# Homemade Chicken Nuggets & Fries

## with sour cream salad & sweet chili sauce

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



- Potatoes
- Cucumber
- Organic sour cream
- Ground paprika
- Panko breadcrumbs
- Sweet chili sauce
- Chicken tenderloin
- Roma tomato

+ Burrata

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Potatoes (g) | 250 | 500 | 750 | 1000 | 1250 | 1500 |
| Cucumber* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Organic sour cream* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Ground paprika (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Panko breadcrumbs (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Sweet chili sauce* (g) | 35 | 70 | 105 | 140 | 175 | 210 |
| Chicken tenderloin* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Roma tomato (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Not included | | | | | | |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Extra virgin olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| White balsamic vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Mustard (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Sunflower oil (ml) | 30 | 60 | 90 | 120 | 150 | 180 |
| Salt and pepper | to taste | | | | | |

* *store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3155 /754 | 442 /106 |
| Total fat (g) | 33 | 5 |
| of which saturated(g) | 5,8 | 0,8 |
| Carbonhydrates (g) | 82 | 11 |
| of which sugars (g) | 13,8 | 1,9 |
| Fiber (g) | 8 | 1 |
| Protein (g) | 35 | 5 |
| Salt (g) | 0,8 | 0,1 |

## Allergens

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

1



## Bake the fries

- Preheat the oven to 220°C.
- Wash or peel the potatoes and cut into fries of no more than 1cm thickness.
- Transfer to a bowl and drizzle with olive oil. Season with salt and pepper, then toss well to coat.
- Transfer to a parchment-lined baking sheet and bake in the oven for 30 - 40 minutes or until golden-brown, tossing halfway.

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

2



## Make the nuggets

- In a bowl, combine half of the sour cream with the paprika and the mustard, then season with salt and pepper.
- Cut the chicken into 3cm uniform pieces, so as to make the nuggets.
- Coat the nuggets with the sour cream sauce.

3



## Make the salad

- Cut the tomato into wedges and slice the cucumber into crescents, then transfer both to a salad bowl.
- Add the extra virgin olive oil and the white balsamic vinegar, along with the rest of the sour cream.
- Toss well to combine, seasoning to taste with salt and pepper.

4



## Bread the nuggets

- Transfer the panko to a deep plate and season with salt and pepper.
- Coat the nuggets with the panko.

5



## Fry the nuggets

- Prepare a plate lined with kitchen paper.
- Heat the sunflower oil in a frying pan over medium-high heat.
- When the oil is nice and hot, fry the nuggets for 2 - 3 minutes per side or until golden-brown.
- Transfer the nuggets to the plate.

**Air Fryer Option:** *drizzle the chicken with oil and fry for 8 - 12 minutes at 190°C. Shake halfway and avoid overcrowding the basket.*

6



## Serve

- Serve the nuggets with the fries and the salad.
- Serve the sweet chili sauce alongside.

Garnish the dish with the extra ingredient.
Check the nutritional values and allergens on the ingredient label.

# Creamy Beef Penne

## with tomato salsa, spinach & Gouda

Total time: 25 - 35 min. Family Quick



- Penne
- Red onion
- Garlic
- Dried oregano
- Spinach
- Tomato
- Herbed cream cheese
- Grated Gouda
- Beef mince with Italian seasoning

+ Bacon

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Penne (g) | 90 | 180 | 270 | 360 | 450 | 540 |
| Red onion (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Garlic (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Dried oregano (sachet(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Spinach* (g) | 75 | 150 | 200 | 300 | 350 | 450 |
| Tomato (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Herbed cream cheese* (g) | 35 | 75 | 110 | 150 | 185 | 225 |
| Grated Gouda* (g) | 15 | 25 | 40 | 50 | 65 | 75 |
| Beef mince with Italian seasoning* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| **Not included** | | | | | | |
| Low sodium chicken stock cube (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Extra virgin olive oil (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Olive oil (tbsp) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| White balsamic vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3615 /864 | 759 /182 |
| Total fat (g) | 43 | 9 |
| of which saturated(g) | 18,6 | 3,9 |
| Carbonhydrates (g) | 77 | 16 |
| of which sugars (g) | 11,3 | 2,4 |
| Fiber (g) | 7 | 2 |
| Protein (g) | 40 | 8 |
| Salt (g) | 2 | 0,4 |

## Allergens

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

1



## Prepare

- Boil plenty of salted water in a pot or saucepan for the pasta.
- Chop the onion and crush or mince the garlic.
- Cook the pasta for 10 - 12 minutes, covered, then reserve some of the pasta water before draining and setting aside.

2



## Fry the mince

- 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 mince and the oregano.
- Fry for 3 minutes, separating it as you do so, then tear the spinach directly into the pan and allow to wilt and reduce.
- Add the cream cheese, then crumble in the stock cube (see pantry for amount). Mix well and season to taste with salt and pepper.

3



## Make the salsa

- Meanwhile, dice the tomato and transfer to a bowl.
- Add the extra virgin olive oil and white balsamic vinegar, then mix well to combine. Season to taste with salt and pepper.

4



## Serve

- Stir the pasta into the creamy spinach sauce and cook for 1 more minute, adding a splash of pasta water as necessary if the sauce is too thick.
- Serve the pasta on plates.
- Garnish with the tomato salsa and the grated cheese.

+ Fry the bacon in a frying pan over medium-high heat until crispy, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

# Bang Bang Cauliflower with Chili Mayo

## over garlic rice with crunchy vegetables

Total time: 35 - 45 min. Vegetarian




Sweet chili sauce


Panko breadcrumbs


Cauliflower florets


Garlic


Jasmine rice


Spinach


Carrot


Red onion


Persian cucumber


Soy sauce


Sesame seeds


Mayonnaise


Chicken breast

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Sweet chili sauce* (g) | 35 | 70 | 105 | 140 | 175 | 210 |
| Panko breadcrumbs (g) | 25 | 50 | 50 | 75 | 100 | 125 |
| Cauliflower florets* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Jasmine rice (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Spinach* (g) | 75 | 150 | 200 | 300 | 350 | 450 |
| Carrot* (unit(s)) | ½ | 1 | 1 | 1 | 2 | 2 |
| Red onion (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Persian cucumber* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Soy sauce (ml) | 10 | 20 | 30 | 40 | 50 | 60 |
| Sesame seeds (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| Mayonnaise (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Not included | | | | | | |
| Olive oil (tbsp) | 1¼ | 2½ | 3¾ | 5 | 6¼ | 7½ |
| Water for the rice (ml) | 250 | 500 | 750 | 1000 | 1250 | 1500 |
| White wine vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Salt | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3527 /843 | 463 /111 |
| Total fat (g) | 42 | 6 |
| of which saturated(g) | 5,2 | 0,7 |
| Carbonhydrates (g) | 100 | 13 |
| of which sugars (g) | 15 | 2 |
| Fiber (g) | 9 | 1 |
| Protein (g) | 20 | 3 |
| Salt (g) | 2,3 | 0,3 |

## Allergens

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

1



## Prepare

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

2



## Roast the cauliflower

- Transfer the cauliflower florets to the large bowl and coat with the chili mayonnaise.
- Transfer to the panko and toss well to coat.
- Transfer the cauliflower to a parchment-lined baking sheet and roast in the oven for 20 - 25 minutes.

**Air Fryer Option:** *drizzle the cauliflower with oil and fry for 10 - 15 minutes at 200°C. Shake halfway and avoid overcrowding the basket.*

3



## Cook the rice

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

4



## Chop the vegetables

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

5



## Fry the vegetables

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

6



## Serve

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

Fry the chicken in a frying pan over medium-high heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

# Chicken with Giant Couscous & Herbed Cheese Cubes

## with lamb's lettuce, cucumber & bell pepper

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




Giant couscous


Persian cucumber


Bell pepper


Red onion


Lamb's lettuce


Herbed cheese cubes


Sicilian-style herb mix


Chicken tenderloin

Chicken tenderloin

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Giant couscous (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Persian cucumber* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Bell pepper* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Red onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Lamb's lettuce* (g) | 20 | 40 | 60 | 80 | 100 | 120 |
| Herbed cheese cubes* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Sicilian-style herb mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Chicken tenderloin* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| **Not included** | | | | | | |
| Low sodium vegetable stock (ml) | 175 | 350 | 525 | 700 | 875 | 1050 |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Extra virgin olive oil (tbsp) | ¾ | 1½ | 2¼ | 3 | 3¾ | 4½ |
| White wine vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Honey [or plant-based alternative] (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Mustard (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 2900 /693 | 455 /109 |
| Total fat (g) | 27 | 4 |
| of which saturated(g) | 9 | 1,4 |
| Carbonhydrates (g) | 68 | 11 |
| of which sugars (g) | 15,5 | 2,4 |
| Fiber (g) | 7 | 1 |
| Protein (g) | 42 | 7 |
| Salt (g) | 1,7 | 0,3 |

## Allergens

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

1



## Boil the giant couscous

- Prepare the stock in a pot or saucepan.
- Boil the giant couscous for 12 - 14 minutes, covered.
- Fluff through the giant couscous with a fork and then set aside.
- Slice the onion into half-rings and dice the bell pepper (see Tip).

**Tip:** *the bell pepper will be served raw, but if preferred you can fry it in the next step instead.*

2



## Fry the chicken

- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the onion with the chicken and the Sicilian-style herbs for 5 - 6 minutes, or until the chicken is done.
- Season to taste with salt and pepper.

3



## Make the salad

- Meanwhile, dice the cucumber.
- In a salad bowl, combine the extra virgin olive oil with the white wine vinegar, the honey and the mustard.
- Season to taste with salt and pepper.
- Add the lamb's lettuce, the cucumber, the bell pepper, the onion, the cheese and the giant couscous, then toss well to combine.

4



## Serve

- Serve everything on plates.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

# Linguine with Homemade Spinach Pesto

## with roasted tomatoes & pecorino

Total time: 25 - 35 min. Family Quick Vegetarian



- Linguine
- Garlic
- Red onion
- Mini Roma tomatoes
- Baby spinach
- Arugula
- Fresh basil
- Lemon
- Roasted cashew nuts
- Grated Pecorino DOP

+ Chicken mince with Mediterranean herbs

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Linguine (g) | 90 | 180 | 270 | 360 | 450 | 540 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Red onion (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Mini Roma tomatoes* (g) | 125 | 250 | 375 | 500 | 625 | 750 |
| Baby spinach* (g) | 60 | 125 | 180 | 250 | 305 | 375 |
| Arugula* (g) | 20 | 40 | 60 | 80 | 100 | 120 |
| Fresh basil* (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| Lemon* (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Roasted cashew nuts (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| Grated Pecorino DOP* (g) | 20 | 40 | 60 | 80 | 100 | 120 |
| **Not included** | | | | | | |
| Olive oil (tbsp) | 1¼ | 2½ | 3¾ | 5 | 6¼ | 7½ |
| Balsamic vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Extra virgin olive oil (tbsp) | 2 | 4 | 6 | 8 | 10 | 12 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3812 /911 | 830 /198 |
| Total fat (g) | 54 | 12 |
| of which saturated(g) | 11,7 | 2,5 |
| Carbonhydrates (g) | 80 | 17 |
| of which sugars (g) | 13,2 | 2,9 |
| Fiber (g) | 9 | 2 |
| Protein (g) | 25 | 5 |
| Salt (g) | 1 | 0,2 |

## Allergens

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

1



## Prepare

- Preheat the oven to 200°C. Boil plenty of salted water in a pot or saucepan.
- Halve the tomatoes and crush or mince the garlic.
- Slice the onion into half rings. Pull the basil leaves off the stems and juice the lemon.
- Boil the linguine for 9 - 11 minutes. Reserve some of the pasta water, then drain and set aside.

2



## Roast the tomatoes

- In an oven dish, combine the tomatoes with the onion, the balsamic vinegar and a generous drizzle of olive oil.
- Season generously with salt and pepper, then roast in the oven for 12 - 15 minutes.
- Heat a light drizzle of olive oil in a frying pan over medium-high heat. Fry the spinach for 3 - 4 minutes, or until wilted and reduced.

3



## Make the pesto

- Transfer the spinach, garlic, basil and cashews to a tall container, along with half of the cheese.
- Add the extra virgin olive oil, along with (per person) 1 tbsp lemon juice and 0.5 tbsp pasta water.
- Use an immersion blender to process into a smooth pesto. Taste and season with salt and pepper as needed.
- Add as much pesto as preferred to the linguine and mix well to combine.

4



## Serve

- Serve the arugula on plates, topped with the linguine and the roasted tomatoes.
- Drizzle with the cooking juices from the oven dish.
- Garnish with the rest of the cheese to finish.

Fry the mince in a frying pan over medium-high heat, separating it as you do until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

# Plant-Based Teriyaki Burger with Spicy Slaw on Ciabatta

## with gomashio potatoes & quick-pickled cucumber

Total time: 40 - 50 min. Family Plant-Based





Unbelievabull burger from the Vegetarian Butcher®



White ciabatta



Potatoes



Red onion



Cucumber



Rainbow slaw mix



Teriyaki sauce



Gomashio

Unbelievabull burger vegetarian butcher

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Unbelievabull burger from the Vegetarian Butcher®* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| White ciabatta (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Potatoes (g) | 200 | 400 | 600 | 800 | 1000 | 1200 |
| Red onion (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Cucumber* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Rainbow slaw mix* (g) | 50 | 100 | 150 | 200 | 250 | 300 |
| Teriyaki sauce (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Gomashio (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Not included | | | | | | |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Plant-based] butter (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| White wine vinegar (tsp) | 2 | 4 | 6 | 8 | 10 | 12 |
| Sugar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Honey [or plant-based alternative] (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Sambal (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| [Plant-based] mayonnaise (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3711 /887 | 531 /127 |
| Total fat (g) | 40 | 6 |
| of which saturated(g) | 9,7 | 1,4 |
| Carbonhydrates (g) | 106 | 15 |
| of which sugars (g) | 24,9 | 3,6 |
| Fiber (g) | 14 | 2 |
| Protein (g) | 24 | 3 |
| Salt (g) | 4 | 0,6 |

## Allergens

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

1



## Roast the potatoes

- Preheat the oven to 200°C.
- Dice the potatoes and transfer to a parchment-lined baking sheet. Drizzle with olive oil and season with salt and pepper, then toss well to coat.
- Roast in the oven for 25 - 30 minutes or until golden-brown, tossing halfway.
- Meanwhile, slice the cucumber.

2



## Make the slaw

- In a bowl, combine the cucumber with the sugar, half of the white wine vinegar and a pinch of salt.
- In another bowl, combine the mayonnaise with the sambal and the rest of the vinegar.
- Add the slaw mix and toss well to combine. Season to taste with salt and pepper.
- Heat the bread roll in the oven for 5 - 7 minutes.

3



## Fry the burger

- In a small bowl, combine the honey with the teriyaki sauce.
- Slice the onion.
- Melt a knob of butter in a frying pan over medium-high heat. When the pan is nice and hot, fry the burger with the onion for 2 minutes per side.
- Add the teriyaki sauce and fry for 1 - 2 more minutes per side.

4



## Serve

- Cut open the bread roll and top with the burger and the onion, along with some of the cucumber and the slaw.
- Serve the rest of the cucumber and the slaw alongside.
- Garnish the potatoes with the gomashio.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

# Tomato & Basil Risotto with Coconut Milk

## with arugula, Parmigiano Reggiano & sunflower seeds

Total time: 40 - 50 min. Vegetarian



- Risotto rice
- Onion
- Garlic
- Courgette
- Arugula
- Fresh basil
- Tomato paste
- Coconut milk
- Sunflower seeds
- Parmigiano Reggiano DOP
- Mini Roma tomatoes

+ Shrimp

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Risotto rice (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Onion (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Courgette* (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Arugula* (g) | 40 | 60 | 80 | 100 | 140 | 160 |
| Fresh basil* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Tomato paste (can) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Coconut milk (ml) | 75 | 150 | 215 | 300 | 365 | 450 |
| Sunflower seeds (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| Parmigiano Reggiano DOP* (g) | 20 | 40 | 60 | 80 | 100 | 120 |
| Mini Roma tomatoes* (g) | 125 | 250 | 375 | 500 | 625 | 750 |
| **Not included** | | | | | | |
| Olive oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Low sodium vegetable stock (ml) | 275 | 550 | 825 | 1100 | 1375 | 1650 |
| Balsamic vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| [Plant-based] butter (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3381 /808 | 439 /105 |
| Total fat (g) | 45 | 6 |
| of which saturated(g) | 22,5 | 2,9 |
| Carbonhydrates (g) | 84 | 11 |
| of which sugars (g) | 14,9 | 1,9 |
| Fiber (g) | 7 | 1 |
| Protein (g) | 19 | 2 |
| Salt (g) | 1,3 | 0,2 |

## Allergens

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

1



## Prepare

- Prepare the stock and pull the basil leaves off of the stems.
- Transfer the coconut milk and the basil stems to the stock, then mix well to combine and set aside.
- Chop the onion and crush or mince the garlic.
- Halve the tomatoes and slice the courgette into crescents.

2



## Fry the vegetables

- Heat a clean deep frying pan over high heat and toast the sunflower seeds until they start to turn golden-brown, then remove from the pan and set aside.
- Heat a generous drizzle of olive oil in the same pan over high heat.
- Fry the onion with the courgette and three quarters of the tomatoes for 3 - 4 minutes.

3



## Make the risotto

- Reduce the heat to medium-high and deglaze with the balsamic vinegar.
- Add the tomato paste, the risotto rice and the garlic, then mix well and fry for 1 - 2 more minutes.
- Turn down the heat, then gradually add the stock one ladle at a time (being sure to discard the basil stems).
- Allow the stock to slowly incorporate, stirring regularly.

4



## Prepare the garnishes

- The risotto is done when the rice is soft but still al dente, which should take around 18 - 20 minutes.
- Add extra water and cook longer if you'd prefer the risotto to be less al dente.
- In the meantime, chop the basil leaves into strips.
- Finely grate the Parmigiano Reggiano.

5



## Finish

- When the risotto is done, add a knob of butter and half each of the basil, the Parmigiano Reggiano and the sunflower seeds.
- Mix well to combine, then season to taste with salt and pepper.

6



## Serve

- Serve the arugula on deep plates.
- Top with the risotto and the rest of the tomatoes.
- Garnish with the rest of the basil, the Parmigiano Reggiano and the sunflower seeds.

Fry the shrimp in a frying pan over medium-high heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

# No-Fish Fingers with Creamy Yogurt-Dill Potato Salad

## with radish-mesclun salad & lemon wedges

Total time: 20 - 30 min. Quick Vegetarian




Plant-based fish fingers


Baby potatoes


Cucumber


Lemon


Fresh dill


Onion


Radish


Organic full-fat yogurt


Mesclun


Vegan fish fingers

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Plant-based fish fingers* (unit(s)) | 3 | 6 | 9 | 12 | 15 | 18 |
| Baby potatoes (g) | 250 | 500 | 750 | 1000 | 1250 | 1500 |
| Cucumber* (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Lemon* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Fresh dill* (g) | 2½ | 5 | 7½ | 10 | 12½ | 15 |
| Onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Radish* (bunch) | ½ | 1 | 2 | 2 | 3 | 3 |
| Organic full-fat yogurt* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Mesclun* (g) | 40 | 90 | 120 | 180 | 210 | 270 |
| **Not included** | | | | | | |
| White wine vinegar (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Mustard (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Sunflower oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Water (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Low sodium vegetable stock cube (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Extra virgin olive oil (tbsp) | 1½ | 3 | 4½ | 6 | 7½ | 9 |
| [Plant-based] mayonnaise (tbsp) | 1½ | 3 | 4½ | 6 | 7½ | 9 |
| Sugar (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3770 /901 | 471 /112 |
| Total fat (g) | 53 | 7 |
| of which saturated(g) | 7,6 | 0,9 |
| Carbonhydrates (g) | 81 | 10 |
| of which sugars (g) | 17,1 | 2,1 |
| Fiber (g) | 17 | 2 |
| Protein (g) | 18 | 2 |
| Salt (g) | 1,9 | 0,2 |

## Allergens

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

1



## Prepare

- Boil plenty of salted water in a pot or saucepan.
- Wash the baby potatoes and slice them into rounds of 1cm thickness.
- Cook the baby potatoes for 12 - 15 minutes and then drain. Rinse under cold water and set aside.
- Thinly slice the cucumber and transfer to a large bowl. Add a pinch of salt and toss well to combine. Allow to stand for 10 minutes, then drain the excess liquid.

2



## Fry the 'fish' fingers

- Heat a drizzle of sunflower oil in a frying pan over medium heat. Fry the 'fish' fingers for 3 minutes per side, or until evenly browned.
- Meanwhile, finely chop the onion and the dill.
- Juice half of the lemon and then cut the rest into wedges.
- Remove and discard the radish leaves, then slice the radishes.

3



## Make the radish salad

- In a large salad bowl, combine the extra virgin olive oil and the sugar with half each of the onion and the white wine vinegar.
- Add the mesclun, the radishes and some lemon juice as preferred.
- Season to taste with salt and pepper, then toss well to combine. Set aside until serving.

4



## Serve

- In a large bowl, combine the yogurt with the mayonnaise, the dill and the mustard, along with the rest of the onion and the white wine vinegar. Add the water and crumble in the stock cube (see pantry for amounts).
- Add the cucumber and the baby potatoes, then mix well to combine. Season with salt and pepper.
- Serve everything on plates with the lemon wedges alongside.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

# Sticky Veggie No-Chicken with Escarole 'Stamppot'

## with Korean-style spices & crispy onions

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



- Potatoes
- Chopped escarole
- Carrot
- Korean-style spice mix
- Garlic
- Plant-based chicken pieces
- Scallions
- East Asian-style sauce
- Crispy fried onions

**SEASONAL INGREDIENT**

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

+ Vegetarian beef-style pieces

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Potatoes (g) | 300 | 600 | 900 | 1200 | 1500 | 1800 |
| Chopped escarole* (g) | 150 | 300 | 450 | 600 | 750 | 900 |
| Carrot* (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Korean-style spice mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Garlic (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Plant-based chicken pieces* (g) | 80 | 160 | 240 | 320 | 400 | 480 |
| Scallions* (g) | 41¼ | 83⅓ | 125 | 166¼ | 208⅓ | 249⅓ |
| East Asian-style sauce* (g) | 35 | 70 | 105 | 140 | 175 | 210 |
| Crispy fried onions (g) | 15 | 30 | 45 | 60 | 75 | 90 |
| **Not included** | | | | | | |
| Sunflower oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Plant-based] butter (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Mustard (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Reduced salt] ketjap manis (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3092 /739 | 418 /100 |
| Total fat (g) | 29 | 4 |
| of which saturated(g) | 9 | 1,2 |
| Carbonhydrates (g) | 97 | 13 |
| of which sugars (g) | 21,4 | 2,9 |
| Fiber (g) | 15 | 2 |
| Protein (g) | 24 | 3 |
| Salt (g) | 3,2 | 0,4 |

## Allergens

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

1



## Boil the vegetables

- Boil plenty of salted water in a large pot or saucepan for the vegetables.
- Peel or thoroughly wash the carrot and potatoes, then cut them into rough pieces.
- Boil the carrot and poatoes for 12 - 15 minutes, covered, then drain and set aside.

2



## Prepare the escarole

- In the meantime, boil the kettle.
- Transfer the escarole to a sieve and pour over the boiling water, then use the back of a spoon to squeeze out the excess liquid.
- Mash the carrot and potatoes with the mustard and a knob of butter.
- Stir in the wilted escarole and Korean-style spices, then season to taste with salt and pepper.

3



## Fry the scallions

- In the meantime, crush or mince the garlic.
- Finely chop the scallions into rings and keep the white part separate from the greens.
- Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat. Fry the garlic with the white part of the scallions for 1 minute.

4



## Serve

- Add the veggie chicken and fry for 4 minutes, stirring occasionally.
- Stir in the ketjap and the East Asian-style sauce, then fry for 2 - 3 more minutes.
- Serve the stamppot on deep plates and top with the veggie chicken in its sauce. Garnish with the scallion greens and the crispy onions.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

# Supergreen Naan Pizza with Greek-Style Cheese & Olives

## with courgette, lemon, dill & pickled onion

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




Naan


Courgette


Fresh dill


Greek-style spice mix


Spinach


Red onion


Green olives


Lemon


Greek-style cheese


Fresco spalmabile - cream cheese

Recipe Developer Sarah: "For this recipe, I was inspired by Greek cuisine: fresh dill, olives, feta and a Greek-style spice mix with a hint of cinnamon. At first glance, the combination with naan may seem a bit strange, but believe me, the flavours go together perfectly!"

Prosciutto crudo

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Naan (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Courgette* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Fresh dill* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Greek-style spice mix (sachet(s)) | ⅓ | ⅔ | 1 | 1⅓ | 1⅔ | 2 |
| Spinach* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Red onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Green olives (g) | 15 | 30 | 45 | 60 | 75 | 90 |
| Lemon* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Greek-style cheese* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Fresco spalmabile - cream cheese* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| **Not included** | | | | | | |
| Olive oil (tbsp) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Extra virgin 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 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 2799 /669 | 534 /128 |
| Total fat (g) | 29 | 5 |
| of which saturated(g) | 9,3 | 1,8 |
| Carbonhydrates (g) | 78 | 15 |
| of which sugars (g) | 17,4 | 3,3 |
| Fiber (g) | 9 | 2 |
| Protein (g) | 23 | 4 |
| Salt (g) | 2,5 | 0,5 |

## Allergens

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

1



## Prepare

- Preheat the oven to 200°C.
- Slice the courgette into crescents and the onion into half rings.
- Heat a light drizzle of olive oil in a large frying pan over medium-high heat. Fry the courgette with half of the onion for 5 - 7 minutes.
- Season to taste with salt and pepper, then remove half of this mixture from the pan and set aside until step 4.

2



## Pickle the onion

- To the pan, add two thirds of the spinach and half of the Greek-style spices*. Allow to wilt and reduce.
- In a bowl, combine the red wine vinegar with the sugar, a pinch of salt and the rest of the onion.
- In a small bowl, combine the cream cheese with the rest of the Greek-style spices and a splash of water as needed.

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

3



## Make the naan pizza

- Transfer the naan to a parchment-lined baking sheet.
- Top with the cream cheese sauce and the fried vegetables, then crumble over the cheese. Bake in the oven for 6 - 8 minutes.
- In the meantime, roughly chop the dill and the olives. Juice half of the lemon into a salad bowl.
- Add the extra virgin olive oil and half of the dill, then mix well to combine. Season with salt and pepper.

4



## Serve

- Tear the rest of the spinach into smaller pieces directly into the salad bowl.
- Add the olives and the rest of the fried vegetables, then toss well to combine with the dressing.
- Garnish the naan pizza with the pickled onion and the rest of the dill.
- Cut the rest of the lemon into wedges and serve alongside.

Garnish the dish with the extra ingredient.
Check the nutritional values and allergens on the ingredient label.

# Moroccan-Inspired Stew with Greek-Style Cheese

## with lemon, dates & parsley

Total time: 40 - 50 min. Vegetarian Health Conscious Choice




Greek-style cheese


Potatoes


Garlic


Red onion


Green Romano pepper


Diced pumpkin


African-inspired spice mix


Lemon


Fresh ginger


Chopped dates


Fresh flat leaf parsley

Chicken thigh fillet

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Greek-style cheese* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Potatoes (g) | 200 | 400 | 600 | 800 | 1000 | 1200 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Red onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Green Romano pepper* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Diced pumpkin* (g) | 150 | 300 | 450 | 600 | 750 | 900 |
| African-inspired spice mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Lemon* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Fresh ginger* (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Chopped dates (g) | 20 | 40 | 60 | 80 | 100 | 120 |
| Fresh flat leaf parsley* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| **Not included** | | | | | | |
| Extra virgin olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Olive oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Low sodium vegetable stock (ml) | 65 | 130 | 195 | 260 | 325 | 390 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3155 /754 | 443 /106 |
| Total fat (g) | 42 | 6 |
| of which saturated(g) | 20 | 2,8 |
| Carbonhydrates (g) | 70 | 10 |
| of which sugars (g) | 23,8 | 3,3 |
| Fiber (g) | 11 | 2 |
| Protein (g) | 26 | 4 |
| Salt (g) | 3,2 | 0,5 |

## Allergens

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

1



## Prepare

- Prepare the stock.
- Slice the onion into half-rings and crush or mince the garlic. Finely grate the ginger. Cut the Romano pepper into thin strips.
- Heat a generous drizzle of olive oil in a deep frying pan over medium-high heat. Fry the pumpkin, the Romano pepper, the onion, the garlic and the ginger for 3 - 4 minutes.
- Stir in the dates and fry for 1 - 2 more minutes.

2



## Simmer

- Stir in the African-inspired spices and the stock. Cover with the lid and allow to simmer for 10 - 12 minutes over medium heat.
- Make some space among the vegetables at the bottom of the pan and then place the cheese here. Season with salt and pepper, then cook for 1 - 2 more minutes.
- Boil plenty of generously salted water in a pot or saucepan.
- Thoroughly wash the potatoes and cut into rough pieces.

3



## Boil the potatoes

- Boil the potatoes for 12 - 15 minutes or until done, then drain and set aside.
- Finely chop the parsley and quarter the lemon.
- Squeeze some lemon juice directly into the vegetables as preferred.
- Allow to cook for 5 - 6 more minutes over medium-high heat, uncovered. Season to taste with salt and pepper.

4



## Serve

- Stir the extra virgin olive oil and two thirds of the parsley into the potatoes, then season to taste with salt and pepper.
- Serve the potatoes and vegetable stew on deep plates.
- Garnish with the rest of the parsley and any remaining lemon wedges.

Fry the chicken in a frying pan over medium-high heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

# Wholewheat Veggie Quesadillas

## with pico de gallo & chili mayo

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




Wholewheat tortilla


Red onion


Courgette


Bell pepper


Green Romano pepper


Tomato


Fresh coriander


Lime


Mexican-style spices


Sweet chili sauce


Herbed cheese cubes


Ground paprika


Grated Tex-Mex cheese


Chicken mince with Mexican seasoning

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Wholewheat tortilla (unit(s)) | 2 | 4 | 6 | 8 | 10 | 12 |
| Red onion (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Courgette* (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Bell pepper* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Green Romano pepper* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Tomato (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Fresh coriander* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Lime* (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Mexican-style spices (sachet(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Sweet chili sauce* (g) | 8¾ | 17½ | 26¼ | 35 | 43¾ | 52½ |
| Herbed cheese cubes* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Ground paprika (tsp) | 1½ | 3 | 4½ | 6 | 7½ | 9 |
| Grated Tex-Mex cheese* (g) | 35 | 75 | 115 | 150 | 190 | 225 |
| **Not included** | | | | | | |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Plant-based] mayonnaise (tbsp) | ¾ | 1½ | 2¼ | 3 | 3¾ | 4½ |
| Extra virgin olive oil | to taste | | | | | |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 2962 /708 | 523 /125 |
| Total fat (g) | 41 | 7 |
| of which saturated(g) | 15,9 | 2,8 |
| Carbonhydrates (g) | 52 | 9 |
| of which sugars (g) | 17,5 | 3,1 |
| Fiber (g) | 16 | 3 |
| Protein (g) | 27 | 5 |
| Salt (g) | 2,6 | 0,5 |

## Allergens

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

1



## Prepare

- Preheat the oven to 220°C.
- Finely chop the onion and slice the courgette into crescents. Cut the bell pepper and Romano pepper into strips.
- Transfer the bell pepper, Romano pepper and courgette to a large bowl and drizzle lightly with olive oil.
- Add the Mexican-style spices* and the paprika. Season with salt and pepper, then toss well to coat.

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

2



## Make the pico de gallo

- Quarter the lime.
- Dice the tomato and finely chop the coriander.
- In a bowl, combine the tomato with the coriander and the onion (see Tip).
- Add the juice of 1 lime wedge per person and extra virgin olive oil as preferred. Season to taste with salt and pepper, then mix well to combine.

**Tip:** *if preferred, you can also fry the onion in the next step instead.*

3



## Make the quesadillas

- Heat a light drizzle of olive oil in a frying pan over medium-high heat and fry the vegetables for 4 - 5 minutes.
- Transfer the tortillas to a parchment-lined baking sheet. Top with the fried vegetables, leaving half of each tortilla empty.
- Add both cheeses, then fold the tortillas over and press down so as to seal the quesadillas.
- Bake the quesadillas on the top shelf of the oven for 6 - 8 minutes.

4



## Serve

- In a small bowl, combine the mayonnaise with the sweet chili sauce.
- Serve the quesadillas with any remaining lime wedges.
- Serve the pico de gallo and the chili mayo alongside.

Fry the mince in a frying pan over medium-high heat, separating it as you do until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

# Creamy Chickpea Wraps with Yogurt Sauce

## with cucumber salad & gomashio

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



- Garlic
- Onion
- Chickpeas
- Korean-style spice mix
- Tomato paste
- Coconut milk
- Cucumber
- Arugula & lamb's lettuce
- Wholewheat mini tortilla
- Organic full-fat yogurt
- Fresh mint
- Gomashio
- Gochujang

+ Chicken thigh fillet

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Garlic (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Onion (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Chickpeas (pack) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Korean-style spice mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Tomato paste (can) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Coconut milk (ml) | 45 | 90 | 135 | 180 | 225 | 270 |
| Cucumber* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Arugula & lamb's lettuce* (g) | 45 | 90 | 135 | 180 | 225 | 270 |
| Wholewheat mini tortilla (unit(s)) | 4 | 8 | 12 | 16 | 20 | 24 |
| Organic full-fat yogurt* (g) | 50 | 100 | 150 | 200 | 250 | 300 |
| Fresh mint* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Gomashio (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Gochujang* (g) | 12½ | 25 | 37½ | 50 | 62½ | 75 |
| **Not included** | | | | | | |
| [Plant-based] butter (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 |
| Low sodium vegetable stock (ml) | 25 | 50 | 75 | 100 | 125 | 150 |
| White wine vinegar (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |

* *store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3297 /788 | 482 /115 |
| Total fat (g) | 35 | 5 |
| of which saturated(g) | 15,5 | 2,3 |
| Carbonhydrates (g) | 81 | 12 |
| of which sugars (g) | 23,7 | 3,5 |
| Fiber (g) | 28 | 4 |
| Protein (g) | 27 | 4 |
| Salt (g) | 2,6 | 0,4 |

## Allergens

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

1



## Prepare

- Prepare the stock (see Tip).
- Chop the onion and crush or mince the garlic.
- Drain and rinse the chickpeas.
- Pull the mint leaves off the stems and then chop them into thin ribbons.

**Tip:** *if it's inconvenient to prepare a small amount of stock, you can prepare 500ml instead (using 1 stock cube) and then measure out the amount you need for the recipe. You can freeze the rest of the stock to use another time.*

2



## Make the yogurt sauce

- In a small bowl, combine the yogurt with half of the chopped mint and some extra virgin olive oil as preferred.
- Season to taste with salt and pepper.
- Preheat the oven to 200°C (see Tip).

**Tip:** *you will heat the tortillas in the oven later on, however you can alternatively use a frying pan if preferred.*

3



## Fry the chickpeas

- Melt a knob of butter in a frying pan over medium heat and fry the onion with the garlic for 3 - 5 minutes.
- Add the Korean-style spices, the tomato paste, the gochujang* and chickpeas and fry for 1 - 2 minutes, or until fragrant.

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

4



## Finish the chickpeas

- Add the coconut milk and the stock.
- Allow the sauce to thicken and reduce for 4 - 6 minutes over medium heat, stirring occasionally.
- Crush the chickpeas gently with the back of a spoon if preferred. Season to taste with salt and pepper.

5



## Make the salad

- Slice the cucumber into thin crescents.
- In a large bowl, combine the white wine vinegar with the honey and extra virgin olive oil.
- Season to taste with salt and pepper, then add the lettuce and cucumber. Toss well to combine with the dressing.
- Meanwhile, heat the mini tortillas in the oven for 2 - 3 minutes (see Tip).

**Tip:** *if you would prefer softer tortillas, wrap them in foil and heat for the same amount of time.*

6



## Serve

- Fill the tortillas with some of the cucumber salad and the chickpeas.
- Top with the yogurt sauce and serve the rest of the cucumber salad alongside.
- Garnish with the gomashio and the rest of the mint.

Fry the chicken in a frying pan over medium-high heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

# Naked Cheeseburger Bowl with Baby Potatoes

## with salad, pickles & fried onion

Total time: 35 - 45 min. Health Conscious Choice



- Baby potatoes
- Butter lettuce
- Tomato
- Red onion
- Chopped pickles
- Worcestershire sauce
- Grated cheddar
- Hamburger from Meatier

+ Hamburger from Meatier

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Baby potatoes (g) | 200 | 400 | 600 | 800 | 1000 | 1200 |
| Butter lettuce* (head) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Tomato (unit(s)) | 1½ | 3 | 5 | 6 | 8 | 9 |
| Red onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Chopped ⊠⊠pickles* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Worcestershire sauce (g) | 10 | 15 | 20 | 30 | 35 | 45 |
| Grated cheddar* (g) | 15 | 25 | 40 | 50 | 65 | 75 |
| Hamburger from Meatier* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Not included | | | | | | |
| White wine vinegar (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [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 |
| Water for the sauce (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3125 /747 | 511 /122 |
| Total fat (g) | 47 | 8 |
| of which saturated(g) | 17,2 | 2,8 |
| Carbonhydrates (g) | 48 | 8 |
| of which sugars (g) | 12,8 | 2,1 |
| Fiber (g) | 10 | 2 |
| Protein (g) | 29 | 5 |
| Salt (g) | 2,9 | 0,5 |

## Allergens

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

1



## Fry the potatoes

- Wash the potatoes and cut them in half. Heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the potatoes for 15 minutes, covered, tossing regularly.
- Remove the lid, then season with salt and pepper.
- Fry for 5 - 10 more minutes until done.

**Air Fryer Option:** *drizzle the potatoes with oil and fry for 15 - 25 minutes at 200°C. Shake halfway and avoid overcrowding the basket.*

2



## Chop the vegetables

- Meanwhile, roughly tear or shred the lettuce.
- Cut the tomato into wedges and slice the onion into half-rings.
- Finely chop the pickles.

**Did you know...** *the tomato in this recipe contains potassium, a mineral that contributes to normal muscle function.*

3



## Make the sauce

- In a small bowl, combine the mayonnaise with the Worcestershire sauce and half of the chopped pickles.
- Add the white wine vinegar and the water for the sauce.
- Season with a pinch of salt and mix well, then set aside until serving.

4



## Fry the burger

- Melt a knob of butter in a frying pan over medium-high heat.
- Fry the burger for 3 - 4 minutes on one side.
- Add half of the onion, then flip the burger and top with the cheese.
- Fry for another 3 - 4 minutes.

5



## Make the salad

- Transfer the lettuce and tomato to a salad bowl, along with the rest of the onion.
- Add half of the mayonnaise sauce and toss well to combine, seasoning to taste with salt and pepper.

6



## Serve

- Serve the salad with the potatoes on deep plates.
- Top with the burger and the fried onion.
- Garnish with the rest of the pickles.
- Serve the rest of the sauce alongside.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

# Hake with Bacon Lardons & Fennel

## over orzotto with roasted tomatoes

Total time: 30 - 40 min. Health Conscious Choice




Fennel


Mini Roma tomatoes


Red onion


Garlic


Orzo


Hake fillet


Bacon lardons


Sicilian-style herb mix

Skin-on hake fillet

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Fennel* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Mini Roma tomatoes* (g) | 125 | 250 | 375 | 500 | 625 | 750 |
| Red onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Orzo (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Hake fillet* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Bacon lardons* (g) | 40 | 80 | 100 | 160 | 180 | 240 |
| Sicilian-style herb mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Not included | | | | | | |
| Low sodium vegetable stock (ml) | 175 | 350 | 525 | 700 | 875 | 1050 |
| [Plant-based] butter (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Olive oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| White balsamic vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3033 /725 | 443 /106 |
| Total fat (g) | 32 | 5 |
| of which saturated(g) | 10,8 | 1,6 |
| Carbonhydrates (g) | 67 | 10 |
| of which sugars (g) | 14 | 2 |
| Fiber (g) | 9 | 1 |
| Protein (g) | 37 | 5 |
| Salt (g) | 2,9 | 0,4 |

## Allergens

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

1



## Prepare

- Preheat the oven to 180°C and prepare the stock. Boil a shallow layer of water in a pot or saucepan.
- Quarter the fennel and remove the tough core, then cut into thin strips (see Tip).
- Boil the fennel for 5 minutes, then drain and set aside.
- Halve the tomatoes in the meantime.

**Tip:** *you can set aside any fennel fronds to use later as garnish.*

2



## Bake

- Pat the fish dry with kitchen paper, then season with salt and pepper.
- Transfer the tomatoes and the fennel to an oven dish, then scatter over the Sicilian-style spices. Drizzle with olive oil, then toss well to coat.
- Top with the fish and the bacon lardons, then drizzle with olive oil.
- Roast in the oven for 15 -18 minutes.

3



## Make the orzo

- Chop the onion and crush or mince the garlic.
- Melt a knob of butter in a deep frying pan over medium heat. Fry the onion with the garlic for 2 minutes.
- Add the orzo and fry for 1 minute, then deglaze with the white balsamic vinegar and the stock.
- Boil for 10 - 12 minutes, covered, stirring regularly. Add some water as necessary if it seems too dry.

4



## Serve

- Transfer the fennel, the tomatoes and the bacon lardons to the orzo.
- Add half of the cooking juices from the oven dish, then mix well to combine. Add more of the cooking juices as preferred.
- Serve the orzo on plates, topped with the fish.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

# Za'atar Pork Wraps with Fresh Herbs

## with orange cream cheese, zesty salsa & sumac

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



- Flour tortillas
- Za'atar
- Sumac
- Onion
- Tomato
- Orange
- Middle Eastern spice mix
- Fresh flat leaf parsley & mint
- Green Romano pepper
- Pork mince
- Fresco spalmabile - cream cheese

+ Pork mincemeat

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Flour tortillas (unit(s)) | 2 | 4 | 6 | 8 | 10 | 12 |
| Za'atar (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Sumac (tsp) | 1½ | 3 | 4½ | 6 | 7½ | 9 |
| Onion (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Tomato (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Middle Eastern spice mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Orange* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Fresh flat leaf parsley & mint* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Green Romano pepper* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Pork mince* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Fresco spalmabile - cream cheese* (g) | 50 | 100 | 150 | 200 | 250 | 300 |
| **Not included** | | | | | | |
| Olive oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Water (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Honey [or plant-based alternative] | to taste | | | | | |
| Extra virgin olive oil | to taste | | | | | |
| Salt and pepper | to taste | | | | | |

* *store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3234 /773 | 618 /148 |
| Total fat (g) | 44 | 8 |
| of which saturated(g) | 14,1 | 2,7 |
| Carbonhydrates (g) | 62 | 12 |
| of which sugars (g) | 15,5 | 3 |
| Fiber (g) | 8 | 2 |
| Protein (g) | 30 | 6 |
| Salt (g) | 3 | 0,6 |

## Allergens

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

1



## Prepare

- Preheat the oven to 200°C.
- Slice the onion into half rings. Cut the Romano pepper into thin rings. Dice the tomato.
- Juice half of the orange and then dice the rest. Finely chop the fresh herbs.
- In a bowl, combine the tomato with the diced orange and the extra virgin olive oil. Season to taste with salt and pepper, then set aside.

2



## Fry the vegetables

- Heat a drizzle of olive oil in a large deep frying pan over medium-high heat.
- Fry the onion with the Romano pepper and the Middle Eastern-style spices for 3 minutes.
- Add the mince to the vegetables and fry for 3 minutes, then taste and season with salt and pepper.
- Set aside until serving, covered to keep warm.

**Did you know...** *the mince in this recipe contains potassium, a mineral that contributes to normal muscle function.*

3



## Heat the tortillas

- In a small bowl, combine the water with a drizzle of olive oil (see pantry for amounts). Spread this over one side of the tortillas and then top with the za'atar.
- Transfer to a parchment-lined baking sheet and bake in the oven for 3 minutes.
- Meanwhile, in a bowl combine the cream cheese with two thirds of the sumac and 1.5 tbsp orange juice per person.

4



## Serve

- Spread the empty side of the tortillas with the cream cheese.
- Serve all the toppings separately and allow everyone to fill their own tortillas.
- Garnish with the fresh herbs and the rest of the sumac. Drizzle with honey as preferred, then fold over the tortillas.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

# Chicken Meatballs with Apricot-Harissa Dressing

## over bulgur with shaved almonds & fresh herbs

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




Bulgur


Chicken meatballs with Mediterranean herbs


Red onion


Bell pepper


Carrot


Tomato


Fresh flat leaf parsley & mint


Shaved almonds


African-inspired spice mix


Apricot chutney


Hello Harissa

You have ordered extras

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Bulgur (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Chicken meatballs with Mediterranean herbs* (unit(s)) | 3 | 6 | 9 | 12 | 15 | 18 |
| Red onion (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Bell pepper* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Carrot* (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Tomato (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Fresh flat leaf parsley & mint* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Shaved almonds (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| African-inspired spice mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Apricot chutney (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Hello Harissa (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| **Not included** | | | | | | |
| Low sodium chicken stock cube (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Plant-based] butter (tbsp) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| [Plant-based] mayonnaise (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 2908 /695 | 557 /133 |
| Total fat (g) | 24 | 5 |
| of which saturated(g) | 6,2 | 1,2 |
| Carbonhydrates (g) | 89 | 17 |
| of which sugars (g) | 24,6 | 4,7 |
| Fiber (g) | 18 | 3 |
| Protein (g) | 33 | 6 |
| Salt (g) | 2,9 | 0,6 |

## Allergens

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

1



## Prepare

- Transfer the bulgur to a pot or saucepan and submerge with water, then crumble in the stock cube (see pantry for amount).
- Bring to the boil and cook the bulgur for 10 minutes until done, then drain and set aside.

2



## Toast the almonds

- Slice the onion into half-rings.
- Cut the bell pepper into strips.
- Slice the carrot into crescents.
- Heat a clean deep frying pan over high heat and toast the almonds until golden-brown. Remove from the pan and set aside.

3



## Fry the vegetables

- Melt a small knob of butter in the same pan over medium-high heat. Fry the meatballs with the onion, the bell pepper and the carrot for 3 - 4 minutes. Season with salt and pepper.
- Lower the heat and cover with the lid. Fry for 5 - 7 minutes, or until the meatballs are done.
- Remove the meatballs from the pan and set aside.
- In the meantme, finely chop the fresh herbs.

4



## Add the bulgur

- Remove the pan from the heat, then add the bulgur, the African-inspired spices and half of the fresh herbs.
- Season to taste with salt and pepper, then toss well to combine.
- Meanwhile, dice the tomato and transfer to a tall container.

5



## Make the dressing

- To the tomato, add the apricot chutney, the Hello Harissa* and the mayonnaise.
- Use an immersion blender torocess into a smooth dressing.
- Add some extra mayonnaise if you'd prefer the dressing to be thicker.
- Season to taste with salt and pepper.

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

6



## Serve

- Serve everything on deep plates and drizzle with the apricot-harissa dressing.
- Garnish with the toasted almonds and the rest of the fresh herbs.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

# Fusion Chicken Meatloaf with Curry Udon

## in fragrant coconut sauce with lime & gomashio

Total time: 40 - 50 min.



- Scallions
- Garlic
- Panko breadcrumbs
- Gomashio
- Soy sauce
- East Asian-style sauce
- Yellow curry spices
- Carrot
- Lime
- Coconut milk
- Fresh udon noodles
- Red chili pepper
- Ginger paste
- Bell pepper
- Seasoned chicken mince

Chicken mince with Indonesian spices

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Scallions* (g) | 62½ | 125 | 125 | 250 | 250 | 375 |
| Garlic (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Panko breadcrumbs (g) | 12½ | 25 | 37½ | 50 | 62½ | 75 |
| Gomashio (sachet(s)) | ⅓ | ⅔ | 1 | 1⅓ | 1⅔ | 2 |
| Soy sauce (ml) | 5 | 10 | 15 | 20 | 25 | 30 |
| East Asian-style sauce* (g) | 17½ | 35 | 52½ | 70 | 87½ | 105 |
| Yellow curry spices (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Carrot* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Lime* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Coconut milk (ml) | 80 | 160 | 250 | 330 | 410 | 490 |
| Fresh udon noodles (g) | 110 | 220 | 330 | 440 | 550 | 660 |
| Red chili pepper* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Ginger paste* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Bell pepper* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Seasoned chicken mince* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| **Not included** | | | | | | |
| Sunflower oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Low sodium vegetable stock (ml) | 50 | 100 | 150 | 200 | 250 | 300 |
| White wine vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |

* *store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3050 /729 | 435 /104 |
| Total fat (g) | 38 | 5 |
| of which saturated(g) | 16 | 2,3 |
| Carbonhydrates (g) | 67 | 10 |
| of which sugars (g) | 18,7 | 2,7 |
| Fiber (g) | 12 | 2 |
| Protein (g) | 30 | 4 |
| Salt (g) | 3,9 | 0,6 |

## Allergens

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

1



## Prepare

- Preheat the oven to 200°C.
- Prepare the stock and crush or mince the garlic.
- Finely chop the scallions and separate the white part from the greens.
- Deseed and finely chop the red chili pepper*.

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

2



## Bake the meatloaf

- Transfer the mince to an oven dish. Add the panko and the soy sauce, along with half each of the gomashio, the ginger paste, the chili pepper, the garlic and the white part of the scallions.
- Knead well to combine and then shape into a meatloaf.
- Drizzle lightly with sunflower oil and then coat with half of the East Asian-style sauce.
- Bake in the oven for 20 - 25 minutes.

3



## Chop the vegetables

- Take the meatloaf out of the oven and increase the heat to 220°C.
- Drizzle lightly with sunflower oil again, then coat with the rest of the East Asian-style sauce. Return to the oven for 8 - 10 more minutes, or until done.
- Meanwhile, slice the carrot into crescents and chop the bell pepper into strips.
- Juice half of the lime and then cut the rest into wedges.

4



## Fry the vegetables

- Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat.
- Fry the rest of the ginger paste, the chili pepper, the garlic and the white part of the scallions for 1 - 2 minutes.
- Add the yellow curry spices and fry for 2 - 3 more minutes.
- Add the bell pepper and the carrot, then fry for another 2 - 3 minutes.

5



## Make the sauce

- Deglaze with the white wine vinegar, then pour in the stock and the coconut milk.
- Mix well to combine, then cover with the lid and bring to the boil.
- Allow to reduce for 5 minutes, then remove the lid and add the noodles.
- Cook for another 5 minutes, then stir in the lime juice. Season to taste with salt and pepper.

6



## Serve

- Slice the meatloaf.
- Serve the noodles and the curry sauce on plates, then top with the meatloaf.
- Garnish with the scallion greens and the rest of the gomashio.
- Serve the lime wedges alongside.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

# Falafel with Yogurt Sauce & Couscous

## with roasted vegetables & quick-pickled onion

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




Sweet potato


Cauliflower


Courgette


Middle Eastern spice mix


Red onion


Organic full-fat yogurt


Wholewheat couscous


Fresh flat leaf parsley & mint


Falafel

Falafel

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Sweet potato (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Cauliflower* (g) | 150 | 300 | 500 | 600 | 800 | 900 |
| Courgette* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Middle Eastern spice mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Red onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Organic full-fat yogurt* (g) | 50 | 100 | 150 | 200 | 250 | 300 |
| Wholewheat couscous (g) | 40 | 75 | 110 | 150 | 185 | 225 |
| Fresh flat leaf parsley & mint* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Falafel* (unit(s)) | 4 | 8 | 12 | 16 | 20 | 24 |
| **Not included** | | | | | | |
| Sugar (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Water (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| White wine vinegar (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Olive oil (tbsp) | 1½ | 3 | 4½ | 6 | 7½ | 9 |
| [Plant-based] mayonnaise (tbsp) | ¾ | 1½ | 2¼ | 3 | 3¾ | 4½ |
| Low sodium vegetable stock (ml) | 90 | 175 | 260 | 350 | 435 | 525 |
| Extra virgin olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3209 /767 | 449 /107 |
| Total fat (g) | 42 | 6 |
| of which saturated(g) | 7,1 | 1 |
| Carbonhydrates (g) | 70 | 10 |
| of which sugars (g) | 22,8 | 3,2 |
| Fiber (g) | 17 | 2 |
| Protein (g) | 18 | 3 |
| Salt (g) | 2 | 0,3 |

## Allergens

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

1



## Prepare

- Preheat the oven to 220°C.
- Prepare the stock in a pot or saucepan.
- Peel and dice the sweet potato into 2cm chunks.
- Cut the head of the cauliflower into florets and then dice the stem into 2cm chunks.

**Did you know...** *the cauliflower in this recipe contains vitamin B6, a nutrient that supports the immune system.*

2



## Roast the vegetables

- Transfer the cauliflower and the sweet potato to a parchment-lined baking sheet.
- Scatter over the Middle Eastern spices and drizzle lightly with olive oil.
- Season with salt and pepper, then toss well to coat.
- Roast for 25 - 30 minutes, then remove from the oven and set aside to cool.

3



## Pickle the onion

- Slice the onion into thin half-rings (see Tip).
- In a bowl, combine the onion with the white wine vinegar, the sugar and the water (see pantry for amount).
- Add a generous pinch of salt and set aside until serving, stirring occasionally.

**Tip:** *if you don't like raw onion, skip the rest of this step and fry it with the courgette instead.*

4



## Fry the courgette

- Remove the stock from the heat. Add the couscous and then allow to stand for 10 minutes, covered.
- Meanwhile, slice the courgette into crescents.
- Heat a light drizzle of olive oil in a frying pan over high heat.
- Fry the courgette for 4 - 5 minutes, then remove from the pan and set aside.

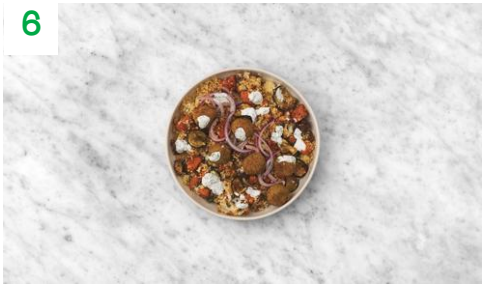
5



## Make the yogurt sauce

- Heat a generous drizzle of olive oil in a frying pan over high heat. Fry the falafel for 3 - 5 minutes, or until crispy.
- Meanwhile, roughly chop the fresh herbs.
- In a bowl, combine the mayonnaise with the yogurt and the fresh herbs. Season to taste with salt and pepper.

6



## Serve

- Drain the onion in the meantime.
- Transfer the roasted vegetables and the courgette to the couscous. Add the extra virgin olive oil and mix well to combine.
- Serve everything on deep plates and top with the yogurt sauce.
- Garnish with the quick-pickled onion.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

# Cheat's Bolognese with Parmigiano Reggiano

## over penne with basil & mini Roma tomatoes

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



- Mini Roma tomatoes
- Beef mince with Italian seasoning
- Fresh basil
- Garlic
- Penne
- Carrot
- Tomato paste
- Worcestershire sauce
- Parmigiano Reggiano DOP
- Onion
- Italian seasoning

KITCHEN STORIES

Recipe developer Selma: Its name may be difficult to pronounce, but Worcestershire sauce really is a perfect condiment. I find the taste hard to describe - actually, it's a little mix of everything: sour, umami, salty and even a little sweet. It's great for easily adding a lot of flavour to sauces!"

+ Beef mince with Italian seasoning

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Mini Roma tomatoes* (g) | 125 | 250 | 375 | 500 | 625 | 750 |
| Beef mince with Italian seasoning* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Fresh basil* (g) | 2½ | 5 | 7½ | 10 | 12½ | 15 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Penne (g) | 90 | 180 | 270 | 360 | 450 | 540 |
| Carrot* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Tomato paste (can) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Worcestershire sauce (g) | 10 | 15 | 25 | 30 | 40 | 45 |
| Parmigiano Reggiano DOP* (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| Onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Italian seasoning (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| **Not included** | | | | | | |
| [Plant-based] milk (ml) | 30 | 60 | 90 | 120 | 150 | 180 |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Balsamic vinegar (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Low sodium beef stock (ml) | 75 | 150 | 225 | 300 | 375 | 450 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3251 /777 | 545 /130 |
| Total fat (g) | 28 | 5 |
| of which saturated(g) | 10,6 | 1,8 |
| Carbonhydrates (g) | 89 | 15 |
| of which sugars (g) | 23,5 | 3,9 |
| Fiber (g) | 10 | 2 |
| Protein (g) | 38 | 6 |
| Salt (g) | 1,9 | 0,3 |

## Allergens

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

1



## Chop the vegetables

- Boil plenty of water in a pot or saucepan for the pasta.
- Chop the onion and crush or mince the garlic.
- Grate the carrot.

2



## Boil the pasta

- Boil the pasta for 11 - 13 minutes, then drain and set aside.
- In the meantime, halve the tomatoes and prepare the stock.
- Heat a drizzle of olive oil in a deep frying pan over medium heat. Fry the garlic the carrot and the onion for 4 - 5 minutes, covered.
- Add the mince and the Italian seasoning, then fry for 3 more minutes.

3



## Finish the sauce

- Add the stock, the tomato paste, the milk, the Worcestershire sauce, the balsamic vinegar and the tomatoes.
- Mix well to combine and allow to simmer for 6 - 7 minutes.
- Season to taste with salt and pepper.

4



## Serve

- Chop the basil into ribbons.
- Serve the pasta on plates and top with the sauce.
- Grate the cheese directly over the pasta.
- Garnish with the basil to finish.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

# Hoisin Salmon with Sticky Soy Vegetables

## over furikake rice with gomashio, lime & sesame dressing

Total time: 30 - 40 min. Health Conscious Choice




Salmon fillet


Hoisin sauce


Jasmine rice


Onion


Courgette


Furikake


Sesame oil


Gomashio


Lime


Garlic


Romano pepper

Fillet of salmon

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Salmon fillet* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Hoisin sauce (g) | 15 | 25 | 40 | 50 | 65 | 75 |
| Jasmine rice (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Courgette* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Furikake (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Sesame oil (ml) | 5 | 10 | 15 | 20 | 25 | 30 |
| Gomashio (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Lime* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Romano pepper* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| **Not included** | | | | | | |
| Sunflower oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Honey [or plant-based alternative] (tsp) | 2 | 4 | 6 | 8 | 10 | 12 |
| Sambal (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Reduced salt] soy sauce (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3113 /744 | 641 /153 |
| Total fat (g) | 32 | 7 |
| of which saturated(g) | 4,7 | 1 |
| Carbonhydrates (g) | 89 | 18 |
| of which sugars (g) | 21,6 | 4,4 |
| Fiber (g) | 6 | 1 |
| Protein (g) | 31 | 6 |
| Salt (g) | 3,2 | 0,7 |

## Allergens

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

1



## Prepare

- Preheat the oven to 200°C. Boil plenty of water in a pot or saucepan.
- Cut the onion into wedges.
- Slice the courgette into crescents. Cut the Romano pepper into strips.
- Transfer the vegetables to a large bowl and drizzle with sunflower oil. Season to taste with salt and pepper, then toss well to coat.

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

2



## Roast the vegetables

- Transfer the vegetables to a parchment-lined baking sheet and roast in the oven for 7 minutes.
- Meanwhile, spread two thirds of the hoisin sauce over the fish.
- Place the fish skin-side down among the vegetables, then return the baking sheet to the oven for a further 10 - 15 minutes.

3



## Boil the rice

- Boil the rice for 12 - 15 minutes, then drain and set aside.
- Meanwhile, crush or mince the garlic.
- In a small bowl, combine the garlic with the soy sauce, the sambal and half of the honey.
- Pour this over the roasted vegetables and toss well to combine, then return to the oven until done.

4



## Serve

- Cut the lime into six wedges. In a small bowl, combine the sesame oil with the rest of the honey and hoisin sauce, along with the juice of one lime wedge per person.
- Stir the furikake into the rice. Serve the rice on plates and arrange everything on top.
- Drizzle with the hoisin dressing and garnish with the gomashio. Serve the rest of the lime wedges alongside.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

# Steak with Greek-Style Cheese & Pickled Onion

## over bulgur with spinach, bell pepper & tomato

Total time: 15 - 25 min. Quick




Red onion


Bell pepper


Tomato


Greek-style cheese


Italian seasoning


Spinach


Marinated steak


Bulgur

Marinated steak

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Red onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Bell pepper* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Tomato (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Greek-style cheese* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Italian seasoning (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Spinach* (g) | 50 | 100 | 150 | 200 | 250 | 300 |
| Marinated steak* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Bulgur (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Not included | | | | | | |
| Balsamic vinegar (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Olive oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Low sodium mushroom or vegetable stock cube (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Extra virgin olive oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Red wine vinegar (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Sugar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| [Plant-based] mayonnaise (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Salt and pepper | to taste | | | | | |

* *store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3858 /922 | 748 /179 |
| Total fat (g) | 51 | 10 |
| of which saturated(g) | 11,6 | 2,2 |
| Carbonhydrates (g) | 76 | 15 |
| of which sugars (g) | 15,9 | 3,1 |
| Fiber (g) | 13 | 2 |
| Protein (g) | 45 | 9 |
| Salt (g) | 2,3 | 0,4 |

## Allergens

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

1



## Prepare

- Remove the steak from the fridge and allow it to reach room temperature.
- Transfer the bulgur to a pot or saucepan and submerge with water, then crumble in the stock cube (see pantry for amount).
- Bring to the boil and cook the bulgur for 10 minutes until done, then drain and set aside.
- Meanwhile, slice the onion into thin half-rings.

2



## Pickle the onion

- In a bowl, combine the sugar with half of the red wine vinegar.
- Add half of the onion, then season with salt and pepper. Toss well to combine and then set aside, stirring occasionally.
- Dice the bell pepper and the tomato.
- In a bowl, combine the mayonnaise with the rest of the red wine vinegar.

3



## Fry the steak

- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the steak for 1 - 3 minutes per side.
- Remove from the pan and season with pepper, then allow to rest under aluminum foil.
- Heat a drizzle of olive oil in the same pan over medium-high heat. Fry the bell pepper, the Italian seasoning and the rest of the onion for 3 - 4 minutes.

4



## Serve

- Transfer the spinach, the tomato, the pickled onion, the balsamic vinegar and the extra virgin olive oil to the bulgur, then mix well to combine.
- Serve the bulgur on deep plates with everything else alongside.
- Drizzle with the mayonnaise and crumble over the cheese to finish.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

# Honey-Mustard Salmon with Baby Potatoes

## with rainbow carrots & fresh thyme

Total time: 40 - 50 min. Family Health Conscious Choice




Baby potatoes


Carrot


Salmon fillet


Garlic


Fresh thyme


Yellow carrot


Red onion

Fillet of salmon

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Baby potatoes (g) | 200 | 400 | 600 | 800 | 1000 | 1200 |
| Carrot* (unit(s)) | 1 | 1 | 2 | 2 | 3 | 3 |
| Salmon fillet* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Garlic (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Fresh thyme* (g) | 2½ | 5 | 7½ | 10 | 12½ | 15 |
| Yellow carrot* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Red onion (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Not included | | | | | | |
| Olive oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Low sodium vegetable stock (ml) | 50 | 100 | 150 | 200 | 250 | 300 |
| Mustard (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Honey [or plant-based alternative] (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Brown sugar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 2824 /675 | 413 /99 |
| Total fat (g) | 31 | 4 |
| of which saturated(g) | 4,7 | 0,7 |
| Carbonhydrates (g) | 67 | 10 |
| of which sugars (g) | 22,2 | 3,3 |
| Fiber (g) | 16 | 2 |
| Protein (g) | 26 | 4 |
| Salt (g) | 0,7 | 0,1 |

## Allergens

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

1



## Roast the potatoes

- Preheat the oven to 220°C.
- Prepare the stock.
- Wash the baby potatoes and cut them in half, or any larger ones into quarters.
- Transfer to a bowl and drizzle with olive oil. Season to taste with salt and pepper, then toss well to coat.

**Air Fryer Option:** *drizzle the potatoes with oil and fry for 15 - 25 minutes at 200°C. Shake halfway and avoid overcrowding the basket.*

2



## Chop the vegetables

- Transfer to one side of a parchment-lined baking sheet and roast for 30 - 35 minutes, tossing halfway.
- Halve the carrots lengthways and cut into crescents of 1cm thickness.
- Slice the onion into half rings and crush or mince the garlic.
- Pull the leaves off of half a sprig of thyme per person, then roughly chop. In a small bowl, combine the honey with the mustard.

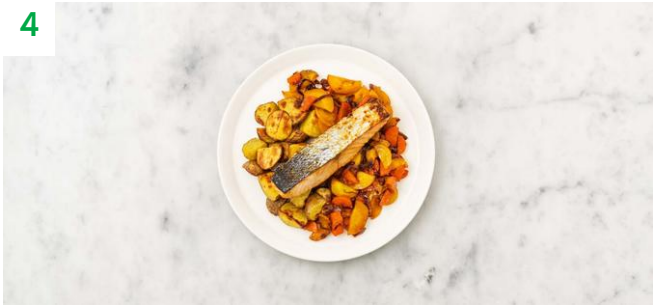
3



## Stew the vegetables

- Heat a drizzle of olive oil in a deep frying pan over medium-high heat and fry the onion with the carrot for 1 minute.
- Add the garlic, thyme, sugar and stock, then cover with the lid and allow to stew for 10 - 12 minutes.
- Remove the lid and then cook for 2 more minutes.

4



## Serve

- Pat the fish dry with kitchen paper and season with salt and pepper, then spread with the honey-mustard sauce.
- Transfer to the baking sheet alongside the potatoes and return to the oven for 10 - 12 minutes.
- Serve the fish with the potatoes and carrots.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

# Asian-Inspired Chicken Noodle Salad

## with peanuts & fresh coriander

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



- Garlic
- Ginger paste
- East Asian-style sauce
- Ketjap manis
- Red chili pepper
- Red onion
- Cucumber
- Roma tomato
- Fresh coriander
- Unsalted peanuts
- Seasoned chicken mince
- Fresh udon noodles
- Lemon

Chicken mince with Indonesian spices

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Ginger paste* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| East Asian-style sauce* (g) | 35 | 70 | 105 | 140 | 175 | 210 |
| Ketjap manis (g) | 20 | 40 | 60 | 80 | 100 | 120 |
| Red chili pepper* (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Red onion (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Cucumber* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Roma tomato (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Fresh coriander* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Unsalted peanuts (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| Seasoned chicken mince* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Fresh udon noodles (g) | 110 | 220 | 330 | 440 | 550 | 660 |
| Lemon* (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| **Not included** | | | | | | |
| Sunflower oil (tbsp) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Sugar (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Reduced salt] soy sauce | to taste | | | | | |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 2322 /555 | 403 /96 |
| Total fat (g) | 18 | 3 |
| of which saturated(g) | 3,6 | 0,6 |
| Carbonhydrates (g) | 67 | 12 |
| of which sugars (g) | 26,1 | 4,5 |
| Fiber (g) | 7 | 1 |
| Protein (g) | 30 | 5 |
| Salt (g) | 3,5 | 0,6 |

## Allergens

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

1



## Prepare

- Crush or mince the garlic. Quarter the lemon.
- In a small bowl, combine the East Asian-style sauce with the ketjap, garlic, ginger paste and sugar.
- Add the juice of a quarter lemon per person, then mix well to combine.

2



## Make the salad

- Slice the cucumber into crescents.
- Cut the tomato into wedges and the onion into half rings (see Tip).
- Finely chop the coriander.
- Transfer all of this to a salad bowl and toss well to combine.

**Tip:** *if you don't like raw onion, fry it in step 3.*

**Did you know...** *the cucumber in this recipe contains vitamin K, a nutrient that helps to keep bones strong.*

3

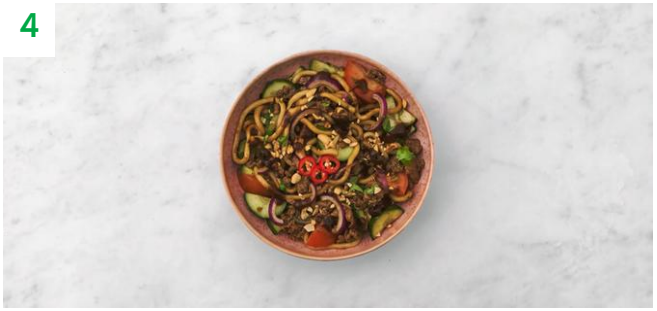


## Fry the mince

- Heat a light drizzle of sunflower oil in a wok or deep frying pan over medium-high heat.
- Fry the mince for 4 - 5 minutes, separating it as you do so.
- Add the noodles and two thirds of the sauce, then mix well and fry for 2 more minutes.
- Meanwhile, roughly chop the peanuts and slice the red chili pepper* into thin rings.

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

4



## Serve

- Transfer the noodles to the salad bowl and toss well to combine.
- Serve on plates and garnish with the peanuts. Serve any remaining lemon wedges alongside.
- Drizzle with the rest of the sauce and season to taste with pepper.
- Finish with the chili pepper and/or some soy sauce as preferred.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

# Ghanaian-Inspired Beef & Peanut Stew

## over rice with sweet potato, lime & spinach

Total time: 20 - 30 min. Quick



- Basmati rice
- Carrot
- Spinach
- Tagine paste
- Sweet potato
- Red onion
- Peanut butter
- African-inspired spice mix
- Seasoned beef mince
- Lime

NEW INGREDIENT

There is a new ingredient in your box! This tagine paste combines warm spices with sweet apricot, tomato and garlic, to add a rich, savoury-sweet depth of flavour to any dish.
*Scan the QR code to let us know what you thought of the ingredient!*

+ Seasoned minced beef

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Basmati rice (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Carrot* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Spinach* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Tagine paste (g) | 22½ | 45 | 67½ | 90 | 112½ | 135 |
| Sweet potato (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Red onion (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Peanut butter (tub) | 1 | 2 | 3 | 4 | 5 | 6 |
| African-inspired spice mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Seasoned beef mince* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Lime* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| **Not included** | | | | | | |
| Water for the rice (ml) | 175 | 350 | 525 | 700 | 875 | 1050 |
| Sunflower oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Low sodium beef or vegetable stock (ml) | 125 | 250 | 375 | 500 | 625 | 750 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3556 /850 | 424 /101 |
| Total fat (g) | 36 | 4 |
| of which saturated(g) | 9,8 | 1,2 |
| Carbonhydrates (g) | 98 | 12 |
| of which sugars (g) | 15,6 | 1,9 |
| Fiber (g) | 11 | 1 |
| Protein (g) | 36 | 4 |
| Salt (g) | 3,2 | 0,4 |

## Allergens

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

1



## Prepare

- Prepare the stock.
- Boil the water for the rice in a pot or saucepan and cook the rice for 10 - 12 minutes, covered.
- Turn off the heat and allow to stand for 5 minutes, still covered.
- Peel or thoroughly wash the sweet potato and the carrot, then dice both into 1cm cubes.

2



## Fry the vegetables

- Heat a drizzle of sunflower oil in a deep frying pan over high heat. Fry the carrot and the sweet potato with a splash of water for 5 minutes, covered.
- Meanwhile, chop the onion and transfer to the pan.
- Add the mince and fry for 2 - 3 minutes, separating it as you do so.
- Stir in the African-inspired spices and fry for 1 more minute.

3



## Finish

- Gradually add the spinach, tearing it directly into the pan. Season to taste with salt and pepper.
- Add the stock, the peanut butter and the tagine paste, then mix well and bring to the boil.
- Cover with the lid and simmer for 4 minutes over medium-high heat, or until serving.
- Zest the lime and cut it into wedges.

4



## Serve

- Serve the rice on plates and top with the stew.
- Garnish with some lime zest as preferred and serve the lime wedges alongside.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

# Harira-Style Soup with Roasted Chickpeas

## with African-inspired spices, labneh & pita bread

Total time: 35 - 45 min. Vegetarian




Lentils


African-inspired spice mix


Red onion


Carrot


Fresh ginger


Fresh flat leaf parsley


Labneh


Chickpeas


BBQ spice rub


Chopped dates


Pita bread


Chopped tomatoes


Garlic


Romano pepper


Skin-on hake fillet

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Lentils (pack) | ½ | 1 | 1 | 2 | 2 | 3 |
| African-inspired spice mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Red onion (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Carrot* (unit(s)) | 1 | 1 | 2 | 2 | 3 | 3 |
| Fresh ginger* (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Fresh flat leaf parsley* (g) | 2½ | 5 | 7½ | 10 | 12½ | 15 |
| Labneh* (g) | 40 | 80 | 120 | 150 | 200 | 230 |
| Chickpeas (pack) | ½ | 1 | 2 | 2 | 3 | 3 |
| BBQ spice rub (sachet(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Chopped dates (g) | 20 | 40 | 60 | 80 | 100 | 120 |
| Pita bread (unit(s)) | 2 | 4 | 6 | 8 | 10 | 12 |
| Chopped tomatoes (pack) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Romano pepper* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| **Not included** | | | | | | |
| Olive oil (tbsp) | ¾ | 1½ | 2¼ | 3 | 3¾ | 4½ |
| Low sodium vegetable stock (ml) | 200 | 400 | 600 | 800 | 1000 | 1200 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3561 /851 | 356 /85 |
| Total fat (g) | 25 | 3 |
| of which saturated(g) | 3,9 | 0,4 |
| Carbonhydrates (g) | 112 | 11 |
| of which sugars (g) | 37 | 3,7 |
| Fiber (g) | 31 | 3 |
| Protein (g) | 31 | 3 |
| Salt (g) | 4,2 | 0,4 |

## Allergens

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

1



## Prepare

- Preheat the oven to 220°C and prepare the stock (see Tip).
- Grate the ginger and roughly chop the onion.
- Crush or mince the garlic and cut the carrot into crescents.
- Finely dice the Romano pepper.

**Health Tip:** *this recipe is high in salt. If you're watching your salt intake, substitute the stock for boiling water.*

2



## Make the soup

- Heat a drizzle of olive oil in a soup pot over medium-high heat.
- Fry the ginger, garlic, onion, carrot, Romano pepper and chopped dates for 2 - 3 minutes.
- Add the chopped tomatoes and the stock, then bring to a boil and cook for 8 - 10 minutes, covered.

3



## Prepare the chickpeas

- Drain the chickpeas and set aside half to use later.
- Pat the rest of the chickpeas dry with kitchen paper, then transfer to a bowl.
- Add the BBQ spice rub* and a light drizzle of olive oil.
- Season with salt and pepper, then toss well to coat.

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

4

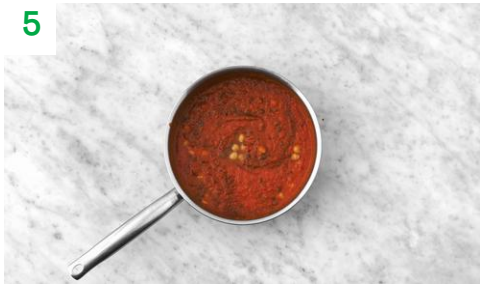


## Bake the pitas

- Transfer the chickpeas to a parchment-lined baking sheet and roast in the oven for 20 minutes, or until golden-brown and crunchy.
- Bake the pitas in the oven for 4 - 6 minutes, or use a toaster if preferred.
- Roughly chop the parsley and drain the lentils.

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

5



## Finish

- Add the African-inspired spices to the soup and then process until smooth with an immersion blender.
- Stir in the lentils and the reserved chickpeas.
- Taste the soup and season with salt and pepper if necessary, then cook for 2 - 3 more minutes.

6



## Serve

- Serve the soup on deep plates.
- Top with the roasted chickpeas and garnish with the parsley and labneh.
- Serve with the pitas on the side.

Pat the fish dry with kitchen paper. Fry the fish in a frying pan over medium-high heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

# Butternut Squash Tikka Masala with Mango Chutney

## over rice with shaved almonds & green beans

Total time: 40 - 50 min. Vegetarian



- Butternut squash
- Jasmine rice
- Garlic
- Onion
- Green beans
- Tomato paste
- Tikka masala paste
- Crème fraîche
- Mango chutney
- Shaved almonds

**NEW INGREDIENT**

There is a new ingredient in your box! Tikka masala paste provides a flavourful base of Indian spices, perfect for giving a mild kick to any dish.
*Scan the QR code to let us know what you thought of the ingredient!*

+ Chicken breast

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Butternut squash* (unit(s)) | ⅓ | ⅔ | 1 | 1⅓ | 1⅔ | 2 |
| Jasmine rice (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Garlic (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Onion (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Green beans* (g) | 75 | 150 | 200 | 300 | 350 | 450 |
| Tomato paste (can) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Tikka masala paste (g) | 37½ | 75 | 112½ | 150 | 187½ | 225 |
| Crème fraîche* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Mango chutney* (g) | 20 | 40 | 60 | 80 | 100 | 120 |
| Shaved almonds (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| **Not included** | | | | | | |
| Water for the rice (ml) | 175 | 350 | 525 | 700 | 875 | 1050 |
| Low sodium vegetable stock (ml) | 75 | 150 | 225 | 300 | 375 | 450 |
| Olive oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3548 /848 | 417 /100 |
| Total fat (g) | 34 | 4 |
| of which saturated(g) | 8,4 | 1 |
| Carbonhydrates (g) | 120 | 14 |
| of which sugars (g) | 16,3 | 1,9 |
| Fiber (g) | 14 | 2 |
| Protein (g) | 18 | 2 |
| Salt (g) | 2,7 | 0,3 |

## Allergens

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

1



## Prepare

- Preheat the oven to 220°C and prepare the stock.
- Boil the water for the rice in a pot or saucepan.
- Peel the butternut squash, then cut the neck off of the round base. Halve the base lengthways, then scoop out the seeds and the stringy part of the flesh.
- Dice the butternut squash into 1cm cubes.

2



## Roast the butternut squash

- Transfer the butternut squash to a parchment-lined baking sheet and drizzle with olive oil, then season with salt and pepper.
- Toss well to coat and roast for 18 - 20 minutes, tossing halfway.
- Meanwhile, slice the onion into half-rings and crush or mince the garlic.
- Discard the tips of the green beans and then cut into thirds.

3



## Cook the rice

- Boil the rice for 10 - 12 minutes, covered.
- Turn off the heat and allow to stand for 5 minutes, still covered.
- Meanwhile, heat a drizzle of olive oil in a deep frying pan over medium-high heat and fry the onion for 4 - 5 minutes.
- Add the garlic, the tomato paste and the tikka masala paste. Fry for 1 minute, then add the stock and the green beans.

4



## Serve

- Bring the curry to a simmer, then lower the heat and cook for 8 - 10 minutes.
- Remove from the heat, then stir in the crème fraîche, the butternut squash, the mango chutney and a splash of water if necessary.
- Serve the rice in bowls and top with the curry.
- Garnish with the almonds to finish.

+ Fry the chicken in a frying pan over medium-high heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

# Korean-Style Gochujang Beef Bibimbap Bowl

**bring the sensational food trend home!**

Total time: 30 - 40 min. Health Conscious Choice




Carrot


Garlic


Green beans


Gochujang


Jasmine rice


Beef mince with East Asian spices


Red onion

Seasoned beef mince

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Carrot* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Garlic (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Green beans* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Gochujang* (g) | 15 | 25 | 40 | 50 | 65 | 75 |
| Jasmine rice (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Beef mince with East Asian spices* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Red onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| **Not included** | | | | | | |
| Water for the rice (ml) | 150 | 300 | 450 | 600 | 750 | 900 |
| White wine vinegar (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Reduced salt] soy sauce (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Honey [or plant-based alternative] (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Sugar (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Water for the sauce (ml) | 25 | 50 | 75 | 100 | 125 | 150 |
| Sunflower oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt | to taste | | | | | |

* *store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 2774 /663 | 461 /110 |
| Total fat (g) | 23 | 4 |
| of which saturated(g) | 7,7 | 1,3 |
| Carbonhydrates (g) | 89 | 15 |
| of which sugars (g) | 19,7 | 3,3 |
| Fiber (g) | 8 | 1 |
| Protein (g) | 30 | 5 |
| Salt (g) | 2,6 | 0,4 |

## Allergens

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

1



## Prepare

- Boil the water for the rice in a pot or saucepan (see pantry for amount).
- Cook the rice for 10 - 12 minutes, covered.
- Turn off the heat and allow to stand for 5 minutes, still covered.

2



## Chop the vegetables

- Slice the onion into half-rings.
- Use a peeler or cheese slicer to shave the carrot into thin ribbons.
- In a small bowl, combine the carrot with the onion, the white wine vinegar, the sugar and a pinch of salt. Set aside until further use.
- Crush or mince the garlic and discard the tips of the green beans.

**Did you know...** *the green beans in this recipe contain contains fibre, a nutrient that contributes to digestive regularity.*

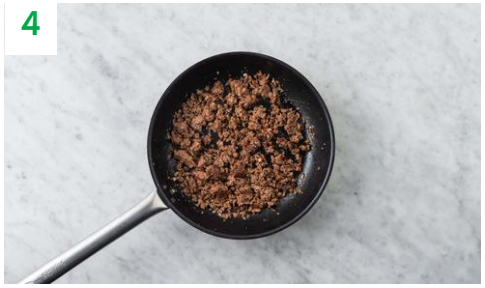
3



## Stir-fry the green beans

- Heat a drizzle of sunflower oil in a large frying pan over high heat and fry the green beans for 2 - 3 minutes.
- Reduce the heat to medium-high, then add half of the garlic and stir-fry for 1 minute.
- Add a splash of water and cook for 4 - 5 minutes, covered.
- Remove from the pan and set aside under aluminum foil.

4



## Fry the mince

- In the same pan, fry the mince for 3 minutes over medium-high heat, separating it as you do so.
- Stir in the rest of the garlic and fry for 1 more minute.

5



## Make the sauce

- In a bowl, combine the soy sauce with the honey, the gochujang* and the water for the sauce.
- Transfer this sauce to the frying pan and mix well, then bring to the boil.
- Lower the heat and allow to simmer for 2 - 3 minutes, or until thickened and reduced.

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

6



## Serve

- Transfer the pickling liquid from the carrots to the rice, then fluff through with a fork.
- Serve the rice in bowls with everything else alongside.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

# Shrimp Mafaldine in Creamy Lemon Sauce

## with leek, tomato & fresh dill

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




Onion


Garlic


Tomato


Leek


Fresh dill


Shrimp


Cooking cream


Mafaldine


Lemon


Hello Buon Appetito

Shrimp

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Garlic (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Tomato (unit(s)) | 1½ | 3 | 4½ | 6 | 7½ | 9 |
| 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 |
| Lemon* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Hello Buon Appetito (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| **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 | to taste | | | | | |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 2791 /667 | 464 /111 |
| Total fat (g) | 21 | 3 |
| of which saturated(g) | 9,4 | 1,6 |
| Carbonhydrates (g) | 87 | 14 |
| of which sugars (g) | 16,2 | 2,7 |
| Fiber (g) | 8 | 1 |
| Protein (g) | 30 | 5 |
| Salt (g) | 1,3 | 0,2 |

## Allergens

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

1



## Prepare

- Boil plenty of 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.

2



## 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.*

3



## Make the sauce

- Boil the mafaldine for 7 - 9 minutes, then drain and set aside.
- Zest the lemon, then juice half of it and cut the rest into wedges.
- To the frying pan, add the stock, the lemon juice, the tomatoes, the leek, the cream, the Hello Buon Appetito and half of the dill.
- Allow to simmer until the mafaldine is done. Season to taste with salt and pepper.

4



## 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 lemon zest and the rest of the dill to finish.
- Serve the lemon wedges alongside.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

# Chicken Bulgur Bowl with Orange Vinaigrette

## with Greek-style cheese, carrot & raisins

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




Bulgur


Greek-style cheese


Orange


Raisins


African-inspired spice mix


Spinach


Onion


Carrot


Persian cucumber


Chicken breast

Chicken breast

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Bulgur (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Greek-style cheese* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Orange* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Raisins (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| African-inspired spice mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Spinach* (g) | 50 | 100 | 200 | 200 | 300 | 300 |
| Onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Carrot* (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Persian cucumber* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Chicken breast* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| **Not included** | | | | | | |
| Low sodium vegetable stock cube (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Red wine vinegar (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Mustard (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Extra virgin olive oil (tbsp) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| [Plant-based] butter (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 2795 /668 | 530 /127 |
| Total fat (g) | 20 | 4 |
| of which saturated(g) | 10,1 | 1,9 |
| Carbonhydrates (g) | 81 | 15 |
| of which sugars (g) | 19,8 | 3,8 |
| Fiber (g) | 14 | 3 |
| Protein (g) | 46 | 9 |
| Salt (g) | 1,8 | 0,3 |

## Allergens

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

1



## Cook the bulgur

- Transfer the bulgur to a pot or saucepan and submerge with plenty of water, then crumble in the stock cube (see pantry for amount).
- Bring to a boil and cook the bulgur for 10 minutes, then drain and set aside.
- Meanwhile, chop the onion and slice the carrot.
- Dice half of the orange and then juice the rest. Dice the cucumber.

2



## Fry the chicken

- Slice the chicken into strips.
- Melt a knob of butter in a frying pan over medium-high heat. Fry the chicken with the carrot and half of the African-inspired spices for 6 - 8 minutes until done. Season with salt and pepper, then remove from the pan and set aside.
- Fry the onion in the same pan for 2 - 3 minutes.
- Stir in half of the spinach and allow to wilt and reduce.

3



## Make the vinaigrette

- In a small bowl, combine the orange juice with the mustard, the red wine vinegar and the extra virgin olive oil. Season to taste with salt and pepper.
- In a large bowl, combine the bulgur with the rest of the spinach and the African-inspired spices, along with half of the orange vinaigrette.
- Season to taste with salt and pepper.

4



## Serve

- Serve the bulgur on deep plates with everything else on top.
- Garnish with the raisins, the cucumber and the orange.
- Crumble over the Greek-style cheese and drizzle with the rest of the vinaigrette to finish.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

# Chicken Curry Vol Au Vents

## with parsley, arugula-cucumber salad & Romano pepper

Total time: 25 - 35 min. Quick



- Puff pastry cup
- Romano pepper
- Onion
- Garlic
- Carrot
- Curry powder
- Arugula
- Fresh flat leaf parsley
- Persian cucumber
- Chicken thigh strips

Recipe Developer Sarah: "These puff pastry cups remind me of home, where my parents always filled them with canned ragout. But making them yourself is a breeze! This version uses curry powder for a flavourful twist on a classic meal."

Chicken thigh strips

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Puff pastry cup (unit(s)) | 2 | 4 | 6 | 8 | 10 | 12 |
| Romano pepper* (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Onion (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Carrot* (unit(s)) | ½ | 1 | 1 | 1 | 2 | 2 |
| Curry powder (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Arugula* (g) | 30 | 60 | 90 | 120 | 150 | 180 |
| Fresh flat leaf parsley* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Persian cucumber* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Chicken thigh strips* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| **Not included** | | | | | | |
| Low sodium chicken stock (ml) | 75 | 150 | 225 | 300 | 375 | 450 |
| [Plant-based] milk (ml) | 75 | 150 | 225 | 300 | 375 | 450 |
| Flour (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| [Plant-based] butter (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Mustard (tbsp) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Extra virgin olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Honey [or plant-based alternative] (tbsp) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Salt and pepper | to taste | | | | | |

* *store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3523 /842 | 595 /142 |
| Total fat (g) | 56 | 10 |
| of which saturated(g) | 26,5 | 4,5 |
| Carbonhydrates (g) | 54 | 9 |
| of which sugars (g) | 16,7 | 2,8 |
| Fiber (g) | 7 | 1 |
| Protein (g) | 30 | 5 |
| Salt (g) | 1,3 | 0,2 |

## Allergens

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

1



## Prepare

- Preheat the oven to 180°C. Slice the carrot into crescents.
- Melt a knob of butter in a deep frying pan over medium-high heat and fry the chicken with the carrot for 3 minutes.
- Meanwhile, cut the Romano pepper into thin strips. Chop the onion and crush or mince the garlic.
- Transfer all three to the pan and fry for 4 minutes.

2



## Make the curry

- Prepare the stock.
- Stir the flour, the curry spices and a knob of butter into the vegetables, then fry for 1 - 2 minutes.
- Add the stock and the milk, then mix well until smooth.
- Allow to reduce over low heat for 6 - 8 minutes. Season to taste with salt and pepper (see Tip).

**Tip:** *increase the heat if it seems too watery.*

3



## Make the salad

- Transfer the pastry cups to a parchment-lined baking sheet and heat in the oven for 5 - 8 minutes.
- Meanwhile, roughly chop the parsley.
- Slice the cucumber into thin crescents.
- In a salad bowl, combine the mustard with the honey and the extra virgin olive oil. Season to taste with salt and pepper.

4



## Serve

- Shortly before serving, transfer the arugula and the cucumber to the salad bowl, then toss to combine with the dressing.
- Stir half of the parsley into the curry.
- Stuff the puff pastry cups with the curry and serve the salad alongside.
- Garnish with the rest of the parsley.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

# Chicken Drumsticks & Za'atar-Dressed Salad

## over fragrant giant couscous with shaved almonds

Total time: 30 - 40 min.



- Shaved almonds
- Red onion
- Garlic
- Curry powder
- Giant couscous
- Raisins
- Bell pepper
- Persian cucumber
- Za'atar
- Fresh flat leaf parsley & mint
- Chicken drumsticks in Baharat marinade

+ Chicken drumsticks in Baharat marinade

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Shaved almonds (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| Red onion (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Curry powder (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Giant couscous (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Raisins (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| Bell pepper* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Persian cucumber* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Za'atar (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Fresh flat leaf parsley & mint* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Chicken drumsticks in Baharat marinade* (unit(s)) | 2 | 4 | 6 | 8 | 10 | 12 |
| **Not included** | | | | | | |
| Low sodium chicken stock (ml) | 150 | 300 | 450 | 600 | 750 | 900 |
| [Plant-based] butter (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Water (ml) | 50 | 100 | 150 | 200 | 250 | 300 |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Extra virgin olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Red wine vinegar (tbsp) | ¾ | 1½ | 2¼ | 3 | 3¾ | 4½ |
| Salt and pepper | to taste | | | | | |

* *store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3623 /866 | 489 /117 |
| Total fat (g) | 39 | 5 |
| of which saturated(g) | 10,2 | 1,4 |
| Carbonhydrates (g) | 75 | 10 |
| of which sugars (g) | 18,9 | 2,6 |
| Fiber (g) | 10 | 1 |
| Protein (g) | 50 | 7 |
| Salt (g) | 2,4 | 0,3 |

## Allergens

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

1



## Prepare

- Prepare the stock.
- Chop the onion and crush or mince the garlic.
- Dice the cucumber and the bell pepper (see Tip).
- Heat a clean frying pan over high heat and toast the almonds until golden-brown. Remove from the pan and set aside.

**Tip:** *the bell pepper will be served raw, but you can also fry it with the onion in step 4 if preferred.*

2



## Cook the chicken drumsticks

- Make two incisions into the chicken drumsticks, making sure to cut to the bone.
- Heat a light drizzle of olive oil in the same pan over high heat and fry the chicken with half of the onion for 5 - 6 minutes.
- Reduce the heat and add the water (see pantry for amount). Cook for 15 - 18 minutes, covered, turning regularly.
- Stir in a knob of butter.

3



## Boil the giant couscous

- Heat a light drizzle of olive oil in a saucepan over medium heat. Fry the garlic with the giant couscous, the curry powder and the rest of the onion for 1 minute.
- Pour in the stock, then lower the heat and boil for 10 - 12 minutes, covered.
- Add the raisins and boil for 2 more minures. Season to taste with salt and pepper, then fluff through it with a fork.

4



## Serve

- Roughly chop the fresh herbs.
- In a salad bowl, combine the extra virgin olive oil with the red wine vinegar, the za'atar and the fresh herbs.
- Add the cucumber and the bell pepper, then toss well to combine. Season to taste with salt and pepper.
- Serve everything on deep plates and garnish with the almonds.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

# Chili Sin Carne with Guacamole & Tortilla Chips

## with spicy tomato salsa, corn & black beans

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



- Tomato
- Onion
- Garlic
- Black beans
- Mexican-style spices
- BBQ spice rub
- Plant-based mince
- Tomato paste
- Green chili pepper
- Lime
- Beetroot tortilla chips
- Corn
- Guacamole

You have ordered extras

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Tomato (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Onion (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Black beans (pack) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Mexican-style spices (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| BBQ spice rub (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Plant-based mince* (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Tomato paste (can) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Green chili pepper* (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Lime* (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Beetroot tortilla chips (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Corn (g) | 70 | 140 | 210 | 280 | 350 | 420 |
| Guacamole* (g) | 40 | 80 | 120 | 160 | 200 | 240 |
| **Not included** | | | | | | |
| Sunflower oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Extra virgin olive oil (tbsp) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 2628 /628 | 475 /113 |
| Total fat (g) | 27 | 5 |
| of which saturated(g) | 3,8 | 0,7 |
| Carbonhydrates (g) | 56 | 10 |
| of which sugars (g) | 18,7 | 3,4 |
| Fiber (g) | 26 | 5 |
| Protein (g) | 28 | 5 |
| Salt (g) | 2,3 | 0,4 |

## Allergens

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

1



## Prepare

- Chop the onion and crush or mince the garlic.
- Drain and rinse the beans. Deseed and finely chop the chili pepper*.
- Heat a drizzle of sunflower oil in a frying pan over medium-high heat.
- Fry the garlic with both spice mixes* and three quarters of the onion for 1 - 2 minutes.

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

2



## Make the chili

- Add the mince, the tomato paste and the beans.
- Mix well to combine and fry for 3 - 4 minutes, then keep warm until serving.
- Meanwhile, dice the tomato and juice the lime.
- In a bowl, combine the tomato with the chili pepper, the extra virgin olive oil and half of the lime juice. Season to taste with salt and pepper.

3



## Prepare the toppings

- In a small bowl, combine the guacamole with the rest of the onion and as much of the remaining lime juice as preferred.
- Season to taste with salt and pepper.
- In the meantime, drain the corn.

4



## Serve

- Serve the chili on plates, then top with the corn and the tomato salsa.
- Serve the guacamole and the tortilla chips alongside.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

# Steak Stir-Fry with Noodles & East Asian-Style Sauce

## with cabbage, coriander & sesame seeds

Total time: 10 - 20 min. Quick




Marinated steak strips


Garlic


East Asian-style sauce


Fresh coriander


Sesame seeds


Wholewheat noodles


Vegetable mix with cabbage

Marinaded steak strips

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Marinated steak strips* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| East Asian-style sauce* (g) | 35 | 70 | 105 | 140 | 175 | 210 |
| Fresh coriander* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Sesame seeds (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Wholewheat noodles (g) | 75 | 150 | 200 | 300 | 350 | 450 |
| Vegetable mix with cabbage* (g) | 200 | 400 | 600 | 800 | 1000 | 1200 |
| Not included | | | | | | |
| Sunflower oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Reduced salt] soy sauce (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Sugar (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Sambal (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| White wine vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| [Plant-based] butter (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt and pepper | to taste | | | | | |

* *store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 2787 /666 | 601 /144 |
| Total fat (g) | 20 | 4 |
| of which saturated(g) | 6,2 | 1,3 |
| Carbonhydrates (g) | 84 | 18 |
| of which sugars (g) | 15,6 | 3,4 |
| Fiber (g) | 10 | 2 |
| Protein (g) | 37 | 8 |
| Salt (g) | 4,5 | 1 |

## Allergens

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

1



## Prepare

- Boil plenty of water in a pot or saucepan for the noodles.
- Crush or mince the garlic.
- Heat a drizzle of sunflower oil in a wok or deep frying pan over medium heat and fry the garlic for 1 minute.
- Add the vegetable mix and fry for 4 - 5 minutes.

2



## Boil the noodles

- Meanwhile, boil the noodles for 4 - 5 minutes until al dente.
- Drain the noodles and transfer to the vegetables.
- Add the East Asian-style sauce, then toss well to combine and fry for 1 more minute.

3



## Fry the steak strips

- Melt a knob of butter in a frying pan over medium-high heat and fry the steak strips for 4 minutes. Season to taste with salt and pepper.
- Add the white wine vinegar, the sugar, the sambal and the soy sauce (see Tip).
- Stir-fry for 1 minute.

**Health Tip:** *if you're watching your salt intake, use just half of the soy sauce.*

4



## Serve

- Roughly chop the coriander.
- Serve the noodles on deep plates with everything else alongside.
- Drizzle with any residual sauce from the frying pans.
- Garnish with the coriander and the sesame seeds to finish.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

# Sweet & Sticky Pork Strips with Yogurt Sauce

## over bulgur with fresh herbs, cucumber & bell pepper

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




Bulgur


Seasoned pork strips


Garlic


Red onion


Bell pepper


Cucumber


Fresh flat leaf parsley & mint


Organic full-fat yogurt


Mango ketchup


Za'atar


Hello Harissa

Seasoned pork strips

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Bulgur (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Seasoned pork strips* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Red onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Bell pepper* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Cucumber* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Fresh flat leaf parsley & mint* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Organic full-fat yogurt* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Mango ketchup* (g) | 30 | 60 | 90 | 120 | 150 | 180 |
| Za'atar (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Hello Harissa (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| **Not included** | | | | | | |
| Low sodium beef or vegetable stock (ml) | 175 | 350 | 525 | 700 | 875 | 1050 |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Plant-based] butter (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| White wine vinegar (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Sugar (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Plant-based] mayonnaise (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Extra virgin olive oil | to taste | | | | | |

* *store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3075 /735 | 409 /98 |
| Total fat (g) | 31 | 4 |
| of which saturated(g) | 10,1 | 1,3 |
| Carbonhydrates (g) | 82 | 11 |
| of which sugars (g) | 20,7 | 2,8 |
| Fiber (g) | 12 | 2 |
| Protein (g) | 37 | 5 |
| Salt (g) | 2,5 | 0,3 |

## Allergens

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

1



## Prepare the bulgur

- Prepare the stock in a pot or saucepan and bring to a boil.
- Cook the bulgur in the stock for 8 - 10 minutes or until done.
- Stir the za'atar into the bulgur and drizzle with extra virgin olive oil as preferred. Season to taste with salt and pepper.
- Meanwhile, slice the onion into half rings and crush or mince the garlic. Cut the bell pepper into strips.

2



## Fry the vegetables

- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the vegetables with the garlic and the Hello Harissa* for 6 - 8 minutes. Season to taste with salt and pepper.
- Dice the cucumber and transfer to a bowl.
- Add the white wine vinegar and the sugar, then toss well to combine.

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

3



## Fry the pork

- Melt a knob of butter in a frying pan over medium-high heat and fry the pork for 4 - 5 minutes or until done.
- Lower the heat, then add the mango ketchup and fry for 1 more minute. Season to taste with salt and pepper.
- Meanwhile, finely chop the fresh herbs, being sure to keep them separate.

4



## Serve

- In a bowl, combine the mint with the yogurt and the mayonnaise, along with some extra virgin olive oil as preferred. Season to taste with salt and pepper.
- Serve the bulgur in bowls and arrange everything on top.
- Garnish with the parsley and the yogurt sauce.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

# Shrimp Tacos with Greek-Style Cheese & Coriander

## with corn, Romano pepper, spinach & tomato

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




Shrimp


Tomato


Fresh coriander


Smoked paprika


Garlic


Greek-style cheese


Corn


Red onion


Romano pepper


Spinach


Mexican-style spices


Wholewheat mini tortilla

Shrimp

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Shrimp* (g) | 80 | 160 | 240 | 320 | 400 | 480 |
| Tomato (unit(s)) | 1½ | 3 | 4½ | 6 | 7½ | 9 |
| Fresh coriander* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Smoked paprika (sachet(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Greek-style cheese* (g) | 50 | 100 | 150 | 200 | 250 | 300 |
| Corn (g) | 50 | 100 | 140 | 200 | 240 | 300 |
| Red onion (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Romano pepper* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Spinach* (g) | 50 | 100 | 150 | 200 | 250 | 300 |
| Mexican-style spices (sachet(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Wholewheat mini tortilla (unit(s)) | 4 | 8 | 12 | 16 | 20 | 24 |
| Not included | | | | | | |
| Sunflower oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Plant-based] mayonnaise (tbsp) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| White wine vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 2920 /698 | 497 /119 |
| Total fat (g) | 31 | 5 |
| of which saturated(g) | 11,5 | 2 |
| Carbonhydrates (g) | 62 | 10 |
| of which sugars (g) | 15,6 | 2,7 |
| Fiber (g) | 17 | 3 |
| Protein (g) | 38 | 6 |
| Salt (g) | 3,5 | 0,6 |

## Allergens

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

1



## Prepare

- Preheat the oven to 180°C.
- Chop the onion and crush or mince the garlic.
- Dice the tomato and Romano pepper.
- Wrap the tortillas in aluminum foil and heat in the oven for 3 minutes.

2



## Fry the shrimp

- Pat the shrimp dry with kitchen paper. Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat and fry the shrimp for 3 minutes, then remove from the pan and set aside.
- In the same pan, fry the onion and the garlic for 1 minute.
- Add the tomato and the Romano pepper, then fry for 5 - 6 more minutes.
- Return the shrimp to the pan.

3



## Add the spinach

- Add the Mexican-style spices* and the smoked paprika. Fry for 1 minute.
- Gradually add half of the spinach, tearing it directly into the pan. Fry for 1 - 2 minutes.
- Drain the corn. Crumble the cheese and roughly chop the coriander.
- In a salad bowl, combine the mayonnaise with the white wine vinegar.

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

4



## Serve

- Transfer the corn, the rest of the spinach and half of the cheese to the salad bowl. Season to taste with salt and pepper, then toss well to combine with the dressing.
- Serve all the toppings separately at the table, so as to allow everyone to assemble their own wraps as preferred.
- Garnish with the coriander and the rest of the cheese.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

# Veggie No-Chicken Bulgur Bowl with Yogurt Sauce

## with cranberries, courgette & fresh herbs

Total time: 15 - 25 min. Quick Vegetarian



- Bulgur
- Plant-based chicken pieces
- Courgette
- Tomato
- Fresh flat leaf parsley & mint
- Dried cranberries
- Organic full-fat yogurt
- Middle Eastern spice mix
- Salted almonds
- Lemon
- Romano pepper
- Chopped onion
- Garlic
- Smoked paprika

+ Veggie chicken pieces

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Bulgur (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Plant-based chicken pieces* (g) | 80 | 160 | 240 | 320 | 400 | 480 |
| Courgette* (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Tomato (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Fresh flat leaf parsley & mint* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Dried cranberries (g) | 20 | 40 | 60 | 80 | 100 | 120 |
| Organic full-fat yogurt* (g) | 50 | 100 | 150 | 200 | 250 | 300 |
| Middle Eastern spice mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salted almonds (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| Lemon* (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Romano pepper* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Chopped onion* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Smoked paprika (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| **Not included** | | | | | | |
| Low sodium vegetable stock (ml) | 150 | 300 | 450 | 600 | 750 | 900 |
| Olive oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Honey [or plant-based alternative] (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Extra virgin olive oil | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3385 /809 | 474 /113 |
| Total fat (g) | 31 | 4 |
| of which saturated(g) | 5 | 0,7 |
| Carbonhydrates (g) | 106 | 15 |
| of which sugars (g) | 38,1 | 5,3 |
| Fiber (g) | 16 | 2 |
| Protein (g) | 29 | 4 |
| Salt (g) | 1,9 | 0,3 |

## Allergens

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

1



## Prepare

- Prepare the stock in a pot or saucepan and cook the bulgur for 10 - 12 minutes over medium heat, covered.
- Fluff through the bulgur with a fork and then set aside.
- Meanwhile, crush or mince the garlic. Slice the courgette into thin crescents.
- Dice the tomato and the Romano pepper. Cut the lemon into eight wedges.

2



## Fry the veggie chicken

- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the courgette with the Romano pepper, the smoked paprika, the garlic and the onion for 8 - 10 minutes. Season to taste with salt and pepper.
- Heat a drizzle of olive oil in another frying pan over medium-high heat. Fry the veggie chicken for 7 - 8 minutes.
- Add the honey and the Middle Eastern spices, then fry for 1 - 2 more minutes.

3



## Make the salad

- Finely chop the fresh herbs and transfer half to a small bowl. Add the yogurt and mix well to combine, seasoning to taste with salt and pepper.
- In a salad bowl, combine the tomato with the dried cranberries and the rest of the fresh herbs.
- Transfer the bulgur, Romano pepper and courgette to the salad bowl and toss well to combine.

4



## Serve

- Squeeze 1 lemon wedge per person into the bulgur and drizzle with extra virgin olive oil as preferred, then season to taste with salt and pepper.
- Serve the bulgur in bowls and arrange everything else on top.
- Garnish with the almonds and serve the rest of the lemon wedges alongside.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

# Spicy Chicken Curry in Richly Fragrant Coconut Sauce

## over rice with coriander & bell pepper

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



- Jasmine rice
- Bell pepper
- Coconut milk
- Soy sauce
- African-inspired spice mix
- Tinned cherry tomatoes
- Fresh coriander
- Chopped onion
- Yellow curry spices
- Garlic
- Red chili pepper
- Ginger paste
- Chicken thigh strips

+ Chicken thigh strips

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Jasmine rice (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Bell pepper* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Coconut milk (ml) | 90 | 180 | 250 | 360 | 430 | 540 |
| Soy sauce (ml) | 5 | 10 | 15 | 20 | 25 | 30 |
| Tinned cherry tomatoes (can) | ½ | 1 | 1 | 2 | 2 | 3 |
| Fresh coriander* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Chopped onion* (g) | 25 | 50 | 100 | 100 | 150 | 150 |
| Yellow curry spices (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Garlic (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Red chili pepper* (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Ginger paste* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Chicken thigh strips* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| African-inspired spice mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| **Not included** | | | | | | |
| Low sodium vegetable stock cube (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Sunflower oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Sugar (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3201 /765 | 518 /124 |
| Total fat (g) | 34 | 6 |
| of which saturated(g) | 18,8 | 3 |
| Carbonhydrates (g) | 86 | 14 |
| of which sugars (g) | 17,5 | 2,8 |
| Fiber (g) | 8 | 1 |
| Protein (g) | 31 | 5 |
| Salt (g) | 2,4 | 0,4 |

## Allergens

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

1



## Prepare

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cook the rice for 12 - 15 minutes, then drain and set aside.
- Crush or mince the garlic and cut the bell pepper into strips.
- Deseed and finely chop the red chili pepper*.

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

2



## Fry the chicken

- Heat a drizzle of sunflower oil in a large frying pan over medium-high heat.
- Fry the onion with the yellow curry spices for 1 minute.
- Stir in the chicken, the African-inspired spices, the bell pepper, the ginger paste, the chili pepper and the garlic.
- Fry for 5 minutes, seasoning to taste with salt and pepper.

3



## Make the curry

- Deglaze the pan with the soy sauce (see Tip).
- Add the tomatoes, the coconut milk and the sugar.
- Mix well and allow to simmer for 3 - 4 minutes, then season to taste with salt and pepper.

**Tip:** *if you'd prefer it to be spicier, add some sambal from your pantry as preferred.*

4



## Serve

- Meanwhile, finely chop the coriander.
- Serve the rice on plates and top with the curry.
- Garnish with the coriander to finish.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

# Crispy Tofu with Noodles in Green Curry Sauce

## with cashews, coriander, coconut milk & spinach

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




Garlic


Green curry spices


Coconut milk


Rice noodles


Tofu


Yellow curry spices


Spinach


Roasted cashew nuts


Fresh coriander


Vegetable mix with cabbage

Tofu

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Green curry spices (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Coconut milk (ml) | 90 | 180 | 250 | 360 | 430 | 540 |
| Rice noodles (g) | 50 | 100 | 150 | 200 | 250 | 300 |
| Tofu* (g) | 90 | 180 | 270 | 360 | 450 | 540 |
| Yellow curry spices (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Spinach* (g) | 50 | 100 | 150 | 200 | 250 | 300 |
| Roasted cashew nuts (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| Fresh coriander* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Vegetable mix with cabbage* (g) | 200 | 400 | 600 | 800 | 1000 | 1200 |
| **Not included** | | | | | | |
| Low sodium beef or vegetable stock (ml) | 50 | 100 | 150 | 200 | 250 | 300 |
| Sunflower oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| [Reduced salt] soy sauce (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Flour (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3046 /728 | 531 /127 |
| Total fat (g) | 41 | 7 |
| of which saturated(g) | 17,2 | 3 |
| Carbonhydrates (g) | 58 | 10 |
| of which sugars (g) | 10,6 | 1,8 |
| Fiber (g) | 10 | 2 |
| Protein (g) | 25 | 4 |
| Salt (g) | 2,1 | 0,4 |

## Allergens

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

1



## Prepare

- Prepare the stock.
- Boil plenty of water in a pot or saucepan and cook the noodles for 4 - 5 minutes until al dente. Drain and rinse under cold water, then set aside until further use.
- Meanwhile, crush or mince the garlic.
- Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat and fry the garlic for 1 minute.

2



## Make the curry

- Add the vegetable mix and fry for 5 - 6 minutes.
- Add the green curry spices, the coconut milk, the soy sauce and the stock.
- Cover with the lid, then allow to cook for 4 - 5 minutes until thickened and reduced. Season to taste with pepper.
- Add a splash of water as necessary if the curry seems too dry.

3



## Fry the tofu

- Meanwhile, pat the tofu dry with kitchen paper and roughly tear it into small chunks.
- On a deep plate, combine the flour with the yellow curry spices.
- Season with salt and pepper, then coat the tofu with it.
- Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat and fry the tofu for 5 - 6 minutes, or until golden-brown.

4



## Serve

- Gradually add the spinach to the curry, tearing it directly into the pan. Allow to wilt and reduce.
- Roughly chop the coriander in the meantime.
- Transfer the noodles to the curry and toss well to combine.
- Serve everything on deep plates, garnished with the roasted cashews and coriander.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

# Mafaldine with Burrata & Spicy Panko Topping

## in creamy sauce with capers & tomatoes

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



- Mafaldine
- Red onion
- Mini Roma tomatoes
- Passata
- Herbed cream cheese
- Burrata
- Panko breadcrumbs
- Garlic
- Red chili pepper
- Capers
- Tomato

Recipe Developer Babette: "When I don't have much time to cook, I go for pasta! In this recipe, I've brought all of my favourite ingredients together. Creamy burrata, capers in tomato sauce and a twist of chili pepper for some heat! Thanks to its shape, the mafaldine holds the sauce perfectly. What more could you want?"

Chicken mince with Mediterranean herbs

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Mafaldine (g) | 90 | 180 | 270 | 360 | 450 | 540 |
| Red onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Mini Roma tomatoes* (g) | 125 | 250 | 375 | 500 | 625 | 750 |
| Passata (g) | 100 | 200 | 300 | 390 | 500 | 590 |
| Herbed cream cheese* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Burrata* (ball(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Panko breadcrumbs (g) | 15 | 25 | 40 | 50 | 65 | 75 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Red chili pepper* (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Capers (g) | 15 | 30 | 45 | 60 | 75 | 90 |
| Tomato (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| **Not included** | | | | | | |
| Low sodium vegetable stock cube (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Olive oil (tbsp) | ¾ | 1½ | 2¼ | 3 | 3¾ | 4½ |
| Balsamic vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Sugar (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Extra virgin olive oil | to taste | | | | | |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3284 /785 | 562 /134 |
| Total fat (g) | 30 | 5 |
| of which saturated(g) | 13,1 | 2,2 |
| Carbonhydrates (g) | 100 | 17 |
| of which sugars (g) | 21 | 3,6 |
| Fiber (g) | 9 | 2 |
| Protein (g) | 26 | 4 |
| Salt (g) | 1,5 | 0,3 |

## Allergens

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

1



## 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 - 9 minutes.
- Reserve some of the pasta water, then drain and set aside.

2



## Make the sauce

- Heat a light drizzle of olive oil in a deep frying pan over medium-high heat and fry the mini Roma tomatoes for 2 minutes.
- Slice the onion into half-rings, then transfer to the pan and fry for 4 more minutes.
- Deglaze with the balsamic vinegar, then add the passata, the cream cheese, the sugar and some pasta water as preferred. Season with salt and pepper.
- Mix well and allow to simmer until serving.

3



## Fry the panko

- In the meantime, deseed the red chili pepper* and slice into thin rings.
- Crush or mince the garlic.
- Heat a drizzle of olive oil in a frying pan over high heat. Fry the panko with the garlic and the chili pepper until golden-brown.
- Dice the tomato.

**Take care, this ingredient is spicy! Use as preferred.*
**Did you know...** *the tomato in this recipe contains vitamin C, a nutrient that supports your nervous system.*

4



## Serve

- Transfer the mafaldine to the sauce and toss well to combine.
- Serve the mafaldine on deep plates. Top with the burrata and the diced tomato.
- Drizzle with some extra virgin olive oil as preferred. Season to taste with salt and pepper.
- Garnish with the panko and the capers to finish.

+ Fry the mince in a frying pan over medium-high heat, separating it as you do until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

# Criss-Cross Courgette with Creamy Bean Stew

## over rice with Grana Padano & green pesto

Total time: 15 - 25 min. Quick Vegetarian

We've replaced the green pesto in this recipe. The green pesto you are receiving contains different allergens. Always remember to check the ingredient label for the most accurate information regarding allergens and traces. Enjoy!



- Bell pepper strips
- Courgette
- Red onion
- Garlic
- Passata
- Grana Padano flakes DOP
- Jasmine rice
- Crème fraîche
- Sicilian-style herb mix
- Butterbeans
- Green pesto

+ Beef-pork mince with Italian herbs

## Before you start

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

## Ingredients for 1 - 6 servings

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

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3615 /864 | 557 /133 |
| Total fat (g) | 41 | 6 |
| of which saturated(g) | 12,4 | 1,9 |
| Carbonhydrates (g) | 96 | 15 |
| of which sugars (g) | 18,2 | 2,8 |
| Fiber (g) | 15 | 2 |
| Protein (g) | 27 | 4 |
| Salt (g) | 2,3 | 0,3 |

## Allergens

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

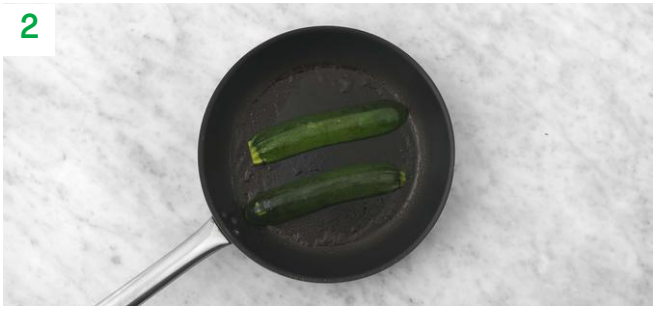
1



## Prepare

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

2



## Fry the courgette

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

3



## Make the stew

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

4



## Serve

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

Fry the mince in a frying pan over medium-high heat, separating it as you do until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

# Harissa & Honey-Mustard Squeaky Cheese Bowl

## over giant couscous with cashews & fresh herbs

Total time: 15 - 25 min. Quick Vegetarian




Giant couscous


Potato seasoning mix


Cypriot-style cheese


Hello Harissa


Chopped red onion


Tomato


Cucumber


Arugula & lamb's lettuce


Fresh flat leaf parsley & mint


Roasted cashew nuts


Honey-mustard dressing


Chicken thigh strips

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Giant couscous (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Potato seasoning mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Cypriot-style cheese* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Hello Harissa (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Chopped red onion* (g) | 37½ | 75 | 75 | 150 | 150 | 225 |
| Tomato (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Cucumber* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Arugula & lamb's lettuce* (g) | 30 | 60 | 90 | 120 | 150 | 180 |
| Fresh flat leaf parsley & mint* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Roasted cashew nuts (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| Honey-mustard dressing* (g) | 20 | 40 | 60 | 80 | 100 | 120 |
| **Not included** | | | | | | |
| Sunflower oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Honey [or plant-based alternative] (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| White wine vinegar (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Sugar (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Extra virgin olive oil | to taste | | | | | |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3515 /840 | 654 /156 |
| Total fat (g) | 42 | 8 |
| of which saturated(g) | 26 | 4,8 |
| Carbonhydrates (g) | 77 | 14 |
| of which sugars (g) | 20,9 | 3,9 |
| Fiber (g) | 7 | 1 |
| Protein (g) | 39 | 7 |
| Salt (g) | 4 | 0,8 |

## Allergens

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

1



## Boil the couscous

- Boil plenty of water in a pot or saucepan and cook the giant couscous for 12 - 14 minutes, then drain and return to the pot.
- Add the potato seasoning and some extra virgin olive oil as preferred, then mix well to combine.
- Set aside until serving.

2



## Fry the cheese

- Dice the cheese into cubes of no more than 2cm.
- Heat a drizzle of sunflower oil in a frying pan over medium-high heat.
- Fry the onion with the cheese for 3 - 4 minutes until evenly golden-brown.
- Scatter over the Hello Harissa and drizzle with the honey. Season to taste with salt and pepper.

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

3



## Chop the vegetables

- Meanwhile, slice the cucumber into crescents.
- In a bowl, combine the white wine vinegar with the sugar, the cucumber and a pinch of salt. Set aside until serving.
- Roughly chop the fresh herbs.
- Dice the tomato.

4



## Serve

- Serve the lettuce in bowls and arrange everything else on top.
- Drizzle with the honey-mustard sauce.
- Garnish with the fresh herbs and the cashews to finish.

Fry the chicken in a frying pan over medium-high heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

# Chicken Sloppy Joe

## on a demi-baguette with cheese & a side salad

Total time: 15 - 25 min. Family Quick




Chicken mince with Mexican seasoning


Tomato paste


Roma tomato


Grated Gouda


BBQ spice rub


Garlic


Butter lettuce


Bell pepper strips


White demi-baguette

Chicken mince with Mexican seasoning

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Chicken mince with Mexican seasoning* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Tomato paste (can) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Roma tomato (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Grated Gouda* (g) | 15 | 25 | 40 | 50 | 65 | 75 |
| BBQ spice rub (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Butter lettuce* (head) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Bell pepper strips* (g) | 50 | 100 | 150 | 200 | 250 | 300 |
| White demi-baguette (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| **Not included** | | | | | | |
| Honey [or plant-based alternative] (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Mustard (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| [Plant-based] butter (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Sugar (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Plant-based] mayonnaise (tbsp) | 2 | 4 | 6 | 8 | 10 | 12 |
| [Reduced salt] soy sauce (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| White balsamic vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Water for the sauce (ml) | 30 | 60 | 90 | 120 | 150 | 180 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3849 /920 | 677 /162 |
| Total fat (g) | 47 | 8 |
| of which saturated(g) | 16,1 | 2,8 |
| Carbonhydrates (g) | 85 | 15 |
| of which sugars (g) | 18,6 | 3,3 |
| Fiber (g) | 11 | 2 |
| Protein (g) | 35 | 6 |
| Salt (g) | 4 | 0,7 |

## Allergens

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

1



## Prepare

- Preheat the oven to 200°C.
- Bake the demi-baguette for 6 - 8 minutes, or until golden-brown.
- Crush or mince the garlic in the meantime.

2



## Fry the vegetables

- Melt a knob of butter in a frying pan over medium-high heat. Fry the bell pepper strips and the garlic for 1 minute.
- Add the mince and fry for 4 - 5 minutes, separating it as you do so.
- Deglaze with the white balsamic vinegar and the soy sauce (see Tip).

**Tip:** *if you're watching your salt intake, use less of the soy sauce.*

3



## Make the salad

- Add the tomato paste, the sugar, the BBQ rub* and water for the sauce. Simmer for 2 - 3 minutes until the water has evaporated. Season to taste with salt and pepper.
- Dice the tomato and roughly shred the lettuce.
- In a salad bowl, combine the mayonnaise with the honey and the mustard. Season to taste with salt and pepper.
- Add the lettuce and the tomato, then toss well to combine.

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

4



## Serve

- Cut open the demi-baguette.
- Spread with the filling, then top with the cheese.
- Serve with the salad alongside.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

# Signature Risotto with Brandt & Levie Sausage

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

Total time: 35 - 45 min. Family




Onion


Pork sausage with marjoram & garlic


Fennel


Risotto rice


Mascarpone


Grated Gouda


Italian seasoning

Pork sausage with marjoram & garlic

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Pork sausage with marjoram & garlic* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Fennel* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Risotto rice (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Mascarpone* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Grated Gouda* (g) | 15 | 25 | 40 | 50 | 65 | 75 |
| Italian seasoning (sachet(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| **Not included** | | | | | | |
| Low sodium vegetable stock (ml) | 350 | 700 | 1050 | 1400 | 1750 | 2100 |
| White wine vinegar (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Sugar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| [Plant-based] butter (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3615 /864 | 448 /107 |
| Total fat (g) | 48 | 6 |
| of which saturated(g) | 25,7 | 3,2 |
| Carbonhydrates (g) | 82 | 10 |
| of which sugars (g) | 13,7 | 1,7 |
| Fiber (g) | 7 | 1 |
| Protein (g) | 26 | 3 |
| Salt (g) | 2,4 | 0,3 |

## Allergens

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

1



## Chop the vegetables

- Chop the onion and quarter the fennel.
- Discard the tough core and then slice into very thin strips.
- Set aside any fennel fronds to use later as garnish.

2



## Make the stock

- In a bowl, combine the white wine vinegar with the sugar, a pinch of salt and a third of the fennel. Set aside until serving, stirring occasionally.
- Prepare the stock in a saucepan.

3



## Fry the sausage

- Cut open the sausage and squeeze the meat out of the skin.
- Melt a knob of butter in a wok or deep frying pan over high heat.
- Fry the onion with the Italian seasoning, the sausage meat and the rest of the fennel for 3 minutes, separating the meat as you do so.
- Cover with the lid and fry for 4 - 5 minutes over medium-low heat.

4



## Add the stock

- Stir the risotto rice into the meat and toast the grains for 2 minutes over low heat.
- Gradually add the stock, one ladle at a time.
- Allow the stock to slowly incorporate, stirring regularly (see Tip).

**Tip:** *a classic risotto is made with white wine. If you have it, deglaze the pan with a splash before adding the stock.*

5



## Make the risotto

- The risotto is done when the rice is soft but still al dente, which should take around 18 - 20 minutes.
- Add extra water or stock and cook longer if you'd prefer the risotto to be less al dente.

6



## Serve

- Stir in the mascarpone and the majority of the grated cheese, then season to taste with salt and pepper.
- Serve the risotto on deep plates and top with the fennel salad.
- Garnish with the rest of the cheese and any reserved fennel fronds.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

# Signature Shakshuka with Fresh Goat's Cheese

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

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




Onion


Garlic


Red chili pepper


Carrot


Fresh curly parsley


Middle Eastern spice mix


Egg


Chopped tomatoes


Tomato


Bell pepper


Poppyseed roll


Goat's Cheese

You have ordered extras

## Before you start

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

## Ingredients for 1 - 6 servings

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

** store in the fridge*

## Nutritional values

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

## Allergens

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

1



## Prepare

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

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

2



## Make the sauce

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

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

3



## Poach the eggs

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

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

4



## Serve

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

Fry the meatballs, turning regularly until evenly browned and fully cooked. Serve on top.
Check the nutritional values and allergens on the ingredient label.

# Signature Shrimp Poké Bowl with Ponzu Mayo

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

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




Ponzu


Sushi rice


Shrimp


Persian cucumber


Slaw mix


Sesame oil


Garlic


Mango


Gomashio


Reduced salt soy sauce

Shrimp

## Before you start

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

## Ingredients for 1 - 6 servings

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

** store in the fridge*

## Nutritional values

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

## Allergens

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

1



## Boil the rice

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

2



## Prepare the toppings

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

3



## Fry the shrimp

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

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

4



## Serve

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

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

# Signature Chicken Tagliatelle with Guanciale

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

Total time: 15 - 25 min. Family Quick




Chicken mince with Mediterranean herbs


Mascarpone


Fresh basil


Garlic


Romano pepper


Grana Padano flakes DOP


Onion


Passata


Fresh tagliatelle


Guanciale

Chicken mince with Mediterranean herbs

## Before you start

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

## Ingredients for 1 - 6 servings

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

** store in the fridge*

## Nutritional values

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

## Allergens

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

1



## Prepare

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

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

2



## Make the sauce

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

3



## Finish

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

4



## Serve

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

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

# Signature Dahl with Crispy Chickpeas & Naan

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

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



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

+ Naan bread with herbs

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Onion (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Carrot* (unit(s)) | 1 | 1 | 2 | 2 | 3 | 3 |
| Tomato paste (can) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Coconut milk (ml) | 90 | 180 | 250 | 360 | 430 | 540 |
| Red split lentils (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Spinach* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Naan with herbs (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Lime* (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Chickpeas (pack) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| African-inspired spice mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Fresh coriander* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Fresh ginger* (tsp) | 1¼ | 2½ | 3¾ | 5 | 6¼ | 7½ |
| Curry powder (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Organic full-fat yogurt* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| **Not included** | | | | | | |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Low sodium vegetable stock (ml) | 150 | 300 | 450 | 600 | 750 | 900 |
| Sunflower oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3251 /777 | 413 /99 |
| Total fat (g) | 37 | 5 |
| of which saturated(g) | 17,1 | 2,2 |
| Carbonhydrates (g) | 74 | 9 |
| of which sugars (g) | 20,2 | 2,6 |
| Fiber (g) | 28 | 3 |
| Protein (g) | 28 | 4 |
| Salt (g) | 1,9 | 0,2 |

## Allergens

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

1



## Prepare

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

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

2



## Make the dahl

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

3



## Add the lentils

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

4



## Roast the chickpeas

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

5



## Finish

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

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

6



## Serve

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

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

# Signature Chicken Meatballs in Creamy Mushroom Sauce

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

Total time: 40 - 50 min. Health Conscious Choice




Potatoes


Onion


Garlic


Mushrooms


Cooking cream


Green beans


Basil crème


Fresh chives


Chicken meatballs with Mediterranean herbs

You have ordered extras

## Before you start

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

## Ingredients for 1 - 6 servings

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

* *store in the fridge*

## Nutritional values

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

## Allergens

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

1



## Roast the potatoes

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

2



## Slice the mushrooms

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

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

3



## Fry the mushrooms

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

4



## Fry the meatballs

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

5



## Prepare the green beans

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

6



## Serve

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

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

# Miljuschka's Quick One-Pot Pasta Bolognese

## with mozzarella & basil

Total time: 25 - 35 min.



- Beef-pork mince with Italian herbs
- Penne
- Garlic
- Red chili pepper
- Mix of carrot, onion and celery
- Tomato paste
- Passata
- Sicilian-style herb mix
- Shredded mozzarella
- Organic semi-skimmed milk
- Fresh basil

+ Beef-pork mince with Italian herbs

## Before you start

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

## Ingredients for 1 - 6 servings

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

** store in the fridge*

## Nutritional values

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

## Allergens

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

1



## Prepare

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

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

2



## Fry the mince

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

3



## Finish

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

4



## Serve

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

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

# Miljuschka's Gochujang Chicken Traybake with Yogurt

## with baby potatoes, tomatoes & courgette

Total time: 45 - 55 min.



- Baby potatoes
- Gochujang
- Sweet chili sauce
- Red onion
- Courgette
- Garlic
- Fresh thyme
- Middle Eastern spice mix
- Organic full-fat yogurt
- Chicken thigh fillet
- Mini Roma tomatoes

+ Chicken thigh fillet

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Baby potatoes (g) | 250 | 500 | 750 | 1000 | 1250 | 1500 |
| Gochujang* (g) | 12½ | 25 | 37½ | 50 | 62½ | 75 |
| Sweet chili sauce* (g) | 17½ | 35 | 52½ | 70 | 87½ | 105 |
| 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 |
| Fresh thyme* (g) | 2½ | 5 | 7½ | 10 | 12½ | 15 |
| Middle Eastern spice mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Organic full-fat yogurt* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Chicken thigh fillet* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Mini Roma tomatoes* (g) | 125 | 250 | 375 | 500 | 625 | 750 |
| **Not included** | | | | | | |
| Olive oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Balsamic vinegar (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Sugar (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 2841 /679 | 362 /87 |
| Total fat (g) | 27 | 3 |
| of which saturated(g) | 6 | 0,8 |
| Carbonhydrates (g) | 73 | 9 |
| of which sugars (g) | 27,8 | 3,5 |
| Fiber (g) | 15 | 2 |
| Protein (g) | 30 | 4 |
| Salt (g) | 1,2 | 0,2 |

## Allergens

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

1



## Roast the potatoes

- Preheat the oven to 200°C.
- Wash the baby potatoes and cut them in half, or any larger ones into quarters. Slice the onion into wedges.
- Transfer the onion and the potatoes to a bowl, then drizzle with olive oil. Season with salt and pepper, then toss well to coat.
- Transfer to a parchment-lined baking sheet and roast in the oven for 10 minutes.

2



## Prepare the vegetables

- Crush or mince the garlic and slice the courgette into crescents.
- Discard the thyme sprigs and finely chop the leaves.
- Transfer all three to the same bowl, along with the tomatoes, the Middle Eastern spices, the sugar and the balsamic vinegar. Season with salt and pepper.
- Drizzle with olive oil, then toss well to coat.

3



## Add the chicken

- Pat the chicken dry with kitchen paper.
- In a small bowl, combine the chicken with the gochujang* and the sweet chilli sauce. Season with salt and pepper.
- Place the vegetables and the chicken alongside the potatoes.
- Roast in the oven for 20 - 25 minutes, or until the chicken is done.

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

4



## Serve

- Serve the traybake on plates.
- Dollop over the yoghurt to finish.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

# Miljuschka's Shrimp Fried Rice

## with peanut sauce, crispy onions & cauliflower rice

Total time: 25 - 35 min.



- Quick-cook brown rice
- Cauliflower Rice
- Shrimp
- Garlic
- Scallions
- Green beans
- Red curry paste
- Nasi-bami spice mix
- Crispy fried onions
- Peanut sauce

+ Shrimp

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Quick-cook brown rice (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Cauliflower Rice* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Shrimp* (g) | 80 | 160 | 240 | 320 | 400 | 480 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Scallions* (g) | 62½ | 125 | 187½ | 250 | 312½ | 375 |
| Green beans* (g) | 100 | 150 | 225 | 300 | 375 | 450 |
| Red curry paste* (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Nasi-bami spice mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Crispy fried onions (g) | 15 | 30 | 45 | 60 | 75 | 90 |
| Peanut sauce* (g) | 60 | 120 | 180 | 240 | 300 | 360 |
| **Not included** | | | | | | |
| Sunflower oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| [Reduced salt] ketjap manis | to taste | | | | | |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3326 /795 | 657 /157 |
| Total fat (g) | 37 | 7 |
| of which saturated(g) | 8 | 1,6 |
| Carbonhydrates (g) | 80 | 16 |
| of which sugars (g) | 13,5 | 2,7 |
| Fiber (g) | 12 | 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.

1



## Prepare

- Boil plenty of water in a pot or saucepan and cook the rice for 10 minutes, then drain and set aside.
- Transfer the rice to a plate and chill in the fridge until further use.
- Finely chop the scallions and separate the white part from the greens.
- Discard the tips of the green beans and then cut into thirds. Crush or mince the garlic.

2



## Fry the shrimp

- Heat the peanut sauce in a saucepan over medium-high heat for 3 - 5 minutes. Keep warm until serving.
- Meanwhile, pat the shrimp dry with kitchen paper.
- Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat. Fry the shrimp for 3 minutes until done, then remove from the pan and set aside.

3



## Fry the vegetables

- Heat a drizzle of sunflower oil in the same pan and fry the green beans for 4 minutes.
- Add the garlic and the white part of the scallions, then fry for 2 more minutes.
- Add the rice, the cauliflower rice and the curry paste. Stir-fry for 3 minutes over high heat.
- Add the nasi-bami spice mix and the shrimp, then fry for 1 more minute. Season to taste with salt and pepper.

4



## Serve

- Serve everything on deep plates.
- Drizzle with the peanut sauce and some ketjap as preferred.
- Garnish with the scallion greens and the crispy onions.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

# Pork Sausage with Brussels Sprouts 'Stamppot'

## with bacon lardons, onion chutney & Belgian spices

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



- Pork sausage
- Bacon lardons
- Potatoes
- Red onion
- Brussels sprouts
- Belgian spice mix
- Onion chutney

**SEASONAL INGREDIENT**

There is a seasonal ingredient in your box! Brussels sprouts are the ultimate winter vegetable: fresh, nutritious and full of flavour. They're especially delicious on cold days in savoury stews, or when roasted in the oven.
*Scan the QR code to let us know what you thought of the ingredient!*

Pork sausage

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Pork sausage* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Bacon lardons* (g) | 25 | 50 | 80 | 100 | 130 | 150 |
| Potatoes (g) | 200 | 400 | 600 | 800 | 1000 | 1200 |
| Red onion (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Brussels sprouts* (g) | 150 | 300 | 450 | 600 | 750 | 900 |
| Belgian spice mix (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Onion chutney* (g) | 40 | 80 | 120 | 160 | 200 | 240 |
| Not included | | | | | | |
| [Plant-based] butter (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Mustard (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Balsamic vinegar (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Low sodium beef stock (ml) | 50 | 100 | 150 | 200 | 250 | 300 |
| [Plant-based] milk | splash | | | | | |
| Salt and pepper | to taste | | | | | |

* *store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 2862 /684 | 448 /107 |
| Total fat (g) | 32 | 5 |
| of which saturated(g) | 12,8 | 2 |
| Carbonhydrates (g) | 68 | 11 |
| of which sugars (g) | 21,5 | 3,4 |
| Fiber (g) | 12 | 2 |
| Protein (g) | 30 | 5 |
| Salt (g) | 2,7 | 0,4 |

## Allergens

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

1



## Prepare

- Wash or peel the potatoes and cut them into rough pieces.
- Set aside three Brussels sprouts per person, then halve the rest.
- Transfer the sprouts and potatoes to a pot or saucepan and submerge with a shallow layer of water.
- Add a generous pinch of salt, then cover with the lid. Cook for 12 - 15 minutes, then drain and set aside, covered.

2



## Fry the bacon lardons

- Heat a clean frying pan over medium-high heat.
- Fry the bacon lardons for 3 - 4 minutes, then remove from the pan and set aside.
- Meanwhile, cut the reserved sprouts into half rings and slice the onion.
- Prepare the stock.

3



## Make the jus

- In the same pan, fry the onion for 3 - 4 minutes over medium-high heat.
- Deglaze with the balsamic vinegar and the stock.
- Add the onion chutney and mix well to combine.
- Bring to the boil and allow to gently reduce until serving.

4



## Fry the sausage

- Melt a knob of butter in a frying pan over medium-high heat.
- Fry the sausage for 2 minutes until evenly browned.
- Cover with the lid and cook for 3 more minutes.
- Add the chopped sprouts and cook for 6 - 8 more minutes until the sausage is done, tossing regularly.

5



## Finish

- Mash the potatoes and Brussels sprouts with a splash of milk, the Belgian spices* and the mustard. Season to taste with salt and pepper, then stir in the bacon lardons.

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

**Did you know...** *the Brussels sprouts in this recipe contain riboflavin, a vitamin that supports the maintenance of your skin and vision.*

6



## Serve

- Serve the 'stamppot' on plates.
- Top with the sausage and garnish with the fried Brussels sprouts.
- Finish with the onion jus.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

# Classic Belgian Salmon in Sour Cream & Chive Sauce

## over mashed potatoes with broccoli & gomashio

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




Potatoes


Salmon fillet


Garlic


Shallot


Broccoli


Fresh chives


Organic sour cream


Gomashio-herb mix

Fillet of salmon

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Potatoes (g) | 250 | 500 | 750 | 1000 | 1250 | 1500 |
| Salmon fillet* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Garlic (unit(s)) | 1 | 1 | 2 | 2 | 3 | 3 |
| Shallot (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Broccoli* (g) | 250 | 360 | 500 | 720 | 860 | 1080 |
| Fresh chives* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Organic sour cream* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Gomashio-herb mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Not included | | | | | | |
| Low sodium fish or vegetable stock (ml) | 75 | 150 | 225 | 300 | 375 | 450 |
| [Plant-based] butter (tbsp) | 1½ | 3 | 4½ | 6 | 7½ | 9 |
| Flour (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Mustard (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| [Plant-based] milk | splash | | | | | |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

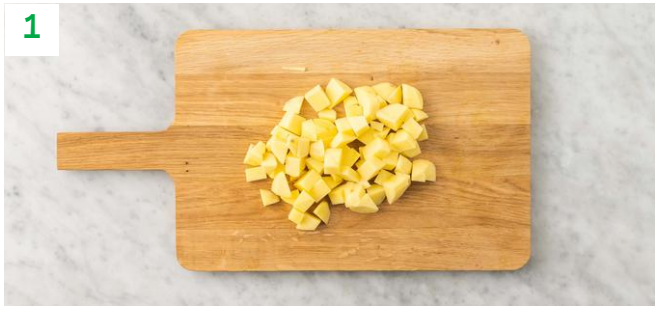
## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3079 /736 | 438 /105 |
| Total fat (g) | 41 | 6 |
| of which saturated(g) | 16,9 | 2,4 |
| Carbonhydrates (g) | 58 | 8 |
| of which sugars (g) | 4,9 | 0,7 |
| Fiber (g) | 12 | 2 |
| Protein (g) | 32 | 4 |
| Salt (g) | 0,9 | 0,1 |

## Allergens

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

1



## Prepare

- Boil plenty of salted water in two pots or saucepans.
- Peel or thoroughly wash the potatoes and cut them into rough pieces.
- Boil the potatoes in one of the pots for 12 - 15 minutes, then drain and set aside, covered.
- Cut the head of the broccoli into florets and dice the stem. Boil it in the other pot for 5 - 7 minutes, then drain and set aside.

2



## Make the salad

- Prepare the stock.
- Chop the shallot and crush or mince the garlic. Finely chop the chives.
- Melt a knob of butter in a saucepan over medium heat. Fry the garlic and the shallot for 2 - 3 minutes.
- Stir in the flour and fry for 1 - 2 more minutes, then deglaze with the stock.

3



## Mash the potatoes

- Whisk to combine, then lower the heat and allow to reduce for 5 - 10 minutes.
- Remove from the heat, then stir in the sour cream and half of the chives. Season to taste with salt and pepper.
- Mash the potatoes with a knob of butter and a splash of milk.
- Stir in the mustard and the rest of the chives, then season to taste with salt and pepper.

4



## Serve

- Pat the fish dry with kitchen paper and season with salt and pepper.
- Melt a knob of butter in a frying pan over medium-high heat. Fry the fish for 2 - 3 minutes on its skin, then flip and fry for 1 - 2 more minutes.
- Serve everything on plates and top with the sauce.
- Garnish the broccoli with the gomashio-herb mix.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

# Crispy Chicken Bao Buns with Sweet Gochujang Drizzle

## with red cabbage slaw, yellow carrot & black sesame seeds

Total time: 25 - 35 min. Quick





Bao buns



Panko breadcrumbs



Black sesame seeds



Shredded red cabbage



Gochujang



Yellow carrot



East Asian-style sauce



Korean-style spice mix



Chicken thigh strips with Mediterranean herbs

You have ordered extras

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Bao buns (unit(s)) | 3 | 6 | 9 | 12 | 15 | 18 |
| Panko breadcrumbs (g) | 12½ | 25 | 37½ | 50 | 62½ | 75 |
| Black sesame seeds (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Shredded red cabbage* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Gochujang* (g) | 12½ | 25 | 37½ | 50 | 62½ | 75 |
| Yellow carrot* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| East Asian-style sauce* (g) | 17½ | 35 | 52½ | 70 | 87½ | 105 |
| Korean-style spice mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Chicken thigh strips with Mediterranean herbs* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| **Not included** | | | | | | |
| [Plant-based] mayonnaise (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Sunflower oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| [Reduced salt] soy sauce (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Water (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Salt and pepper | to taste | | | | | |

* *store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 4058 /970 | 735 /176 |
| Total fat (g) | 42 | 8 |
| of which saturated(g) | 6,7 | 1,2 |
| Carbonhydrates (g) | 106 | 19 |
| of which sugars (g) | 18,7 | 3,4 |
| Fiber (g) | 12 | 2 |
| Protein (g) | 35 | 6 |
| Salt (g) | 4,3 | 0,8 |

## Allergens

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

1



## Prepare

- Preheat the oven to 200°C.
- In a small bowl, combine the gochujang* with the East Asian-style sauce.
- Julienne the carrot (cut into matchsticks) and transfer to one side of a parchment-lined baking sheet. Drizzle with half of the gochujang.
- On a deep plate, combine the panko with the sesame seeds.

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

2



## Prepare the chicken

- In a small bowl, combine the mayonnaise with the Korean-style spices.
- Pat the chicken dry with kitchen paper. Season generously with salt and pepper, then coat with half of the mayonnaise.
- Coat the chicken with the panko and then transfer to the other side of the baking sheet, next to the carrots.
- Drizzle everything with sunflower oil and bake for 10 - 12 minutes, or until golden-brown and done.

3



## Make the slaw

- In a salad bowl, combine the cabbage with the soy sauce and the rest of the mayonnaise (or add more if preferred).
- Heat a drizzle of sunflower oil in a large frying pan over medium-high heat and fry the bao buns on one side for 1 minute.
- Flip the bao buns and add the water (see pantry for amount).
- Cover with the lid and steam for 2 - 3 minutes.

4



## Serve

- Stuff the bao buns with the fillings as preferred.
- Drizzle the bao buns with the rest of the gochujang sauce.
- Serve any remaining slaw alongside.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

# SWICY EXPLOSION! Nduja, Pear & Honey Ricotta Topping

## savour the sweet heat of this pizza

Total time: 35 - 45 min.




Nduja


Fennel


Pizza dough


Passata


Ricotta


Mozzarella


Pear


Crema di balsamico


Prosciutto crudo

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Nduja* (g) | 25 | 50 | 80 | 100 | 130 | 150 |
| Fennel* (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Pizza dough* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Passata (g) | 100 | 200 | 300 | 390 | 500 | 590 |
| Ricotta* (g) | 50 | 100 | 150 | 200 | 250 | 300 |
| Mozzarella* (ball(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Pear* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Crema di balsamico (ml) | 4 | 8 | 12 | 16 | 20 | 24 |
| Not included | | | | | | |
| Honey [or plant-based alternative] (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Balsamic vinegar (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt and pepper | to taste | | | | | |

* *store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 4184 /1000 | 694 /166 |
| Total fat (g) | 39 | 6 |
| of which saturated(g) | 18 | 3 |
| Carbonhydrates (g) | 122 | 20 |
| of which sugars (g) | 21,7 | 3,6 |
| Fiber (g) | 8 | 1 |
| Protein (g) | 37 | 6 |
| Salt (g) | 5,3 | 0,9 |

## Allergens

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

1



## Prepare

- Preheat the oven to 200°C.
- Quarter the fennel and remove the tough core, then chop the fennel into strips (see Tip).
- Core and slice the pear. Tear the cheese into smaller pieces.
- In a bowl, combine the passata with the balsamic vinegar.

**Tip:** *you can set aside any fennel fronds to use later as garnish.*

2



## Make the pizza

- Transfer the pizza dough to a parchment-lined baking sheet and spread with the tomato sauce.
- Top with the fennel, the nduja* and the pear, then scatter over the cheese.
- Season with salt and pepper.
- Bake in the oven for 15 - 18 minutes.

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

3



## Make the honey ricotta topping

- In the meantime, transfer the ricotta to a tall container.
- Add the honey, then use an immersion blender to process until smooth.
- Season to taste with salt and pepper.

4



## Serve

- Serve the pizza on plates and dollop over the honey ricotta topping.
- Drizzle with the crema di balsamico.

Garnish the dish with the extra ingredient.
Check the nutritional values and allergens on the ingredient label.

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

**with min. 115g carbohydrates per person**

Total time: 35 - 45 min. Plant-Based



- Basmati rice
- Sweet potato
- Chickpeas
- Garlic
- Onion
- Fresh ginger
- Spinach
- Chopped tomatoes
- Fresh coriander & mint
- Coconut milk
- Mango chutney
- Yellow curry spices

+ Naan bread with herbs

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Basmati rice (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Sweet potato (g) | 150 | 300 | 450 | 600 | 750 | 900 |
| Chickpeas (pack) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Onion (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Fresh ginger* (tsp) | 1½ | 3 | 4½ | 6 | 7½ | 9 |
| Spinach* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Chopped tomatoes (pack) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Fresh coriander & mint* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Coconut milk (ml) | 90 | 180 | 250 | 360 | 430 | 540 |
| Mango chutney* (g) | 20 | 40 | 60 | 80 | 100 | 120 |
| Yellow curry spices (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| **Not included** | | | | | | |
| White wine vinegar (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Sunflower oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Low sodium vegetable stock (ml) | 75 | 150 | 225 | 300 | 375 | 450 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3816 /912 | 421 /101 |
| Total fat (g) | 28 | 3 |
| of which saturated(g) | 15,4 | 1,7 |
| Carbonhydrates (g) | 135 | 15 |
| of which sugars (g) | 22,4 | 2,5 |
| Fiber (g) | 24 | 3 |
| Protein (g) | 25 | 3 |
| Salt (g) | 1,9 | 0,2 |

## Allergens

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

1



## Prepare

- Prepare the stock.
- Dice the sweet potatoes into 1cm chunks. Chop the onion and crush or mince the garlic.
- Grate the ginger and drain the chickpeas.
- Heat a drizzle of sunflower oil in a soup pot over medium-high heat. Fry the ginger, garlic and onion with the curry spices for 1 - 2 minutes, then stir in the sweet potato and fry for 2 - 3 more minutes.

2



## Make the curry

- Deglaze with the stock and the white wine vinegar, then add the chopped tomatoes and the coconut milk.
- Bring to the boil, then reduce the heat and cover with the lid.
- Allow to cook over low heat for 15 minutes.
- Stir in the chickpeas and cook for 5 more minutes, uncovered (see Tip).

**Tip:** *if the curry is still too watery, allow to reduce further for 5 minutes, uncovered.*

3



## Boil the rice

- Meanwhile, boil plenty of salted water in a pot or saucepan.
- Cook the rice for 10 - 12 minutes until done, then drain and set aside.
- Tear the mint leaves from the stems.
- Finely chop both the mint and the coriander.

4



## Serve

- Gradually stir the spinach into the curry and allow to wilt and reduce. Season to taste with salt and pepper.
- Serve the rice and curry on deep plates.
- Garnish with the fresh herbs and serve with the mango chutney.

Bake the bread in a preheated oven until lightly toasted, then serve with the dish.
Check the nutritional values and allergens on the ingredient label.

# Creamy Chicken Penne

## with tomato salsa, spinach & Gouda

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



- Penne
- Red onion
- Garlic
- Dried oregano
- Spinach
- Tomato
- Herbed cream cheese
- Grated Gouda
- Chicken mince with Mediterranean herbs

+ Bacon

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Penne (g) | 90 | 180 | 270 | 360 | 450 | 540 |
| Red onion (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Garlic (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Dried oregano (sachet(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Spinach* (g) | 75 | 150 | 200 | 300 | 350 | 450 |
| Tomato (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Herbed cream cheese* (g) | 35 | 75 | 110 | 150 | 185 | 225 |
| Grated Gouda* (g) | 15 | 25 | 40 | 50 | 65 | 75 |
| Chicken mince with Mediterranean herbs* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| **Not included** | | | | | | |
| Low sodium chicken stock cube (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Extra virgin olive oil (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Olive oil (tbsp) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| White balsamic vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3272 /782 | 687 /164 |
| Total fat (g) | 33 | 7 |
| of which saturated(g) | 14,2 | 3 |
| Carbonhydrates (g) | 78 | 16 |
| of which sugars (g) | 10,8 | 2,3 |
| Fiber (g) | 9 | 2 |
| Protein (g) | 40 | 8 |
| Salt (g) | 2,1 | 0,4 |

## Allergens

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

1



## Prepare

- Boil plenty of salted water in a pot or saucepan for the pasta.
- Chop the onion and crush or mince the garlic.
- Cook the pasta for 10 - 12 minutes, covered, then reserve some of the pasta water before draining and setting aside.

2



## Fry the mince

- 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 mince and the oregano.
- Fry for 3 minutes, separating it as you do so, then tear the spinach directly into the pan and allow to wilt and reduce.
- Add the cream cheese, then crumble in the stock cube (see pantry for amount). Mix well and season to taste with salt and pepper.

3



## Make the salsa

- Meanwhile, dice the tomato and transfer to a bowl.
- Add the extra virgin olive oil and white balsamic vinegar, then mix well to combine. Season to taste with salt and pepper.

4



## Serve

- Stir the pasta into the creamy spinach sauce and cook for 1 more minute, adding a splash of pasta water as necessary if the sauce is too thick.
- Serve the pasta on plates.
- Garnish with the tomato salsa and the grated cheese.

Fry the bacon in a frying pan over medium-high heat until crispy, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

# Bang Bang Cauliflower with Chili Mayo

## over brown rice with crunchy vegetables

Total time: 35 - 45 min. Vegetarian



- Sweet chili sauce
- Panko breadcrumbs
- Cauliflower florets
- Garlic
- Quick-cook brown rice
- Spinach
- Carrot
- Red onion
- Persian cucumber
- Soy sauce
- Sesame seeds
- Mayonnaise

+ Chicken breast

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Sweet chili sauce* (g) | 35 | 70 | 105 | 140 | 175 | 210 |
| Panko breadcrumbs (g) | 25 | 50 | 50 | 75 | 100 | 125 |
| Cauliflower florets* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Quick-cook brown rice (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Spinach* (g) | 75 | 150 | 200 | 300 | 350 | 450 |
| Carrot* (unit(s)) | ½ | 1 | 1 | 1 | 2 | 2 |
| Red onion (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Persian cucumber* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Soy sauce (ml) | 10 | 20 | 30 | 40 | 50 | 60 |
| Sesame seeds (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| Mayonnaise (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| **Not included** | | | | | | |
| Olive oil (tbsp) | 1¼ | 2½ | 3¾ | 5 | 6¼ | 7½ |
| Water for the rice (ml) | 250 | 500 | 750 | 1000 | 1250 | 1500 |
| White wine vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Salt | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3556 /850 | 466 /111 |
| Total fat (g) | 44 | 6 |
| of which saturated(g) | 5,6 | 0,7 |
| Carbonhydrates (g) | 94 | 12 |
| of which sugars (g) | 14,6 | 1,9 |
| Fiber (g) | 11 | 1 |
| Protein (g) | 17 | 2 |
| Salt (g) | 2,3 | 0,3 |

## Allergens

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

1



## Prepare

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

2



## Roast the cauliflower

- Transfer the cauliflower florets to the large bowl and coat with the chili mayonnaise.
- Transfer to the panko and toss well to coat.
- Transfer the cauliflower to a parchment-lined baking sheet and roast in the oven for 20 - 25 minutes.

**Air Fryer Option:** *drizzle the cauliflower with oil and fry for 10 - 15 minutes at 200°C. Shake halfway and avoid overcrowding the basket.*

3



## Cook the rice

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

4



## Chop the vegetables

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

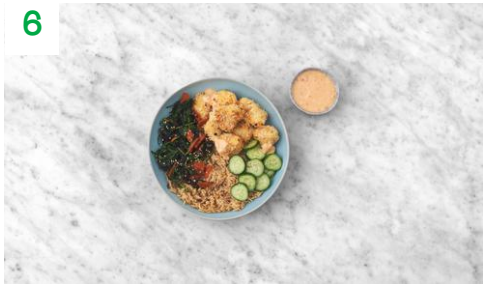
5



## Fry the vegetables

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

6



## Serve

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

Fry the chicken in a frying pan over medium-high heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

# Hake with Giant Couscous & Herbed Cheese Cubes

## with lamb's lettuce, cucumber & bell pepper

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




Hake fillet


Giant couscous


Persian cucumber


Bell pepper


Red onion


Lamb's lettuce


Herbed cheese cubes


Sicilian-style herb mix

Chicken tenderloin

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Hake fillet* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Giant couscous (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Persian cucumber* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Bell pepper* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Red onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Lamb's lettuce* (g) | 20 | 40 | 60 | 80 | 100 | 120 |
| Herbed cheese cubes* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Sicilian-style herb 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) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Extra virgin olive oil (tbsp) | ¾ | 1½ | 2¼ | 3 | 3¾ | 4½ |
| White wine vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Honey [or plant-based alternative] (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Mustard (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 2803 /670 | 440 /105 |
| Total fat (g) | 27 | 4 |
| of which saturated(g) | 9 | 1,4 |
| Carbonhydrates (g) | 68 | 11 |
| of which sugars (g) | 15,5 | 2,4 |
| Fiber (g) | 7 | 1 |
| Protein (g) | 36 | 6 |
| Salt (g) | 2,3 | 0,4 |

## Allergens

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

1



## Boil the giant couscous

- Prepare the stock in a pot or saucepan.
- Boil the giant couscous for 12 - 14 minutes, covered.
- Fluff through the giant couscous with a fork and then set aside.
- Slice the onion into half-rings and dice the bell pepper (see Tip).

**Tip:** *the bell pepper will be served raw, but if preferred you can fry it in the next step instead.*

2



## Fry the fish

- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the fish with the onion and the Sicilian-style herbs for 3 minutes per side.
- Season to taste with salt and pepper.

3



## Make the salad

- Meanwhile, dice the cucumber.
- In a salad bowl, combine the extra virgin olive oil with the white wine vinegar, the honey and the mustard.
- Season to taste with salt and pepper.
- Add the lamb's lettuce, the cucumber, the bell pepper, the onion, the cheese and the giant couscous, then toss well to combine.

4



## Serve

- Serve everything on plates.

Fry the chicken in a frying pan over medium-high heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

# Wholewheat Spaghetti with Homemade Spinach Pesto

## with roasted tomatoes & pecorino

Total time: 25 - 35 min. Family Quick Vegetarian




Wholewheat spaghetti


Garlic


Red onion


Mini Roma tomatoes


Baby spinach


Arugula


Fresh basil


Lemon


Roasted cashew nuts


Grated Pecorino DOP


Chicken mince with Mediterranean herbs

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Wholewheat spaghetti (g) | 90 | 180 | 270 | 360 | 450 | 540 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Red onion (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Mini Roma tomatoes* (g) | 125 | 250 | 375 | 500 | 625 | 750 |
| Baby spinach* (g) | 60 | 125 | 180 | 250 | 305 | 375 |
| Arugula* (g) | 20 | 40 | 60 | 80 | 100 | 120 |
| Fresh basil* (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| Lemon* (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Roasted cashew nuts (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| Grated Pecorino DOP* (g) | 20 | 40 | 60 | 80 | 100 | 120 |
| **Not included** | | | | | | |
| Olive oil (tbsp) | 1¼ | 2½ | 3¾ | 5 | 6¼ | 7½ |
| Balsamic vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Extra virgin olive oil (tbsp) | 2 | 4 | 6 | 8 | 10 | 12 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3724 /890 | 811 /194 |
| Total fat (g) | 54 | 12 |
| of which saturated(g) | 11,6 | 2,5 |
| Carbonhydrates (g) | 71 | 15 |
| of which sugars (g) | 13,2 | 2,9 |
| Fiber (g) | 14 | 3 |
| Protein (g) | 24 | 5 |
| Salt (g) | 1 | 0,2 |

## Allergens

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

1



## Prepare

- Preheat the oven to 200°C. Boil plenty of salted water in a pot or saucepan.
- Halve the tomatoes and crush or mince the garlic.
- Slice the onion into half rings. Pull the basil leaves off the stems and juice the lemon.
- Boil the spaghetti for 10 - 12 minutes. Reserve some of the pasta water, then drain and set aside.

2



## Roast the tomatoes

- In an oven dish, combine the tomatoes with the onion, the balsamic vinegar and a generous drizzle of olive oil.
- Season generously with salt and pepper, then roast in the oven for 12 - 15 minutes.
- Heat a light drizzle of olive oil in a frying pan over medium-high heat. Fry the spinach for 3 - 4 minutes, or until wilted and reduced.

3



## Make the pesto

- Transfer the spinach, garlic, basil and cashews to a tall container, along with half of the cheese.
- Add the extra virgin olive oil, along with (per person) 1 tbsp lemon juice and 0.5 tbsp pasta water.
- Use an immersion blender to process into a smooth pesto. Taste and season with salt and pepper as needed.
- Add as much pesto as preferred to the spaghetti and mix well to combine.

4



## Serve

- Serve the arugula on plates, topped with the spaghetti and the roasted tomatoes.
- Drizzle with the cooking juices from the oven dish.
- Garnish with the rest of the cheese to finish.

Fry the mince in a frying pan over medium-high heat, separating it as you do until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

# Teriyaki Wild Boar Burger with Spicy Slaw on Ciabatta

## with gomashio potatoes & quick-pickled cucumber

Total time: 40 - 50 min. Family





Wild boar burger



White ciabatta



Potatoes



Red onion



Cucumber



Rainbow slaw mix



Teriyaki sauce



Gomashio

Unbelievabull burger
vegetarian butcher

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Wild boar burger* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| White ciabatta (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Potatoes (g) | 200 | 400 | 600 | 800 | 1000 | 1200 |
| Red onion (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Cucumber* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Rainbow slaw mix* (g) | 50 | 100 | 150 | 200 | 250 | 300 |
| Teriyaki sauce (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Gomashio (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Not included | | | | | | |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Plant-based] butter (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| White wine vinegar (tsp) | 2 | 4 | 6 | 8 | 10 | 12 |
| Sugar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Honey [or plant-based alternative] (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Sambal (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| [Plant-based] mayonnaise (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 4134 /988 | 575 /138 |
| Total fat (g) | 50 | 7 |
| of which saturated(g) | 14,6 | 2 |
| Carbonhydrates (g) | 103 | 14 |
| of which sugars (g) | 24,9 | 3,5 |
| Fiber (g) | 10 | 1 |
| Protein (g) | 32 | 4 |
| Salt (g) | 4,1 | 0,6 |

## Allergens

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

1



## Roast the potatoes

- Preheat the oven to 200°C.
- Dice the potatoes and transfer to a parchment-lined baking sheet. Drizzle with olive oil and season with salt and pepper, then toss well to coat.
- Roast in the oven for 25 - 30 minutes or until golden-brown, tossing halfway.
- Meanwhile, slice the cucumber.

2



## Make the slaw

- In a bowl, combine the cucumber with the sugar, half of the white wine vinegar and a pinch of salt.
- In another bowl, combine the mayonnaise with the sambal and the rest of the vinegar.
- Add the slaw mix and toss well to combine. Season to taste with salt and pepper.
- Heat the bread roll in the oven for 5 - 7 minutes.

3



## Fry the burger

- In a small bowl, combine the honey with the teriyaki sauce.
- Slice the onion.
- Melt a knob of butter in a frying pan over medium-high heat. When the pan is nice and hot, fry the burger with the onion for 2 minutes per side.
- Add the teriyaki sauce and fry for 1 - 2 more minutes per side.

4



## Serve

- Cut open the bread roll and top with the burger and the onion, along with some of the cucumber and the slaw.
- Serve the rest of the cucumber and the slaw alongside.
- Garnish the potatoes with the gomashio.

Fry the veggie protein in a frying pan over medium heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

# Fish Burger with Creamy Yogurt-Dill Potato Salad

## with radish-mesclun salad & lemon wedges

Total time: 20 - 30 min. Quick




Breaded fish burger


Baby potatoes


Cucumber


Lemon


Fresh dill


Onion


Radish


Organic full-fat yogurt


Mesclun

Vegan fish fingers

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Breaded fish burger* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Baby potatoes (g) | 250 | 500 | 750 | 1000 | 1250 | 1500 |
| Cucumber* (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Lemon* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Fresh dill* (g) | 2½ | 5 | 7½ | 10 | 12½ | 15 |
| Onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Radish* (bunch) | ½ | 1 | 2 | 2 | 3 | 3 |
| Organic full-fat yogurt* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Mesclun* (g) | 40 | 90 | 120 | 180 | 210 | 270 |
| **Not included** | | | | | | |
| White wine vinegar (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Mustard (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Sunflower oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Water (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Low sodium vegetable stock cube (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Extra virgin olive oil (tbsp) | 1½ | 3 | 4½ | 6 | 7½ | 9 |
| [Plant-based] mayonnaise (tbsp) | 1½ | 3 | 4½ | 6 | 7½ | 9 |
| Sugar (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 4159 /994 | 497 /119 |
| Total fat (g) | 58 | 7 |
| of which saturated(g) | 8,8 | 1,1 |
| Carbonhydrates (g) | 86 | 10 |
| of which sugars (g) | 18 | 2,2 |
| Fiber (g) | 15 | 2 |
| Protein (g) | 28 | 3 |
| Salt (g) | 1,8 | 0,2 |

## Allergens

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

1



## Prepare

- Boil plenty of salted water in a pot or saucepan.
- Wash the baby potatoes and slice them into rounds of 1cm thickness.
- Cook the baby potatoes for 12 - 15 minutes and then drain. Rinse under cold water and set aside.
- Thinly slice the cucumber and transfer to a large bowl. Add a pinch of salt and toss well to combine. Allow to stand for 10 minutes, then drain the excess liquid.

2



## Fry the burger

- Heat a drizzle of sunflower oil in a frying pan over medium heat. Fry the burger for 3 minutes per side, or until evenly browned.
- Meanwhile, finely chop the onion and the dill.
- Juice half of the lemon and then cut the rest into wedges.
- Remove and discard the radish leaves, then slice the radishes.

3



## Make the radish salad

- In a large salad bowl, combine the extra virgin olive oil and the sugar with half each of the onion and the white wine vinegar.
- Add the mesclun, the radishes and some lemon juice as preferred.
- Season to taste with salt and pepper, then toss well to combine. Set aside until serving.

4



## Serve

- In a large bowl, combine the yogurt with the mayonnaise, the dill and the mustard, along with the rest of the onion and the white wine vinegar. Add the water and crumble in the stock cube (see pantry for amounts).
- Add the cucumber and the baby potatoes, then mix well to combine. Season with salt and pepper.
- Serve everything on plates with the lemon wedges alongside.

Fry the veggie protein in a frying pan over medium heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

# Naked Veggie Cheeseburger Bowl with Baby Potatoes

## with salad, pickles & fried onion

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



- Baby potatoes
- Butter lettuce
- Tomato
- Red onion
- Chopped pickles
- Worcestershire sauce
- Grated cheddar
- Unbelievabull burger from the Vegetarian Butcher®

+ Hamburger from Meatier

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Baby potatoes (g) | 200 | 400 | 600 | 800 | 1000 | 1200 |
| Butter lettuce* (head) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Tomato (unit(s)) | 1½ | 3 | 5 | 6 | 8 | 9 |
| Red onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Chopped ⊠⊠pickles* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Worcestershire sauce (g) | 10 | 15 | 20 | 30 | 35 | 45 |
| Grated cheddar* (g) | 15 | 25 | 40 | 50 | 65 | 75 |
| Unbelievabull burger from the Vegetarian Butcher®* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| **Not included** | | | | | | |
| White wine vinegar (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [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 |
| Water for the sauce (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 2795 /668 | 473 /113 |
| Total fat (g) | 40 | 7 |
| of which saturated(g) | 11,7 | 2 |
| Carbonhydrates (g) | 50 | 8 |
| of which sugars (g) | 12,7 | 2,1 |
| Fiber (g) | 15 | 2 |
| Protein (g) | 20 | 3 |
| Salt (g) | 2,1 | 0,4 |

## Allergens

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

1



## Fry the potatoes

- Wash the potatoes and cut them in half. Heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the potatoes for 15 minutes, covered, tossing regularly.
- Remove the lid, then season with salt and pepper.
- Fry for 5 - 10 more minutes until done.

**Air Fryer Option:** *drizzle the potatoes with oil and fry for 15 - 25 minutes at 200°C. Shake halfway and avoid overcrowding the basket.*

2



## Chop the vegetables

- Meanwhile, roughly tear or shred the lettuce.
- Cut the tomato into wedges and slice the onion into half-rings.
- Finely chop the pickles.

**Did you know...** *the tomato in this recipe contains potassium, a mineral that contributes to normal muscle function.*

3



## Make the sauce

- In a small bowl, combine the mayonnaise with the Worcestershire sauce and half of the chopped pickles.
- Add the white wine vinegar and the water for the sauce.
- Season with a pinch of salt and mix well, then set aside until serving.

4



## Fry the burger

- Melt a knob of butter in a frying pan over medium-high heat.
- Fry the burger for 3 - 4 minutes on one side.
- Add half of the onion, then flip the burger and top with the cheese.
- Fry for another 3 - 4 minutes.

5



## Make the salad

- Transfer the lettuce and tomato to a salad bowl, along with the rest of the onion.
- Add half of the mayonnaise sauce and toss well to combine, seasoning to taste with salt and pepper.

6



## Serve

- Serve the salad with the potatoes on deep plates.
- Top with the burger and the fried onion.
- Garnish with the rest of the pickles.
- Serve the rest of the sauce alongside.

Fry the burger in a frying pan over medium-high heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

# Za'atar Chicken Wraps with Fresh Herbs

## with orange cream cheese, zesty salsa & sumac

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




Flour tortillas


Za'atar


Sumac


Onion


Tomato


Orange


Middle Eastern spice mix


Fresh flat leaf parsley & mint


Green Romano pepper


Seasoned chicken mince


Fresco spalmabile - cream cheese

Pork mincemeat

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Flour tortillas (unit(s)) | 2 | 4 | 6 | 8 | 10 | 12 |
| Za'atar (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Sumac (tsp) | 1½ | 3 | 4½ | 6 | 7½ | 9 |
| Onion (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Tomato (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Middle Eastern spice mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Orange* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Fresh flat leaf parsley & mint* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Green Romano pepper* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Seasoned chicken mince* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Fresco spalmabile - cream cheese* (g) | 50 | 100 | 150 | 200 | 250 | 300 |
| **Not included** | | | | | | |
| Olive oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Water (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Honey [or plant-based alternative] | to taste | | | | | |
| Extra virgin olive oil | to taste | | | | | |
| Salt and pepper | to taste | | | | | |
| Olive oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Water (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Honey [or plant-based alternative] | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3787 /905 | 656 /157 |
| Total fat (g) | 59 | 10 |
| of which saturated(g) | 13,7 | 2,4 |
| Carbonhydrates (g) | 62 | 11 |
| of which sugars (g) | 15,6 | 2,7 |
| Fiber (g) | 8 | 1 |
| Protein (g) | 31 | 5 |
| Salt (g) | 2,9 | 0,5 |

## Allergens

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

1



## Prepare

- Preheat the oven to 200°C.
- Slice the onion into half rings. Cut the Romano pepper into thin rings. Dice the tomato.
- Juice half of the orange and then dice the rest. Finely chop the fresh herbs.
- In a bowl, combine the tomato with the diced orange and the extra virgin olive oil. Season to taste with salt and pepper, then set aside.

2



## Fry the vegetables

- Heat a drizzle of olive oil in a large deep frying pan over medium-high heat.
- Fry the onion with the Romano pepper and the Middle Eastern-style spices for 3 minutes.
- Add the mince to the vegetables and fry for 3 minutes, then taste and season with salt and pepper.
- Set aside until serving, covered to keep warm.

3



## Heat the tortillas

- In a small bowl, combine the water with a drizzle of olive oil (see pantry for amounts). Spread this over one side of the tortillas and then top with the za'atar.
- Transfer to a parchment-lined baking sheet and bake in the oven for 3 minutes.
- Meanwhile, in a bowl combine the cream cheese with two thirds of the sumac and 1.5 tbsp orange juice per person.

4



## Serve

- Spread the empty side of the tortillas with the cream cheese.
- Serve all the toppings separately and allow everyone to fill their own tortillas.
- Garnish with the fresh herbs and the rest of the sumac. Drizzle with honey as preferred, then fold over the tortillas.

Fry the mince in a frying pan over medium-high heat, separating it as you do until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

# Cheat's Bolognese with Parmigiano Reggiano

## with organic beef mince | penne, basil & mini Roma tomatoes

Total time: 25 - 35 min. Family Quick




Mini Roma tomatoes


Organic beef mince


Fresh basil


Garlic


Penne


Carrot


Tomato paste


Worcestershire sauce


Parmigiano Reggiano DOP


Onion


Italian seasoning

Beef mince with Italian seasoning

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Mini Roma tomatoes* (g) | 125 | 250 | 375 | 500 | 625 | 750 |
| Organic beef mince* (g) | 125 | 250 | 375 | 500 | 625 | 750 |
| Fresh basil* (g) | 2½ | 5 | 7½ | 10 | 12½ | 15 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Penne (g) | 90 | 180 | 270 | 360 | 450 | 540 |
| Carrot* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Tomato paste (can) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Worcestershire sauce (g) | 10 | 15 | 25 | 30 | 40 | 45 |
| Parmigiano Reggiano DOP* (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| Onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Italian seasoning (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| **Not included** | | | | | | |
| [Plant-based] milk (ml) | 30 | 60 | 90 | 120 | 150 | 180 |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Balsamic vinegar (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Low sodium beef stock (ml) | 75 | 150 | 225 | 300 | 375 | 450 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3665 /876 | 590 /141 |
| Total fat (g) | 38 | 6 |
| of which saturated(g) | 15,3 | 2,5 |
| Carbonhydrates (g) | 88 | 14 |
| of which sugars (g) | 22,9 | 3,7 |
| Fiber (g) | 9 | 1 |
| Protein (g) | 44 | 7 |
| Salt (g) | 2,4 | 0,4 |

## Allergens

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

1



## Chop the vegetables

- Boil plenty of water in a pot or saucepan for the pasta.
- Chop the onion and crush or mince the garlic.
- Grate the carrot.

2



## Boil the pasta

- Boil the pasta for 11 - 13 minutes, then drain and set aside.
- In the meantime, halve the tomatoes and prepare the stock.
- Heat a drizzle of olive oil in a deep frying pan over medium heat. Fry the garlic the carrot and the onion for 4 - 5 minutes, covered.
- Add the mince and the Italian seasoning, then fry for 3 more minutes.

3



## Finish the sauce

- Add the stock, the tomato paste, the milk, the Worcestershire sauce, the balsamic vinegar and the tomatoes.
- Mix well to combine and allow to simmer for 6 - 7 minutes.
- Season to taste with salt and pepper.

4



## Serve

- Chop the basil into ribbons.
- Serve the pasta on plates and top with the sauce.
- Grate the cheese directly over the pasta.
- Garnish with the basil to finish.

Fry the mince in a frying pan over medium-high heat, separating it as you do until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

# Organic Salmon | with Hoisin Sauce & Sticky Soy Vegetables

## over furikake rice with gomashio, lime & sesame dressing

Total time: 30 - 40 min. Health Conscious Choice




Organic skin-on salmon fillet


Hoisin sauce


Jasmine rice


Onion


Courgette


Furikake


Sesame oil


Gomashio


Lime


Garlic


Romano pepper


Fillet of salmon

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Organic skin-on salmon fillet* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Hoisin sauce (g) | 15 | 25 | 40 | 50 | 65 | 75 |
| Jasmine rice (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Courgette* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Furikake (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Sesame oil (ml) | 5 | 10 | 15 | 20 | 25 | 30 |
| Gomashio (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Lime* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Romano pepper* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| **Not included** | | | | | | |
| Sunflower oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Honey [or plant-based alternative] (tsp) | 2 | 4 | 6 | 8 | 10 | 12 |
| Sambal (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Reduced salt] soy sauce (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3268 /781 | 646 /155 |
| Total fat (g) | 34 | 7 |
| of which saturated(g) | 4,8 | 0,9 |
| Carbonhydrates (g) | 89 | 18 |
| of which sugars (g) | 21,6 | 4,3 |
| Fiber (g) | 6 | 1 |
| Protein (g) | 37 | 7 |
| Salt (g) | 3,1 | 0,6 |

## Allergens

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

1



## Prepare

- Preheat the oven to 200°C. Boil plenty of water in a pot or saucepan.
- Cut the onion into wedges.
- Slice the courgette into crescents. Cut the Romano pepper into strips.
- Transfer the vegetables to a large bowl and drizzle with sunflower oil. Season to taste with salt and pepper, then toss well to coat.

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

2



## Roast the vegetables

- Transfer the vegetables to a parchment-lined baking sheet and roast in the oven for 7 minutes.
- Meanwhile, spread two thirds of the hoisin sauce over the fish.
- Place the fish skin-side down among the vegetables, then return the baking sheet to the oven for a further 10 - 15 minutes.

3



## Boil the rice

- Boil the rice for 12 - 15 minutes, then drain and set aside.
- Meanwhile, crush or mince the garlic.
- In a small bowl, combine the garlic with the soy sauce, the sambal and half of the honey.
- Pour this over the roasted vegetables and toss well to combine, then return to the oven until done.

4



## Serve

- Cut the lime into six wedges. In a small bowl, combine the sesame oil with the rest of the honey and hoisin sauce, along with the juice of one lime wedge per person.
- Stir the furikake into the rice. Serve the rice on plates and arrange everything on top.
- Drizzle with the hoisin dressing and garnish with the gomashio. Serve the rest of the lime wedges alongside.

+ Pat the fish dry with kitchen paper. Fry the fish in a frying pan over medium-high heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

# Organic Steak | with Greek-Style Cheese & Pickled Onion

## over bulgur with spinach, bell pepper & tomato

Total time: 15 - 25 min. Quick




Red onion


Bell pepper


Tomato


Greek-style cheese


Italian seasoning


Spinach


Organic steak


Bulgur

Marinated steak

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Red onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Bell pepper* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Tomato (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Greek-style cheese* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Italian seasoning (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Spinach* (g) | 50 | 100 | 150 | 200 | 250 | 300 |
| Organic steak* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Bulgur (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Not included | | | | | | |
| Balsamic vinegar (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Olive oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Low sodium mushroom or vegetable stock cube (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Extra virgin olive oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Red wine vinegar (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Sugar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| [Plant-based] mayonnaise (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Salt and pepper | to taste | | | | | |

* *store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3807 /910 | 731 /175 |
| Total fat (g) | 49 | 9 |
| of which saturated(g) | 11,2 | 2,1 |
| Carbonhydrates (g) | 77 | 15 |
| of which sugars (g) | 15,9 | 3,1 |
| Fiber (g) | 13 | 2 |
| Protein (g) | 44 | 8 |
| Salt (g) | 3,3 | 0,6 |

## Allergens

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

1



## Prepare

- Remove the steak from the fridge and allow it to reach room temperature.
- Transfer the bulgur to a pot or saucepan and submerge with water, then crumble in the stock cube (see pantry for amount).
- Bring to the boil and cook the bulgur for 10 minutes until done, then drain and set aside.
- Meanwhile, slice the onion into thin half-rings.

2



## Pickle the onion

- In a bowl, combine the sugar with half of the red wine vinegar.
- Add half of the onion, then season with salt and pepper. Toss well to combine and then set aside, stirring occasionally.
- Dice the bell pepper and the tomato.
- In a bowl, combine the mayonnaise with the rest of the red wine vinegar.

3



## Fry the steak

- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the steak for 1 - 3 minutes per side.
- Remove from the pan and season with pepper, then allow to rest under aluminum foil.
- Heat a drizzle of olive oil in the same pan over medium-high heat. Fry the bell pepper, the Italian seasoning and the rest of the onion for 3 - 4 minutes.

4



## Serve

- Transfer the spinach, the tomato, the pickled onion, the balsamic vinegar and the extra virgin olive oil to the bulgur, then mix well to combine.
- Serve the bulgur on deep plates with everything else alongside.
- Drizzle with the mayonnaise and crumble over the cheese to finish.

+ Fry the protein 1 - 3 minutes per side in a frying pan over medium-high heat, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

# Organic Salmon | in Honey-Mustard Sauce with Baby Potatoes

## with rainbow carrots & fresh thyme

Total time: 40 - 50 min. Family Health Conscious Choice




Baby potatoes


Carrot


Organic skin-on salmon fillet


Garlic


Fresh thyme


Yellow carrot


Red onion

Fillet of salmon

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Baby potatoes (g) | 200 | 400 | 600 | 800 | 1000 | 1200 |
| Carrot* (unit(s)) | 1 | 1 | 2 | 2 | 3 | 3 |
| Organic skin-on salmon fillet* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Garlic (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Fresh thyme* (g) | 2½ | 5 | 7½ | 10 | 12½ | 15 |
| Yellow carrot* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Red onion (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| **Not included** | | | | | | |
| Olive oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Low sodium vegetable stock (ml) | 50 | 100 | 150 | 200 | 250 | 300 |
| Mustard (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Honey [or plant-based alternative] (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Brown sugar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 2979 /712 | 424 /101 |
| Total fat (g) | 33 | 5 |
| of which saturated(g) | 4,8 | 0,7 |
| Carbonhydrates (g) | 67 | 10 |
| of which sugars (g) | 22,2 | 3,2 |
| Fiber (g) | 16 | 2 |
| Protein (g) | 32 | 4 |
| Salt (g) | 0,6 | 0,1 |

## Allergens

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

1



## Roast the potatoes

- Preheat the oven to 220°C.
- Prepare the stock.
- Wash the baby potatoes and cut them in half, or any larger ones into quarters.
- Transfer to a bowl and drizzle with olive oil. Season to taste with salt and pepper, then toss well to coat.

**Air Fryer Option:** *drizzle the potatoes with oil and fry for 15 - 25 minutes at 200°C. Shake halfway and avoid overcrowding the basket.*

2



## Chop the vegetables

- Transfer to one side of a parchment-lined baking sheet and roast for 30 - 35 minutes, tossing halfway.
- Halve the carrots lengthways and cut into crescents of 1cm thickness.
- Slice the onion into half rings and crush or mince the garlic.
- Pull the leaves off of half a sprig of thyme per person, then roughly chop. In a small bowl, combine the honey with the mustard.

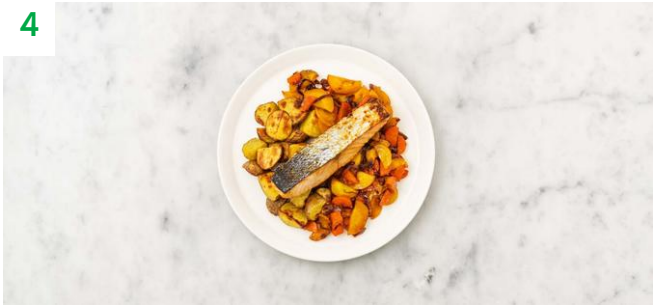
3



## Stew the vegetables

- Heat a drizzle of olive oil in a deep frying pan over medium-high heat and fry the onion with the carrot for 1 minute.
- Add the garlic, thyme, sugar and stock, then cover with the lid and allow to stew for 10 - 12 minutes.
- Remove the lid and then cook for 2 more minutes.

4



## Serve

- Pat the fish dry with kitchen paper and season with salt and pepper, then spread with the honey-mustard sauce.
- Transfer to the baking sheet alongside the potatoes and return to the oven for 10 - 12 minutes.
- Serve the fish with the potatoes and carrots.

Pat the fish dry with kitchen paper. Fry the fish in a frying pan over medium-high heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

# Asian-Inspired Noodle Salad with Veggie Mince

## with peanuts & fresh coriander

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



- Garlic
- Plant-based mince
- Ginger paste
- East Asian-style sauce
- Ketjap manis
- Red chili pepper
- Red onion
- Cucumber
- Roma tomato
- Fresh coriander
- Unsalted peanuts
- Fresh udon noodles
- Lemon

Chicken mince with Indonesian spices

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Plant-based mince* (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Ginger paste* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| East Asian-style sauce* (g) | 35 | 70 | 105 | 140 | 175 | 210 |
| Ketjap manis (g) | 20 | 40 | 60 | 80 | 100 | 120 |
| Red chili pepper* (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Red onion (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Cucumber* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Roma tomato (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Fresh coriander* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Unsalted peanuts (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| Fresh udon noodles (g) | 110 | 220 | 330 | 440 | 550 | 660 |
| Lemon* (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| **Not included** | | | | | | |
| Sunflower oil (tbsp) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Sugar (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Reduced salt] soy sauce | | | to taste | | | |
| Salt and pepper | | | to taste | | | |
| Sunflower oil (tbsp) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Sugar (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 2368 /566 | 421 /101 |
| Total fat (g) | 18 | 3 |
| of which saturated(g) | 2,3 | 0,4 |
| Carbonhydrates (g) | 74 | 13 |
| of which sugars (g) | 31 | 5,5 |
| Fiber (g) | 12 | 2 |
| Protein (g) | 25 | 4 |
| Salt (g) | 3,2 | 0,6 |

## Allergens

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

1



## Prepare

- Crush or mince the garlic. Quarter the lemon.
- In a small bowl, combine the East Asian-style sauce with the ketjap, garlic, ginger paste and sugar.
- Add the juice of a quarter lemon per person, then mix well to combine.

2



## Make the salad

- Slice the cucumber into crescents.
- Cut the tomato into wedges and the onion into half rings (see Tip).
- Finely chop the coriander.
- Transfer all of this to a salad bowl and toss well to combine.

**Tip:** *if you don't like raw onion, fry it in step 3.*

**Did you know...** *the cucumber in this recipe contains vitamin K, a nutrient that helps to keep bones strong.*

3



## Fry the mince

- Heat a light drizzle of sunflower oil in a wok or deep frying pan over medium-high heat and fry the mince for 4 - 5 minutes.
- Add the noodles and two thirds of the sauce, then mix well and fry for 2 more minutes.
- Meanwhile, roughly chop the peanuts and slice the red chili pepper* into thin rings.

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

4



## Serve

- Transfer the noodles to the salad bowl and toss well to combine.
- Serve on plates and garnish with the peanuts. Serve any remaining lemon wedges alongside.
- Drizzle with the rest of the sauce and season to taste with pepper.
- Finish with the chili pepper and/or some soy sauce as preferred.

Fry the mince in a frying pan over medium-high heat, separating it as you do until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

# Ghanaian-Inspired Beef & Peanut Stew

## with organic beef mince | rice, sweet potato, lime & spinach

Total time: 20 - 30 min. Quick



- Basmati rice
- Carrot
- Spinach
- Tagine paste
- Sweet potato
- Red onion
- Peanut butter
- African-inspired spice mix
- Organic beef mince
- Lime

NEW INGREDIENT

There is a new ingredient in your box! This tagine paste combines warm spices with sweet apricot, tomato and garlic, to add a rich, savoury-sweet depth of flavour to any dish.
*Scan the QR code to let us know what you thought of the ingredient!*

+ Seasoned minced beef

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Basmati rice (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Carrot* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Spinach* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Tagine paste (g) | 22½ | 45 | 67½ | 90 | 112½ | 135 |
| Sweet potato (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Red onion (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Peanut butter (tub) | 1 | 2 | 3 | 4 | 5 | 6 |
| African-inspired spice mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Organic beef mince* (g) | 125 | 250 | 375 | 500 | 625 | 750 |
| Lime* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| **Not included** | | | | | | |
| Water for the rice (ml) | 175 | 350 | 525 | 700 | 875 | 1050 |
| Sunflower oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Low sodium beef or vegetable stock (ml) | 125 | 250 | 375 | 500 | 625 | 750 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3966 /948 | 459 /110 |
| Total fat (g) | 45 | 5 |
| of which saturated(g) | 14,4 | 1,7 |
| Carbonhydrates (g) | 97 | 11 |
| of which sugars (g) | 15,1 | 1,7 |
| Fiber (g) | 11 | 1 |
| Protein (g) | 41 | 5 |
| Salt (g) | 3,6 | 0,4 |

## Allergens

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

1



## Prepare

- Prepare the stock.
- Boil the water for the rice in a pot or saucepan and cook the rice for 10 - 12 minutes, covered.
- Turn off the heat and allow to stand for 5 minutes, still covered.
- Peel or thoroughly wash the sweet potato and the carrot, then dice both into 1cm cubes.

2



## Fry the vegetables

- Heat a drizzle of sunflower oil in a deep frying pan over high heat. Fry the carrot and the sweet potato with a splash of water for 5 minutes, covered.
- Meanwhile, chop the onion and transfer to the pan.
- Add the mince and fry for 2 - 3 minutes, separating it as you do so.
- Stir in the African-inspired spices and fry for 1 more minute.

3



## Finish

- Gradually add the spinach, tearing it directly into the pan. Season to taste with salt and pepper.
- Add the stock, the peanut butter and the tagine paste, then mix well and bring to the boil.
- Cover with the lid and simmer for 4 minutes over medium-high heat, or until serving.
- Zest the lime and cut it into wedges.

4



## Serve

- Serve the rice on plates and top with the stew.
- Garnish with some lime zest as preferred and serve the lime wedges alongside.

Fry the mince in a frying pan over medium-high heat, separating it as you do until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

# Harira-Style Soup with Roasted Chickpeas

## with African-inspired spices, labneh & wholewheat pita bread

Total time: 35 - 45 min. Vegetarian



- Lentils
- African-inspired spice mix
- Red onion
- Carrot
- Fresh ginger
- Fresh flat leaf parsley
- Labneh
- Chickpeas
- BBQ spice rub
- Chopped dates
- Wholewheat pita bread
- Chopped tomatoes
- Garlic
- Romano pepper

+ Skin-on hake fillet

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Lentils (pack) | ½ | 1 | 1 | 2 | 2 | 3 |
| African-inspired spice mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Red onion (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Carrot* (unit(s)) | 1 | 1 | 2 | 2 | 3 | 3 |
| Fresh ginger* (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Fresh flat leaf parsley* (g) | 2½ | 5 | 7½ | 10 | 12½ | 15 |
| Labneh* (g) | 40 | 80 | 120 | 150 | 200 | 230 |
| Chickpeas (pack) | ½ | 1 | 2 | 2 | 3 | 3 |
| BBQ spice rub (sachet(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Chopped dates (g) | 20 | 40 | 60 | 80 | 100 | 120 |
| Wholewheat pita bread (unit(s)) | 2 | 4 | 6 | 8 | 10 | 12 |
| Chopped tomatoes (pack) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Romano pepper* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| **Not included** | | | | | | |
| Olive oil (tbsp) | ¾ | 1½ | 2¼ | 3 | 3¾ | 4½ |
| Low sodium vegetable stock (ml) | 200 | 400 | 600 | 800 | 1000 | 1200 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3523 /842 | 353 /84 |
| Total fat (g) | 26 | 3 |
| of which saturated(g) | 4 | 0,4 |
| Carbonhydrates (g) | 105 | 10 |
| of which sugars (g) | 36,9 | 3,7 |
| Fiber (g) | 36 | 4 |
| Protein (g) | 32 | 3 |
| Salt (g) | 4 | 0,4 |

## Allergens

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

1



## Prepare

- Preheat the oven to 220°C and prepare the stock (see Tip).
- Grate the ginger and roughly chop the onion.
- Crush or mince the garlic and cut the carrot into crescents.
- Finely dice the Romano pepper.

**Health Tip:** *this recipe is high in salt. If you're watching your salt intake, substitute the stock for boiling water.*

2



## Make the soup

- Heat a drizzle of olive oil in a soup pot over medium-high heat.
- Fry the ginger, garlic, onion, carrot, Romano pepper and chopped dates for 2 - 3 minutes.
- Add the chopped tomatoes and the stock, then bring to a boil and cook for 8 - 10 minutes, covered.

3



## Prepare the chickpeas

- Drain the chickpeas and set aside half to use later.
- Pat the rest of the chickpeas dry with kitchen paper, then transfer to a bowl.
- Add the BBQ spice rub* and a light drizzle of olive oil.
- Season with salt and pepper, then toss well to coat.

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

4

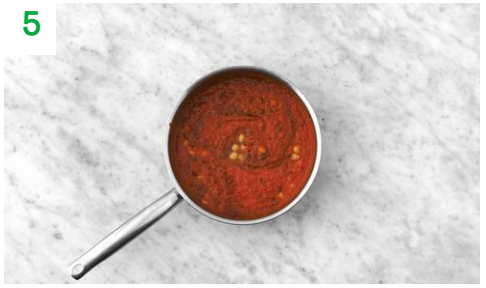


## Bake the pitas

- Transfer the chickpeas to a parchment-lined baking sheet and roast in the oven for 20 minutes, or until golden-brown and crunchy.
- Bake the pitas in the oven for 4 - 6 minutes, or use a toaster if preferred.
- Roughly chop the parsley and drain the lentils.

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

5



## Finish

- Add the African-inspired spices to the soup and then process until smooth with an immersion blender.
- Stir in the lentils and the reserved chickpeas.
- Taste the soup and season with salt and pepper if necessary, then cook for 2 - 3 more minutes.

6



## Serve

- Serve the soup on deep plates.
- Top with the roasted chickpeas and garnish with the parsley and labneh.
- Serve with the pitas on the side.

Pat the fish dry with kitchen paper. Fry the fish in a frying pan over medium-high heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

# Butternut Squash Tikka Masala with Mango Chutney

## over brown rice with shaved almonds & green beans

Total time: 40 - 50 min. Vegetarian



- Butternut squash
- Quick-cook brown rice
- Garlic
- Onion
- Green beans
- Tomato paste
- Tikka masala paste
- Crème fraîche
- Mango chutney
- Shaved almonds

**NEW INGREDIENT**

There is a new ingredient in your box! Tikka masala paste provides a flavourful base of Indian spices, perfect for giving a mild kick to any dish.
*Scan the QR code to let us know what you thought of the ingredient!*

+ Chicken breast

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Butternut squash* (unit(s)) | ⅓ | ⅔ | 1 | 1⅓ | 1⅔ | 2 |
| Quick-cook brown rice (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Garlic (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Onion (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Green beans* (g) | 75 | 150 | 200 | 300 | 350 | 450 |
| Tomato paste (can) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Tikka masala paste (g) | 37½ | 75 | 112½ | 150 | 187½ | 225 |
| Crème fraîche* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Mango chutney* (g) | 20 | 40 | 60 | 80 | 100 | 120 |
| Shaved almonds (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| **Not included** | | | | | | |
| Water for the rice (ml) | 175 | 350 | 525 | 700 | 875 | 1050 |
| Low sodium vegetable stock (ml) | 75 | 150 | 225 | 300 | 375 | 450 |
| Olive oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3577 /855 | 421 /101 |
| Total fat (g) | 35 | 4 |
| of which saturated(g) | 8,8 | 1 |
| Carbonhydrates (g) | 114 | 13 |
| of which sugars (g) | 15,9 | 1,9 |
| Fiber (g) | 16 | 2 |
| Protein (g) | 16 | 2 |
| Salt (g) | 2,7 | 0,3 |

## Allergens

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

1



## Prepare

- Preheat the oven to 220°C and prepare the stock.
- Boil the water for the rice in a pot or saucepan.
- Peel the butternut squash, then cut the neck off of the round base. Halve the base lengthways, then scoop out the seeds and the stringy part of the flesh.
- Dice the butternut squash into 1cm cubes.

2



## Roast the butternut squash

- Transfer the butternut squash to a parchment-lined baking sheet and drizzle with olive oil, then season with salt and pepper.
- Toss well to coat and roast for 18 - 20 minutes, tossing halfway.
- Meanwhile, slice the onion into half-rings and crush or mince the garlic.
- Discard the tips of the green beans and then cut into thirds.

3



## Cook the rice

- Boil the rice for 10 minutes, covered.
- Turn off the heat and allow to stand for 5 minutes, still covered.
- Meanwhile, heat a drizzle of olive oil in a deep frying pan over medium-high heat and fry the onion for 4 - 5 minutes.
- Add the garlic, the tomato paste and the tikka masala paste. Fry for 1 minute, then add the stock and the green beans.

4



## Serve

- Bring the curry to a simmer, then lower the heat and cook for 8 - 10 minutes.
- Remove from the heat, then stir in the crème fraîche, the butternut squash, the mango chutney and a splash of water if necessary.
- Serve the rice in bowls and top with the curry.
- Garnish with the almonds to finish.

+ Fry the chicken in a frying pan over medium-high heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

# Korean-Style Gochujang Chicken Bibimbap Bowl

**bring the sensational food trend home!**

Total time: 30 - 40 min. Health Conscious Choice




Carrot


Garlic


Green beans


Gochujang


Jasmine rice


Seasoned chicken mince


Red onion

Seasoned beef mince

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Carrot* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Garlic (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Green beans* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Gochujang* (g) | 15 | 25 | 40 | 50 | 65 | 75 |
| Jasmine rice (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Seasoned chicken mince* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Red onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Not included | | | | | | |
| Water for the rice (ml) | 150 | 300 | 450 | 600 | 750 | 900 |
| White wine vinegar (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Reduced salt] soy sauce (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Honey [or plant-based alternative] (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Sugar (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Water for the sauce (ml) | 25 | 50 | 75 | 100 | 125 | 150 |
| Sunflower oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 2452 /586 | 407 /97 |
| Total fat (g) | 16 | 3 |
| of which saturated(g) | 3,2 | 0,5 |
| Carbonhydrates (g) | 87 | 14 |
| of which sugars (g) | 19,8 | 3,3 |
| Fiber (g) | 8 | 1 |
| Protein (g) | 30 | 5 |
| Salt (g) | 2,5 | 0,4 |

## Allergens

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

1



## Prepare

- Boil the water for the rice in a pot or saucepan (see pantry for amount).
- Cook the rice for 10 - 12 minutes, covered.
- Turn off the heat and allow to stand for 5 minutes, still covered.

2



## Chop the vegetables

- Slice the onion into half-rings.
- Use a peeler or cheese slicer to shave the carrot into thin ribbons.
- In a small bowl, combine the carrot with the onion, the white wine vinegar, the sugar and a pinch of salt. Set aside until further use.
- Crush or mince the garlic and discard the tips of the green beans.

**Did you know...** *the green beans in this recipe contain contains fibre, a nutrient that contributes to digestive regularity.*

3



## Stir-fry the green beans

- Heat a drizzle of sunflower oil in a large frying pan over high heat and fry the green beans for 2 - 3 minutes.
- Reduce the heat to medium-high, then add half of the garlic and stir-fry for 1 minute.
- Add a splash of water and cook for 4 - 5 minutes, covered.
- Remove from the pan and set aside under aluminum foil.

4



## Fry the mince

- In the same pan, fry the mince for 3 minutes over medium-high heat, separating it as you do so.
- Stir in the rest of the garlic and fry for 1 more minute.

5



## Make the sauce

- In a bowl, combine the soy sauce with the honey, the gochujang* and the water for the sauce.
- Transfer this sauce to the frying pan and mix well, then bring to the boil.
- Lower the heat and allow to simmer for 2 - 3 minutes, or until thickened and reduced.

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

6



## Serve

- Transfer the pickling liquid from the carrots to the rice, then fluff through with a fork.
- Serve the rice in bowls with everything else alongside.

Fry the mince in a frying pan over medium-high heat, separating it as you do until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

# Shrimp Bulgur Bowl with Orange Vinaigrette

## with Greek-style cheese, carrot & raisins

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




Bulgur


Greek-style cheese


Orange


Shrimp


Raisins


African-inspired spice mix


Spinach


Onion


Carrot


Persian cucumber

Chicken breast

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Bulgur (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Greek-style cheese* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Shrimp* (g) | 80 | 160 | 240 | 320 | 400 | 480 |
| Orange* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Raisins (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| African-inspired spice mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Spinach* (g) | 50 | 100 | 200 | 200 | 300 | 300 |
| Onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Carrot* (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Persian cucumber* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| **Not included** | | | | | | |
| Low sodium vegetable stock cube (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Red wine vinegar (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Mustard (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Extra virgin olive oil (tbsp) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| [Plant-based] butter (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 2489 /595 | 511 /122 |
| Total fat (g) | 18 | 4 |
| of which saturated(g) | 9,5 | 1,9 |
| Carbonhydrates (g) | 81 | 17 |
| of which sugars (g) | 19,8 | 4,1 |
| Fiber (g) | 14 | 3 |
| Protein (g) | 31 | 6 |
| Salt (g) | 2,4 | 0,5 |

## Allergens

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

1



## Cook the bulgur

- Transfer the bulgur to a pot or saucepan and submerge with plenty of water, then crumble in the stock cube (see pantry for amount).
- Bring to a boil and cook the bulgur for 10 minutes, then drain and set aside.
- Meanwhile, chop the onion and slice the carrot.
- Dice half of the orange and then juice the rest. Dice the cucumber.

2



## Fry the shrimp

- Pat the shrimp dry with kitchen paper.
- Melt a knob of butter in a frying pan over medium-high heat and fry the carrot with the onion for 6 - 8 minutes.
- Add the shrimp and half of the African-inspired spices, then fry for 3 more minutes.
- Stir in half of the spinach and allow to wilt and reduce.

3



## Make the vinaigrette

- In a small bowl, combine the orange juice with the mustard, the red wine vinegar and the extra virgin olive oil. Season to taste with salt and pepper.
- In a large bowl, combine the bulgur with the rest of the spinach and the African-inspired spices, along with half of the orange vinaigrette.
- Season to taste with salt and pepper.

4



## Serve

- Serve the bulgur on deep plates with everything else on top.
- Garnish with the raisins, the cucumber and the orange.
- Crumble over the Greek-style cheese and drizzle with the rest of the vinaigrette to finish.

Fry the chicken in a frying pan over medium-high heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

# Chicken Curry Vol Au Vents

## with parsley, arugula-cucumber salad & Romano pepper

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




Puff pastry cup


Romano pepper


Onion


Garlic


Chicken tenderloin


Carrot


Curry powder


Arugula


Fresh flat leaf parsley


Persian cucumber


Chicken thigh strips

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Puff pastry cup (unit(s)) | 2 | 4 | 6 | 8 | 10 | 12 |
| Romano pepper* (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Chicken tenderloin* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Onion (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Carrot* (unit(s)) | ½ | 1 | 1 | 1 | 2 | 2 |
| Curry powder (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Arugula* (g) | 30 | 60 | 90 | 120 | 150 | 180 |
| Fresh flat leaf parsley* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Persian cucumber* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| **Not included** | | | | | | |
| Low sodium chicken stock (ml) | 75 | 150 | 225 | 300 | 375 | 450 |
| [Plant-based] milk (ml) | 75 | 150 | 225 | 300 | 375 | 450 |
| Flour (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| [Plant-based] butter (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Mustard (tbsp) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Extra virgin olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Honey [or plant-based alternative] (tbsp) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Salt and pepper | to taste | | | | | |

* *store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3301 /789 | 557 /133 |
| Total fat (g) | 47 | 8 |
| of which saturated(g) | 23,1 | 3,9 |
| Carbonhydrates (g) | 54 | 9 |
| of which sugars (g) | 16,7 | 2,8 |
| Fiber (g) | 7 | 1 |
| Protein (g) | 36 | 6 |
| Salt (g) | 1,2 | 0,2 |

## Allergens

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

1



## Prepare

- Preheat the oven to 180°C. Slice the carrot into crescents and cut the chicken into strips.
- Melt a knob of butter in a deep frying pan over medium-high heat and fry the chicken with the carrot for 3 minutes.
- Meanwhile, cut the Romano pepper into thin strips. Chop the onion and crush or mince the garlic.
- Transfer all three to the pan and fry for 4 minutes.

2



## Make the curry

- Prepare the stock.
- Stir the flour, the curry spices and a knob of butter into the vegetables, then fry for 1 - 2 minutes.
- Add the stock and the milk, then mix well until smooth.
- Allow to reduce over low heat for 6 - 8 minutes. Season to taste with salt and pepper (see Tip).

**Tip:** *increase the heat if it seems too watery.*

3



## Make the salad

- Transfer the pastry cups to a parchment-lined baking sheet and heat in the oven for 5 - 8 minutes.
- Meanwhile, roughly chop the parsley.
- Slice the cucumber into thin crescents.
- In a salad bowl, combine the mustard with the honey and the extra virgin olive oil. Season to taste with salt and pepper.

4



## Serve

- Shortly before serving, transfer the arugula and the cucumber to the salad bowl, then toss to combine with the dressing.
- Stir half of the parsley into the curry.
- Stuff the puff pastry cups with the curry and serve the salad alongside.
- Garnish with the rest of the parsley.

Fry the chicken in a frying pan over medium-high heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

# Shrimp Stir-Fry with Noodles & East Asian-Style Sauce

## with cabbage, coriander & sesame seeds

Total time: 10 - 20 min. Quick




Shrimp


Garlic


East Asian-style sauce


Fresh coriander


Sesame seeds


Wholewheat noodles


Vegetable mix with cabbage

Marinaded steak strips

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Shrimp* (g) | 80 | 160 | 240 | 320 | 400 | 480 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| East Asian-style sauce* (g) | 35 | 70 | 105 | 140 | 175 | 210 |
| Fresh coriander* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Sesame seeds (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Wholewheat noodles (g) | 75 | 150 | 200 | 300 | 350 | 450 |
| Vegetable mix with cabbage* (g) | 200 | 400 | 600 | 800 | 1000 | 1200 |
| Not included | | | | | | |
| Sunflower oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Reduced salt] soy sauce (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Sugar (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Sambal (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| White wine vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| [Plant-based] butter (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt and pepper | to taste | | | | | |

* *store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 2544 /608 | 574 /137 |
| Total fat (g) | 17 | 4 |
| of which saturated(g) | 5,4 | 1,2 |
| Carbonhydrates (g) | 84 | 19 |
| of which sugars (g) | 15,6 | 3,5 |
| Fiber (g) | 10 | 2 |
| Protein (g) | 27 | 6 |
| Salt (g) | 4,9 | 1,1 |

## Allergens

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

1



## Prepare

- Boil plenty of water in a pot or saucepan for the noodles.
- Crush or mince the garlic.
- Heat a drizzle of sunflower oil in a wok or deep frying pan over medium heat and fry the garlic for 1 minute.
- Add the vegetable mix and fry for 4 - 5 minutes.

2



## Boil the noodles

- Meanwhile, boil the noodles for 4 - 5 minutes until al dente.
- Drain the noodles and transfer to the vegetables.
- Add the East Asian-style sauce, then toss well to combine and fry for 1 more minute.

3



## Fry the shrimp

- Melt a knob of butter in a frying pan over medium-high heat and fry the shrimp for 3 minutes until done. Season to taste with salt and pepper.
- Add the white wine vinegar, the sugar, the sambal and the soy sauce (see Tip).
- Stir-fry for 1 minute.

**Health Tip:** *if you're watching your salt intake, use just half of the soy sauce.*

4



## Serve

- Roughly chop the coriander.
- Serve the noodles on deep plates with everything else alongside.
- Drizzle with any residual sauce from the frying pans.
- Garnish with the coriander and the sesame seeds to finish.

Fry the beef in a frying pan over medium-high heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

# Sweet & Sticky Chicken Thigh Strips with Yogurt Sauce

## over bulgur with fresh herbs, cucumber & bell pepper

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



- Bulgur
- Chicken thigh strips
- Garlic
- Red onion
- Bell pepper
- Cucumber
- Fresh flat leaf parsley & mint
- Organic full-fat yogurt
- Mango ketchup
- Za'atar
- Hello Harissa

+ Seasoned pork strips

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Bulgur (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Chicken thigh strips* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Red onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Bell pepper* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Cucumber* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Fresh flat leaf parsley & mint* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Organic full-fat yogurt* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Mango ketchup* (g) | 30 | 60 | 90 | 120 | 150 | 180 |
| Za'atar (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Hello Harissa (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| **Not included** | | | | | | |
| Low sodium beef or vegetable stock (ml) | 175 | 350 | 525 | 700 | 875 | 1050 |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Plant-based] butter (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| White wine vinegar (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Sugar (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Plant-based] mayonnaise (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Extra virgin olive oil | | | to taste | | | |
| Low sodium beef or vegetable stock (ml) | 175 | 350 | 525 | 700 | 875 | 1050 |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 4761 /1138 | 405 /97 |
| Total fat (g) | 75 | 6 |
| of which saturated(g) | 23,7 | 2 |
| Carbonhydrates (g) | 88 | 7 |
| of which sugars (g) | 25,3 | 2,1 |
| Fiber (g) | 12 | 1 |
| Protein (g) | 33 | 3 |
| Salt (g) | 3,3 | 0,3 |

## Allergens

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

1



## Prepare the bulgur

- Prepare the stock in a pot or saucepan and bring to a boil.
- Cook the bulgur in the stock for 8 - 10 minutes or until done.
- Stir the za'atar into the bulgur and drizzle with extra virgin olive oil as preferred. Season to taste with salt and pepper.
- Meanwhile, slice the onion into half rings and crush or mince the garlic. Cut the bell pepper into strips.

2



## Fry the vegetables

- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the vegetables with the garlic and the Hello Harissa* for 6 - 8 minutes. Season to taste with salt and pepper.
- Dice the cucumber and transfer to a bowl.
- Add the white wine vinegar and the sugar, then toss well to combine.

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

3



## Fry the chicken

- Melt a knob of butter in a frying pan over medium-high heat and fry the chicken for 7 minutes.
- Lower the heat, then add the mango ketchup and fry for 1 more minute. Season to taste with salt and pepper.
- Meanwhile, finely chop the fresh herbs, being sure to keep them separate.

4



## Serve

- In a bowl, combine the mint with the yogurt and the mayonnaise, along with some extra virgin olive oil as preferred. Season to taste with salt and pepper.
- Serve the bulgur in bowls and arrange everything on top.
- Garnish with the parsley and the yogurt sauce.

Fry the pork in a frying pan over medium-high heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

# Spicy No-Chicken Curry in Richly Fragrant Coconut Sauce

## over rice with coriander & bell pepper

Total time: 15 - 25 min.

Family | Quick | Plant-Based | Health Conscious Choice



- Jasmine rice
- Bell pepper
- Coconut milk
- Soy sauce
- Tinned cherry tomatoes
- Fresh coriander
- Chopped onion
- Yellow curry spices
- Garlic
- Red chili pepper
- Ginger paste
- Plant-based chicken pieces
- African-inspired spice mix

+ Chicken thigh strips

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Jasmine rice (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Bell pepper* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Coconut milk (ml) | 90 | 180 | 250 | 360 | 430 | 540 |
| Soy sauce (ml) | 5 | 10 | 15 | 20 | 25 | 30 |
| Tinned cherry tomatoes (can) | ½ | 1 | 1 | 2 | 2 | 3 |
| Fresh coriander* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Chopped onion* (g) | 25 | 50 | 100 | 100 | 150 | 150 |
| Yellow curry spices (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Garlic (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Red chili pepper* (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Ginger paste* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Plant-based chicken pieces* (g) | 80 | 160 | 240 | 320 | 400 | 480 |
| African-inspired spice mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| **Not included** | | | | | | |
| Low sodium vegetable stock cube (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Sunflower oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Sugar (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt and pepper | | | to taste | | | |
| Low sodium vegetable stock cube (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Sunflower oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3674 /878 | 592 /141 |
| Total fat (g) | 44 | 7 |
| of which saturated(g) | 17,2 | 2,8 |
| Carbonhydrates (g) | 96 | 16 |
| of which sugars (g) | 22,8 | 3,7 |
| Fiber (g) | 10 | 2 |
| Protein (g) | 27 | 4 |
| Salt (g) | 3,4 | 0,5 |

## Allergens

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

1



## Prepare

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cook the rice for 12 - 15 minutes, then drain and set aside.
- Crush or mince the garlic and cut the bell pepper into strips.
- Deseed and finely chop the red chili pepper*.

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

2



## Fry the veggie chicken

- Heat a drizzle of sunflower oil in a large frying pan over medium-high heat.
- Fry the onion with the yellow curry spices for 1 minute.
- Stir in the veggie chicken, the African-inspired spices, the bell pepper, the ginger paste, the chili pepper and the garlic.
- Fry for 5 minutes, seasoning to taste with salt and pepper.

3



## Make the curry

- Deglaze the pan with the soy sauce (see Tip).
- Add the tomatoes, the coconut milk and the sugar.
- Mix well and allow to simmer for 3 - 4 minutes, then season to taste with salt and pepper.

**Tip:** *if you'd prefer it to be spicier, add some sambal from your pantry as preferred.*

4



## Serve

- Meanwhile, finely chop the coriander.
- Serve the rice on plates and top with the curry.
- Garnish with the coriander to finish.

Fry the chicken in a frying pan over medium-high heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

# Criss-Cross Courgette with Creamy Bean Stew

## over brown rice with Grana Padano & green pesto

Total time: 15 - 25 min. Quick Vegetarian

We've replaced the green pesto in this recipe. The green pesto you are receiving contains different allergens. Always remember to check the ingredient label for the most accurate information regarding allergens and traces. Enjoy!



- Bell pepper strips
- Courgette
- Red onion
- Garlic
- Passata
- Grana Padano flakes DOP
- Quick-cook brown rice
- Crème fraîche
- Sicilian-style herb mix
- Butterbeans
- Green pesto

Beef-pork mince with Italian herbs

## Before you start

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

## Ingredients for 1 - 6 servings

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

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3644 /871 | 562 /134 |
| Total fat (g) | 42 | 7 |
| of which saturated(g) | 12,8 | 2 |
| Carbonhydrates (g) | 90 | 14 |
| of which sugars (g) | 17,8 | 2,7 |
| Fiber (g) | 17 | 3 |
| Protein (g) | 24 | 4 |
| Salt (g) | 2,3 | 0,3 |

## Allergens

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

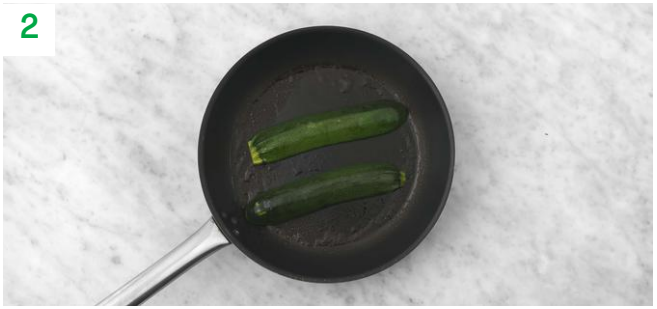
1



## Prepare

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

2



## Fry the courgette

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

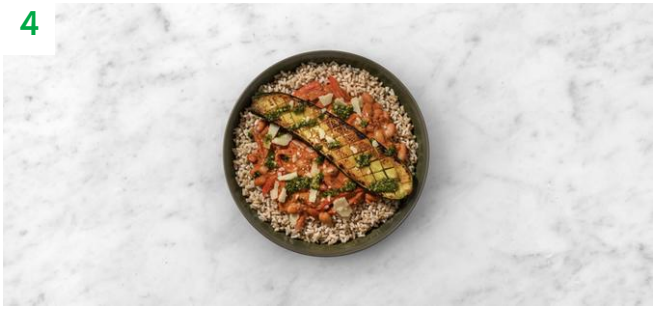
3



## Make the stew

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

4



## Serve

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

Fry the mince in a frying pan over medium-high heat, separating it as you do until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

# Signature Wholewheat Spaghetti with Chicken & Guanciale

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

Total time: 15 - 25 min. Family Quick



- Chicken mince with Mediterranean herbs
- Mascarpone
- Fresh basil
- Garlic
- Romano pepper
- Grana Padano flakes DOP
- Onion
- Passata
- Wholewheat spaghetti
- Guanciale

+ Chicken mince with Mediterranean herbs

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Chicken mince with Mediterranean herbs* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Mascarpone* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Fresh basil* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Garlic (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Romano pepper* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Grana Padano flakes DOP* (g) | 20 | 40 | 60 | 80 | 100 | 120 |
| Onion (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Passata (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Wholewheat spaghetti (g) | 90 | 180 | 270 | 360 | 450 | 540 |
| Guanciale* (g) | 40 | 80 | 120 | 160 | 200 | 240 |
| Not included | | | | | | |
| Olive oil (tbsp) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Low sodium chicken stock cube (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 4021 /961 | 737 /176 |
| Total fat (g) | 50 | 9 |
| of which saturated(g) | 22,6 | 4,1 |
| Carbonhydrates (g) | 75 | 14 |
| of which sugars (g) | 17 | 3,1 |
| Fiber (g) | 14 | 2 |
| Protein (g) | 45 | 8 |
| Salt (g) | 3,4 | 0,6 |

## Allergens

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

1



## Prepare

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

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

2



## Make the sauce

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

3



## Finish

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

4



## Serve

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

Fry the mince in a frying pan over medium-high heat, separating it as you do until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

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

**with min. 115g carbohydrates per person**

Total time: 35 - 45 min. Plant-Based



- Quick-cook brown rice
- Sweet potato
- Chickpeas
- Garlic
- Onion
- Fresh ginger
- Spinach
- Chopped tomatoes
- Fresh coriander & mint
- Coconut milk
- Mango chutney
- Yellow curry spices

+ Naan bread with herbs

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Quick-cook brown rice (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Sweet potato (g) | 150 | 300 | 450 | 600 | 750 | 900 |
| Chickpeas (pack) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Onion (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Fresh ginger* (tsp) | 1½ | 3 | 4½ | 6 | 7½ | 9 |
| Spinach* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Chopped tomatoes (pack) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Fresh coriander & mint* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Coconut milk (ml) | 90 | 180 | 250 | 360 | 430 | 540 |
| Mango chutney* (g) | 20 | 40 | 60 | 80 | 100 | 120 |
| Yellow curry spices (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| **Not included** | | | | | | |
| White wine vinegar (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Sunflower oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Low sodium vegetable stock (ml) | 75 | 150 | 225 | 300 | 375 | 450 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3849 /920 | 425 /102 |
| Total fat (g) | 29 | 3 |
| of which saturated(g) | 15,9 | 1,8 |
| Carbonhydrates (g) | 129 | 14 |
| of which sugars (g) | 22,8 | 2,5 |
| Fiber (g) | 25 | 3 |
| Protein (g) | 24 | 3 |
| Salt (g) | 1,9 | 0,2 |

## Allergens

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

1



## Prepare

- Prepare the stock.
- Dice the sweet potatoes into 1cm chunks. Chop the onion and crush or mince the garlic.
- Grate the ginger and drain the chickpeas.
- Heat a drizzle of sunflower oil in a soup pot over medium-high heat. Fry the ginger, garlic and onion with the curry spices for 1 - 2 minutes, then stir in the sweet potato and fry for 2 - 3 more minutes.

2



## Make the curry

- Deglaze with the stock and the white wine vinegar, then add the chopped tomatoes and the coconut milk.
- Bring to the boil, then reduce the heat and cover with the lid.
- Allow to cook over low heat for 15 minutes.
- Stir in the chickpeas and cook for 5 more minutes, uncovered (see Tip).

**Tip:** *if the curry is still too watery, allow to reduce further for 5 minutes, uncovered.*

3



## Boil the rice

- Meanwhile, boil plenty of salted water in a pot or saucepan.
- Cook the rice for 10 minutes until done, then drain and set aside.
- Tear the mint leaves from the stems.
- Finely chop both the mint and the coriander.

4



## Serve

- Gradually stir the spinach into the curry and allow to wilt and reduce. Season to taste with salt and pepper.
- Serve the rice and curry on deep plates.
- Garnish with the fresh herbs and serve with the mango chutney.

+ Bake the bread in a preheated oven until lightly toasted, then serve with the dish.
Check the nutritional values and allergens on the ingredient label.

# Wholewheat Fusilli with Beef Mince

## with tomato salsa, spinach & Gouda

Total time: 25 - 35 min. Family Quick




Wholewheat fusilli


Red onion


Garlic


Dried oregano


Spinach


Tomato


Herbed cream cheese


Grated Gouda


Beef mince with Italian seasoning


Bacon

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Wholewheat fusilli (g) | 90 | 180 | 270 | 360 | 450 | 540 |
| Red onion (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Garlic (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Dried oregano (sachet(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Spinach* (g) | 75 | 150 | 200 | 300 | 350 | 450 |
| Tomato (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Herbed cream cheese* (g) | 35 | 75 | 110 | 150 | 185 | 225 |
| Grated Gouda* (g) | 15 | 25 | 40 | 50 | 65 | 75 |
| Beef mince with Italian seasoning* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| **Not included** | | | | | | |
| Low sodium chicken stock cube (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Extra virgin olive oil (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Olive oil (tbsp) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| White balsamic vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3527 /843 | 741 /177 |
| Total fat (g) | 43 | 9 |
| of which saturated(g) | 18,5 | 3,9 |
| Carbonhydrates (g) | 68 | 14 |
| of which sugars (g) | 11,3 | 2,4 |
| Fiber (g) | 12 | 3 |
| Protein (g) | 40 | 8 |
| Salt (g) | 2 | 0,4 |

## Allergens

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

1



## Prepare

- Boil plenty of salted water in a pot or saucepan for the pasta.
- Chop the onion and crush or mince the garlic.
- Cook the pasta for 10 - 12 minutes, covered, then reserve some of the pasta water before draining and setting aside.

2



## Fry the mince

- 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 mince and the oregano.
- Fry for 3 minutes, separating it as you do so, then tear the spinach directly into the pan and allow to wilt and reduce.
- Add the cream cheese, then crumble in the stock cube (see pantry for amount). Mix well and season to taste with salt and pepper.

3



## Make the salsa

- Meanwhile, dice the tomato and transfer to a bowl.
- Add the extra virgin olive oil and white balsamic vinegar, then mix well to combine. Season to taste with salt and pepper.

4



## Serve

- Stir the pasta into the creamy spinach sauce and cook for 1 more minute, adding a splash of pasta water as necessary if the sauce is too thick.
- Serve the pasta on plates.
- Garnish with the tomato salsa and the grated cheese.

+ Fry the bacon in a frying pan over medium-high heat until crispy, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

# Wholewheat Wraps with Pork & Fresh Herbs

## with orange cream cheese, zesty salsa & sumac

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




Wholewheat tortilla


Za'atar


Sumac


Onion


Tomato


Orange


Middle Eastern spice mix


Fresh flat leaf parsley & mint


Green Romano pepper


Pork mince


Fresco spalmabile - cream cheese

Pork mincemeat

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Wholewheat tortilla (unit(s)) | 2 | 4 | 6 | 8 | 10 | 12 |
| Za'atar (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Sumac (tsp) | 1½ | 3 | 4½ | 6 | 7½ | 9 |
| Onion (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Tomato (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Middle Eastern spice mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Orange* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Fresh flat leaf parsley & mint* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Green Romano pepper* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Pork mince* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Fresco spalmabile - cream cheese* (g) | 50 | 100 | 150 | 200 | 250 | 300 |
| **Not included** | | | | | | |
| Olive oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Water (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Honey [or plant-based alternative] | to taste | | | | | |
| Extra virgin olive oil | to taste | | | | | |
| Salt and pepper | to taste | | | | | |
| Olive oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Water (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Honey [or plant-based alternative] | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 4025 /962 | 698 /167 |
| Total fat (g) | 68 | 12 |
| of which saturated(g) | 17,8 | 3,1 |
| Carbonhydrates (g) | 52 | 9 |
| of which sugars (g) | 16,4 | 2,8 |
| Fiber (g) | 14 | 2 |
| Protein (g) | 31 | 5 |
| Salt (g) | 2,9 | 0,5 |

## Allergens

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

1



## Prepare

- Preheat the oven to 200°C.
- Slice the onion into half rings. Cut the Romano pepper into thin rings. Dice the tomato.
- Juice half of the orange and then dice the rest. Finely chop the fresh herbs.
- In a bowl, combine the tomato with the diced orange and the extra virgin olive oil. Season to taste with salt and pepper, then set aside.

2



## Fry the vegetables

- Heat a drizzle of olive oil in a large deep frying pan over medium-high heat.
- Fry the onion with the Romano pepper and the Middle Eastern-style spices for 3 minutes.
- Add the mince to the vegetables and fry for 3 minutes, then taste and season with salt and pepper.
- Set aside until serving, covered to keep warm.

**Did you know...** *the mince in this recipe contains potassium, a mineral that contributes to normal muscle function.*

3



## Heat the tortillas

- In a small bowl, combine the water with a drizzle of olive oil (see pantry for amounts). Spread this over one side of the tortillas and then top with the za'atar.
- Transfer to a parchment-lined baking sheet and bake in the oven for 3 minutes.
- Meanwhile, in a bowl combine the cream cheese with two thirds of the sumac and 1.5 tbsp orange juice per person.

4



## Serve

- Spread the empty side of the tortillas with the cream cheese.
- Serve all the toppings separately and allow everyone to fill their own tortillas.
- Garnish with the fresh herbs and the rest of the sumac. Drizzle with honey as preferred, then fold over the tortillas.

Fry the mince in a frying pan over medium-high heat, separating it as you do until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

# Cheat's Bolognese with Parmigiano Reggiano

## with wholewheat fusilli, basil & mini Roma tomatoes

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




Mini Roma tomatoes


Beef mince with Italian seasoning


Fresh basil


Garlic


Wholewheat fusilli


Carrot


Tomato paste


Worcestershire sauce


Parmigiano Reggiano DOP


Onion


Italian seasoning

Beef mince with Italian seasoning

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Mini Roma tomatoes* (g) | 125 | 250 | 375 | 500 | 625 | 750 |
| Beef mince with Italian seasoning* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Fresh basil* (g) | 2½ | 5 | 7½ | 10 | 12½ | 15 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Wholewheat fusilli (g) | 90 | 180 | 270 | 360 | 450 | 540 |
| Carrot* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Tomato paste (can) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Worcestershire sauce (g) | 10 | 15 | 25 | 30 | 40 | 45 |
| Parmigiano Reggiano DOP* (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| Onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Italian seasoning (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| **Not included** | | | | | | |
| [Plant-based] milk (ml) | 30 | 60 | 90 | 120 | 150 | 180 |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Balsamic vinegar (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Low sodium beef stock (ml) | 75 | 150 | 225 | 300 | 375 | 450 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3163 /756 | 531 /127 |
| Total fat (g) | 29 | 5 |
| of which saturated(g) | 10,5 | 1,8 |
| Carbonhydrates (g) | 80 | 13 |
| of which sugars (g) | 23,5 | 3,9 |
| Fiber (g) | 15 | 2 |
| Protein (g) | 38 | 6 |
| Salt (g) | 1,9 | 0,3 |

## Allergens

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

1



## Chop the vegetables

- Boil plenty of water in a pot or saucepan for the pasta.
- Chop the onion and crush or mince the garlic.
- Grate the carrot.

2



## Boil the pasta

- Boil the pasta for 10 - 12 minutes, then drain and set aside.
- In the meantime, halve the tomatoes and prepare the stock.
- Heat a drizzle of olive oil in a deep frying pan over medium heat. Fry the garlic the carrot and the onion for 4 - 5 minutes, covered.
- Add the mince and the Italian seasoning, then fry for 3 more minutes.

3



## Finish the sauce

- Add the stock, the tomato paste, the milk, the Worcestershire sauce, the balsamic vinegar and the tomatoes.
- Mix well to combine and allow to simmer for 6 - 7 minutes.
- Season to taste with salt and pepper.

4



## Serve

- Chop the basil into ribbons.
- Serve the pasta on plates and top with the sauce.
- Grate the cheese directly over the pasta.
- Garnish with the basil to finish.

Fry the mince in a frying pan over medium-high heat, separating it as you do until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

# Hoisin Salmon with Sticky Soy Vegetables

over brown rice with gomashio, lime & sesame dressing

Total time: 30 - 40 min. Health Conscious Choice



- Salmon fillet
- Hoisin sauce
- Quick-cook brown rice
- Onion
- Courgette
- Furikake
- Sesame oil
- Gomashio
- Lime
- Garlic
- Romano pepper

+ Fillet of salmon

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Salmon fillet* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Hoisin sauce (g) | 15 | 25 | 40 | 50 | 65 | 75 |
| Quick-cook brown rice (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Courgette* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Furikake (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Sesame oil (ml) | 5 | 10 | 15 | 20 | 25 | 30 |
| Gomashio (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Lime* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Romano pepper* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| **Not included** | | | | | | |
| Sunflower oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Honey [or plant-based alternative] (tsp) | 2 | 4 | 6 | 8 | 10 | 12 |
| Sambal (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Reduced salt] soy sauce (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3146 /752 | 648 /155 |
| Total fat (g) | 33 | 7 |
| of which saturated(g) | 5,1 | 1,1 |
| Carbonhydrates (g) | 83 | 17 |
| of which sugars (g) | 21,2 | 4,4 |
| Fiber (g) | 7 | 2 |
| Protein (g) | 28 | 6 |
| Salt (g) | 3,2 | 0,7 |

## Allergens

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

1



## Prepare

- Preheat the oven to 200°C. Boil plenty of water in a pot or saucepan.
- Cut the onion into wedges.
- Slice the courgette into crescents. Cut the Romano pepper into strips.
- Transfer the vegetables to a large bowl and drizzle with sunflower oil. Season to taste with salt and pepper, then toss well to coat.

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

2



## Roast the vegetables

- Transfer the vegetables to a parchment-lined baking sheet and roast in the oven for 7 minutes.
- Meanwhile, spread two thirds of the hoisin sauce over the fish.
- Place the fish skin-side down among the vegetables, then return the baking sheet to the oven for a further 10 - 15 minutes.

3



## Boil the rice

- Boil the rice for 10 minutes, then drain and set aside.
- Meanwhile, crush or mince the garlic.
- In a small bowl, combine the garlic with the soy sauce, the sambal and half of the honey.
- Pour this over the roasted vegetables and toss well to combine, then return to the oven until done.

4



## Serve

- Cut the lime into six wedges. In a small bowl, combine the sesame oil with the rest of the honey and hoisin sauce, along with the juice of one lime wedge per person.
- Stir the furikake into the rice. Serve the rice on plates and arrange everything on top.
- Drizzle with the hoisin dressing and garnish with the gomashio. Serve the rest of the lime wedges alongside.

Pat the fish dry with kitchen paper. Fry the fish in a frying pan over medium-high heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

# No-Chicken Bulgur Bowl with Orange Vinaigrette

## with Greek-style cheese, carrot & raisins

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




Bulgur


Greek-style cheese


Plant-based chicken pieces


Orange


Raisins


African-inspired spice mix


Spinach


Onion


Carrot


Persian cucumber


Chicken breast

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Bulgur (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Greek-style cheese* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Plant-based chicken pieces* (g) | 80 | 160 | 240 | 320 | 400 | 480 |
| Orange* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Raisins (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| African-inspired spice mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Spinach* (g) | 50 | 100 | 200 | 200 | 300 | 300 |
| Onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Carrot* (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Persian cucumber* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| **Not included** | | | | | | |
| Low sodium vegetable stock cube (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Red wine vinegar (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Mustard (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Extra virgin olive oil (tbsp) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| [Plant-based] butter (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 2837 /678 | 582 /139 |
| Total fat (g) | 26 | 5 |
| of which saturated(g) | 10,3 | 2,1 |
| Carbonhydrates (g) | 86 | 18 |
| of which sugars (g) | 20 | 4,1 |
| Fiber (g) | 15 | 3 |
| Protein (g) | 30 | 6 |
| Salt (g) | 2,5 | 0,5 |

## Allergens

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

1



## Cook the bulgur

- Transfer the bulgur to a pot or saucepan and submerge with plenty of water, then crumble in the stock cube (see pantry for amount).
- Bring to a boil and cook the bulgur for 10 minutes, then drain and set aside.
- Meanwhile, chop the onion and slice the carrot.
- Dice half of the orange and then juice the rest. Dice the cucumber.

2



## Fry the veggie chicken

- Melt a knob of butter in a frying pan over medium-high heat.
- Fry the veggie chicken with the carrot and half of the African-inspired spices for 6 - 8 minutes. Season with salt and pepper, then remove from the pan and set aside.
- Fry the onion in the same pan for 2 - 3 minutes.
- Stir in half of the spinach and allow to wilt and reduce.

3



## Make the vinaigrette

- In a small bowl, combine the orange juice with the mustard, the red wine vinegar and the extra virgin olive oil. Season to taste with salt and pepper.
- In a large bowl, combine the bulgur with the rest of the spinach and the African-inspired spices, along with half of the orange vinaigrette.
- Season to taste with salt and pepper.

4



## Serve

- Serve the bulgur on deep plates with everything else on top.
- Garnish with the raisins, the cucumber and the orange.
- Crumble over the Greek-style cheese and drizzle with the rest of the vinaigrette to finish.

Fry the chicken in a frying pan over medium-high heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

# Shrimp Curry Vol Au Vents

## with parsley, arugula-cucumber salad & Romano pepper

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




Puff pastry cup


Romano pepper


Onion


Garlic


Shrimp


Carrot


Curry powder


Arugula


Fresh flat leaf parsley


Persian cucumber


Chicken thigh strips

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Puff pastry cup (unit(s)) | 2 | 4 | 6 | 8 | 10 | 12 |
| Romano pepper* (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Shrimp* (g) | 80 | 160 | 240 | 320 | 400 | 480 |
| Onion (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Carrot* (unit(s)) | ½ | 1 | 1 | 1 | 2 | 2 |
| Curry powder (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Arugula* (g) | 30 | 60 | 90 | 120 | 150 | 180 |
| Fresh flat leaf parsley* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Persian cucumber* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| **Not included** | | | | | | |
| Low sodium vegetable stock (ml) | 75 | 150 | 225 | 300 | 375 | 450 |
| [Plant-based] milk (ml) | 75 | 150 | 225 | 300 | 375 | 450 |
| Flour (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| [Plant-based] butter (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Mustard (tbsp) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Extra virgin olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Honey [or plant-based alternative] (tbsp) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Salt and pepper | to taste | | | | | |

* *store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3088 /738 | 540 /129 |
| Total fat (g) | 46 | 8 |
| of which saturated(g) | 22,6 | 3,9 |
| Carbonhydrates (g) | 54 | 9 |
| of which sugars (g) | 16,7 | 2,9 |
| Fiber (g) | 7 | 1 |
| Protein (g) | 26 | 4 |
| Salt (g) | 1,8 | 0,3 |

## Allergens

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

1



## Prepare

- Preheat the oven to 180°C. Slice the carrot into crescents.
- Melt a knob of butter in a deep frying pan over medium-high heat and fry the carrot for 3 minutes.
- Meanwhile, cut the Romano pepper into thin strips. Chop the onion and crush or mince the garlic.
- Transfer all three to the pan, then add the shrimp and fry for 4 minutes.

2



## Make the curry

- Prepare the stock.
- Stir the flour, the curry spices and a knob of butter into the vegetables, then fry for 1 - 2 minutes.
- Add the stock and the milk, then mix well until smooth.
- Allow to reduce over low heat for 6 - 8 minutes. Season to taste with salt and pepper (see Tip).

**Tip:** *increase the heat if it seems too watery.*

3



## Make the salad

- Transfer the pastry cups to a parchment-lined baking sheet and heat in the oven for 5 - 8 minutes.
- Meanwhile, roughly chop the parsley.
- Slice the cucumber into thin crescents.
- In a salad bowl, combine the mustard with the honey and the extra virgin olive oil. Season to taste with salt and pepper.

4



## Serve

- Shortly before serving, transfer the arugula and the cucumber to the salad bowl, then toss to combine with the dressing.
- Stir half of the parsley into the curry.
- Stuff the puff pastry cups with the curry and serve the salad alongside.
- Garnish with the rest of the parsley.

Fry the chicken in a frying pan over medium-high heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

# Veggie Chicken Stir-Fry with Noodles & East Asian-Style Sauce

## with cabbage, coriander & sesame seeds

Total time: 10 - 20 min. Quick Vegetarian




Plant-based chicken pieces


Garlic


East Asian-style sauce


Fresh coriander


Sesame seeds


Wholewheat noodles


Vegetable mix with cabbage

Marinaded steak strips

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Plant-based chicken pieces* (g) | 80 | 160 | 240 | 320 | 400 | 480 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| East Asian-style sauce* (g) | 35 | 70 | 105 | 140 | 175 | 210 |
| Fresh coriander* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Sesame seeds (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Wholewheat noodles (g) | 75 | 150 | 200 | 300 | 350 | 450 |
| Vegetable mix with cabbage* (g) | 200 | 400 | 600 | 800 | 1000 | 1200 |
| Not included | | | | | | |
| Sunflower oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Reduced salt] soy sauce (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Sugar (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Sambal (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| White wine vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| [Plant-based] butter (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt and pepper | to taste | | | | | |
| Sunflower oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Reduced salt] soy sauce (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Sugar (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Sambal (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| White wine vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3954 /945 | 752 /180 |
| Total fat (g) | 49 | 9 |
| of which saturated(g) | 15,6 | 3 |
| Carbonhydrates (g) | 96 | 18 |
| of which sugars (g) | 21,5 | 4,1 |
| Fiber (g) | 12 | 2 |
| Protein (g) | 28 | 5 |
| Salt (g) | 9,8 | 1,9 |

## Allergens

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

1



## Prepare

- Boil plenty of water in a pot or saucepan for the noodles.
- Crush or mince the garlic.
- Heat a drizzle of sunflower oil in a wok or deep frying pan over medium heat and fry the garlic for 1 minute.
- Add the vegetable mix and fry for 4 - 5 minutes.

2



## Boil the noodles

- Meanwhile, boil the noodles for 4 - 5 minutes until al dente.
- Drain the noodles and transfer to the vegetables.
- Add the East Asian-style sauce, then toss well to combine and fry for 1 more minute.

3



## Fry the veggie chicken

- Melt a knob of butter in a frying pan over medium-high heat and fry the veggie chicken for 6 minutes, stirring occasionally. Season to taste with salt and pepper.
- Add the white wine vinegar, the sugar, the sambal and the soy sauce (see Tip).
- Stir-fry for 1 minute.

**Health Tip:** *if you're watching your salt intake, use just half of the soy sauce.*

4



## Serve

- Roughly chop the coriander.
- Serve the noodles on deep plates with everything else alongside.
- Drizzle with any residual sauce from the frying pans.
- Garnish with the coriander and the sesame seeds to finish.

Fry the beef in a frying pan over medium-high heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

# Sweet & Sticky Shrimp with Yogurt Sauce

## over bulgur with fresh herbs, cucumber & bell pepper

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



- Bulgur
- Shrimp
- Garlic
- Red onion
- Bell pepper
- Cucumber
- Fresh flat leaf parsley & mint
- Organic full-fat yogurt
- Mango ketchup
- Za'atar
- Hello Harissa

+ Seasoned pork strips

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Bulgur (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Shrimp* (g) | 80 | 160 | 240 | 320 | 400 | 480 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Red onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Bell pepper* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Cucumber* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Fresh flat leaf parsley & mint* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Organic full-fat yogurt* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Mango ketchup* (g) | 30 | 60 | 90 | 120 | 150 | 180 |
| Za'atar (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Hello Harissa (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| **Not included** | | | | | | |
| Low sodium beef or vegetable stock (ml) | 175 | 350 | 525 | 700 | 875 | 1050 |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Plant-based] butter (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| White wine vinegar (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Sugar (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Plant-based] mayonnaise (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Extra virgin olive oil | | | to taste | | | |
| Low sodium beef or vegetable stock (ml) | 175 | 350 | 525 | 700 | 875 | 1050 |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 4326 /1034 | 374 /89 |
| Total fat (g) | 65 | 6 |
| of which saturated(g) | 19,8 | 1,7 |
| Carbonhydrates (g) | 88 | 8 |
| of which sugars (g) | 25,3 | 2,2 |
| Fiber (g) | 12 | 1 |
| Protein (g) | 29 | 2 |
| Salt (g) | 3,8 | 0,3 |

## Allergens

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

1



## Prepare the bulgur

- Prepare the stock in a pot or saucepan and bring to a boil.
- Cook the bulgur in the stock for 8 - 10 minutes or until done.
- Stir the za'atar into the bulgur and drizzle with extra virgin olive oil as preferred. Season to taste with salt and pepper.
- Meanwhile, slice the onion into half rings and crush or mince the garlic. Cut the bell pepper into strips.

2



## Fry the vegetables

- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the vegetables with the garlic and the Hello Harissa* for 6 - 8 minutes. Season to taste with salt and pepper.
- Dice the cucumber and transfer to a bowl.
- Add the white wine vinegar and the sugar, then toss well to combine.

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

3



## Fry the shrimp

- Melt a knob of butter in a frying pan over medium-high heat and fry the shrimp for 3 minutes until done.
- Lower the heat, then add the mango ketchup and fry for 1 more minute. Season to taste with salt and pepper.
- Meanwhile, finely chop the fresh herbs, being sure to keep them separate.

4



## Serve

- In a bowl, combine the mint with the yogurt and the mayonnaise, along with some extra virgin olive oil as preferred. Season to taste with salt and pepper.
- Serve the bulgur in bowls and arrange everything on top.
- Garnish with the parsley and the yogurt sauce.

+ Fry the pork in a frying pan over medium-high heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

# Spicy Chicken Curry in Richly Fragrant Coconut Sauce

## over brown rice with coriander & bell pepper

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




Bell pepper


Quick-cook brown rice


Coconut milk


Soy sauce


African-inspired spice mix


Tinned cherry tomatoes


Fresh coriander


Chopped onion


Yellow curry spices


Garlic


Red chili pepper


Ginger paste


Chicken thigh strips

Chicken thigh strips

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Quick-cook brown rice (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Bell pepper* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Coconut milk (ml) | 90 | 180 | 250 | 360 | 430 | 540 |
| Soy sauce (ml) | 5 | 10 | 15 | 20 | 25 | 30 |
| Tinned cherry tomatoes (can) | ½ | 1 | 1 | 2 | 2 | 3 |
| Fresh coriander* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Chopped onion* (g) | 25 | 50 | 100 | 100 | 150 | 150 |
| Yellow curry spices (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Garlic (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Red chili pepper* (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Ginger paste* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Chicken thigh strips* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| African-inspired spice mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| **Not included** | | | | | | |
| Low sodium vegetable stock cube (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Sunflower oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Sugar (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt and pepper | to taste | | | | | |
| Low sodium vegetable stock cube (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Sunflower oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3795 /907 | 592 /142 |
| Total fat (g) | 48 | 7 |
| of which saturated(g) | 20,7 | 3,2 |
| Carbonhydrates (g) | 85 | 13 |
| of which sugars (g) | 22,2 | 3,5 |
| Fiber (g) | 10 | 2 |
| Protein (g) | 29 | 5 |
| Salt (g) | 2,7 | 0,4 |

## Allergens

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

1



## Prepare

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cook the rice for 10 minutes, then drain and set aside.
- Crush or mince the garlic and cut the bell pepper into strips.
- Deseed and finely chop the red chili pepper*.

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

2



## Fry the chicken

- Heat a drizzle of sunflower oil in a large frying pan over medium-high heat.
- Fry the onion with the yellow curry spices for 1 minute.
- Stir in the chicken, the African-inspired spices, the bell pepper, the ginger paste, the chili pepper and the garlic.
- Fry for 5 minutes, seasoning to taste with salt and pepper.

3



## Make the curry

- Deglaze the pan with the soy sauce (see Tip).
- Add the tomatoes, the coconut milk and the sugar.
- Mix well and allow to simmer for 3 - 4 minutes, then season to taste with salt and pepper.

**Tip:** *if you'd prefer it to be spicier, add some sambal from your pantry as preferred.*

4



## Serve

- Meanwhile, finely chop the coriander.
- Serve the rice on plates and top with the curry.
- Garnish with the coriander to finish.

Fry the chicken in a frying pan over medium-high heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

# Homemade Chicken Nuggets & Fries

## with sour cream salad & sweet chili sauce

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




Potatoes


Cucumber


Organic sour cream


Ground paprika


Panko breadcrumbs


Sweet chili sauce


Chicken tenderloin


Roma tomato

Chicken tenderloin

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Potatoes (g) | 250 | 500 | 750 | 1000 | 1250 | 1500 |
| Cucumber* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Organic sour cream* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Ground paprika (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Panko breadcrumbs (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Sweet chili sauce* (g) | 35 | 70 | 105 | 140 | 175 | 210 |
| Chicken tenderloin* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Roma tomato (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Not included | | | | | | |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Extra virgin olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| White balsamic vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Mustard (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Sunflower oil (ml) | 30 | 60 | 90 | 120 | 150 | 180 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3155 /754 | 442 /106 |
| Total fat (g) | 33 | 5 |
| of which saturated(g) | 5,8 | 0,8 |
| Carbonhydrates (g) | 82 | 11 |
| of which sugars (g) | 13,8 | 1,9 |
| Fiber (g) | 8 | 1 |
| Protein (g) | 35 | 5 |
| Salt (g) | 0,8 | 0,1 |

## Allergens

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

1



## Bake the fries

- Preheat the oven to 220°C.
- Wash or peel the potatoes and cut into fries of no more than 1cm thickness.
- Transfer to a bowl and drizzle with olive oil. Season with salt and pepper, then toss well to coat.
- Transfer to a parchment-lined baking sheet and bake in the oven for 30 - 40 minutes or until golden-brown, tossing halfway.

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

2



## Make the nuggets

- In a bowl, combine half of the sour cream with the paprika and the mustard, then season with salt and pepper.
- Cut the chicken into 3cm uniform pieces, so as to make the nuggets.
- Coat the nuggets with the sour cream sauce.

3



## Make the salad

- Cut the tomato into wedges and slice the cucumber into crescents, then transfer both to a salad bowl.
- Add the extra virgin olive oil and the white balsamic vinegar, along with the rest of the sour cream.
- Toss well to combine, seasoning to taste with salt and pepper.

4



## Bread the nuggets

- Transfer the panko to a deep plate and season with salt and pepper.
- Coat the nuggets with the panko.

5



## Fry the nuggets

- Prepare a plate lined with kitchen paper.
- Heat the sunflower oil in a frying pan over medium-high heat.
- When the oil is nice and hot, fry the nuggets for 2 - 3 minutes per side or until golden-brown.
- Transfer the nuggets to the plate.

**Air Fryer Option:** *drizzle the chicken with oil and fry for 8 - 12 minutes at 190°C. Shake halfway and avoid overcrowding the basket.*

6



## Serve

- Serve the nuggets with the fries and the salad.
- Serve the sweet chili sauce alongside.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

# Creamy Beef Penne

## with tomato salsa, spinach & Gouda

Total time: 25 - 35 min. Family Quick



- Penne
- Red onion
- Garlic
- Dried oregano
- Spinach
- Tomato
- Herbed cream cheese
- Grated Gouda
- Beef mince with Italian seasoning

+ Beef mince with Italian seasoning

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Penne (g) | 90 | 180 | 270 | 360 | 450 | 540 |
| Red onion (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Garlic (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Dried oregano (sachet(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Spinach* (g) | 75 | 150 | 200 | 300 | 350 | 450 |
| Tomato (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Herbed cream cheese* (g) | 35 | 75 | 110 | 150 | 185 | 225 |
| Grated Gouda* (g) | 15 | 25 | 40 | 50 | 65 | 75 |
| Beef mince with Italian seasoning* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| **Not included** | | | | | | |
| Low sodium chicken stock cube (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Extra virgin olive oil (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Olive oil (tbsp) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| White balsamic vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3615 /864 | 759 /182 |
| Total fat (g) | 43 | 9 |
| of which saturated(g) | 18,6 | 3,9 |
| Carbonhydrates (g) | 77 | 16 |
| of which sugars (g) | 11,3 | 2,4 |
| Fiber (g) | 7 | 2 |
| Protein (g) | 40 | 8 |
| Salt (g) | 2 | 0,4 |

## Allergens

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

1



## Prepare

- Boil plenty of salted water in a pot or saucepan for the pasta.
- Chop the onion and crush or mince the garlic.
- Cook the pasta for 10 - 12 minutes, covered, then reserve some of the pasta water before draining and setting aside.

2



## Fry the mince

- 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 mince and the oregano.
- Fry for 3 minutes, separating it as you do so, then tear the spinach directly into the pan and allow to wilt and reduce.
- Add the cream cheese, then crumble in the stock cube (see pantry for amount). Mix well and season to taste with salt and pepper.

3



## Make the salsa

- Meanwhile, dice the tomato and transfer to a bowl.
- Add the extra virgin olive oil and white balsamic vinegar, then mix well to combine. Season to taste with salt and pepper.

4



## Serve

- Stir the pasta into the creamy spinach sauce and cook for 1 more minute, adding a splash of pasta water as necessary if the sauce is too thick.
- Serve the pasta on plates.
- Garnish with the tomato salsa and the grated cheese.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

# Bang Bang Cauliflower with Chili Mayo

## over garlic rice with crunchy vegetables

Total time: 35 - 45 min. Vegetarian




Sweet chili sauce


Panko breadcrumbs


Cauliflower florets


Garlic


Jasmine rice


Spinach


Carrot


Red onion


Persian cucumber


Soy sauce


Sesame seeds


Mayonnaise


Shrimp

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Sweet chili sauce* (g) | 35 | 70 | 105 | 140 | 175 | 210 |
| Panko breadcrumbs (g) | 25 | 50 | 50 | 75 | 100 | 125 |
| Cauliflower florets* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Jasmine rice (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Spinach* (g) | 75 | 150 | 200 | 300 | 350 | 450 |
| Carrot* (unit(s)) | ½ | 1 | 1 | 1 | 2 | 2 |
| Red onion (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Persian cucumber* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Soy sauce (ml) | 10 | 20 | 30 | 40 | 50 | 60 |
| Sesame seeds (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| Mayonnaise (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Not included | | | | | | |
| Olive oil (tbsp) | 1¼ | 2½ | 3¾ | 5 | 6¼ | 7½ |
| Water for the rice (ml) | 250 | 500 | 750 | 1000 | 1250 | 1500 |
| White wine vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Salt | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3527 /843 | 463 /111 |
| Total fat (g) | 42 | 6 |
| of which saturated(g) | 5,2 | 0,7 |
| Carbonhydrates (g) | 100 | 13 |
| of which sugars (g) | 15 | 2 |
| Fiber (g) | 9 | 1 |
| Protein (g) | 20 | 3 |
| Salt (g) | 2,3 | 0,3 |

## Allergens

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

1



## Prepare

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

2



## Roast the cauliflower

- Transfer the cauliflower florets to the large bowl and coat with the chili mayonnaise.
- Transfer to the panko and toss well to coat.
- Transfer the cauliflower to a parchment-lined baking sheet and roast in the oven for 20 - 25 minutes.

**Air Fryer Option:** *drizzle the cauliflower with oil and fry for 10 - 15 minutes at 200°C. Shake halfway and avoid overcrowding the basket.*

3



## Cook the rice

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

4



## Chop the vegetables

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

5



## Fry the vegetables

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

6



## Serve

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

Fry the shrimp in a frying pan over medium-high heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

# Creamy Chicken Penne

## with tomato salsa, spinach & Gouda

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



- Penne
- Red onion
- Garlic
- Dried oregano
- Spinach
- Tomato
- Herbed cream cheese
- Grated Gouda
- Chicken mince with Mediterranean herbs

+ Beef mince with Italian seasoning

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Penne (g) | 90 | 180 | 270 | 360 | 450 | 540 |
| Red onion (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Garlic (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Dried oregano (sachet(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Spinach* (g) | 75 | 150 | 200 | 300 | 350 | 450 |
| Tomato (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Herbed cream cheese* (g) | 35 | 75 | 110 | 150 | 185 | 225 |
| Grated Gouda* (g) | 15 | 25 | 40 | 50 | 65 | 75 |
| Chicken mince with Mediterranean herbs* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| **Not included** | | | | | | |
| Low sodium chicken stock cube (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Extra virgin olive oil (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Olive oil (tbsp) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| White balsamic vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3272 /782 | 687 /164 |
| Total fat (g) | 33 | 7 |
| of which saturated(g) | 14,2 | 3 |
| Carbonhydrates (g) | 78 | 16 |
| of which sugars (g) | 10,8 | 2,3 |
| Fiber (g) | 9 | 2 |
| Protein (g) | 40 | 8 |
| Salt (g) | 2,1 | 0,4 |

## Allergens

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

1



## Prepare

- Boil plenty of salted water in a pot or saucepan for the pasta.
- Chop the onion and crush or mince the garlic.
- Cook the pasta for 10 - 12 minutes, covered, then reserve some of the pasta water before draining and setting aside.

2



## Fry the mince

- 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 mince and the oregano.
- Fry for 3 minutes, separating it as you do so, then tear the spinach directly into the pan and allow to wilt and reduce.
- Add the cream cheese, then crumble in the stock cube (see pantry for amount). Mix well and season to taste with salt and pepper.

3



## Make the salsa

- Meanwhile, dice the tomato and transfer to a bowl.
- Add the extra virgin olive oil and white balsamic vinegar, then mix well to combine. Season to taste with salt and pepper.

4



## Serve

- Stir the pasta into the creamy spinach sauce and cook for 1 more minute, adding a splash of pasta water as necessary if the sauce is too thick.
- Serve the pasta on plates.
- Garnish with the tomato salsa and the grated cheese.

Fry the mince in a frying pan over medium-high heat, separating it as you do until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

# Bang Bang Cauliflower with Chili Mayo

## over brown rice with crunchy vegetables

Total time: 35 - 45 min. Vegetarian



- Sweet chili sauce
- Panko breadcrumbs
- Cauliflower florets
- Garlic
- Quick-cook brown rice
- Spinach
- Carrot
- Red onion
- Persian cucumber
- Soy sauce
- Sesame seeds
- Mayonnaise

+ Shrimp

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Sweet chili sauce* (g) | 35 | 70 | 105 | 140 | 175 | 210 |
| Panko breadcrumbs (g) | 25 | 50 | 50 | 75 | 100 | 125 |
| Cauliflower florets* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Quick-cook brown rice (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Spinach* (g) | 75 | 150 | 200 | 300 | 350 | 450 |
| Carrot* (unit(s)) | ½ | 1 | 1 | 1 | 2 | 2 |
| Red onion (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Persian cucumber* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Soy sauce (ml) | 10 | 20 | 30 | 40 | 50 | 60 |
| Sesame seeds (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| Mayonnaise (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Not included | | | | | | |
| Olive oil (tbsp) | 1¼ | 2½ | 3¾ | 5 | 6¼ | 7½ |
| Water for the rice (ml) | 250 | 500 | 750 | 1000 | 1250 | 1500 |
| White wine vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Salt | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3556 /850 | 466 /111 |
| Total fat (g) | 44 | 6 |
| of which saturated(g) | 5,6 | 0,7 |
| Carbonhydrates (g) | 94 | 12 |
| of which sugars (g) | 14,6 | 1,9 |
| Fiber (g) | 11 | 1 |
| Protein (g) | 17 | 2 |
| Salt (g) | 2,3 | 0,3 |

## Allergens

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

1



## Prepare

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

2



## Roast the cauliflower

- Transfer the cauliflower florets to the large bowl and coat with the chili mayonnaise.
- Transfer to the panko and toss well to coat.
- Transfer the cauliflower to a parchment-lined baking sheet and roast in the oven for 20 - 25 minutes.

**Air Fryer Option:** *drizzle the cauliflower with oil and fry for 10 - 15 minutes at 200°C. Shake halfway and avoid overcrowding the basket.*

3



## Cook the rice

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

4



## Chop the vegetables

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

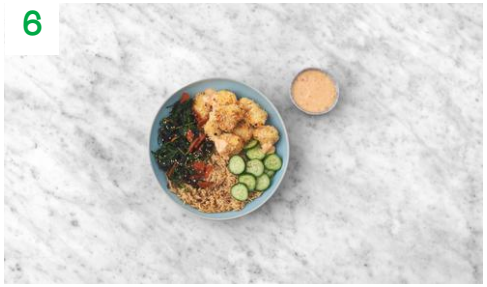
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## Fry the vegetables

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

6



## Serve

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

Fry the shrimp in a frying pan over medium-high heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

# Wholewheat Fusilli with Beef Mince

## with tomato salsa, spinach & Gouda

Total time: 25 - 35 min. Family Quick



- Wholewheat fusilli
- Red onion
- Garlic
- Dried oregano
- Spinach
- Tomato
- Herbed cream cheese
- Grated Gouda
- Beef mince with Italian seasoning

+ Beef mince with Italian seasoning

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Wholewheat fusilli (g) | 90 | 180 | 270 | 360 | 450 | 540 |
| Red onion (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Garlic (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Dried oregano (sachet(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Spinach* (g) | 75 | 150 | 200 | 300 | 350 | 450 |
| Tomato (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Herbed cream cheese* (g) | 35 | 75 | 110 | 150 | 185 | 225 |
| Grated Gouda* (g) | 15 | 25 | 40 | 50 | 65 | 75 |
| Beef mince with Italian seasoning* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| **Not included** | | | | | | |
| Low sodium chicken stock cube (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Extra virgin olive oil (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Olive oil (tbsp) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| White balsamic vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3527 /843 | 741 /177 |
| Total fat (g) | 43 | 9 |
| of which saturated(g) | 18,5 | 3,9 |
| Carbonhydrates (g) | 68 | 14 |
| of which sugars (g) | 11,3 | 2,4 |
| Fiber (g) | 12 | 3 |
| Protein (g) | 40 | 8 |
| Salt (g) | 2 | 0,4 |

## Allergens

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

1



## Prepare

- Boil plenty of salted water in a pot or saucepan for the pasta.
- Chop the onion and crush or mince the garlic.
- Cook the pasta for 10 - 12 minutes, covered, then reserve some of the pasta water before draining and setting aside.

2



## Fry the mince

- 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 mince and the oregano.
- Fry for 3 minutes, separating it as you do so, then tear the spinach directly into the pan and allow to wilt and reduce.
- Add the cream cheese, then crumble in the stock cube (see pantry for amount). Mix well and season to taste with salt and pepper.

3



## Make the salsa

- Meanwhile, dice the tomato and transfer to a bowl.
- Add the extra virgin olive oil and white balsamic vinegar, then mix well to combine. Season to taste with salt and pepper.

4



## Serve

- Stir the pasta into the creamy spinach sauce and cook for 1 more minute, adding a splash of pasta water as necessary if the sauce is too thick.
- Serve the pasta on plates.
- Garnish with the tomato salsa and the grated cheese.

Fry the mince in a frying pan over medium-high heat, separating it as you do until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

# Homemade Chicken Nuggets & Fries

## with sour cream salad & sweet chili sauce

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



- Potatoes
- Cucumber
- Organic sour cream
- Ground paprika
- Panko breadcrumbs
- Sweet chili sauce
- Chicken tenderloin
- Roma tomato

+ Burrata, Chicken tenderloin

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Potatoes (g) | 250 | 500 | 750 | 1000 | 1250 | 1500 |
| Cucumber* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Organic sour cream* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Ground paprika (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Panko breadcrumbs (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Sweet chili sauce* (g) | 35 | 70 | 105 | 140 | 175 | 210 |
| Chicken tenderloin* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Roma tomato (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Not included | | | | | | |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Extra virgin olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| White balsamic vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Mustard (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Sunflower oil (ml) | 30 | 60 | 90 | 120 | 150 | 180 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3155 /754 | 442 /106 |
| Total fat (g) | 33 | 5 |
| of which saturated(g) | 5,8 | 0,8 |
| Carbonhydrates (g) | 82 | 11 |
| of which sugars (g) | 13,8 | 1,9 |
| Fiber (g) | 8 | 1 |
| Protein (g) | 35 | 5 |
| Salt (g) | 0,8 | 0,1 |

## Allergens

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

1



## Bake the fries

- Preheat the oven to 220°C.
- Wash or peel the potatoes and cut into fries of no more than 1cm thickness.
- Transfer to a bowl and drizzle with olive oil. Season with salt and pepper, then toss well to coat.
- Transfer to a parchment-lined baking sheet and bake in the oven for 30 - 40 minutes or until golden-brown, tossing halfway.

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

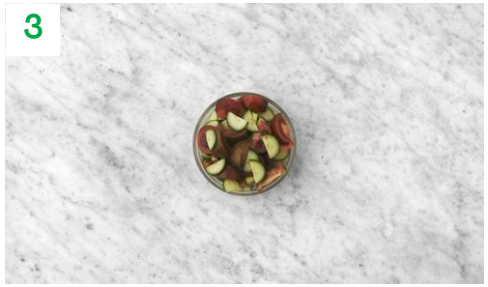
2



## Make the nuggets

- In a bowl, combine half of the sour cream with the paprika and the mustard, then season with salt and pepper.
- Cut the chicken into 3cm uniform pieces, so as to make the nuggets.
- Coat the nuggets with the sour cream sauce.

3



## Make the salad

- Cut the tomato into wedges and slice the cucumber into crescents, then transfer both to a salad bowl.
- Add the extra virgin olive oil and the white balsamic vinegar, along with the rest of the sour cream.
- Toss well to combine, seasoning to taste with salt and pepper.

4



## Bread the nuggets

- Transfer the panko to a deep plate and season with salt and pepper.
- Coat the nuggets with the panko.

5



## Fry the nuggets

- Prepare a plate lined with kitchen paper.
- Heat the sunflower oil in a frying pan over medium-high heat.
- When the oil is nice and hot, fry the nuggets for 2 - 3 minutes per side or until golden-brown.
- Transfer the nuggets to the plate.

**Air Fryer Option:** *drizzle the chicken with oil and fry for 8 - 12 minutes at 190°C. Shake halfway and avoid overcrowding the basket.*

6



## Serve

- Serve the nuggets with the fries and the salad.
- Serve the sweet chili sauce alongside.

Garnish the dish with the extra ingredient. Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

# Creamy Beef Penne

## with tomato salsa, spinach & Gouda

Total time: 25 - 35 min. Family Quick



- Penne
- Red onion
- Garlic
- Dried oregano
- Spinach
- Tomato
- Herbed cream cheese
- Grated Gouda
- Beef mince with Italian seasoning

+ Bacon, Beef mince with Italian seasoning

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Penne (g) | 90 | 180 | 270 | 360 | 450 | 540 |
| Red onion (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Garlic (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Dried oregano (sachet(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Spinach* (g) | 75 | 150 | 200 | 300 | 350 | 450 |
| Tomato (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Herbed cream cheese* (g) | 35 | 75 | 110 | 150 | 185 | 225 |
| Grated Gouda* (g) | 15 | 25 | 40 | 50 | 65 | 75 |
| Beef mince with Italian seasoning* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| **Not included** | | | | | | |
| Low sodium chicken stock cube (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Extra virgin olive oil (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Olive oil (tbsp) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| White balsamic vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3615 /864 | 759 /182 |
| Total fat (g) | 43 | 9 |
| of which saturated(g) | 18,6 | 3,9 |
| Carbonhydrates (g) | 77 | 16 |
| of which sugars (g) | 11,3 | 2,4 |
| Fiber (g) | 7 | 2 |
| Protein (g) | 40 | 8 |
| Salt (g) | 2 | 0,4 |

## Allergens

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

1



## Prepare

- Boil plenty of salted water in a pot or saucepan for the pasta.
- Chop the onion and crush or mince the garlic.
- Cook the pasta for 10 - 12 minutes, covered, then reserve some of the pasta water before draining and setting aside.

2



## Fry the mince

- 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 mince and the oregano.
- Fry for 3 minutes, separating it as you do so, then tear the spinach directly into the pan and allow to wilt and reduce.
- Add the cream cheese, then crumble in the stock cube (see pantry for amount). Mix well and season to taste with salt and pepper.

3



## Make the salsa

- Meanwhile, dice the tomato and transfer to a bowl.
- Add the extra virgin olive oil and white balsamic vinegar, then mix well to combine. Season to taste with salt and pepper.

4



## Serve

- Stir the pasta into the creamy spinach sauce and cook for 1 more minute, adding a splash of pasta water as necessary if the sauce is too thick.
- Serve the pasta on plates.
- Garnish with the tomato salsa and the grated cheese.

Fry the bacon in a frying pan over medium-high heat until crispy, then add to the dish. Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

# Bang Bang Cauliflower with Chili Mayo

## over garlic rice with crunchy vegetables

Total time: 35 - 45 min. Vegetarian




Sweet chili sauce


Panko breadcrumbs


Cauliflower florets


Garlic


Jasmine rice


Spinach


Carrot


Red onion


Persian cucumber


Soy sauce


Sesame seeds


Mayonnaise


Chicken breast, Shrimp

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Sweet chili sauce* (g) | 35 | 70 | 105 | 140 | 175 | 210 |
| Panko breadcrumbs (g) | 25 | 50 | 50 | 75 | 100 | 125 |
| Cauliflower florets* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Jasmine rice (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Spinach* (g) | 75 | 150 | 200 | 300 | 350 | 450 |
| Carrot* (unit(s)) | ½ | 1 | 1 | 1 | 2 | 2 |
| Red onion (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Persian cucumber* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Soy sauce (ml) | 10 | 20 | 30 | 40 | 50 | 60 |
| Sesame seeds (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| Mayonnaise (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Not included | | | | | | |
| Olive oil (tbsp) | 1¼ | 2½ | 3¾ | 5 | 6¼ | 7½ |
| Water for the rice (ml) | 250 | 500 | 750 | 1000 | 1250 | 1500 |
| White wine vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Salt | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3527 /843 | 463 /111 |
| Total fat (g) | 42 | 6 |
| of which saturated(g) | 5,2 | 0,7 |
| Carbonhydrates (g) | 100 | 13 |
| of which sugars (g) | 15 | 2 |
| Fiber (g) | 9 | 1 |
| Protein (g) | 20 | 3 |
| Salt (g) | 2,3 | 0,3 |

## Allergens

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

1



## Prepare

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

2



## Roast the cauliflower

- Transfer the cauliflower florets to the large bowl and coat with the chili mayonnaise.
- Transfer to the panko and toss well to coat.
- Transfer the cauliflower to a parchment-lined baking sheet and roast in the oven for 20 - 25 minutes.

**Air Fryer Option:** *drizzle the cauliflower with oil and fry for 10 - 15 minutes at 200°C. Shake halfway and avoid overcrowding the basket.*

3



## Cook the rice

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

4



## Chop the vegetables

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

5



## Fry the vegetables

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

6



## Serve

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

Fry the chicken in a frying pan over medium-high heat until fully cooked, then add to the dish. Fry the shrimp in a frying pan over medium-high heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

# Creamy Chicken Penne

## with tomato salsa, spinach & Gouda

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



- Penne
- Red onion
- Garlic
- Dried oregano
- Spinach
- Tomato
- Herbed cream cheese
- Grated Gouda
- Chicken mince with Mediterranean herbs

+ Bacon, Beef mince with Italian seasoning

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Penne (g) | 90 | 180 | 270 | 360 | 450 | 540 |
| Red onion (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Garlic (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Dried oregano (sachet(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Spinach* (g) | 75 | 150 | 200 | 300 | 350 | 450 |
| Tomato (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Herbed cream cheese* (g) | 35 | 75 | 110 | 150 | 185 | 225 |
| Grated Gouda* (g) | 15 | 25 | 40 | 50 | 65 | 75 |
| Chicken mince with Mediterranean herbs* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| **Not included** | | | | | | |
| Low sodium chicken stock cube (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Extra virgin olive oil (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Olive oil (tbsp) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| White balsamic vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3272 /782 | 687 /164 |
| Total fat (g) | 33 | 7 |
| of which saturated(g) | 14,2 | 3 |
| Carbonhydrates (g) | 78 | 16 |
| of which sugars (g) | 10,8 | 2,3 |
| Fiber (g) | 9 | 2 |
| Protein (g) | 40 | 8 |
| Salt (g) | 2,1 | 0,4 |

## Allergens

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

1



## Prepare

- Boil plenty of salted water in a pot or saucepan for the pasta.
- Chop the onion and crush or mince the garlic.
- Cook the pasta for 10 - 12 minutes, covered, then reserve some of the pasta water before draining and setting aside.

2



## Fry the mince

- 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 mince and the oregano.
- Fry for 3 minutes, separating it as you do so, then tear the spinach directly into the pan and allow to wilt and reduce.
- Add the cream cheese, then crumble in the stock cube (see pantry for amount). Mix well and season to taste with salt and pepper.

3



## Make the salsa

- Meanwhile, dice the tomato and transfer to a bowl.
- Add the extra virgin olive oil and white balsamic vinegar, then mix well to combine. Season to taste with salt and pepper.

4



## Serve

- Stir the pasta into the creamy spinach sauce and cook for 1 more minute, adding a splash of pasta water as necessary if the sauce is too thick.
- Serve the pasta on plates.
- Garnish with the tomato salsa and the grated cheese.

+ Fry the bacon in a frying pan over medium-high heat until crispy, then add to the dish. Fry the mince in a frying pan over medium-high heat, separating it as you do until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

# Bang Bang Cauliflower with Chili Mayo

## over brown rice with crunchy vegetables

Total time: 35 - 45 min. Vegetarian



- Sweet chili sauce
- Panko breadcrumbs
- Cauliflower florets
- Garlic
- Quick-cook brown rice
- Spinach
- Carrot
- Red onion
- Persian cucumber
- Soy sauce
- Sesame seeds
- Mayonnaise

+ Chicken breast, Shrimp

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Sweet chili sauce* (g) | 35 | 70 | 105 | 140 | 175 | 210 |
| Panko breadcrumbs (g) | 25 | 50 | 50 | 75 | 100 | 125 |
| Cauliflower florets* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Quick-cook brown rice (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Spinach* (g) | 75 | 150 | 200 | 300 | 350 | 450 |
| Carrot* (unit(s)) | ½ | 1 | 1 | 1 | 2 | 2 |
| Red onion (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Persian cucumber* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Soy sauce (ml) | 10 | 20 | 30 | 40 | 50 | 60 |
| Sesame seeds (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| Mayonnaise (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Not included | | | | | | |
| Olive oil (tbsp) | 1¼ | 2½ | 3¾ | 5 | 6¼ | 7½ |
| Water for the rice (ml) | 250 | 500 | 750 | 1000 | 1250 | 1500 |
| White wine vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Salt | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3556 /850 | 466 /111 |
| Total fat (g) | 44 | 6 |
| of which saturated(g) | 5,6 | 0,7 |
| Carbonhydrates (g) | 94 | 12 |
| of which sugars (g) | 14,6 | 1,9 |
| Fiber (g) | 11 | 1 |
| Protein (g) | 17 | 2 |
| Salt (g) | 2,3 | 0,3 |

## Allergens

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1



## Prepare

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

2



## Roast the cauliflower

- Transfer the cauliflower florets to the large bowl and coat with the chili mayonnaise.
- Transfer to the panko and toss well to coat.
- Transfer the cauliflower to a parchment-lined baking sheet and roast in the oven for 20 - 25 minutes.

**Air Fryer Option:** *drizzle the cauliflower with oil and fry for 10 - 15 minutes at 200°C. Shake halfway and avoid overcrowding the basket.*

3



## Cook the rice

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

4



## Chop the vegetables

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

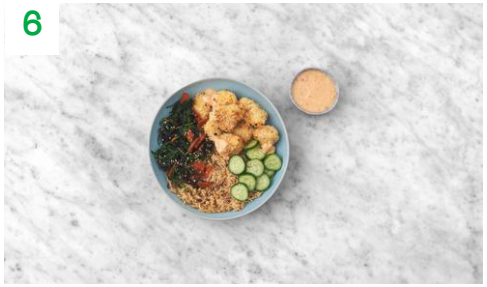
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## Fry the vegetables

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

6



## Serve

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

Fry the chicken in a frying pan over medium-high heat until fully cooked, then add to the dish. Fry the shrimp in a frying pan over medium-high heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

# Wholewheat Fusilli with Beef Mince

## with tomato salsa, spinach & Gouda

Total time: 25 - 35 min. Family Quick



- Wholewheat fusilli
- Red onion
- Garlic
- Dried oregano
- Spinach
- Tomato
- Herbed cream cheese
- Grated Gouda
- Beef mince with Italian seasoning

+ Bacon, Beef mince with Italian seasoning

## Before you start

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

## Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|---|---|---|---|---|---|
| Wholewheat fusilli (g) | 90 | 180 | 270 | 360 | 450 | 540 |
| Red onion (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Garlic (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Dried oregano (sachet(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Spinach* (g) | 75 | 150 | 200 | 300 | 350 | 450 |
| Tomato (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Herbed cream cheese* (g) | 35 | 75 | 110 | 150 | 185 | 225 |
| Grated Gouda* (g) | 15 | 25 | 40 | 50 | 65 | 75 |
| Beef mince with Italian seasoning* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| **Not included** | | | | | | |
| Low sodium chicken stock cube (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Extra virgin olive oil (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Olive oil (tbsp) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| White balsamic vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Salt and pepper | to taste | | | | | |

** store in the fridge*

## Nutritional values

| | Per serving | Per 100g |
|---|---|---|
| Energy(kJ/kcal) | 3527 /843 | 741 /177 |
| Total fat (g) | 43 | 9 |
| of which saturated(g) | 18,5 | 3,9 |
| Carbonhydrates (g) | 68 | 14 |
| of which sugars (g) | 11,3 | 2,4 |
| Fiber (g) | 12 | 3 |
| Protein (g) | 40 | 8 |
| Salt (g) | 2 | 0,4 |

## Allergens

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## Prepare

- Boil plenty of salted water in a pot or saucepan for the pasta.
- Chop the onion and crush or mince the garlic.
- Cook the pasta for 10 - 12 minutes, covered, then reserve some of the pasta water before draining and setting aside.

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## Fry the mince

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- Fry for 3 minutes, separating it as you do so, then tear the spinach directly into the pan and allow to wilt and reduce.
- Add the cream cheese, then crumble in the stock cube (see pantry for amount). Mix well and season to taste with salt and pepper.

3



## Make the salsa

- Meanwhile, dice the tomato and transfer to a bowl.
- Add the extra virgin olive oil and white balsamic vinegar, then mix well to combine. Season to taste with salt and pepper.

4



## Serve

- Stir the pasta into the creamy spinach sauce and cook for 1 more minute, adding a splash of pasta water as necessary if the sauce is too thick.
- Serve the pasta on plates.
- Garnish with the tomato salsa and the grated cheese.

Fry the bacon in a frying pan over medium-high heat until crispy, then add to the dish. Fry the mince in a frying pan over medium-high heat, separating it as you do until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.