Tear me out!



Before you start

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

Equipment

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Cream cheese* (g)	25	50	75	100	125	150
Bacon* (slice(s))	2	4	6	8	10	12
Onion (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	1	2	3	4	5	6
Onion chutney* (g)	40	80	120	160	200	240
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Dried thyme (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Fresh chives* (g)	2½	5	7½	10	12½	15
Hamburger from Meatier* (unit(s))	1	2	3	4	5	6
Not included						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Water (ml)	30	60	90	120	150	180
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (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
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)	3720 /889	519 /124
Total fat (g)	44	6
of which saturated(g)	21,4	3
Carbonhydrates (g)	84	12
of which sugars (g)	32,8	4,6
Fiber (g)	13	2
Protein (g)	32	4
Salt (g)	3,6	0,5

Allergens

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



1. Boil the potatoes

- Peel or thoroughly wash the **potatoes** and cut them 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.
- Reserve a small amount of the cooking liquid, then drain and set aside.



2. Prepare the vegetables

- Finely chop the **onion** and slice the **carrot** into thin rounds.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat, then add the **onion**, the **carrot** and the water (see pantry for amount).
- Cover with the lid and allow to stew for 8 - 10 minutes.
- Deglaze with the white wine vinegar, then add the honey and the **thyme** and fry for another minute. Season to taste with salt and pepper.



3. Fry the burger

- Meanwhile, wrap the **burger** with the **bacon**.
- Melt a knob of butter in a second frying pan and fry the **burger** for 2 - 3 minutes per side.
- Add the **onion chutney** and 1 tbsp of water per person and fry for one more minute. Turn off the heat.
- Mash the **potatoes** with a knob of butter and the cooking liquid as preferred. Stir in the mustard, **cream cheese** and **Italian herbs**, then season to taste with salt and pepper.



4. Serve

- Finely chop the **chives**.
- Serve the mashed **potatoes** with the vegetables and the **burger**.
- Serve with the sauce and garnish with the **chives** to finish.

Enjoy!



Pork Escalope with Balsamic Strawberry Jus

with green beans & rosemary potatoes

Family

Total time: 45 - 55 min.



Pork escalope



Potatoes



Fresh rosemary



Green beans



Red onion



Strawberry sauce



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

Pork escalope is a cut from the pig's buttock. The meat is quite lean and deliciously tender - great for a balanced 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

Aluminum foil, parchment-lined baking sheet, lidded pot or saucepan, 2x frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pork escalope* (unit(s))	1	2	3	4	5	6
Potatoes (g)	300	600	900	1200	1500	1800
Fresh rosemary* (sprig)	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
Strawberry sauce (ml)	25	50	75	100	125	150
Not included						
Olive oil (tbsp)	2	4	6	8	10	12
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Water for the sauce (ml)	30	60	90	120	150	180
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3201 /765	473 /113
Total fat (g)	39	6
of which saturated(g)	13	1,9
Carbohydrates (g)	68	10
of which sugars (g)	13,5	2
Fiber (g)	16	2
Protein (g)	34	5
Salt (g)	0,9	0,1

Allergens

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



1. Prepare

Take the **pork escalope** out of the fridge and allow to reach room temperature. Preheat the oven to 200°C. Thoroughly wash the **potatoes** and then dice them into 1cm chunks. Pull the **rosemary** leaves off the stems and finely chop. Transfer the **potatoes** to a parchment-lined baking sheet along with two thirds of the **rosemary**. Drizzle with olive oil and season with salt and pepper, then toss well to coat. Roast the **potatoes** for 30 - 35 minutes.



2. Boil the green beans

In the meantime, discard the tips of the **green beans** and chop the **onion**. Pour a shallow layer of water into a pot or saucepan, then add a pinch of salt and the **green beans**. Cover with the lid and bring to a boil, then cook the **green beans** for 6 - 8 minutes. Drain and set aside.



3. Fry the pork escalope

Meanwhile, season the **pork escalope** with salt and pepper. Heat a generous drizzle of olive oil in a frying pan over medium-high heat and fry the **pork** for 5 - 7 minutes until evenly browned. Remove from the pan and set aside under aluminium foil until serving. Keep the pan to use in the next step.



4. Make the jus

In the same frying pan, fry half of the **onion** with the rest of the **rosemary** for 3 - 5 minutes over medium heat. Add the **strawberry sauce**, the balsamic vinegar and the water (see pantry for amounts). Mix well and allow to reduce gently for 2 minutes, then turn off the heat. Shortly before serving, stir the butter into the sauce and season to taste with salt and pepper.



5. Fry the green beans

In the meantime, heat a drizzle of olive oil in another frying pan over medium-high heat and fry the rest of the **onion** for 1 minute. Add the **green beans** and fry for 2 minutes over high heat. Season to taste with salt and pepper.

Did you know... 🌱 green beans are high in potassium, which helps maintain a healthy blood pressure. They're also a good source of iron and folic acid, both of which help us feel more energised.



6. Serve

Slice the **pork** and serve with the **potatoes** and **green beans** alongside. Top the **pork** with the balsamic **strawberry jus**.

Enjoy!



Homemade Creamy Vegetable Pie

with mushrooms, leek & cheese with a crisp salad

Family Veggie Calorie Smart

Total time: 50 - 60 min.



Puff pastry



Leek



Mushrooms



Carrot



Onion



Garlic



Dried thyme



Bay leaf



Cooking cream



Grated Gouda



Arugula & lamb's lettuce



There is an improved ingredient in your box! Our puff pastry recipe has been reduced in both salt and saturated fat, without compromising the flavour or texture. Enjoy!
Scan the QR code to let us know what you thought of the ingredient!



Before you start

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

Equipment

Lidded deep frying pan, oven dish, salad bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Puff pastry* (roll(s))	¼	½	¾	1	1¼	1½
Leek* (unit(s))	½	1	2	2	3	3
Mushrooms* (g)	125	250	400	400	650	650
Carrot* (unit(s))	½	1	¾	1	1¼	2
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Dried thyme (sachet(s))	¼	¾	1	1½	1½	2
Bay leaf (unit(s))	1	1	2	2	3	3
Cooking cream (g)	50	100	150	200	250	300
Grated Gouda* (g)	25	50	75	100	125	150
Arugula & lamb's lettuce* (g)	30	60	90	120	150	180

Not included

White balsamic vinegar (tsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tsp)	1	2	3	4	5	6
Flour (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	75	150	225	300	375	450
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2908 /695	490 /117
Total fat (g)	46	8
of which saturated(g)	25	4,2
Carbonhydrates (g)	48	8
of which sugars (g)	13,9	2,3
Fiber (g)	13	2
Protein (g)	19	3
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

Roll out the **puff pastry**, then put it back in the fridge for 10 minutes. Preheat the oven to 220°C and prepare the stock. Chop the the **leek** into thin rings and slice the **mushrooms**. Finely dice the **carrot** and chop the **onion**. Crush or mince the **garlic**.



4. Bake the pie

Remove the **bay leaf**, then transfer the vegetables to an oven dish. Scatter over the **cheese**, then cover with the **puff pastry**. Score the **puff pastry** in in a criss-cross pattern and season with salt and pepper. Bake in the oven for 15 - 20 minutes, or until the **pastry** is golden-brown and done.



2. Fry the vegetables

Melt half of the butter in a deep frying pan over medium-high heat. Fry the **garlic** and **onion** for 4 - 5 minutes, then add the **carrot**, **leek**, **mushrooms** and **thyme**. Cover with the lid and continue cooking for 4 - 5 more minutes.



5. Make the salad

In a salad bowl, combine the white balsamic vinegar with the extra virgin olive oil. Season to taste with salt and pepper. Add the **lettuce** and toss well to combine.



3. Make the filling

Remove the lid, then add the flour and the rest of the butter to the vegetables. Fry for 1 - 2 minutes, then pour in the stock and the **cream**. Add the **bay leaf** and mix well to combine, seasoning to taste with salt and pepper. Allow to reduce gently for 4 - 5 minutes over low heat.



6. Serve

Serve the pie with the salad alongside.

Did you know... 🌱 with at least four different vegetables, this recipe contributes towards a varied diet. This the best way to make sure you get all the vitamins and minerals you need to stay healthy.

Enjoy!



Bang Bang Cauliflower with Chili Mayo

over garlic rice with crunchy vegetables

Veggie

Total time: 35 - 45 min.



Sweet chili sauce



Panko breadcrumbs



Cauliflower florets



Garlic



Jasmine rice



Spinach



Carrot



Red onion



[Persian] cucumber



Soy sauce



Sesame seeds



Mayonnaise



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

Bang bang! This recipe is normally made using chicken. The name comes from the utensil that is used to tenderise the chicken meat.



Tear me out!



Before you start

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

Equipment

Parchment-lined baking sheet, 2x large bowl, lidded pot or saucepan, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Sweet chili sauce* (sachet(s))	1	2	3	4	5	6
Panko breadcrumbs (g)	25	50	50	75	100	125
Cauliflower florets* (g)	100	200	300	400	500	600
Garlic (unit(s))	½	1	1½	2	2½	3
Jasmine rice (g)	75	150	225	300	375	450
Spinach* (g)	75	150	200	300	350	450
Carrot* (unit(s))	½	1	1	1	2	2
Red onion (unit(s))	¼	½	¾	1	1¼	1½
[Persian] cucumber* (unit(s))	½	1	1	1	2	2
Soy sauce (ml)	10	20	30	40	50	60
Sesame seeds (sachet(s))	1	1	1	1	2	2
Mayonnaise* (g)	25	50	75	100	125	150
Not included						
Olive oil (tbsp)	1¼	2½	3¾	5	6¼	7½
Water (ml)	250	500	750	1000	1250	1500
White wine vinegar (tsp)	1	2	3	4	5	6
Salt (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3527 /843	688 /164
Total fat (g)	42	8
of which saturated(g)	5	1
Carbonhydrates (g)	95	18
of which sugars (g)	13,2	2,6
Fiber (g)	9	2
Protein (g)	18	3
Salt (g)	2,3	0,5

Allergens

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



1. Prepare

Preheat the oven to 200°C. In a large bowl, combine the mayonnaise with the **sweet chili sauce**. Transfer half of this to a small bowl and set aside. In a second large bowl, combine the **panko** with a pinch of salt and a light drizzle of olive oil.



4. Chop the vegetables

Roughly chop the **spinach** and remove any thick stems. Cut the **carrot** into thin crescents and chop the **onion**. Thinly slice the **cucumber**.

Did you know... 🌱 *spinach is full of nutrients but it is particularly rich in iron, which is essential for transporting oxygen throughout the body. This helps us feel energised.*



2. Roast the cauliflower

Transfer the **cauliflower** florets to the large bowl and coat with the **chili** mayonnaise, then transfer to the **panko** and toss well to coat. Transfer the **cauliflower** to a parchment-lined baking sheet and roast in the oven for 20 - 25 minutes (see Tip).

Tip: for the best results, don't crowd the cauliflower; use two baking sheets if necessary.



5. Fry the vegetables

Heat a drizzle of olive oil in a frying pan and fry the **carrot** for 4 - 6 minutes, then stir in the **spinach**, **onion** and **soy sauce** and fry for 2 more minutes. Meanwhile, make the 'bang bang' sauce by combining the reserved **chili** mayonnaise with the white wine vinegar.



3. Cook the rice

Crush or mince the **garlic**. Heat a drizzle of olive oil in a pot or saucepan over a low heat. Fry the **garlic** for 1 - 2 minutes, then add the **rice** and the water (see pantry for amount). Boil the **rice** for 10 - 12 minutes, covered, then take the pan off the heat and allow to rest for 5 minutes. Drain if necessary and set aside.



6. Serve

Serve the **garlic rice** on deep plates. Top with the fried vegetables and **panko cauliflower**. Serve with the 'bang bang' sauce and the **cucumber**. Garnish with the **sesame seeds**.

Enjoy!



Bulgogi Bowl with Korean-Style Steak Strips

over rice with quick-pickled vegetables

Calorie Smart Express

Total time: 15 - 20 min.



Bulgogi sauce



Steak strips



Jasmine rice



[Persian] cucumber



Soy sauce



Garlic



Slaw mix



Salted peanuts



Honey-ginger dressing



Chiara's favorite

Our recipe developer Chiara says:

"To me, there is nothing cozier than barbequeing together at the table and enjoying lots of unique flavours. This recipe is inspired by 'Beef Bulgogi', which is originally prepared during Korean BBQ. Similar flavours can be found in this dish: for example, you'll marinate the steak strips in our sweet and savoury bulgogi 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.

Equipment

Lidded pot or saucepan, small bowl, two bowls, wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Bulgogi sauce (g)	35	70	105	140	175	210
Steak strips* (g)	100	200	300	400	500	600
Jasmine rice (g)	75	150	225	300	375	450
[Persian] cucumber* (unit(s))	1	1	2	2	3	3
Soy sauce (ml)	10	20	30	40	50	60
Garlic (unit(s))	½	1	1½	2	2½	3
Slaw mix* (g)	75	150	200	300	350	450
Salted peanuts (g)	10	20	30	40	50	60
Honey-ginger dressing (ml)	15	25	40	50	65	75
Not included						
Sugar (tsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	1½	3	4½	6	7½	9
Sambal (totaste)	0	0	0	0	0	0
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
Salt (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2862 /684	562 /134
Total fat (g)	22	4
of which saturated(g)	3,1	0,6
Carbonhydrates (g)	85	17
of which sugars (g)	21,1	4,1
Fiber (g)	5	1
Protein (g)	35	7
Salt (g)	3,4	0,7

Allergens

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



1. Prepare

- Take the **steak strips** out of the fridge (see Tip).
- Boil plenty of water in a pot or saucepan and cook the **rice** for 12 - 15 minutes, covered.
- Drain when finished and set aside.

Tip: for the best result, take the steak strips out of the fridge 30 - 60 minutes before you start cooking. This way, the steak strips will be at room temperature when you eventually fry them.



3. Fry the steak strips

- When the **rice** has 5 minutes left, heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat.
- Fry the **garlic** for 1 minute, then add the **steak strips** in their marinade.
- Add some sambal as preferred and stir-fry for 1 minute.



2. Marinate the steak

- In a bowl, combine the **steak strips** with the **bulgogi sauce** and **soy sauce**.
- Crush or mince the **garlic** and slice the **cucumber**.
- In another bowl, combine the **cucumber** with the **slaw mix**, white wine vinegar and sugar.
- Season with a pinch of salt, then set aside until serving.

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



4. Serve

- Serve the **rice** on deep plates and top with the **steak strips** in their sauce.
- Serve with the **cucumber** slaw and garnish with the **peanuts**.
- Drizzle over the honey **ginger** dressing.
- In a small bowl, combine the mayonnaise with the honey **ginger** dressing.

Enjoy!



Creamy Mafaldine with Honeyed Goat's Cheese Pearls

with panko topping, courgette & capers

Veggie Express

Total time: 15 - 20 min.



Honeyed goat's cheese pearls



Mafaldine



Courgette



Leek



Lemon



Italian seasoning



Cooking cream



Panko breadcrumbs



Pumpkin seeds



Capers



Fresh flat leaf parsley & chives



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

Did you know that capers are the unopened buds of the caper plant? They are mainly harvested in countries with Mediterranean climates.



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, deep frying pan, pot or saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Honeyed goat's cheese pearls* (g)	50	100	150	200	250	300
Mafaldine (g)	90	180	270	360	450	540
Courgette* (unit(s))	½	1	2	2	3	3
Leek* (unit(s))	½	1	1	2	2	3
Lemon* (unit(s))	½	1	1½	2	2½	3
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Cooking cream (g)	75	150	225	300	375	450
Panko breadcrumbs (g)	15	25	40	50	65	75
Pumpkin seeds (g)	10	20	30	40	50	60
Capers (g)	15	30	45	60	75	90
Fresh flat leaf parsley & chives* (g)	5	10	15	20	25	30
Not included						
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3586 /857	704 /168
Total fat (g)	39	8
of which saturated(g)	18,3	3,6
Carbonhydrates (g)	95	19
of which sugars (g)	12,3	2,4
Fiber (g)	11	2
Protein (g)	29	6
Salt (g)	1,3	0,3

Allergens

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



1. Prepare

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cook the mafaldine for 7 - 9 minutes, then reserve some of the pasta water before draining and setting aside.
- Meanwhile, dice the **courgette**.
- Chop the **leek** into thin rings.

Did you know... 🌱 just 100g of leek provides more than a third of the RDA of folic acid, which plays an essential role in bodily growth and function.



2. Fry the vegetables

- Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the **courgette** with the **leek** and the **Italian herbs** for 5 - 7 minutes. Season to taste with salt and pepper.
- Meanwhile, heat a light drizzle of olive oil in a frying pan over medium-high heat. Fry the **panko** with the **pumpkin seeds** until the **panko** is golden and the **pumpkin seeds** start to pop.
- Transfer the **panko** to a bowl and season to taste with salt and pepper.



3. Make the sauce

- Finely chop the fresh herbs and roughly chop the **capers**. Cut the **lemon** into six wedges
- To the vegetables, add the **cream** and half of the **capers**, then squeeze in 1 **lemon wedge** per person. Mix well to combine.
- Transfer the **mafaldine** to the sauce and add some pasta water as necessary if the sauce is too thick. Mix well and season to taste with salt and pepper.



4. Serve

- Serve the **mafaldine** on deep plates and top with the **panko** mixture, the **goat's cheese** and the rest of the **capers**.
- Garnish with the fresh herbs and serve with the rest of the **lemon** wedges alongside.

Enjoy!



Spicy Saucy No-Beef Noodles

with pak choi, corn & crispy onions

Quick Plant-Based

Total time: 10 - 15 min.



Wholewheat noodles



Onion



Garlic-ginger-chili mix



Pak choi



Corn



Soy sauce



East Asian-style sauce



Crispy fried onions



Vegetarian beef-style pieces



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 flavour and succulent texture.



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

Pot or saucepan, sieve, frying pan, wok

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Wholewheat noodles (g)	50	100	150	200	250	300
Onion (unit(s))	½	1	1	2	2	3
Garlic-ginger-chili mix* (g)	10	20	30	40	50	60
Pak choi* (unit(s))	½	1	2	2	3	3
Corn (g)	70	140	215	285	355	425
Soy sauce (ml)	10	20	30	40	50	60
East Asian-style sauce* (g)	35	70	105	140	175	210
Crispy fried onions (g)	15	30	45	60	75	90
Vegetarian beef-style pieces* (g)	80	160	240	320	400	480
Not included						
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Sunflower oil (tbsp)	1	2	3	4	5	6
[Reduced salt] ketjap manis (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3029 /724	678 /162
Total fat (g)	26	6
of which saturated(g)	5,6	1,3
Carbonhydrates (g)	89	20
of which sugars (g)	33,7	7,5
Fiber (g)	10	2
Protein (g)	31	7
Salt (g)	5,7	1,3

Allergens

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



1. Boil the noodles

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cook the **noodles** for 4 - 5 minutes until al dente, then drain and set aside.
- Slice the **onion** into half rings.
- Heat half of the sunflower oil in a wok over high heat. Fry the **onion** with the **garlic-ginger-chili** mix* for 1 - 2 minutes.

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



2. Fry the veggie beef

- Discard the base of the **pak choi** and finely chop both the leaves and the stems, keeping them separate.
- Add the stems to the wok and fry for 3 - 4 minutes.
- Heat the rest of the sunflower oil in a frying pan over medium-high heat. Fry the **veggie beef** for 3 - 4 minutes.
- Stir in the honey, season with salt and pepper and fry for one more minute.



3. Finish

- Meanwhile, drain the **corn** and transfer it to the wok, along with the **noodles**, **pak choi** leaves, **East Asian-style sauce**, **soy sauce** and ketjap (see Tip).
- Toss well to combine, seasoning to taste with salt and pepper.



4. Serve

- Serve the **noodles** on deep plates.
- Top with the **veggie beef** and garnish with the **crispy onions**.

Enjoy!

Health Tip 🍌 if you're watching your salt intake, just use half of the soy sauce here. You can add more as preferred later, when serving.



Korean-Inspired Bulgogi Burger with Sriracha Mayo

with kimchi rainbow slaw, sesame seeds & spicy baby potatoes

Quick

Total time: 10 - 15 min.



Beef-pork burger



Rainbow slaw mix



Kimchi sauce



Bulgogi sauce



Onion



Korean-style spice mix



Hamburger bun with sesame seeds



[Persian] cucumber



Baby potatoes



Black sesame seeds



Sriracha mayo



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

Bulgogi sauce is sweet and savoury, with the flavours of Asian pear, ginger and garlic. It's a key ingredient when preparing Korean BBQ.



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

Plastic wrap, salad bowl, frying pan, heatproof bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Beef-pork burger* (unit(s))	1	2	3	4	5	6
Rainbow slaw mix* (g)	100	200	300	400	500	600
Kimchi sauce (g)	20	40	60	80	100	120
Bulgogi sauce (g)	20	35	55	70	90	105
Onion (unit(s))	½	1	1½	2	2½	3
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
Hamburger bun with sesame seeds (unit(s))	1	2	3	4	5	6
[Persian] cucumber* (unit(s))	½	1	¾	1	1¼	2
Baby potatoes (g)	200	400	600	800	1000	1200
Black sesame seeds (sachet(s))	½	1	1½	2	2½	3
Sriracha mayo* (g)	25	50	75	100	125	150
Not included						
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	1½	3	4½	6	7½	9
Sugar (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)	4058 /970	601 /144
Total fat (g)	52	8
of which saturated(g)	13,9	2,1
Carbonhydrates (g)	92	14
of which sugars (g)	22	3,3
Fiber (g)	15	2
Protein (g)	33	5
Salt (g)	3,6	0,5

Allergens

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



1. Prepare

- Halve the **baby potatoes** and transfer to a microwave-safe bowl (see Tip).
- Add the **Korean-style spices** and half of the butter, then cover the bowl with plastic wrap and pierce the surface several times.
- Microwave on high for 5 - 6 minutes or until soft. Set aside until serving, covered.

Health Tip 🍌 *this recipe is high in calories. If you're watching your calorie intake, serve the burger without the potatoes. You can keep them to use another time.*



3. Make the slaw

- Slice the **cucumber**.
- In a salad bowl, combine the mayonnaise with the sugar, the **kimchi sauce*** and the white wine vinegar.
- Add the **slaw mix**, the **cucumber** and the **sesame seeds**.
- Toss well to combine and season to taste with salt and pepper.

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



2. Fry the burger

- Melt the rest of the butter in a frying pan over medium-high heat and fry the **burger** for 3 - 4 minutes.
- Slice the **onion** into half rings.
- Flip the **burger**, then add the **onion** and fry for 3 - 4 minutes.
- Add the **bulgogi sauce** and fry for 1 more minute (see Tip).

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



4. Serve

- Cut open the **burger bun** and spread with half of the **sriracha mayo**.
- Top with the **burger** and some of the slaw
- Toss the **potatoes**, then serve alongside the **burger**. Serve with the rest of the **sriracha mayo**.
- Serve the rest of the slaw alongside.

Enjoy!



Shrimp over Giant Couscous in Cherry Tomato Sauce

with Greek-style cheese, lemon & Romano pepper

Quick Calorie Smart

Total time: 25 - 30 min.



Giant couscous



Shrimp



Onion



Tinned cherry tomatoes



Romano pepper



Lemon



Fresh flat leaf parsley



Greek-style cheese



Sicilian-style herb mix



Ground paprika



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

Lemons not only add a fresh touch and some bright colour to your dish - they also help support your digestion!



Tear me out!



Before you start

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

Equipment

Deep frying pan, lidded pot or saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Giant couscous (g)	75	150	225	300	375	450
Shrimp* (g)	80	160	240	320	400	480
Onion (unit(s))	½	1	1	2	2	3
Tinned cherry tomatoes (can)	½	1	1½	2	2½	3
Romano pepper* (unit(s))	½	1	2	2	3	3
Lemon* (unit(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Greek-style cheese* (g)	25	50	75	100	125	150
Sicilian-style herb mix (sachet(s))	½	1	2	2	3	3
Ground paprika (tsp)	1½	3	3	6	6	9
Not included						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1½	1½
Balsamic vinegar (tsp)	1	2	3	4	5	6
Sugar (tsp)	1	2	3	4	5	6
Olive oil (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)	2657 /635	476 /114
Total fat (g)	20	4
of which saturated(g)	6,8	1,2
Carbonhydrates (g)	79	14
of which sugars (g)	23,3	4,2
Fiber (g)	11	2
Protein (g)	30	5
Salt (g)	2,1	0,4

Allergens

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



1. Chop the vegetables

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cook the **giant couscous** for 12 - 14 minutes, covered, then drain and set aside.
- Meanwhile, chop the **onion** and cut the **Romano pepper** into strips.

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



2. Fry the vegetables

- Heat half of the olive oil in a deep frying pan over medium-high heat. Fry the **onion** and **Romano pepper** for 4 - 6 minutes, then deglaze with the balsamic vinegar.
- Add the sugar and the **cherry tomatoes**, then bring to a boil and allow to simmer until further use.
- Season to taste with salt and pepper.



3. Fry the shrimp

- Finely chop the **parsley**.
- Quarter the **lemon**.
- Heat the rest of the olive oil in a frying pan over medium-high heat. Fry the **shrimp** with the **paprika** for 2 - 3 minutes.
- Squeeze a quarter **lemon** per person directly into the **shrimp**, then stir in half of the **parsley**. Season to taste with salt and pepper.



4. Serve

- Transfer the **giant couscous** to the **tomato** sauce, then add the Sicilian **spices**. Mix well to combine and season with salt and pepper.
- Serve the **giant couscous** on deep plates.
- Top with the **shrimp** and crumble over the **Greek-style cheese**.
- Garnish with the rest of the **parsley** and serve with the rest of the **lemon** wedges.

Enjoy!



Fusion Niçoise with Tuna Steak

with sriracha mayo, sesame seeds & potatoes

Quick Calorie Smart

Total time: 20 - 25 min.



Diced tuna steak



Sriracha mayo



Red onion



Little gem



Green beans



Black sesame seeds



Korean-style spice mix



Potatoes



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

Sesame seeds may be small, but they're powerful! Not only do they add a nutty flavour and crunchy texture to dishes, but they're also rich in healthy fats, fibre and minerals.



Tear me out!



Before you start

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

Equipment

Bowl, pot or saucepan, salad bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Diced tuna steak* (g)	120	240	360	480	600	720
Sriracha mayo* (g)	25	50	75	100	125	150
Red onion (unit(s))	½	1	1	2	2	3
Little gem* (unit(s))	1	2	3	4	5	6
Green beans* (g)	75	150	300	300	450	450
Black sesame seeds (sachet(s))	½	1	1½	2	2½	3
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
Potatoes (g)	200	400	600	800	1000	1200
Not included						
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Red wine vinegar (tbsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Extra virgin olive oil (totaste)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2402 /574	407 /97
Total fat (g)	26	4
of which saturated(g)	6,5	1,1
Carbonhydrates (g)	46	8
of which sugars (g)	8,9	1,5
Fiber (g)	13	2
Protein (g)	36	6
Salt (g)	0,9	0,1

Allergens

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



1. Prepare

- Thoroughly wash the **potatoes** and then cut into chunks. Transfer to a pot or saucepan and submerge with plenty of salted water,
- Boil the **potatoes** for 5 - 7 minutes. Meanwhile, discard the tips of the **green beans** and then cut in half.
- Add the **green beans** to the **potatoes** and boil for 6 - 8 minutes, then drain and transfer back to the pot.



2. Pickle the onion

- In a bowl, combine half of the olive oil with the honey and half of the **Korean-style spices**.
- Season to taste with salt and pepper, then add the **tuna** and mix well to combine. Set aside to marinate.
- Slice the **onion** into half rings and finely chop the **lettuce**.
- In a salad bowl, combine the red wine vinegar with the sugar. Add the **onion** and mix well to combine, then set aside.



3. Fry the tuna

- Heat the rest of the olive oil in a frying pan over high heat and fry the **tuna** for 1 - 2 minutes.
- Add a knob of butter and the rest of the **Korean-style spices** to the **potatoes** and **beans**. Fry for 1 - 2 minutes over medium-high heat, seasoning to taste with salt and pepper.
- Add the **lettuce** to the **onion** and toss well to combine. Add extra virgin olive oil as preferred, then season to taste with salt and pepper.



4. Serve

- Serve the **lettuce** on deep plates. Top with the **potatoes**, **beans** and **tuna**.
- Drizzle with the **sriracha mayo** and garnish with the **black sesame seeds**.

Enjoy!



Shakshuka with Goat's Cheese

with heart-shaped bread & Greek-style spices

Veggie Quick

Total time: 25 - 30 min.



Onion



Garlic



Bell pepper



Tomato



Egg



Fresh goat's cheese



Greek-style spice mix



Chopped tomatoes with basil



Novelty bread roll



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

Did you know that in the Middle East and Northern Africa, shakshuka is enjoyed as breakfast, lunch or dinner?



Tear me out!



Before you start

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

Equipment

Lidded deep frying pan

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
Bell pepper* (unit(s))	½	1	2	2	3	3
Tomato (unit(s))	½	1	1½	2	2½	3
Egg* (unit(s))	2	4	6	8	10	12
Fresh goat's cheese* (g)	50	75	100	125	175	200
Greek-style spice mix (sachet(s))	½	1	1½	2	2½	3
Chopped tomatoes with basil (pack)	½	1	1½	2	2½	3
Novelty bread roll* (unit(s))	1	2	3	4	5	6
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 (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2807 /671	463 /111
Total fat (g)	35	6
of which saturated(g)	12	2
Carbonhydrates (g)	55	9
of which sugars (g)	19,1	3,1
Fiber (g)	12	2
Protein (g)	31	5
Salt (g)	4	0,7

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**. Finely dice the **bell pepper**. Dice the **tomato**.



2. Fry the aromatics

Heat the olive oil in a deep frying pan over medium-high heat (see Tip). Fry the **onion** and **garlic** for 2 minutes, then stir in the **bell pepper, tomato, Greek-style spices** and **chopped tomatoes**.

Tip: use a deep frying pan with a thick base, as this will heat more evenly and the eggs will poach more easily. If you are cooking for more than three people, use more pans as necessary.



3. Make the sauce

Crumble in the stock cube (see pantry for amount). Mix well and bring to a boil, then allow to simmer gently for 5 - 7 minutes (see Tip). Season to taste with salt and pepper.

Tip: allow the sauce to reduce and thicken as much as possible, so as to ensure the eggs poach more easily.



4. Add the eggs

Make small wells in the **vegetable mixture** for each **egg**. Crack the **eggs** into the wells so as to mostly submerge them with the sauce, then season the **eggs** with salt and pepper. Crumble over the **goat's cheese**, then cover with the lid and allow to poach for 4 - 6 minutes.



5. Bake the bread

In the meantime, bake the **bread roll** for 6 - 8 minutes. Take the lid off the shakshuka and turn up the heat. Poach the **eggs** for a further 2 - 4 minutes so as to allow any excess liquid to evaporate (see Tip).

Tip: the cooking time depends on your pan. Check the eggs and poach for more or less time as needed.



6. Serve

Serve the shakshuka on plates. Serve the **bread** alongside.

Did you know... 🍅 tomatoes are high in vitamins A, C and E, as well as lycopene, an antioxidant which protects our cells against damage. The riper the tomato, the richer it is in lycopene!

Enjoy!



Fish & Chips

with cucumber-dill salad & garlic mayo

Total time: 40 - 50 min.



Skin-on fries



Lemon



Skin-on hake fillet



[Persian] cucumber



Fresh dill



Red onion



Butter lettuce



Gomashio-herb mix



Garlic



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

You'll give the hake an original spin with our gomashio-herb mix - a seasoning blend made from sesame seeds and garden herbs.



Tear me out!



Before you start

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

Equipment

Parchment-lined baking sheet, large salad bowl, microplane, kitchen paper, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Skin-on fries* (g)	250	500	750	1000	1250	1500
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Skin-on hake fillet* (unit(s))	1	2	3	4	5	6
[Persian] cucumber* (unit(s))	½	1	1½	2	2½	3
Fresh dill (g)	2½	5	7½	10	12½	15
Red onion (unit(s))	¼	½	¾	1	1¼	1½
Butter lettuce* (head)	¼	½	¾	1	1¼	1½
Gomashio-herb mix (sachet(s))	½	1	1½	2	2½	3
Garlic (unit(s))	¼	½	¾	1	1¼	1½
Not included						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
Mustard (tsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3322 / 794	527 / 126
Total fat (g)	47	7
of which saturated(g)	9,3	1,5
Carbonhydrates (g)	59	9
of which sugars (g)	9,3	1,5
Fiber (g)	9	1
Protein (g)	29	5
Salt (g)	1,5	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.
- Transfer the fries to a parchment-lined baking sheet and bake in the oven for 20 - 25 minutes or until golden-brown, tossing halfway.
- Season the fries with salt, then toss well to coat.



2. Make the dressing

- Zest the **lemon** and then cut it into wedges. Crush or **mince** the **garlic**.
- In a small bowl, combine the mayonnaise with the **garlic** and a quarter teaspoon of **lemon zest** per person.
- **Mince** the **onion** and finely chop the **dill**.
- In a large salad bowl, combine the extra virgin olive oil with the mustard, honey, **dill** and **onion**. Squeeze in one **lemon wedge** per person, then season to taste with salt and pepper.



3. Fry the hake

- Dice the **cucumber** and roughly chop the **lettuce**.
- Pat the **hake** dry with kitchen paper and season to taste with salt and pepper.
- Melt the butter in a frying pan over medium-high heat and fry the hake for 2 - 3 minutes on its skin.
- Reduce the heat and flip the **hake**, then fry for 1 - 2 minutes on the other side. Season with the **gomashio**.



4. Serve

- Shortly before serving, add the **cucumber** and **lettuce** to the salad bowl and toss well to combine with the dressing.
- Serve the hake with the salad and fries.
- Serve the **garlic** mayo and **lemon wedges** alongside.

Enjoy!



Hamburger with Bacon Lardons

with broccoli in cheesy curry sauce, chives & potato wedges

Family Quick

Total time: 25 - 30 min.



Beef-pork burger



Potatoes



Broccoli



Onion



Bacon lardons



Cooking cream



Fresh chives



Grated Gouda



Curry powder



Sarah's favorite

Our recipe developer Sarah says:

"For this recipe, I was inspired by cauliflower with cheese sauce, a classic I often had growing up. I replaced the cauliflower with broccoli, adding a bit more colour to the plate. Seasoning the potatoes with curry spices gives them a little extra kick."



Before you start

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

Equipment

Lidded deep frying pan, pot or saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Beef-pork burger* (unit(s))	1	2	3	4	5	6
Potatoes (g)	200	400	600	800	1000	1200
Broccoli* (g)	180	360	500	720	860	1080
Onion (unit(s))	½	1	2	2	3	3
Bacon lardons* (g)	25	50	75	100	125	150
Cooking cream (g)	75	150	225	300	375	450
Fresh chives* (g)	2½	5	7½	10	12½	15
Grated Gouda* (g)	25	50	75	100	125	150
Curry powder (sachet(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (totaste)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3686 /881	544 /130
Total fat (g)	58	9
of which saturated(g)	27	4
Carbonhydrates (g)	48	7
of which sugars (g)	7,8	1,2
Fiber (g)	14	2
Protein (g)	40	6
Salt (g)	2,3	0,3

Allergens

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



1. Make the wedges

- Wash the **potatoes** and cut them into wedges, then transfer to a deep frying pan and submerge with water.
- Cover with the lid and boil for 12 - 14 minutes over medium-low heat.
- Drain if necessary, then add the olive oil and fry for 3 - 4 minutes over medium-high heat.
- Stir in half of the **curry powder** and season to taste with salt and pepper.



3. Make the sauce

- Remove the **burger** and **bacon lardons** from the pan and set aside. Fry the **onion** in the same pan for 2 - 3 minutes over medium-high heat.
- Add the **cream** and the rest of the **curry powder**, then bring to a boil.
- Reduce the heat to medium and stir in the **cheese**. Allow to melt, then turn off the heat.
- Gradually add water until the sauce reaches the desired consistency, then season to taste with salt and pepper.



2. Boil the broccoli

- Melt the butter in a frying pan over medium-high heat. Fry the **bacon lardons** with the **burger** for 4 - 6 minutes, turning halfway. Season with salt and pepper.
- Meanwhile, boil plenty of salted water in a pot or saucepan. Cut the head of the **broccoli** into florets and dice the stem.
- Boil the **broccoli** for 5 - 7 minutes, then drain and season with salt and pepper. Set aside until serving.
- Finely chop the **onion**.



4. Serve

- Finely chop the **chives** or use scissors if preferred.
- Serve the **potato wedges**, **broccoli**, **bacon lardons** and **burger** on plates.
- Top the **broccoli** with the cheesy curry sauce.
- Garnish with the **chives** and serve with mayonnaise as preferred.

Enjoy!



Goat's Cheese Omelette with Patatas Bravas

with roasted Romano peppers & aioli

Family Veggie

Total time: 45 - 55 min.



Potatoes



Ground paprika



Green Romano pepper



Romano pepper



Garlic



Red chili pepper



Passata



Egg



Grated mature goat's cheese



Aioli



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

In Spain, they eat patatas bravas as tapas alongside lots of other dishes. Today, you'll combine them with a spicy tomato sauce, a goat's cheese omelette and Romano peppers.



Tear me out!



Before you start

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

Equipment

Parchment-lined baking sheet, 2x bowl, lidded deep frying pan, saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Ground paprika (tsp)	1	2	3	4	5	6
Green Romano pepper* (unit(s))	½	1	1½	2	2½	3
Romano pepper* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	½	1	1½	2	2½	3
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Passata (g)	50	100	150	200	250	300
Egg* (unit(s))	2	4	6	8	10	12
Grated mature goat's cheese* (g)	25	50	75	100	125	150
Aioli* (g)	25	50	75	100	125	150
Not included						
Olive oil (tbsp)	2	4	6	8	10	12
[Plant-based] milk (splash)	1	2	3	4	5	6
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3782 /904	565 /135
Total fat (g)	62	9
of which saturated(g)	14,3	2,1
Carbohydrates (g)	55	8
of which sugars (g)	9,4	1,4
Fiber (g)	12	2
Protein (g)	29	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 the potatoes

Preheat the oven to 220°C. Wash or peel the **potatoes** and dice into 1 - 2cm chunks, then transfer to a bowl. Add the **paprika** and drizzle with ¾ tbsp olive oil per person. Season with salt and pepper, then toss well to coat. Fry the **potatoes** in a deep frying pan over medium-high heat for 20 minutes, covered. Remove the lid from the pan and continue frying for 15 minutes.



4. Make the sauce

Heat ¼ tbsp olive oil per person in a saucepan over medium-high heat. Fry the **garlic** and **chili pepper** for 1 - 2 minutes. Reduce the heat, then add the **passata** and allow to thicken and reduce for 5 minutes. Add more water if the sauce is too thick and season to taste with salt and pepper.



2. Roast the peppers

Transfer the peppers to a parchment-lined baking sheet and drizzle with ½ tbsp olive oil per person. Season generously with salt (see Tip). Roast in the oven for 10 - 15 minutes or until they begin to darken, turning halfway.

Tip: if you have flaky sea salt, use this to season the peppers. This type of salt will retain its shape and the peppers will not absorb it so much.



5. Make the omelette

In a bowl, whisk the **eggs** with a splash of milk and the **goat's cheese**, then season with salt and pepper. Heat the rest of the olive oil in a frying pan over medium-high heat and pour in the **eggs**. Fry the omelette for 5 - 8 minutes, then carefully fold in half.

Did you know... 🥚 eggs are one of the few ingredients that are rich in vitamin D, which aids with calcium absorption. Many of us however don't get enough vitamin D, particularly during the darker winter months.



3. Prepare the aromatics

In the meantime, crush or mince the **garlic**. Deseed and finely chop the **red chili pepper***.

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



6. Serve

Halve the green **Romano pepper**. Serve the omelette and the patatas bravas with the roasted **Romano peppers**. Serve with the **tomato** sauce and the **aioli** (see Tip).

Tip: this recipe is high in calories. If you're watching your calorie intake, serve just half of the aioli and potatoes. You can keep the rest in the fridge to use the next day.

Enjoy!













Potato Hash with Fried Egg & Mushrooms

with green beans, cheese & fresh herbs

Family Veggie Calorie Smart

Total time: 35 - 45 min.



-  Potatoes
-  Pre-cut green beans
-  Garlic
-  Onion
-  Mushrooms
-  Grated Gouda
-  Egg
-  Fresh flat leaf parsley & chives
-  Carrot
-  Sicilian-style herb mix



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

Parsley contains a wide variety of nutrients, including magnesium, calcium, potassium, and vitamins A, K, and C!



Tear me out!



Before you start

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

Equipment

Lidded pot or saucepan, large deep frying pan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Pre-cut green beans* (g)	50	100	100	200	200	300
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Mushrooms* (g)	65	125	250	250	375	375
Grated Gouda* (g)	50	100	150	200	250	300
Egg* (unit(s))	1	2	3	4	5	6
Fresh flat leaf parsley & chives* (g)	2½	5	7½	10	12½	15
Carrot* (unit(s))	1	1	2	2	3	3
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Not included						
[Plant-based] butter (tbsp)	1½	2½	3½	5	6½	7½
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1½	1½
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2753 /658	464 /111
Total fat (g)	38	6
of which saturated(g)	22,2	3,7
Carbonhydrates (g)	49	8
of which sugars (g)	8,3	1,4
Fiber (g)	16	3
Protein (g)	28	5
Salt (g)	2,3	0,4

Allergens

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



1. Prepare

- Wash or peel the **potatoes** and dice into 2cm chunks, then transfer to a pot or saucepan.
- Submerge with water and crumble in the stock cube (see pantry for amount). Cover with the lid and bring to the boil.
- Cook the **potatoes** for 4 minutes, then add the **green beans** and boil for 6 more minutes. Drain and set aside.



2. Fry the vegetables

- In the meantime, slice the **onion** into half rings and crush or mince the **garlic**.
- Slice the **mushrooms** and cut the **carrot** into thin crescents.
- Melt a knob of butter in a frying pan and fry the **onion** with the **garlic, carrot** and **mushrooms** for 5 minutes over medium-high heat. Season to taste with salt and pepper.



3. Melt the cheese

- Melt another knob of butter in a large deep frying pan over medium-high heat. Fry the **potatoes** and **green beans** with the Sicilian herbs for 5 minutes, tossing regularly.
- Transfer the vegetables to the **potatoes** and **green beans**, mix well and then reduce the heat. Top with the **grated cheese** and allow to melt (see Tip).
- Meanwhile, finely chop the **parsley** and **chives**.

Tip: cover with the lid so as to melt the cheese more quickly.



4. Serve

- Melt a small knob of butter in the same pan you used for the **mushrooms**. Fry the **egg** and season to taste with salt and pepper.
- Serve the **potato** hash on plates and top with the fried **egg**.
- Garnish with the **parsley** and **chives**.

Enjoy!



Fennel Curry with Coriander Yogurt Sauce

over brown rice with corn & naan bread

Veggie

Total time: 35 - 45 min.



Red chili pepper



Red onion



Ginger stir-fry sauce



Ground turmeric



Garlic



Fennel



Fresh coriander



Tomato paste



Quick-cook brown rice



Coconut milk



Corn



Naan bread



Organic full-fat yogurt



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

Did you know that you can use leftover fennel stems to make a tasty and refreshing fennel tea? A healthy and tasty way to enjoy every part of this vegetable!



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 deep frying pan, lidded pot or saucepan, sieve

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red chili pepper* (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1½	2	2½	3
Ginger stir-fry sauce (g)	20	35	50	70	85	105
Ground turmeric (tsp)	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Fennel* (unit(s))	½	1	1½	2	2½	3
Fresh coriander* (g)	2½	5	7½	10	12½	15
Tomato paste (can)	½	1	1½	2	2½	3
Quick-cook brown rice (g)	75	150	225	300	375	450
Coconut milk (ml)	90	180	250	360	430	540
Corn (g)	70	140	215	285	355	425
Naan bread (unit(s))	½	1	1½	2	2½	3
Organic full-fat yogurt* (g)	40	75	100	150	175	225

Not included

Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1½	1½
Sunflower 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)	3544 /847	644 /154
Total fat (g)	31	6
of which saturated(g)	16,5	3
Carbonhydrates (g)	118	22
of which sugars (g)	24,4	4,4
Fiber (g)	14	3
Protein (g)	20	4
Salt (g)	2,1	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. Boil plenty of salted water in a pot or saucepan for the **rice**. Deseed and finely chop the **red chili pepper***. Chop the **onion** and crush or mince the **garlic**. Quarter the **fennel** and remove the tough core, then chop the **fennel** into strips. Roughly chop the **coriander**.

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



2. Fry the aromatics

Heat the sunflower oil in a deep frying pan over medium heat. Fry the **onion** with the **garlic**, **chili pepper** and **turmeric** for 1 - 2 minutes. Add the **tomato paste**, **ginger** stir-fry sauce and **fennel**, then fry for 4 - 6 minutes.



3. Cook the rice

Boil the **rice** for 10 minutes, covered, then drain and set aside.



4. Make the curry

To the vegetables, add the **coconut milk** and crumble in the stock cube (see pantry for amount). Bring to a gentle boil, then stir in the **corn**. Cover with the lid and allow to simmer for 10 - 12 minutes. Taste the curry and season with salt and pepper as needed.



5. Make the yogurt sauce

In the meantime, bake the naan for 5 - 7 minutes in the oven. In a bowl, combine the **yogurt** with a third of the **coriander**. Season to taste with salt and pepper.



6. Serve

Serve the **rice** on deep plates and top with the curry. Garnish with the rest of the **coriander**. Serve with the **yogurt** sauce and the **naan bread** alongside.

Enjoy!



Hearty Beef & Pork Pie with BBQ Rub

with carrot, tomato & celery

Total time: 40 - 50 min.



Onion



Carrot



Seasoned minced meat blend



Worcestershire sauce



BBQ spice rub



Puff pastry



Celery



Tomato



There is an improved ingredient in your box! Our puff pastry recipe has been reduced in both salt and saturated fat, without compromising the flavour or texture. Enjoy!
Scan the QR code to let us know what you thought of the ingredient!



Before you start

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

Equipment

Deep frying pan, oven dish

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	1	2	3	4	5	6
Carrot* (unit(s))	½	1	1	1	2	2
Seasoned minced meat blend* (g)	100	200	300	400	500	600
Worcestershire sauce (ml)	10	15	25	30	40	45
BBQ spice rub (sachet(s))	½	¾	1	1½	1½	2
Puff pastry* (roll(s))	½	¾	1	1½	1½	2
Celery* (sprig)	1	2	2	4	4	6
Tomato (unit(s))	1	2	3	4	5	6
Not included						
Low sodium beef stock (ml)	50	100	150	200	250	300
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3222 /770	594 /142
Total fat (g)	49	9
of which saturated(g)	24	4,4
Carbonhydrates (g)	55	10
of which sugars (g)	15,5	2,9
Fiber (g)	11	2
Protein (g)	26	5
Salt (g)	2	0,4

Allergens

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



1. Fry the vegetables

- Preheat the oven to 200°C and prepare the stock.
- Chop the **onion** and dice the **tomato**. Wash or peel the **carrot** and then dice it.
- Halve the **celery** lengthways and then finely chop it.
- Melt a knob of butter in a deep frying pan over medium-high heat. Fry the **onion** with the **carrot** and **celery** for 4 - 5 minutes.



2. Make the filing

- Stir in the **mince** and fry for 3 - 4 more minutes, separating it as you do so.
- Add the **tomato**, **BBQ rub***, **Worcestershire sauce** and the stock.
- Bring to the boil and allow to reduce for 2 - 3 minutes or as needed.
- Season to taste with salt and pepper.

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



3. Assemble

- Transfer the filling to an oven dish.
- Top with the **puff pastry** and use a fork to pierce the surface several times.
- Bake the pie in the oven for 20 - 25 minutes or until the **pastry** is golden-brown.



4. Serve

- Serve the pie on plates.

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.

Enjoy!



Chicken in Fragrant Coconut Sauce

over broccoli rice with courgette & Romano pepper

Calorie Smart

Total time: 30 - 40 min.



Courgette



Red onion



Garlic



Quick-cook brown rice



Broccoli rice



Fish sauce



Coconut milk



Piri piri seasoning



Ginger paste



Romano pepper



Chicken breast with Mediterranean herbs



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

Did you know that coconut milk doesn't come directly from the nut itself? The white flesh of the coconut is first mixed with water, and then the coconut milk is squeezed out.



Tear me out!



Before you start

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

Equipment

Lidded deep frying pan, pot or saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Courgette* (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	2	3	4	5
Quick-cook brown rice (g)	40	75	115	150	190	225
Broccoli rice* (g)	100	200	300	400	500	600
Fish sauce (ml)	5	10	15	20	25	30
Coconut milk (ml)	90	180	270	360	450	540
Piri piri seasoning (tsp)	1½	3	4½	6	7½	9
Ginger paste* (g)	5	10	15	20	25	30
Romano pepper* (unit(s))	½	1	1½	2	2½	3
Chicken breast with Mediterranean herbs* (unit(s))	1	2	3	4	5	6
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	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)	2305 /551	404 /96
Total fat (g)	26	4
of which saturated(g)	15,7	2,7
Carbonhydrates (g)	44	8
of which sugars (g)	10,7	1,9
Fiber (g)	11	2
Protein (g)	32	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

- Boil plenty of water in a pot or saucepan for the **rice** and crumble in the stock cube (see pantry for amount).
- Dice the **courgette** and **Romano pepper**.
- Chop the **onion** and crush or **mince** the **garlic**.
- Dice the **chicken** into 2cm cubes.

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



2. Cook the rice

- Boil the **brown rice** for 8 minutes, then add the **broccoli rice** and cook for 2 more minutes.
- Drain and set aside. Meanwhile, heat the olive oil in a deep frying pan over medium-high heat.
- Fry the **garlic, onion, ginger paste, courgette** and **Romano pepper** for 2 - 3 minutes.
- Add the **chicken** and fry for 2 - 4 minutes, covered.



3. Make the sauce

- Remove the lid and stir in the **fish sauce*** and the **coconut milk**.
- Allow to simmer gently for 4 - 5 minutes.
- Season to taste with salt and pepper, then add some of the **piri piri seasoning**** as preferred.

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

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



4. Serve

- Serve the **rice** on plates with the **chicken** and vegetables alongside.

Enjoy!



Salmon in a Spicy Soy Marinade

over rice with roasted broccoli

Total time: 35 - 45 min.



White long grain rice



Salmon fillet



Broccoli



Garlic



Fresh ginger



Red chili pepper



Soy sauce



Gomashio-herb mix



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

The salmon skin makes this fillet extra tasty! We've left it on as it adds more flavour and is a fantastic source of healthy omega-3 fatty acids.



Tear me out!



Before you start

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

Equipment

Parchment-lined baking sheet, 2x bowl, microplane, lidded pot or saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
White long grain rice (g)	75	150	225	300	375	450
Salmon fillet* (unit(s))	1	2	3	4	5	6
Broccoli* (g)	200	500	700	1000	1200	1500
Garlic (unit(s))	1	2	3	4	5	6
Fresh ginger* (tsp)	2	4	6	8	10	12
Red chili pepper* (unit(s))	½	1	1½	2	2½	3
Soy sauce (ml)	20	40	60	80	100	120
Gomashio-herb mix (sachet(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	1¾	3½	5¼	7	8¾	10½
Brown sugar (tsp)	1½	3	4½	6	7½	9
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3498 /836	701 /168
Total fat (g)	41	8
of which saturated(g)	6,4	1,3
Carbonhydrates (g)	74	15
of which sugars (g)	10,5	2,1
Fiber (g)	9	2
Protein (g)	34	7
Salt (g)	2,2	0,4

Allergens

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



1. Cook the broccoli

Preheat the oven to 200°C. Boil plenty of salted water in a pot or saucepan for the **broccoli**. Cut the head of the **broccoli** into florets and dice the stem. Cook the **broccoli** for 5 – 7 minutes, covered, then drain and set aside.

Did you know... 🌱 *broccoli is considered a superfood, and for good reason – not only is it high in vitamins B, C and E, it's also a great source of calcium, potassium and iron.*



4. Boil the rice

In the meantime, boil plenty of water in the same pan you used for the **broccoli**. Cook the **rice** for 12 - 15 minutes, then drain if necessary and set aside.



2. Marinate the salmon

In the meantime, crush or mince the **garlic**. Peel the **ginger** and then mince it or use a microplane as preferred. Deseed and finely chop the **red chili pepper**. In a bowl, combine the **chili pepper*** with the brown sugar, the **soy sauce**, the **ginger** and half of the olive oil. Add the **salmon**, then transfer to the fridge to marinate for at least 10 minutes, tossing occasionally.

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



5. Fry the salmon

In the meantime, place a frying pan over medium-high heat. Fry the **salmon** for 2 - 3 minutes on its skin, then flip and fry for 1 - 2 more minutes. Remove from the pan and set aside. Transfer the marinade to the pan and add a splash of water as necessary, then cook for 2 minutes.



3. Roast the broccoli

In another bowl, combine the **garlic** and **broccoli** with the rest of the olive oil (see Tip). Season with salt and pepper, then transfer the **broccoli** to a parchment-lined baking sheet. Roast in the oven for 15 - 20 minutes or until al dente, tossing halfway. Allow the tips to darken slightly if preferred, as this boosts the flavour of the **broccoli**.

Tip: to save time, you can also do this directly on the baking sheet.



6. Serve

Serve the **rice** on plates. Top with the **salmon** and the **broccoli**. Garnish with the **gomashio** and drizzle with the sauce to finish.

Enjoy!



Steak with Vietnamese-Inspired Noodles

with gomashio, broccoli, carrot ribbons & mint

Quick Calorie Smart

Total time: 25 - 30 min.



Marinated steak



Mie noodles



Onion



Carrot



Broccoli



Garlic



Vietnamese-style sauce



Sesame oil



Gomashio



Fresh mint



There is a special ingredient in your box! Meatier steak comes from carefully selected cattle, raised under the best conditions, with a comfortable and spacious pasture.

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



Before you start

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

Equipment

Aluminum foil, bowl, pot or saucepan, kitchen paper, peeler or cheese slicer, frying pan, wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Marinated steak* (unit(s))	1	2	3	4	5	6
Mie noodles (g)	50	100	150	200	250	300
Onion (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	1	2	3	4	5	6
Broccoli* (g)	100	200	300	360	500	560
Garlic (unit(s))	½	1	1½	2	2½	3
Vietnamese-style sauce* (sachet(s))	½	1	1½	2	2½	3
Sesame oil (ml)	5	10	15	20	25	30
Gomashio (sachet(s))	½	1	1½	2	2½	3
Fresh mint* (g)	5	10	15	20	25	30
Not included						
Sugar (tsp)	2	4	6	8	10	12
White wine vinegar (ml)	30	60	90	120	150	180
Sunflower oil (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2782 /665	614 /147
Total fat (g)	30	7
of which saturated(g)	5,2	1,1
Carbonhydrates (g)	62	14
of which sugars (g)	20,5	4,5
Fiber (g)	11	2
Protein (g)	34	8
Salt (g)	2,6	0,6

Allergens

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



1. Boil the broccoli

Take the **steak** out of the fridge and allow it to reach room temperature. Boil plenty of salted water in a pot or saucepan. Cut the head of the **broccoli** into florets and dice the stem. Boil the **broccoli** for 5 - 7 minutes, then drain and set aside.



4. Make the sauce

Chop the **onion** and crush or **mince** the **garlic**. Heat the sunflower oil in a wok or deep frying pan over medium-high heat. Fry the **garlic**, **onion** and **broccoli** for 2 - 3 minutes. Add the **noodles** and the **Vietnamese-style sauce**, then toss well to combine, adding some of the reserved cooking liquid if necessary. Season with salt and pepper, then keep warm over a low heat.



2. Prepare the carrot

Meanwhile, use a peeler or **cheese** slicer to shave the **carrot** into thin ribbons. In a bowl, combine the white wine vinegar with the sugar. Transfer the **carrot** to the bowl and toss well to combine. Season to taste with salt and pepper, then set aside.



5. Fry the steak

Heat the olive oil in a frying pan over medium-high heat. Pat the **steak** dry with kitchen paper and season with salt. 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 aluminium foil. Finely chop the **mint**.



3. Boil the noodles

When the **broccoli** is done, boil plenty of water in the same pot or saucepan for the **noodles** and crumble in the stock cube (see pantry for amount). Cook the **noodles** for 4 - 5 minutes until al dente. Reserve some of the cooking liquid, then drain and return the **noodles** to the pot. Drizzle with the **sesame oil**. Toss well to combine, then set aside.



6. Serve

Slice the **steak** against the grain. Serve the **noodles** and **broccoli** on deep plates. Top with the **carrot** ribbons and the **steak**. Garnish with the **mint** and **gomashio** to finish.

Enjoy!



Steak with Creamy Potato Curry

with crispy onions, broccoli & carrot

Quick

Total time: 25 - 30 min.



Marinated steak



Potatoes



Red onion



Garlic



Broccoli



Carrot



Curry powder



Coconut milk



Crispy fried onions



There is a special ingredient in your box! Meatier steak comes from carefully selected cattle, raised under the best conditions, with a comfortable and spacious pasture.

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



Before you start

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

Equipment

Aluminum foil, 2x pot or saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Marinated steak* (unit(s))	1	2	3	4	5	6
Potatoes (g)	200	400	600	800	1000	1200
Red onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Broccoli* (g)	100	200	300	400	500	600
Carrot* (unit(s))	½	1	2	2	3	3
Curry powder (sachet(s))	½	1	1½	2	2½	3
Coconut milk (ml)	90	180	250	360	430	540
Crispy fried onions (g)	15	30	45	60	75	90
Not included						
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Low sodium vegetable stock cube (unit(s))	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)	3213 /768	471 /113
Total fat (g)	45	7
of which saturated(g)	30,2	4,4
Carbonhydrates (g)	54	8
of which sugars (g)	10,7	1,6
Fiber (g)	17	2
Protein (g)	34	5
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

- Take the **steak** out of the fridge and allow it to reach room temperature. Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Peel or thoroughly wash the **potatoes** and cut them into chunks.
- Cut the head of the **broccoli** into florets and dice the stem.
- Slice the **carrot** into thin crescents.



3. Fry the steak

- Melt another third of the 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 aluminium foil.
- Add the rest of the butter to the same pan and heat for 1 minute, mixing well to combine with the cooking juices.



2. Make the sauce

- Boil the **potatoes** for 8 - 10 minutes, then add the **broccoli** and **carrot** and cook for 5 - 7 minutes. Drain and return to the pot, then season to taste with salt and pepper.
- Chop the **onion** and crush or mince the **garlic**.
- Melt a third of the butter in a pot or saucepan over medium heat. Fry the **onion**, **garlic** and **curry powder** for 1 - 2 minutes.
- Add the **coconut milk** and heat for 2 minutes, stirring occasionally.



4. Serve

- Slice against the grain.
- Stir the **potatoes**, **broccoli** and **carrot** into the curry sauce, then serve on plates.
- Top with the **steak** and drizzle with the butter sauce.
- Garnish with the **crispy onions** to finish.

Enjoy!



Creamy Chicken Spaghetti

with Grana Padano & fresh basil

Family Quick

Total time: 15 - 20 min.



Chicken mince with Italian seasoning



Mascarpone



Fresh basil



Garlic



Romano pepper



Grana Padano



flakes DOP Onion



Passata



Spaghetti



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

Did you know that mascarpone is considered a fresh cheese, just like cottage cheese, cream cheese and fresh meikaas? If the cheese production doesn't include maturation, then it is classified as a fresh cheese.



Tear me out!



Before you start

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

Equipment

Large deep frying pan with lid, pot or saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken mince with Italian seasoning* (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	390	500	590
Spaghetti (g)	90	180	270	360	450	540
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium beef stock cube (unit(s))	¼	½	¾	1	1¼	1½
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3280 /784	645 /154
Total fat (g)	30	6
of which saturated(g)	14,7	2,9
Carbonhydrates (g)	84	17
of which sugars (g)	16,3	3,2
Fiber (g)	12	2
Protein (g)	42	8
Salt (g)	1,7	0,3

Allergens

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



1. Prepare

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

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



2. Make the sauce

- Heat the olive oil in a large deep frying pan over medium-high heat.
- Fry the **onion** and **garlic** for 1 - 2 minutes, then stir in the **chicken mince** and fry for 3 minutes, separating it as you do so.
- Stir in the **Romano pepper** and the **passata**, then crumble in the stock cube (see pantry for amount).
- Cover with the lid and allow to simmer for 5 - 6 minutes.



3. Finish

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



4. Serve

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

Enjoy!



Fusion Beef Tacos with Crunchy Slaw

in a ginger-lime marinade with peanuts & corn

Quick

Total time: 15 - 20 min.



Garlic



Red onion



Lime



Corn



Soy sauce



Wholewheat mini tortilla



Salted peanuts



East Asian-style sauce



Mixed leaves of radicchio, arugula & lettuce



Slaw mix



Ginger paste



Seasoned beef mince



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

In this recipe, you'll serve tortillas, from Mexican cuisine, with an Asian-style filling. A surprisingly delicious combination!



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, bowl, 2x small bowl, sieve, frying pan

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
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Corn (g)	70	140	285	285	425	425
Soy sauce (ml)	10	20	30	40	50	60
Wholewheat mini tortilla (unit(s))	3	6	9	12	15	18
Salted peanuts (g)	10	20	30	40	50	60
East Asian-style sauce* (g)	10	20	25	35	45	55
Mixed leaves of radicchio, arugula & lettuce* (g)	45	90	135	180	225	270
Slaw mix* (g)	50	100	150	200	250	300
Ginger paste* (g)	5	10	15	20	25	30
Beef mince with kofta seasoning* (g)	100	200	300	400	500	600
Not included						
White wine vinegar (tsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1½	3	4½	6	7½	9

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3770 /901	770 /184
Total fat (g)	56	11
of which saturated(g)	12,2	2,5
Carbonhydrates (g)	60	12
of which sugars (g)	17,6	3,6
Fiber (g)	15	3
Protein (g)	34	7
Salt (g)	4,3	0,9

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).
- Crush or mince the **garlic** and chop the **onion**.
- Cut the **lime** into wedges.
- Drain the **corn** and set aside in a bowl.

Tip: you can also heat the tortillas in a frying pan instead of using the oven.



2. Fry the mince

- In a small bowl, combine the **garlic** with the **ginger paste**, **soy sauce** and (per person) ½ tbsp water and the juice of one **lime wedge** (see Tip).
- Heat the sunflower oil in a frying pan over medium-high heat and fry the **onion** for 2 - 3 minutes.
- Stir in the **minced beef** and fry for 3 - 4 minutes until evenly browned.

Health Tip 🌱 are you watching your salt intake? Add half of the soy sauce now and then more later when serving as preferred.



3. Prepare the garnishes

- Wrap the **tortillas** in aluminium foil and heat in the oven for 2 - 4 minutes.
- Stir the marinade into the **beef** and fry for 2 - 3 minutes.
- Roughly chop the **peanuts** in the meantime.
- In a small bowl, combine the mayonnaise with the **East Asian-style sauce**, white wine vinegar and half a tablespoon water per person.



4. Serve

- Serve everything in separate bowls so as to allow everyone to assemble their own **tortillas**.

Enjoy!



Chicken Naan Pizza with Romano Pepper

with arugula salad in balsamic basil dressing

Express

Total time: 15 - 20 min.



Passata



Tomato



Red onion



Grated Gouda



Romano pepper



Italian seasoning



Chicken thigh strips with Mediterranean herbs



Arugula



Basil crème



Naan bread with herbs



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

In this recipe, you'll use naan as the base for your pizza. As the naan is already cooked, it only needs to go into the oven for a short while. That sure saves time!



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, salad bowl, 2x frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Passata (g)	100	200	300	390	500	590
Tomato (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	½	1	1	2	2	3
Grated Gouda* (g)	25	50	75	100	125	150
Romano pepper* (unit(s))	½	1	2	2	3	3
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Chicken thigh strips with Mediterranean herbs* (g)	100	200	300	400	500	600
Arugula* (g)	20	40	60	80	100	120
Basil crème (ml)	10	15	24	30	39	45
Naan bread with herbs (unit(s))	1	2	3	4	5	6
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Balsamic vinegar (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)	3418 /817	622 /149
Total fat (g)	41	7
of which saturated(g)	10,9	2
Carbonhydrates (g)	72	13
of which sugars (g)	18,3	3,3
Fiber (g)	8	1
Protein (g)	36	7
Salt (g)	2,7	0,5

Allergens

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



1. Prepare

- Preheat the oven to 200°C.
- Slice the **onion** into half rings and cut the **Romano pepper** into strips.
- Heat half of the olive oil in a frying pan over medium-high heat and fry the **chicken** for 5 - 7 minutes, or until done.



3. Finish the pizzas

- Spread the **passata** mixture over the naan.
- Top with the **chicken** and scatter over the **grated cheese**.
- Bake the **naan pizzas** in the oven for 4 - 5 minutes, or until the **cheese** has melted.



2. Make the sauce

- Transfer the naan to a parchment-lined baking sheet and bake in the oven for 2 - 3 minutes.
- Heat the rest of the olive oil in another frying pan over medium-high heat.
- Fry the **onion** and **Romano pepper** for 3 - 4 minutes.
- Add the **passata**, **Italian seasoning** and sugar, then simmer for 1 - 2 minutes. Season to taste with salt and pepper.



4. Serve

- In a salad bowl, combine the balsamic vinegar with the **basil crème**.
- Cut the **tomato** into wedges and transfer to the salad bowl. Add the **arugula** and toss well to combine with the dressing. Season to taste with salt and pepper.
- Serve the naan pizza with the salad alongside.

Enjoy!