



Hake with Scandi-Style Salad

with potatoes, dill & butter lettuce

Family

Total time: 30 - 40 min.



Potatoes



Radish



Persian cucumber



Fresh dill



Onion



Skin-on hake fillet



Butter lettuce



Potato seasoning mix



Yellow mustard seeds



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

This Scandi-style salad has all the fresh, vibrant flavours popular in Nordic cuisine! With crisp veggies, tangy dressing and a bit of sweetness, it's deliciously light and refreshing.

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, kitchen paper, salad bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Radish* (bunch)	½	1	1	2	2	3
Persian cucumber* (unit(s))	½	1	2	2	3	3
Fresh dill* (g)	2½	5	7½	10	12½	15
Onion (unit(s))	¼	½	¾	1	1¼	1½
Skin-on hake fillet* (unit(s))	1	2	3	4	5	6
Butter lettuce* (head)	½	1	1½	2	2½	3
Potato seasoning mix (sachet(s))	½	1	1½	2	2½	3
Yellow mustard seeds (sachet(s))	½	1	1½	2	2½	3
Not included						
Water (ml)	25	50	75	100	125	150
White wine vinegar (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	¾	1½	2¼	3	3¾	4½
Mustard (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	¾	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)	2464 /589	356 /85
Total fat (g)	24	4
of which saturated(g)	8,7	1,3
Carbonhydrates (g)	62	9
of which sugars (g)	10,9	1,6
Fiber (g)	8	1
Protein (g)	33	5
Salt (g)	1,6	0,2

Allergens

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



Prepare

- Wash the potatoes and cut them into wedges. Transfer to a deep frying pan and submerge with water, then boil for 8 minutes.
- Drain the potato wedges, then pat them dry with kitchen paper or a tea towel.
- Meanwhile, slice the radish and the cucumber.
- Finely chop the onion and roughly chop the dill.



Make the salad

- Finely chop the lettuce.
- In a salad bowl, combine the white wine vinegar, honey, mustard seeds and extra virgin olive oil with half of the mustard.
- Season to taste with salt and pepper, then add the radish, cucumber, lettuce, dill and onion (see Tip).
- Toss well to combine with the dressing.

Tip: if you don't like raw onion, fry it in the next step instead.



Fry the potato wedges

- Heat a light drizzle of sunflower oil with a small knob of butter in the same pan over medium-high heat.
- Fry the potato wedges for 7 - 10 minutes until evenly golden-brown.
- Stir in the potato seasoning mix and fry for 1 more minute.
- Season to taste with salt and pepper.



Serve

- Pat the fish dry with kitchen paper and spread both sides with the rest of the mustard.
- Melt a knob of butter in a frying pan over medium-high heat.
- Fry the fish for 3 minutes on its skin, then flip and fry for 3 more minutes. Season to taste with salt and pepper.
- Mix the salad with the potatoes and serve on plates. Top with the fish.

Enjoy!



Cheesy Eggplant & Courgette Al Forno

with casarecce & basil

Family Veggie Calorie Smart

Total time: 45 - 55 min.



Eggplant



Garlic



Grated aged Gouda



Casarecce



Fresh basil



Sicilian-style herb mix



Courgette



Chopped tomatoes with basil



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

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



Tear me out!

Before you start

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

Equipment

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

Ingredients for 1 - 6 servings

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

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2828 /676	552 /132
Total fat (g)	21	4
of which saturated(g)	9,8	1,9
Carbonhydrates (g)	88	17
of which sugars (g)	20,7	4
Fiber (g)	9	2
Protein (g)	27	5
Salt (g)	3	0,6

Allergens

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



Fry the vegetables

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

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



Assemble

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



Make the sauce

- Crush or mince the garlic.
- In a bowl, combine the chopped tomatoes with the garlic, the balsamic vinegar, the sugar and the Sicilian-style herbs.
- Season to taste with salt and pepper.



Serve

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

Enjoy!



Potato Röstis with Goat's Cheese & Sour Cream Sauce

with lemon-dressed salad & pumpkin seeds

Veggie Calorie Smart

Total time: 40 - 50 min.



Potatoes



Fresh goat's cheese



Onion



Shallot



Mini Roma tomatoes



Arugula & lamb's lettuce



Lemon



Potato seasoning mix



Peruvian-style spice mix



Organic sour cream



Pumpkin seeds



There is a new ingredient in your box! This seasoning mix, specifically for potatoes, adds a rich and savoury flavour to your potatoes, with a balanced spiciness that enhances any meal.
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

Grater, large bowl, large frying pan, lid, salad bowl, small bowl, sieve

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Fresh goat's cheese* (g)	25	50	75	100	125	150
Onion (unit(s))	½	1	1	2	2	3
Shallot (unit(s))	½	1	1	2	2	3
Mini Roma tomatoes (g)	150	300	500	600	800	900
Arugula & lamb's lettuce* (g)	30	60	90	120	150	180
Lemon* (unit(s))	½	1	1½	2	2½	3
Potato seasoning mix (sachet(s))	½	1	1½	2	2½	3
Peruvian-style spice mix (sachet(s))	½	1	1½	2	2½	3
Organic sour cream* (g)	25	50	75	100	125	150
Pumpkin seeds (g)	10	20	30	40	50	60
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Flour (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Mustard (tsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2916 /697	443 /106
Total fat (g)	34	5
of which saturated(g)	9,7	1,5
Carbonhydrates (g)	74	11
of which sugars (g)	18,8	2,9
Fiber (g)	16	2
Protein (g)	20	3
Salt (g)	1,8	0,3

Allergens

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



Prepare

- Grate the potatoes and the onion, then transfer to a sieve.
- Use a spoon to push out the excess liquid.
- Transfer to a large bowl and add the flour. Season with salt and pepper, then mix well to combine.



Make the dressing

- Cut the lemon into six wedges and finely chop the shallot (see Tip).
- In a salad bowl, combine the shallot with the extra virgin olive oil, the honey, the mustard and the juice of one lemon wedge per person.
- Season to taste with salt and pepper.

Tip: the shallot will be served raw, but if preferred you can fry it separately with a drizzle of olive oil and then add it to the sour cream in step 5.



Toast the pumpkin seeds

- Heat a large clean frying pan over medium-high heat.
- Toast the pumpkin seeds until they start to pop, then remove from the pan and set aside.
- Heat a drizzle of olive oil in the same pan over medium-high heat. Transfer the potato mixture to the pan and shape 5 röstis per person.
- Pack the röstis loosely, being sure not to flatten them completely.



Make the salad

- Halve the tomatoes and transfer to the salad bowl.
- Add the lettuce and toss well to combine.
- Garnish the salad with the pumpkin seeds.
- In a small bowl, combine the sour cream with the mayonnaise and the Peruvian-style spices.



Fry the röstis

- Fry for 3 - 4 minutes, covered, until the base of each rösti is golden-brown and slightly crispy (see Tip).
- Crumble the cheese in the meantime.
- Flip the röstis, then scatter over the cheese and the potato seasoning.
- Fry for another 3 - 4 minutes until crispy, covered.

Tip: fry the röstis in batches or use multiple pans if necessary.



Serve

- Serve the röstis on plates and dollop over the sour cream sauce.
- Serve the salad and the rest of the lemon wedges alongside.

Enjoy!



Homemade Bruschetta Cheeseburger

with balsamic potatoes & cucumber salad

Family Quick

Total time: 25 - 30 min.



Tomato



Fresh basil



Garlic



Red onion



Grated Gouda



Beef mince with Italian seasoning



Potatoes



Cucumber



Hamburger bun with sesame seeds



Chiara's favorite

Our recipe developer Chiara says:

"This burger was inspired by bruschetta, a traditional Italian snack. You rub the hamburger buns with garlic and top the homemade Italian-style burger with tomato, basil and olive oil."



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

2x bowl, lidded frying pan, lidded pot or saucepan, salad bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Tomato (unit(s))	1	2	3	4	5	6
Fresh basil* (g)	2½	5	7½	10	12½	15
Garlic (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	½	1	2	2	3	3
Grated Gouda* (g)	15	25	40	50	65	75
Beef mince with Italian seasoning* (g)	100	200	300	400	500	600
Potatoes (g)	200	400	600	800	1000	1200
Cucumber* (unit(s))	½	1	1	2	2	3
Hamburger bun with sesame seeds (unit(s))	1	2	3	4	5	6
Not included						
Mustard (tsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
White balsamic vinegar (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tsp)	2	4	6	8	10	12
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4071 /973	575 /137
Total fat (g)	54	8
of which saturated(g)	17	2,4
Carbonhydrates (g)	81	11
of which sugars (g)	15,9	2,2
Fiber (g)	13	2
Protein (g)	36	5
Salt (g)	2,6	0,4

Allergens

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



Boil the potatoes

- Preheat the oven to 200°C.
- Chop the onion. Peel the garlic and set aside half for later use, then crush or mince the rest.
- Peel or thoroughly wash the potatoes and then slice them into rounds of 0.5cm thickness.
- Transfer to a pot or saucepan and submerge with water. Boil the potatoes for 6 - 7 minutes, covered, then drain.



Make the burger

- Cut the cucumber into thin matchsticks and transfer to a salad bowl.
- Add the mustard and white balsamic vinegar, along with half of the mayonnaise.
- Mix well, seasoning to taste with salt and pepper, then set aside.
- In a bowl, combine the mince with the rest of the onion. Shape this mixture into a burger patty.



Fry the potatoes

- Melt a knob of butter in a frying pan over medium-high heat and fry the potatoes for 7 minutes until golden-brown.
- Add the minced garlic, along with half each of the onion and and balsamic vinegar.
- Fry for 3 more minutes, seasoning to taste with salt and pepper.



Fry the burger

- Cut open the burger bun and toast in the oven for 4 - 5 minutes.
- Heat a light drizzle of olive oil in a frying pan over medium-high heat.
- Fry the burger for 2 - 3 minutes per side, then top with the grated cheese.
- Reduce the heat and cover with the lid so as to allow the cheese to melt.



Make the bruschetta topping

- Dice the tomato and chop the basil into ribbons, then transfer both to a bowl.
- Add the extra virgin olive oil and the rest of the balsamic vinegar, then toss well to combine.
- Season to taste with salt and pepper, then set aside.



Serve

- Rub the insides of the burger bun with the reserved garlic.
- Spread with the rest of the mayonnaise, then add the burger patty and the bruschetta topping.
- Serve the burger with the cucumber salad and potato rounds alongside.

Enjoy!

Noodle Nest from the 'Vogel Rok' with Marinated Eggs

with hot honey peanuts, green beans & cucumber salad

Total time: 45 - 55 min.

Veggie



Egg



Hot honey peanuts



Yellow curry spices



Fresh udon noodles



Cucumber



Peanut butter



Soy sauce



Green beans



Cook magical recipes & win

Serve this fairytale-inspired recipe to win an unforgettable stay at the Efteling Wonder Hotel. Experience the real 'Vogel Rok' with the whole family! Scan the QR code for more information regarding terms and conditions.

Scan the QR code for more information regarding terms and conditions.



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, microplane, pot or saucepan, plastic wrap, salad bowl, wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Fresh ginger* (tsp)	1	2	3	4	5	6
Egg* (unit(s))	2	4	6	8	10	12
Hot honey peanuts (g)	10	20	30	40	50	60
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Fresh udon noodles (g)	200	400	600	800	1000	1200
Cucumber* (unit(s))	½	1	1½	2	2½	3
Peanut butter (tub)	1	2	3	4	5	6
Soy sauce (ml)	10	20	30	40	50	60
Green beans* (g)	100	200	300	400	500	600
Not included						
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	½	1	1½	2	2½	3
[Reduced salt] ketjap manis (tbsp)	1	2	3	4	5	6
Water for the sauce (ml)	45	90	135	180	225	270
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)	3167 /757	463 /111
Total fat (g)	33	5
of which saturated(g)	6,4	0,9
Carbonhydrates (g)	76	11
of which sugars (g)	18,6	2,7
Fiber (g)	10	1
Protein (g)	36	5
Salt (g)	3,9	0,6

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan.
- Finely grate the ginger.
- Boil the eggs for 6 - 8 minutes, then remove from the pot with a slotted spoon. Set aside the pot of hot water to use again in step 3.
- Rinse the eggs under cold water, then peel and set aside.



Boil the green beans

- Boil the green beans for 3 - 4 minutes until al dente, then add the udon noodles and boil for 1 minute. Drain and set aside.
- Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat.
- Fry the ginger with the rest of the yellow curry spices for 1 - 2 minutes.



Marinate the eggs

- Finely chop a quarter of the hot honey peanuts and transfer to a bowl.
- Add a third of the yellow curry spices and 0.5 tbsp water per person, then mix well to combine.
- Transfer the boiled eggs to the bowl and carefully mix until well-coated.
- Cover the bowl with plastic wrap and set aside, stirring occasionally.



Stir-fry

- Add the peanut butter, the soy sauce, the ketjap and the water for the sauce.
- Increase the heat to high and mix well to combine.
- Add the green beans and the noodles and stir-fry over medium-high heat for 2 - 3 minutes (see Tip).

Tip: add more water as necessary if the sauce becomes too dry.



Prepare the cucumber

- Bring the pot of water back up to the boil for the green beans. Discard the tips of the green beans and then cut into thirds.
- Slice the cucumber into crescents.
- In a salad bowl, combine the honey with the white balsamic vinegar.
- Add the cucumber and toss well to combine. Season to taste with salt and pepper, then set aside.



Serve

- Serve the noodles and green beans on plates.
- Garnish with the rest of the hot honey peanuts and top with the curried eggs.
- Serve the cucumber salad alongside.

And they ate happily ever after...

Enjoy!



Roasted Eggplant with Tahini Sauce

with Greek-style cheese & tomato couscous













Veggie

Total time: 35 - 45 min.



Our recipe developer Sarah says:

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

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



Before you start

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

Equipment

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

Ingredients for 1 - 6 servings

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

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3113 /744	468 /112
Total fat (g)	40	6
of which saturated(g)	9	1,4
Carbonhydrates (g)	65	10
of which sugars (g)	18,8	2,8
Fiber (g)	18	3
Protein (g)	23	4
Salt (g)	2,3	0,3

Allergens

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

1



Roast the eggplant

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

2



Roast the tomatoes

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

3



Fry the onion

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

4



Prepare the couscous

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

5



Finish

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

6



Serve

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

Enjoy!



Crispy Chicken Schnitzel Bowl

with avocado, sweet chili mayo, rice & carrot ribbons

Total time: 40 - 50 min.



Sweet potato



Sweet chili sauce



Avocado



Carrot



Lamb's lettuce



White long grain rice



Oranjevoen crispy chicken schnitzel



Cucumber



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

Short grain and long grain rice differ in shape, texture and starch content. Short grain rice is thicker and tends to be stickier once cooked, whereas long grain rice comes out more separated and fluffier in 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

Parchment-lined baking sheet, 2x bowl, pot or saucepan, peeler or cheese slicer, salad bowl, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Sweet potato (g)	150	300	450	600	750	900
Sweet chili sauce* (sachet(s))	½	1	1½	2	2½	3
Avocado (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	2	2	3	3
Lamb's lettuce* (g)	40	80	120	160	200	240
White long grain rice (g)	40	75	110	150	185	225
Oranjestoof crispy chicken schnitzel* (unit(s))	1	2	3	4	5	6
Cucumber* (unit(s))	½	1	1	2	2	3
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	2	4	6	8	10	12
Sugar (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
[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)	4100 /980	615 /147
Total fat (g)	47	7
of which saturated(g)	6,2	0,9
Carbonhydrates (g)	110	16
of which sugars (g)	28	4,2
Fiber (g)	10	1
Protein (g)	25	4
Salt (g)	1,6	0,2

Allergens

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



Roast the sweet potato

- Preheat the oven to 200°C.
- Peel the sweet potato and dice into 1cm cubes, then transfer to a bowl and drizzle with olive oil.
- Season with salt and pepper, then toss well to coat and transfer to a parchment-lined baking sheet.
- Roast the sweet potato in the oven for 25 - 30 minutes.



Prepare the carrot

- Use a peeler or cheese slicer to shave the carrot into thin ribbons, then transfer to a bowl.
- Add the sugar and white wine vinegar, then toss well to combine and set aside, stirring occasionally.
- In a salad bowl, combine the lettuce with the cucumber, the avocado and the extra virgin olive oil. Season to taste with salt and pepper.
- In a small bowl, combine the mayonnaise with the sweet chili sauce.



Cook the rice

- Boil plenty of water in a pot or saucepan and cook the rice for 12 - 15 minutes, then drain and set aside (see Tip).
- Dice the cucumber.
- Halve and pit the avocado, then remove the skin and dice the flesh.

Health Tip 🥗 if you're watching your calorie intake, skip the rice and use it another time.



Serve

- Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the schnitzel for 5 minutes until golden-brown, turning regularly.
- Serve the salad on deep plates with the rice alongside.
- Top with the sweet potato, the carrot ribbons and the schnitzel.
- Finish with the sweet chili mayonnaise.

Enjoy!



Pasta Pesto with Parmigiano Reggiano & Courgette

with parsley, basil & Romano pepper

Veggie Quick

Total time: 25 - 30 min.



Onion



Garlic



Conchiglie



Fresh flat leaf
parsley & basil



Green pesto



Courgette



Parmigiano
Reggiano DOP



Italian seasoning



Romano pepper



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

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



Tear me out!

Before you start

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

Equipment

Bowl, microplane, lidded pot or saucepan, 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
Conchiglie (g)	90	180	270	360	450	540
Fresh flat leaf parsley & basil* (g)	5	10	15	20	25	30
Green pesto* (g)	40	80	120	160	200	240
Courgette* (unit(s))	⅔	1⅓	2	2⅔	3⅓	4
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Romano pepper* (unit(s))	½	1	2	2	3	3
Not included						
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Red wine vinegar (tbsp)	½	1	1½	2	2½	3
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)	3443 /823	799 /191
Total fat (g)	47	11
of which saturated(g)	8,3	1,9
Carbonhydrates (g)	77	18
of which sugars (g)	12,3	2,9
Fiber (g)	7	2
Protein (g)	21	5
Salt (g)	1	0,2

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan for the pasta.
- Chop the onion and crush or mince the garlic.
- Boil the pasta for 11 - 13 minutes, covered, then drain and set aside.
- Finely chop the fresh herbs.



Fry the vegetables

- Heat a generous drizzle of olive oil in a frying pan over medium-high heat. Fry the garlic and onion for 2 - 3 minutes.
- Add the courgette, Romano pepper and Italian seasoning and fry for 3 - 4 more minutes.
- Crumble in the stock cube (see pantry for amount).
- Add the pasta and the pesto. Mix well to combine, seasoning to taste with salt and pepper.



Make the sauce

- In a bowl, combine the pesto with the red wine vinegar, extra virgin olive oil and half of the fresh herbs.
- Season to taste with plenty of salt and pepper.
- Thinly slice the courgette. Dice the Romano pepper.

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



Serve

- Grate the Parmigiano Reggiano.
- Serve the pasta on plates.
- Garnish with the Parmigiano Reggiano and the rest of the fresh herbs.

Enjoy!



Harissa Giant Couscous with Chorizo & Greek-Style Cheese

with courgette, sundried tomatoes & salad

Quick Calorie Smart

Total time: 20 - 25 min.



Giant couscous



Red onion



Courgette



Garlic



Diced chorizo



Radicchio & iceberg lettuce



Greek-style cheese



Sundried tomatoes



Harissa



Hello Harissa



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

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



Tear me out!

Before you start

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

Equipment

Large pot or saucepan, salad bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Giant couscous (g)	75	150	225	300	375	450
Red onion (unit(s))	1	2	3	4	5	6
Courgette* (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	2	3	4	5	6
Diced chorizo* (g)	45	90	120	180	210	270
Radicchio & iceberg lettuce* (g)	50	100	150	200	250	300
Greek-style cheese* (g)	25	50	75	100	125	150
Sundried tomatoes (g)	15	30	50	70	80	100
Harissa* (g)	15	30	45	60	75	90
Hello Harissa (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Not included						
White wine vinegar (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Mustard (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)	2833 /677	601 /144
Total fat (g)	29	6
of which saturated(g)	10,4	2,2
Carbonhydrates (g)	75	16
of which sugars (g)	17,4	3,7
Fiber (g)	8	2
Protein (g)	28	6
Salt (g)	3	0,6

Allergens

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



Prepare

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



Make the salad

- In a salad bowl, combine the honey with the mustard, the white wine vinegar and the extra virgin olive oil. Season to taste with salt and pepper.
- Transfer the lettuce to the salad bowl, then toss well to combine with the dressing.
- Chop the sundried tomatoes into thin strips.



Fry the vegetables

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

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



Serve

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

Enjoy!



Coconut Curry Noodle Soup

with fresh udon, coriander & peanuts

Quick Calorie Smart Plant-Based

Total time: 20 - 25 min.



Red chili pepper



Garlic



Red onion



Yellow curry spices



Vegetable mix with mushrooms



Coconut milk



Fresh coriander



Salted peanuts



Fresh udon noodles



Soy sauce



Crispy fried onions



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

The advantage of using fresh udon noodles is that they're quick to prepare and therefore easy to cook in the soup!



Tear me out!

Before you start

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

Equipment

Soup pot

Ingredients for 1 - 6 servings

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

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2787 /666	372 /89
Total fat (g)	41	6
of which saturated(g)	23,5	3,1
Carbonhydrates (g)	52	7
of which sugars (g)	10,8	1,4
Fiber (g)	11	1
Protein (g)	19	3
Salt (g)	3,4	0,5

Allergens

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



Prepare

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

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



Make the soup

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



Fry the vegetables

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



Serve

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

Enjoy!



Flatbread Pizzas with Mushrooms & Bell Pepper

with mozzarella & Middle Eastern-style spices

Veggie Quick

Total time: 25 - 30 min.



Lebanese flatbread



Garlic



Bell pepper



Mushrooms



Passata



Middle Eastern
spice mix



Grated Gouda



Shredded mozzarella



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

A tasty fusion on your plate today - an Italian dish, made with Lebanese flatbread! The short cooking time means you can get these flatbread pizzas on the table in no 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, bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Lebanese flatbread (unit(s))	2	4	6	8	10	12
Garlic (unit(s))	½	1	1½	2	2½	3
Bell pepper* (unit(s))	½	1	1½	2	2½	3
Mushrooms* (g)	125	250	400	500	650	750
Passata (g)	100	200	300	400	500	600
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Grated Gouda* (g)	25	50	75	100	125	150
Shredded mozzarella* (g)	50	100	150	200	250	300
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tsp)	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)	3134 /749	596 /142
Total fat (g)	26	5
of which saturated(g)	13,9	2,6
Carbonhydrates (g)	89	17
of which sugars (g)	14,9	2,8
Fiber (g)	8	2
Protein (g)	34	6
Salt (g)	2,1	0,4

Allergens

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



Chop the vegetables

- Preheat the oven to 200°C.
- Crush or mince the garlic.
- Slice the mushrooms and cut the bell pepper into strips.

Did you know... 🍄 mushrooms are a great source of vitamin B2, which helps keep you energised. Vitamin B2 is most commonly found in animal products, so if you follow a vegetarian or vegan diet it's good to eat mushrooms regularly so as to prevent deficiency.



Bake the pizzas

- Spread the tomato sauce over the flatbreads and top with the mushrooms, bell pepper and both cheeses.
- Transfer to a parchment-lined baking sheet and bake in the oven for 5 - 6 minutes (see Tip).

Tip: if you can't bake all of the pizzas at once, you can do it in batches. Decorate the next batch of pizzas while the others are already in the oven.



Fry the vegetables

- Heat a drizzle of olive oil in a frying pan over high heat and fry the mushrooms with the bell pepper for 3 – 4 minutes.
- In a bowl, combine the passata with the garlic, Middle Eastern-style spices, balsamic vinegar and sugar. Season to taste with salt and pepper.



Serve

- Serve the pizzas on plates.
- Drizzle with extra virgin olive oil as preferred.

Enjoy!



Hoisin Eggplant with Gomashio Edamame Salad

over garlic rice with peanuts, coriander & scallions

Quick Plant-Based

Total time: 25 - 30 min.



Sarah's favorite

Our recipe developer Sarah says:

"My favourite vegetable, eggplant, is the star of this plant-based dish. Because it's steamed, it cooks quickly and becomes velvety soft on the inside. Then you'll fry it in a nice, sticky sauce - and there you have a delicious dish."



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

Enjoy!



Eggplant



Scallions



Hoisin sauce



East Asian-style sauce



Edamame



Cucumber



Unsalted peanuts



Fresh coriander



Garlic



White long grain rice



Gomashio



Before you start

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

Equipment

Bowl, lidded deep frying pan, lidded pot or saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Eggplant* (unit(s))	½	1	2	2	3	3
Scallions* (bunch)	½	1	1	2	2	3
Hoisin sauce (g)	25	50	75	100	125	150
East Asian-style sauce* (g)	20	35	55	70	90	105
Edamame* (g)	50	100	150	200	250	300
Cucumber* (unit(s))	¼	½	¾	1	1¼	1½
Unsalted peanuts (g)	10	20	30	40	50	60
Fresh coriander* (g)	5	10	15	20	25	30
Garlic (unit(s))	½	1	1½	2	2½	3
White long grain rice (g)	75	150	225	300	375	450
Gomashio (sachet(s))	½	1	1½	2	2½	3
Not included						
Low sodium vegetable stock (ml)	180	360	540	720	900	1080
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Water (ml)	30	60	90	120	150	180
White wine vinegar (tsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
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)	3096 /740	455 /109
Total fat (g)	31	4
of which saturated(g)	7,5	1,1
Carbonhydrates (g)	93	14
of which sugars (g)	22,8	3,3
Fiber (g)	8	1
Protein (g)	18	3
Salt (g)	2,5	0,4

Allergens

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



Prepare

- Prepare the stock. Crush or mince the garlic.
- Melt a knob of butter in a pot or saucepan over low heat and fry the garlic for 1 - 2 minutes.
- Stir in the rice and then pour in the stock.
- Boil the rice for 12 - 15 minutes, covered, then remove from the heat and allow to rest for 5 minutes. Drain if necessary and set aside.



Make the salad

- Lower the heat to medium and add the water (see pantry for amount). Cover with the lid and steam for 4 - 6 minutes.
- Meanwhile, slice the cucumber and chop the coriander.
- In a bowl, combine the honey with the mayonnaise and half of the white wine vinegar.
- Add the cucumber, the edamame and half of the coriander. Toss well to combine and season to taste with salt and pepper.



Fry the vegetables

- Halve the eggplant lengthways, then cut each half into four long wedges.
- Chop some of the scallion greens and set aside to use later as garnish.
- Cut the rest of the scallions into 4cm cylindrical chunks.
- Heat a drizzle of sunflower oil in a deep frying pan over high heat. Fry the eggplant and scallions for 3 - 4 minutes, turning regularly.



Serve

- Deglaze the eggplant with the rest of the white wine vinegar, then add the hoisin sauce and the East Asian-style sauce. Fry for one more minute.
- Serve the rice in bowls, topped with the eggplant and the salad.
- Garnish the salad with the gomashio.
- Garnish the eggplant with the reserved scallion greens, the peanuts and the rest of the coriander.

Enjoy!



Loaded Potatoes with Greek-Style Cheese Sauce & Olives

with courgette & cherry tomatoes

Veggie Calorie Smart Express

Total time: 15 - 20 min.



Steffi's favorite

Our recipe developer Steffi says:

"You can have these Greek-style loaded potatoes on the table in no time! The pre-diced potato takes very little time to cook, and the Kalamata olives and Greek-style cheese make you feel like you're really in Greece!"



Diced potato



Greek-style spice mix



Red onion



Courgette



Romano pepper



Organic full-fat yogurt



Fresh flat leaf parsley



Greek-style cheese



Kalamata olives



Basil crème



Red cherry tomatoes



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 frying pan, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Diced potato* (g)	225	450	675	900	1125	1350
Greek-style spice mix (sachet(s))	¼	½	1	1½	1¾	2
Red onion (unit(s))	½	1	1	2	2	3
Courgette* (unit(s))	½	1	1	2	2	3
Romano pepper* (unit(s))	½	1	2	2	3	3
Organic full-fat yogurt* (g)	50	100	150	200	250	300
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Greek-style cheese* (g)	50	100	150	200	250	300
Kalamata olives (g)	15	30	50	70	80	100
Basil crème (ml)	10	15	24	30	39	45
Red cherry tomatoes (g)	75	125	200	250	325	375
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (totaste)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2519 /602	404 /97
Total fat (g)	35	6
of which saturated(g)	12,6	2
Carbonhydrates (g)	50	8
of which sugars (g)	12,7	2
Fiber (g)	9	1
Protein (g)	19	3
Salt (g)	2,5	0,4

Allergens

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



Prepare

- Weigh the potatoes.
- Heat a drizzle of olive oil in a large frying pan over medium-high heat.
- Fry the potatoes with the Greek-style spices* for 8 minutes.
- Season to taste with salt and pepper.

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



Make the yogurt sauce

- Finely chop the parsley.
- In a small bowl, combine the yogurt with the parsley and the cheese.
- Drizzle with extra virgin olive oil as preferred.
- Season to taste with salt and pepper.

Did you know... 🌿 parsley is very high in iron; per gram it contains three times as much as steak, which means even the relatively small amount of parsley in this recipe contributes to a healthy iron intake.



Fry the vegetables

- Slice the onion into half rings. Dice the courgette and the Romano pepper.
- Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the onion, courgette and Romano pepper for 6 minutes.
- Halve the tomatoes and transfer to the vegetables. Add the basil crème and the olives, then fry for 2 minutes.
- Season to taste with salt and pepper.



Serve

- Serve the potatoes and vegetables on plates.
- Top with some of the yogurt sauce and serve the rest alongside.

Enjoy!



Smoky Chorizo Mafaldine

in creamy tomato sauce with pecorino & spinach

Express

Total time: 10 - 15 min.



Mafaldine



Diced chorizo



Garlic



Chopped onion



Spinach



Sicilian-style herb mix



Cream cheese



Tinned cherry tomatoes



Grated Pecorino DOP



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

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



Tear me out!

Before you start

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

Equipment

Pot or saucepan, frying pan

Ingredients for 1 - 6 servings

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

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3021 /722	572 /137
Total fat (g)	27	5
of which saturated(g)	11,7	2,2
Carbonhydrates (g)	85	16
of which sugars (g)	15,3	2,9
Fiber (g)	8	2
Protein (g)	30	6
Salt (g)	2,7	0,5

Allergens

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



Boil the mafaldine

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



Make the sauce

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

Did you know... 🍅 tinned tomatoes contain almost as many vitamins and minerals as fresh ones. Altogether, this recipe contains more than 300g of vegetables!



Fry the aromatics

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



Serve

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

Enjoy!



Tilapia in Creamy Curry Sauce

over rice with green beans & coriander

Quick Calorie Smart

Total time: 15 - 20 min.



Jasmine rice



Garlic



Chopped onion



Ginger paste



Pre-cut green beans



Fresh coriander



Chopped tomatoes



Coconut milk



Peruvian-style spice mix



Curry powder



Skin-on tilapia



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

Tilapia is a genus of fish encompassing around 100 different species; these white, freshwater fish are native to Africa and the Middle East, and are known for their mild flavour.



Tear me out!

Before you start

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

Equipment

Lidded deep frying pan, pot or saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Jasmine rice (g)	75	150	225	300	375	450
Garlic (unit(s))	½	1	1	2	2	3
Chopped Onion* (g)	25	50	50	100	100	150
Ginger paste* (g)	5	10	15	20	25	30
Pre-cut green beans* (g)	50	100	200	200	300	300
Fresh coriander* (g)	5	10	15	20	25	30
Chopped tomatoes (pack)	½	1	1½	2	2½	3
Coconut milk (ml)	50	100	150	200	250	300
Peruvian-style spice mix (sachet(s))	½	1	1½	2	2½	3
Curry powder (sachet(s))	½	1	1½	2	2½	3
Skin-on tilapia* (unit(s))	1	2	3	4	5	6
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
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)	2657 /635	490 /117
Total fat (g)	19	3
of which saturated(g)	9,2	1,7
Carbonhydrates (g)	84	15
of which sugars (g)	12,9	2,4
Fiber (g)	7	1
Protein (g)	37	7
Salt (g)	1,4	0,3

Allergens

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



Boil the rice

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Boil the rice for 6 minutes, then add the green beans and boil for 4 - 6 more minutes.
- Drain and set aside.



Poach the fish

- Season the fish with the Peruvian-style spices.
- Add the fish to the pan, ensuring it's completely submerged in the sauce.
- Cover with the lid and allow the fish to poach for 2 - 3 minutes.
- In the meantime, roughly chop the coriander leaves.



Make the curry

- In the meantime, heat a drizzle of sunflower oil in a deep frying pan over medium-high heat.
- Fry the chopped onion with the curry powder and ginger paste for 2 - 3 minutes.
- Crush or mince the garlic, then add it to the pan and fry for 1 minute.
- Add the chopped tomatoes, coconut milk and sugar, then bring to a boil and allow to simmer for 5 minutes. Season to taste with salt and pepper.



Serve

- Fluff through the rice with a fork and season to taste with salt and pepper.
- Serve the rice in bowls and top with the curry.
- Garnish with the coriander.

Enjoy!



Chicken Bulgur Bowl with African-Inspired Spices

with buttered almonds, dates & lemon mayonnaise

Quick

Total time: 15 - 20 min.



Bulgur



Chopped red onion



Carrot



Courgette



Lemon



African-inspired
spice mix



Chopped dates



Shaved almonds



Chicken breast



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

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



Tear me out!

Before you start

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

Equipment

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

Ingredients for 1 - 6 servings

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

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4004 /957	534 /128
Total fat (g)	51	7
of which saturated(g)	13,3	1,8
Carbonhydrates (g)	88	12
of which sugars (g)	22,5	3
Fiber (g)	15	2
Protein (g)	39	5
Salt (g)	2,2	0,3

Allergens

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



Boil the bulgur

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



Prepare the toppings

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

Health Tip 🍏 this meal is high in calories. If you're watching your calorie intake, just use half of the mayonnaise.



Fry the chicken

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



Serve

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

Enjoy!

Jokie's Italian Adventure: Conchiglie Al Forno

with basil, mozzarella & Romano pepper

Total time: 25 - 30 min.

Family Veggie Quick Calorie Smart



Onion



Garlic



Sicilian-style herb mix



Conchiglie



Tomato



Passata



Smoky tomato ketchup



Fresh basil



Grated Gouda



Shredded mozzarella



Bell pepper



Cook magical recipes & win

Serve this fairytale-inspired recipe to win an unforgettable stay at the Efteling Wonder Hotel. Experience the real 'Carnaval Festival' with the whole family!

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Before you start

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

Equipment

Deep frying pan, oven dish, lidded pot or saucepan

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
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Conchiglie (g)	90	180	270	360	450	540
Tomato (unit(s))	1	2	3	4	5	6
Passata (g)	100	200	300	400	500	600
Smoky tomato ketchup* (g)	20	40	60	80	100	120
Fresh basil* (g)	5	10	15	20	25	30
Grated Gouda* (g)	20	40	60	80	100	120
Shredded mozzarella* (g)	50	100	150	200	250	300
Bell pepper* (unit(s))	½	1	2	2	3	3
Not included						
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2920 /698	554 /132
Total fat (g)	22	4
of which saturated(g)	12,4	2,4
Carbonhydrates (g)	87	16
of which sugars (g)	19,7	3,7
Fiber (g)	9	2
Protein (g)	34	6
Salt (g)	2	0,4

Allergens

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



Prepare

- Preheat the oven to 220°C.
- Boil plenty of water in a pot or saucepan for the conchiglie and crumble in the stock cube (see pantry for amount).
- Boil the conchiglie for 14 - 16 minutes, covered, then drain and set aside.

Did you know... 🌱 eating less meat is beneficial for your health; in particular, it reduces the risk of cardiovascular diseases.



Assemble

- Stir the passata and tomato into the vegetables and cook for 2 more minutes, then stir in the conchiglie.
- Season to taste with salt and pepper, then transfer to an oven dish.
- Top with the mozzarella and smoky tomato ketchup, along with half of the grated cheese.
- Bake in the oven for 5 minutes or until the mozzarella has melted.



Fry the vegetables

- Chop the onion and crush or mince the garlic.
- Dice the bell pepper. Heat a light drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the onion and garlic for 2 minutes, then add the bell pepper and Sicilian-style herbs and fry for 4 more minutes.
- Meanwhile, dice the tomato.



Serve

- Roughly chop the basil leaves.
- Serve the conchiglie al forno on plates and garnish with the basil and the rest of the cheese.

And they ate happily ever after...

Enjoy!



Chicken Sausages with Carrot Mash

with broccoli, ketjap jus & gomashio

Family Calorie Smart

Total time: 35 - 45 min.



Potatoes



Carrot



Red onion



Chicken sausage



Broccoli



Ketjap manis



Gomashio-herb mix



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

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



Tear me out!

Before you start

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

Equipment

Lidded frying pan, 2x pot or saucepan, potato masher

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Carrot* (unit(s))	1	1	2	2	3	3
Red onion (unit(s))	½	1	1½	2	2½	3
Chicken sausage* (unit(s))	2	4	6	8	10	12
Broccoli* (g)	100	200	360	500	560	700
Ketjap manis (ml)	10	20	30	40	50	60
Gomashio-herb mix (sachet(s))	¼	½	¾	1	1¼	1½
Not included						
Low sodium chicken stock (ml)	60	120	180	240	300	360
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Mustard (tbsp)	1	2	3	4	5	6
[Plant-based] milk (splash)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2469 /590	380 /91
Total fat (g)	26	4
of which saturated(g)	11,4	1,8
Carbonhydrates (g)	57	9
of which sugars (g)	17,3	2,7
Fiber (g)	15	2
Protein (g)	27	4
Salt (g)	3	0,5

Allergens

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



Boil the vegetables

- Prepare the stock.
- Wash or peel the potatoes and carrots, then cut into rough pieces.
- Transfer to a pot or saucepan and cover with water, then boil for 12 - 15 minutes.
- Reserve some of the cooking liquid when finished, then drain and set aside.



Make the jus

- Add a knob of butter to the sausages, along with the ketjap and half of the mustard.
- Mix well, then deglaze with the stock.
- Set the heat to low and allow to reduce until serving.



Fry the sausages

- Slice the onion into half rings.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the sausages for 3 - 4 minutes until evenly browned.
- Add the onion, then cover with the lid and reduce the heat to medium. Fry for 6 - 7 minutes or until the sausages are done, turning regularly.



Mash the vegetables

- Mash the potatoes and carrots with the rest of the mustard and a splash of milk or cooking liquid as preferred.
- Season to taste with salt and pepper.



Boil the broccoli

- 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.
- Drain and season with salt and pepper, then set aside.

Did you know... 🥦 broccoli is considered a superfood, and for good reason; it's not only high in vitamins B, C and E but also calcium, potassium and iron.



Serve

- Serve the carrot mash and the broccoli on plates.
- Garnish with the gomashio-herb mix and serve the sausages alongside.
- Pour over the jus to finish.

Enjoy!



Creamy Shrimp Mafaldine

with leek, tomato & fresh dill

Quick Calorie Smart

Total time: 25 - 30 min.



Onion



Garlic



Tomato



Leek



Fresh dill



Shrimp



Cooking cream



Mafaldine



Italian seasoning



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

Mafaldine, also called “reginette” (meaning “little queen” in Italian), is a pasta shape named after Mafalda of Savoy, an Italian princess from the early twentieth century.



Tear me out!

Before you start

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

Equipment

Deep frying pan, pot or saucepan

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
Tomato (unit(s))	1	2	3	4	5	6
Leek* (unit(s))	½	1	2	2	3	3
Fresh dill* (g)	5	10	15	20	25	30
Shrimp* (g)	80	160	240	320	400	480
Cooking cream (g)	75	150	225	300	375	450
Mafaldine (g)	90	180	270	360	450	540
Italian seasoning (sachet(s))	¼	½	¾	1	1¼	1½
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	25	50	75	100	125	150
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)	2661 /636	499 /119
Total fat (g)	20	4
of which saturated(g)	9,2	1,7
Carbonhydrates (g)	84	16
of which sugars (g)	13,8	2,6
Fiber (g)	8	1
Protein (g)	28	5
Salt (g)	1,1	0,2

Allergens

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



Prepare

- Boil plenty of salted water in a pot or saucepan for the mafaldine. Prepare the stock.
- Chop the onion and crush or mince the garlic.
- Dice the tomato and slice the leek into half rings.
- Pull the dill leaves off the stems.



Make the sauce

- Boil the mafaldine for 7 - 9 minutes, then drain and set aside.
- To the frying pan, add the stock, tomatoes, leek, cream and Italian seasoning, along with half of the dill.
- Allow to simmer until the mafaldine is done. Season to taste with salt and pepper.

Did you know... 🌱 shrimp may be low in calories, but they are rich in protein and calcium.



Fry the shrimp

- Heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the garlic and onion for 1 minute, then stir in the shrimp and fry for 3 minutes until done.
- Deglaze with the white wine vinegar (see Tip).

Tip: if you have white wine at home, use this instead of vinegar so as to add more flavour.



Serve

- Transfer the mafaldine to the sauce. Toss well to combine, then season to taste with salt and pepper.
- Serve the mafaldine on deep plates and drizzle with extra virgin olive oil as preferred.
- Garnish with the rest of the dill to finish.

Enjoy!



Avocado Bulgur Bowl with Greek-Style Cheese

with fresh herbs, shaved almonds & dried cranberries

Family Veggie Calorie Smart

Total time: 35 - 45 min.



Red onion



Tomato



Persian cucumber



Bulgur



Fresh flat leaf
parsley & mint



Shaved almonds



Avocado



Greek-style cheese



Dried cranberries



Red chili pepper



Bell pepper



Ground coriander



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

Did you know that the word “cranberry” is derived from the German “kraanbere”? This is because
the plant’s flowers are reminiscent of a crane!



Tear me out!

Before you start

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

Equipment

Lidded pot or saucepan, salad bowl, frying pan

Ingredients for 1 - 6 servings

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

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2414 /577	397 /95
Total fat (g)	22	4
of which saturated(g)	6,2	1
Carbonhydrates (g)	81	13
of which sugars (g)	11,5	1,9
Fiber (g)	15	2
Protein (g)	19	3
Salt (g)	1,2	0,2

Allergens

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



Prepare

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

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



Prepare the toppings

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



Cook the bulgur

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



Make the salad

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

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



Fry the vegetables

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



Serve

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

Enjoy!



Beetroot Flatbread with Sticky Eggplant & Greek-Style Cheese

with homemade hummus & salted almonds

Veggie Quick

Total time: 20 - 25 min.



-  Lebanese flatbread with beetroot
-  Eggplant
-  Chickpeas
-  Red onion
-  Tahini
-  Peruvian-style spice mix
-  Middle Eastern spice mix
-  Lemon
-  Greek-style cheese
-  Salted almonds
-  Fresh flat leaf parsley

NEW
INGREDIENT



There is a new ingredient in your box! This Lebanese flatbread with beetroot is slightly sweet in flavour, rich in fibre and steals the show on your plate with its striking colour.
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

Blender or an immersion blender with a tall container, lidded deep frying pan, small bowl, sieve, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Lebanese flatbread with beetroot (unit(s))	2	4	6	8	10	12
Eggplant* (unit(s))	1	2	3	4	5	6
Chickpeas (pack)	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1½	2	2½	3
Tahini (g)	15	25	40	50	65	75
Peruvian-style spice mix (sachet(s))	½	1	1½	2	2½	3
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Greek-style cheese* (g)	25	50	75	100	125	150
Salted almonds (g)	10	20	30	40	50	60
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Red wine vinegar (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Water (ml)	30	60	90	120	150	180
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Water for the sauce (ml)	45	90	135	180	225	270
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3460 /827	515 /123
Total fat (g)	36	5
of which saturated(g)	8,9	1,3
Carbohydrates (g)	88	13
of which sugars (g)	21,7	3,2
Fiber (g)	22	3
Protein (g)	30	4
Salt (g)	2	0,3

Allergens

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



Prepare

- Slice the onion into half-rings.
- In a small bowl, combine the red wine vinegar with the sugar.
- Transfer the onion to the bowl and season to taste with salt, then toss well to combine. Set aside until serving, stirring occasionally.
- Halve the eggplant lengthways, then slice each half into four long batons.

Did you know... 🌱 eggplants are not only a very versatile vegetable, they're also a great source of iron and vitamin C.



Make the hummus

- Quarter the lemon. Drain and rinse the chickpeas.
- To a tall container, add the chickpeas, tahini, Peruvian-style spice mix, a drizzle of extra virgin olive oil, water for the sauce and the juice of a quarter lemon per person.
- Blend until smooth using an immersion blender. Season to taste with salt and pepper.
- Roughly chop the salted almonds and the parsley.



Fry the eggplant

- Heat a drizzle of olive oil in a deep frying pan over high heat. Fry the eggplant for 3 - 4 minutes, turning regularly.
- Lower the heat to medium-high and add the water (see pantry for amount)
- Cover with the lid and steam the eggplant for 4 - 6 minutes.
- Remove the lid, then add the honey and Middle Eastern spice mix. Season to taste with salt and pepper, then cook for 1 more minute.



Serve

- Heat the flatbread for 30 seconds per side in a clean frying pan over medium-high heat.
- Spread the hummus over the flatbread and top with the sticky eggplant and quick-pickled onion.
- Crumble over the Greek-style cheese and garnish with the almonds and parsley.
- Serve any remaining lemon wedges alongside.

Enjoy!



Pumpkin-Peanut Butter Soup

with flatbread & a jammy egg

Veggie Calorie Smart

Total time: 30 - 40 min.



Garlic



Carrot



Onion



Diced pumpkin



Curry powder



Egg



Wholewheat
Lebanese flatbread



Peanut butter



Soy sauce



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

Traditionally, Lebanese flatbreads are baked in a convex pan called a “saj”, but they can also be baked in the oven or in a frying pan.



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 saucepan, lidded soup pot, immersion blender, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	1	1	2	2	3	3
Onion (unit(s))	1	2	3	4	5	6
Diced pumpkin* (g)	150	300	450	600	750	900
Curry powder (sachet(s))	½	1	1½	2	2½	3
Egg* (unit(s))	1	2	3	4	5	6
Wholewheat Lebanese flatbread (unit(s))	1	2	3	4	5	6
Peanut butter (tub)	1	2	3	4	5	6
Soy sauce (ml)	10	20	30	40	50	60
Not included						
Low sodium vegetable stock (ml)	300	600	900	1200	1500	1800
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (totaste)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2125 /508	278 /67
Total fat (g)	24	3
of which saturated(g)	5,2	0,7
Carbonhydrates (g)	50	7
of which sugars (g)	14,5	1,9
Fiber (g)	9	1
Protein (g)	21	3
Salt (g)	3	0,4

Allergens

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



Make the soup

- Prepare the stock.
- Chop the onion and crush or mince the garlic. Slice the carrot.
- Heat a drizzle of olive oil in a soup pot over high heat and fry the garlic with the onion, carrot, diced pumpkin and curry powder for 2 minutes.
- Add the stock, then cover with the lid and bring to a boil. Allow to simmer gently for 14 - 16 minutes.



Blend the soup

- In the meantime, heat the flatbread for 30 seconds per side in a clean frying pan over medium-high heat.
- Remove the soup pot from the heat and add the peanut butter. Use an immersion blender to process into a smooth soup. Add some more water if you would prefer the soup to be thinner.
- Add the soy sauce and season to taste with pepper.



Boil the egg

- In the meantime, boil plenty of water in a saucepan.
- Boil the egg for 6 - 8 minutes, covered.
- Rinse under cold water, then peel off the shell and cut the eggs 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.



Serve

- Shortly before serving, drizzle the flatbread with extra virgin olive oil as preferred and season to taste with salt and pepper.
- Serve the soup in bowls and top with the egg.
- Serve the flatbread alongside.

Enjoy!



Tortelloni Al Forno in Creamy Blue Cheese Sauce

with courgette, leek & Italian seasoning

Veggie

Total time: 50 - 60 min.



Courgette



Onion



Blue cheese cubes



Cooking cream



Leek



Mushroom tortelloni



Italian seasoning



There is a new ingredient in your box! These mushroom tortelloni are made by the Rana family in Italy. Authentic and delicious, the way pasta should be. 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, saucepan, whisk

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Courgette* (unit(s))	½	1	2	2	3	3
Onion (unit(s))	½	1	1½	2	2½	3
Blue cheese cubes* (g)	25	50	75	100	125	150
Cooking cream (g)	75	150	225	300	375	450
Leek* (unit(s))	½	1	1	2	2	3
Mushroom tortelloni (g)	150	300	450	600	750	900
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Not included						
Low sodium vegetable stock (ml)	250	500	750	1000	1250	1500
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (g)	20	40	60	80	100	120
Flour (g)	20	40	60	80	100	120
Black pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4033 /964	496 /119
Total fat (g)	55	7
of which saturated(g)	28	3,4
Carbonhydrates (g)	87	11
of which sugars (g)	17,5	2,2
Fiber (g)	6	1
Protein (g)	28	3
Salt (g)	3,2	0,4

Allergens

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



Prepare

- Preheat the oven to 220°C and prepare the stock.
- Slice the courgette into crescents. Slice the onion and the leek into half rings.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the courgette for 2 - 3 minutes.
- Add the onion and the leek, then fry for 5 - 6 more minutes.



Combine

- To the sauce, add the cream, the Italian seasoning and half of the cheese.
- Cook for 2 - 3 minutes, then transfer to the vegetables and mix well to combine.



Make the sauce

- Melt the butter in a saucepan over medium-high heat. Whisk in the flour and fry until golden, then add a third of the stock.
- Whisk to incorporate, then repeat with the rest of the stock, adding it in two more batches.
- Whisk until smooth and bring to the boil, then allow to reduce for 1 - 2 minutes. Season to taste with pepper.



Serve

- Transfer a third of the sauce to an oven dish. Top with the uncooked tortelloni and then cover with the rest of the sauce (or make more layers if preferred).
- Crumble over the rest of the cheese, then bake in the oven for 15 - 18 minutes.
- Allow to rest for at least 3 minutes, then serve the tortelloni on plates.

Enjoy!



Butternut Squash with Pecorino & Crispy Sage

over creamy pearl barley risotto with mushrooms

Veggie

Total time: 50 - 60 min.



Mushrooms



Red onion



Garlic



Butternut squash



Fresh sage



Pearl barley



Mascarpone



Grated Pecorino DOP



SEASONAL
INGREDIENT



There is a special ingredient in your box! Butternut squash, a sweet autumn and winter vegetable, is perfect for soups, casseroles and mash.
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

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Mushrooms* (g)	65	125	250	250	375	375
Red onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Butternut squash* (unit(s))	¼	½	¾	1	1¼	1½
Fresh sage* (g)	5	10	15	20	25	30
Pearl barley (g)	75	150	225	300	375	450
Mascarpone* (g)	25	50	75	100	125	150
Grated Pecorino DOP* (g)	20	40	60	80	100	120
Not included						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1½	3	4½	6	7½	9
Low sodium vegetable stock (ml)	250	500	750	1000	1250	1500
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3439 /822	476 /114
Total fat (g)	44	6
of which saturated(g)	19,7	2,7
Carbonhydrates (g)	82	11
of which sugars (g)	9	1,2
Fiber (g)	13	2
Protein (g)	18	3
Salt (g)	2,2	0,3

Allergens

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



Chop the vegetables

- Preheat the oven to 200°C and prepare the stock.
- Halve the mushrooms and quarter the onion.
- Halve the butternut squash lengthways.
- Scoop out the seeds and the stringy part of the flesh, then cut into wedges (see Tip).

Tip: butternut squash can be difficult to cut. If you have time, transfer it to the oven for 5 minutes so as to soften it.



Make the risotto

- Bring to the boil, then cover with the lid and cook the pearl barley for around 25 - 30 minutes until done.
- Stir regularly so as to prevent it from sticking, adding extra water as necessary if it seems too dry.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the sage leaves for 3 - 4 minutes until crispy.
- Transfer to a sheet of kitchen paper and set aside.



Roast the butternut squash

- Transfer the onion and butternut squash to a large bowl and drizzle generously with olive oil.
- Season to taste with salt and pepper, then toss well to coat.
- Transfer to a parchment-lined baking sheet and roast for 20 - 30 minutes, or until the edges are lightly browned. Toss occasionally.



Fry the mushrooms

- In the same pan, fry the mushrooms with the rest of the garlic for 5 - 7 minutes or until golden-brown (see Tip).
- Season to taste with salt and pepper.

Tip: add a splash of water as necessary if the pan seems too dry.



Fry the aromatics

- Set aside half of the sage leaves and then cut the rest into thin ribbons.
- Crush or mince the garlic.
- Melt a knob of butter in a pot or saucepan over medium-high heat.
- Fry the chopped sage and pearl barley with half of the garlic for 1 minute, then pour in the stock.



Serve

- When the pearl barley is done, stir in the mascarpone and half of the cheese.
- Serve the pearl barely risotto on plates, topped with the butternut squash, the mushrooms and the onion.
- Garnish with the crispy sage and the rest of the cheese.

Enjoy!



Chicken Noodles with Peanuts & Pak Choi

in black bean sauce with crispy onions & lime

Family Quick

Total time: 25 - 30 min.



Black bean paste



East Asian-style sauce



Pak choi



Garlic



Lime



Gomashio



Wholewheat noodles



Scallions



Romano pepper



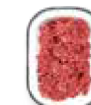
Unsalted peanuts



Ginger paste



Crispy fried onions



Seasoned chicken mince



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

Black bean paste is a rich, savoury condiment made from fermented black soybeans. Some varieties can also be sweet, but the one in this recipe adds a delicious, deep umami flavour to your dish instead!



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
Black bean paste (g)	15	25	40	50	65	75
East Asian-style sauce* (g)	20	35	55	70	90	105
Pak choi* (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Gomashio (sachet(s))	½	1	1½	2	2½	3
Wholewheat noodles (g)	50	100	150	200	250	300
Scallions* (bunch)	½	1	1	2	2	3
Romano pepper* (unit(s))	½	1	2	2	3	3
Unsalted peanuts (g)	5	10	15	20	25	30
Ginger paste* (g)	5	10	15	20	25	30
Crispy fried onions (g)	15	30	45	60	75	90
Seasoned chicken mince* (g)	100	200	300	400	500	600
Not included						
Sunflower oil (tbsp)	1	2	3	4	5	6
[Reduced salt] soy sauce (tsp)	½	1	1½	2	2½	3
Sambal (totaste)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2795 /668	630 /151
Total fat (g)	32	7
of which saturated(g)	7,4	1,7
Carbonhydrates (g)	62	14
of which sugars (g)	13,5	3
Fiber (g)	9	2
Protein (g)	31	7
Salt (g)	4,1	0,9

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan for the noodles.
- Finely chop the scallions, reserving the greens of one scallion per person to use later as garnish.
- Cut the Romano pepper into thin strips.
- Discard the base of the pak choi and finely chop both the leaves and the stems, being sure to keep them separate.



Stir-fry

- Add the mince, the garlic and the ginger paste to the vegetables and stir-fry for 4 - 5 minutes.
- Stir in the black bean paste, the East Asian-style sauce and the soy sauce, along with the pak choi leaves and the scallion greens.
- Squeeze 1 lime wedge per person directly into the pan, then stir-fry for 1 minute.
- Add the noodles and toss well to combine. Season to taste with salt and pepper.



Boil the noodles

- Boil the noodles for 4 - 5 minutes until al dente, then drain and rinse under cold water.
- Heat a generous drizzle of sunflower oil in a wok or deep frying pan over medium-high heat. Fry the white part of the scallions with the Romano pepper and the pak choi stems for 2 minutes.
- In the meantime, crush or mince the garlic. Cut the lime into six wedges and roughly chop the peanuts.



Serve

- Serve the stir-fry on deep plates.
- Garnish with the gomashio, the peanuts and the crispy onions, along with the reserved scallion greens.
- Serve with the rest of the lime wedges and some sambal if preferred.

Enjoy!

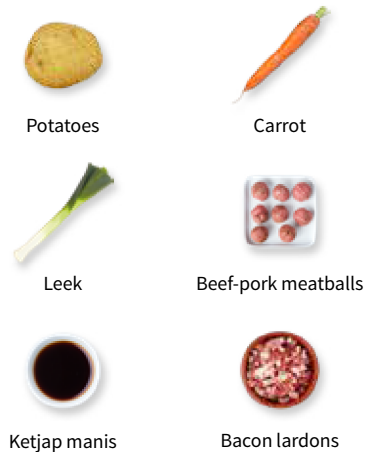


Meatballs with Carrot-Leek Stamppot

with bacon & ketjap jus

Family

Total time: 30 - 40 min.



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

Stampot was popularized in the Netherlands in the 1600s, when it became a winter staple; potatoes were abundant and cheap, so farmers could stay full easily during the cold winter months!



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 frying pan, pot or saucepan, potato masher

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Carrot* (unit(s))	1	2	3	4	5	6
Leek* (unit(s))	½	1	1½	2	2½	3
Beef-pork meatballs* (unit(s))	4	8	12	16	20	24
Ketjap manis (ml)	10	20	30	40	50	60
Bacon lardons* (g)	25	50	80	100	130	150
Not included						
[Plant-based] butter (tbsp)	2	4	6	8	10	12
Low sodium beef stock (ml)	50	100	150	200	250	300
Mustard (tsp)	1	2	3	4	5	6
[Plant-based] milk (splash)	1	2	3	4	5	6
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3594 /859	464 /111
Total fat (g)	50	6
of which saturated(g)	25,4	3,3
Carbonhydrates (g)	73	9
of which sugars (g)	23	3
Fiber (g)	14	2
Protein (g)	31	4
Salt (g)	2,1	0,3

Allergens

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



Prepare

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

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



Fry the meatballs

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

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



Fry the leek

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



Make the jus

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



Fry the bacon

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



Serve

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

Enjoy!



Salmon Fillet with Stir-Fried Broccoli

with sambal potato salad & sesame seeds

Family Calorie Smart

Total time: 30 - 40 min.



Potatoes



Broccoli



Garlic



Ground coriander



Onion



Soy sauce



Sesame seeds



Salmon fillet



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

Broccoli originates from Italy, and has been cultivated for over 2,000 years! It gets its name from the Italian “brocco”, meaning “sprout”.



Tear me out!

Before you start

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

Equipment

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Broccoli* (g)	180	360	560	720	920	1080
Garlic (unit(s))	½	1	1½	2	2½	3
Ground coriander (tsp)	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Soy sauce (ml)	5	10	15	20	25	30
Sesame seeds (sachet(s))	½	1	¾	1	1¼	2
Salmon fillet* (unit(s))	1	2	3	4	5	6
Not included						
White wine vinegar (tsp)	½	1	1½	2	2½	3
Sambal (tsp)	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2803 /670	506 /121
Total fat (g)	40	7
of which saturated(g)	6	1,1
Carbonhydrates (g)	46	8
of which sugars (g)	5,4	1
Fiber (g)	12	2
Protein (g)	29	5
Salt (g)	1,3	0,2

Allergens

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



Boil the potatoes

- Boil plenty of water in two pots or saucepans.
- Peel or thoroughly wash the potatoes and then cut into rough pieces.
- Boil the potatoes for 12 - 15 minutes, then drain and set aside.
- In the meantime, cut the head of the broccoli into small florets and then finely dice the stem.



Stir-fry the broccoli

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



Make the dressing

- Parboil the broccoli for 2 - 3 minutes, then drain and rinse under cold water.
- Chop the onion and crush or mince the garlic, then transfer both to a bowl.
- Add the ground coriander, sambal, white wine vinegar and soy sauce.
- Mix well to combine and season to taste with salt and pepper.



Serve

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

Enjoy!



Steak with Kohlrabi-Apple Salad

with potato wedges & fresh herbs

Quick

Total time: 25 - 30 min.



Marinated steak



Potatoes



Kohlrabi



Apple



Onion chutney



Fresh flat leaf parsley



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

The word “kohlrabi” comes from the German “kohl” (cabbage) and “rabi” (turnip). This versatile vegetable, with its mild, slightly sweet flavour, can be used in all kinds of dishes – even the leaves are edible!



Tear me out!

Before you start

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

Equipment

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

Ingredients for 1 - 6 servings

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

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2803 /670	450 /107
Total fat (g)	30	5
of which saturated(g)	7,8	1,3
Carbonhydrates (g)	70	11
of which sugars (g)	29,3	4,7
Fiber (g)	10	2
Protein (g)	30	5
Salt (g)	1,1	0,2

Allergens

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



Prepare

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



Fry the steak

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



Make the salad

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



Serve

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

Enjoy!



Cheesy Chicken Tostadas

with corn, tomato & lime-dressed salad

Family Quick

Total time: 25 - 30 min.



Corn



Mexican-style spices



Passata



Mini tortillas



Grated cheddar



Lime



Lamb's lettuce



Red onion



Seasoned chicken mince



Tomato



Romano pepper



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

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



Tear me out!

Before you start

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

Equipment

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Corn (g)	70	140	210	285	350	425
Mexican-style spices (sachet(s))	¼	½	1	1½	1¾	2
Passata (g)	100	200	300	390	500	590
Mini tortillas (unit(s))	4	8	12	16	20	24
Grated cheddar* (g)	40	75	115	150	190	225
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Lamb's lettuce* (g)	30	60	80	100	140	160
Red onion (unit(s))	½	1	1½	2	2½	3
Seasoned chicken mince* (g)	100	200	300	400	500	600
Tomato (unit(s))	½	1	2	2	3	3
Romano pepper* (unit(s))	½	1	1	2	2	3
Not included						
Extra virgin olive oil (tbsp)	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)	3615 /864	591 /141
Total fat (g)	42	7
of which saturated(g)	13,6	2,2
Carbonhydrates (g)	78	13
of which sugars (g)	17,3	2,8
Fiber (g)	10	2
Protein (g)	40	7
Salt (g)	3,7	0,6

Allergens

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



Prepare

- Preheat the oven to 220°C.
- Chop the onion and dice the Romano pepper.
- Drain the corn.
- Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the onion and Romano pepper for 1 - 2 minutes.

Did you know... 🌽 corn is rich in magnesium, which plays an important role in the formation of bones and muscles. Other good sources of magnesium include peanuts, pulses, bananas, wholegrains and cocoa.



Make the tostadas

- Spread the sauce over the tortillas, then top with the cheese.
- Return to the oven for 4 - 5 minutes so as to allow the cheese to melt.
- In the meantime, cut the lime into wedges.
- In a salad bowl, combine the extra virgin olive oil with the juice of 1 lime wedge per person. Season to taste with salt and pepper.



Make the sauce

- Add the **Mexican-style spices*** and the mince and fry for 4 - 5 minutes, separating it as you do so.
- Add the passata and half of the corn, then allow to simmer for 4 - 5 minutes.
- In the meantime, transfer the tortillas to a parchment-lined baking sheet and bake in the oven for 2 - 3 minutes.

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



Serve

- Dice the tomato.
- Add the lamb's lettuce and tomato to the salad bowl, along with the rest of the corn. Toss well to combine with the dressing.
- Serve the tostadas with the salad and the rest of the lime wedges.

Enjoy!



Smoky Tex-Mex Sloppy Joe with Chipotle Mayonnaise

on a carrot bun with slaw & potatoes

Quick

Total time: 15 - 20 min.



Red onion



Romano pepper



Carrot bun



Chicken mince with Mexican seasoning



Chipotle paste



Grated cheddar



Lime



Corn



Slaw mix



Diced potato



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

The Sloppy Joe is a beloved comfort food in the United States, consisting of ground meat simmered in a sweet and savoury tomato-based sauce, served on a bun. A little messy to eat, but the flavour is worth it!



Tear me out!

Before you start

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

Equipment

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red onion (unit(s))	½	1	1	2	2	3
Romano pepper* (unit(s))	½	1	2	2	3	3
Carrot bun (unit(s))	1	2	3	4	5	6
Chicken mince with Mexican seasoning* (g)	100	200	300	400	500	600
Chipotle paste (g)	10	20	20	40	40	60
Grated cheddar* (g)	15	25	40	50	65	75
Lime* (unit(s))	½	1	1½	2	2½	3
Corn (g)	70	140	210	280	350	420
Slaw mix* (g)	50	100	150	200	250	300
Diced potato* (g)	150	300	450	600	750	900
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Water for the sauce (tbsp)	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)	3561 /851	555 /133
Total fat (g)	43	7
of which saturated(g)	13,2	2,1
Carbonhydrates (g)	76	12
of which sugars (g)	18,6	2,9
Fiber (g)	16	3
Protein (g)	35	6
Salt (g)	2,7	0,4

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the potatoes for 15 minutes until golden-brown.
- Season to taste with salt and pepper.
- Slice the onion into half rings and cut the Romano pepper into thin strips.



Make the sauce

- Meanwhile, transfer the bread rolls to a parchment-lined baking sheet and bake in the oven for 4 - 5 minutes.
- In a small bowl, combine half of the mayonnaise with the rest of the **chipotle paste** and the water for the sauce.
- Quarter the lime and drain the corn.



Make the filling

- Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the onion and Romano pepper for 3 minutes.
- Stir in the mince, the honey and two thirds each of the **chipotle paste*** and the water for the sauce. Fry for 4 - 5 minutes.
- Scatter over the cheese and allow to melt for 1 minute.

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



Serve

- In a large bowl, combine the slaw mix with the corn, the rest of the mayonnaise and the juice of a quarter lime per person. Season to taste with salt and pepper.
- Cut open the bread rolls, then top with the filling and some of the slaw.
- Serve the sloppy joe with the potatoes, the chipotle mayonnaise, the lime wedges and the rest of the slaw alongside.

Enjoy!



Sweet Potato with Tuna Salad & Avocado

with lentil-carrot salad, turkish bread & fresh herbs

Quick

Total time: 15 - 20 min.



Tuna packed in water



Turkish bread



Diced sweet potato



Red onion



Carrot



Lentils



Avocado



Apple



Fresh chives, dill
& flat leaf parsley



Lemon



Organic full-fat yogurt



Pumpkin seeds



Sunflower seeds



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

Did you know that avocados ripen faster if you keep them next to a banana in your fruit bowl? To speed things up, store them together in a closed paper bag.

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, peeler or cheese slicer, sieve, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Tuna packed in water (can)	1	1	2	2	3	3
Diced sweet potato* (g)	150	300	450	600	750	900
Red onion (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	1½	2	2½	3
Lentils (pack)	½	1	1½	2	2½	3
Avocado (unit(s))	½	1	2	2	3	3
Apple* (unit(s))	½	1	1	2	2	3
Fresh chives, dill & flat leaf parsley* (g)	5	10	15	20	25	30
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Organic full-fat yogurt* (g)	25	50	75	100	125	150
Pumpkin seeds (g)	10	20	30	40	50	60
Sunflower seeds (g)	10	20	30	40	50	60
Mini Turkish bread (unit(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Extra virgin olive oil (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)	3402 /813	515 /123
Total fat (g)	32	5
of which saturated(g)	5,2	0,8
Carbonhydrates (g)	92	14
of which sugars (g)	26,5	4
Fiber (g)	18	3
Protein (g)	34	5
Salt (g)	2,3	0,4

Allergens

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



Fry the sweet potato

- Preheat the oven to 200°C.
- Heat a clean frying pan over high heat. Toast both types of seeds until lightly browned, then remove from the pan and set aside.
- Heat a light drizzle of olive oil in the same pan over medium-high heat. Fry the sweet potato for 10 - 12 minutes, seasoning to taste with salt and pepper.
- Core and dice the apple.



Make the lentil salad

- Quarter the lemon and chop the fresh herbs. Drain the lentils.
- Use a peeler or cheese slicer to shave the carrot into thin ribbons.
- In a bowl, combine the extra virgin olive oil with the juice of a quarter lemon per person. Season to taste with salt and pepper.
- Add the lentils, the carrot, half of the fresh herbs and the rest of the onion and apple. Toss well to combine.



Make the tuna salad

- Finely chop the onion (see Tip).
- Drain the tuna.
- In a bowl, combine the tuna with some mayonnaise as preferred, along with half each of the onion and apple. Season to taste with salt and pepper.
- Transfer the turkish bread to a parchment-lined baking sheet and heat in the oven for 6 minutes.

Tip: if you don't like raw onion, add it to the sweet potato instead.



Serve

- Halve and pit the avocado, then remove the skin and slice the flesh.
- Serve the sweet potato on deep plates with everything else alongside.
- Drizzle with the yogurt, then garnish with the toasted seeds and the rest of the fresh herbs. Serve any remaining lemon wedges alongside.

Enjoy!



Quick Spaghetti with Garlic-Lemon Shrimp

in creamy tomato sauce with arugula

Family Calorie Smart Express

Total time: 15 - 20 min.



Shrimp



Spaghetti



Tomato



Cooking cream



Arugula



Red onion



Lemon



Garlic



Chiara's favorite

Our recipe developer Chiara says:

"Shrimp and lemon are a golden duo in the kitchen and play the leading role in this dish. I chose to balance these two ingredients with cream. The tomatoes complete the dish with a sweet and savoury note."



Before you start

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

Equipment

Deep frying pan, pot or saucepan, small bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Shrimp* (g)	80	160	240	320	400	480
Spaghetti (g)	90	180	270	360	450	540
Cooking cream (g)	75	150	225	300	375	450
Arugula* (g)	20	40	60	80	100	120
Red onion (unit(s))	½	1	1½	2	2½	3
Lemon* (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	2	3	4	5	6
Tomato (unit(s))	1½	3	4½	6	7½	9
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2653 /634	529 /127
Total fat (g)	20	4
of which saturated(g)	9,5	1,9
Carbonhydrates (g)	82	16
of which sugars (g)	14,2	2,8
Fiber (g)	7	1
Protein (g)	29	6
Salt (g)	1,3	0,3

Allergens

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



Prepare

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



Make the sauce

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

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



Fry the shrimp

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

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



Serve

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

Enjoy!