



Chocolate Lava Cake with Mascarpone | Ready to Bake

with homemade strawberry sauce, shaved almonds & lime

Veggie Quick

Total time: 20 - 25 min.



Lava Cake



Strawberry sauce



Lime



Shaved almonds



Mascarpone



Stel je perfecte feestmaaltijd samen met onze speciale kerstselectie! Dit heerlijke hoofdgerecht is een van de vele recepten die je kunt combineren om je ideale feestmaaltijd te creëren. Bekijk alle opties in de categorie Kerst.



Before you start

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

Equipment

(parchment-lined) baking sheet(s), microplane, small bowl, small saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Lava Cake* (unit(s))	1	2	3	4	5	6
Strawberry sauce (ml)	25	50	75	100	125	150
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Shaved almonds (g)	5	10	15	20	25	30
Mascarpone* (g)	25	50	75	100	125	150
Not included						
Sugar (tsp)	½	1	1½	2	2½	3
Water for the sauce (tbsp)	½	1	1½	2	2½	3

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2180 /521	1254 /300
Total fat (g)	31	18
of which saturated(g)	17,3	10
Carbonhydrates (g)	51	29
of which sugars (g)	36,9	21,2
Fiber (g)	3	2
Protein (g)	8	5
Salt (g)	0,2	0,1

Allergens

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



Prepare

- Preheat the oven to 180°C.
- Remove the lava cakes from the packaging and transfer to a parchment-lined baking sheet.
- Bake in the oven for 10 minutes.



Toast the almonds

- In a small bowl, combine the mascarpone with the sugar.
- Taste and add a pinch of lime zest as preferred, being sure to also reserve some to use later as garnish.
- Heat a clean frying pan over high heat and toast the almonds until golden-brown.
- Remove from the pan and set aside.



Make the sauce

- In the meantime, zest and juice the lime.
- Place a small saucepan over medium-high heat. Add the strawberry sauce, the lime juice and the water for the sauce.
- Add ½ tsp lime zest per person and mix well to combine.
- Heat the sauce for 1 - 2 minutes, taking care not to let it boil.



Serve

- Carefully remove the lava cakes from the baking sheet, then serve on plates. Top with the mascarpone.
- Drizzle the strawberry sauce around the lava cake.
- Garnish with the shaved almonds and some lime zest as preferred.

Enjoy!



Spicy Kimchi Fried Rice

with fish sauce, fried egg, furikake & sesame seeds

Total time: 30 - 40 min.



Basmati rice



Egg



Onion



Scallions



Carrot



Mushrooms



Sesame oil



Kimchi



Garlic



Furikake



Sesame seeds



Red chili pepper



Fish sauce



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

For deliciously crispy fried rice, let the rice dry and cool down thoroughly by spreading it out on a plate or cutting board after cooking.



Tear me out!

Before you start

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

Equipment

Grater, lidded pot or saucepan, small bowl, frying pan, wok

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Basmati rice (g)	75	150	225	300	375	450
Egg* (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1	2	2	3
Scallions* (bunch)	½	1	1	2	2	3
Carrot* (unit(s))	½	1	2	2	3	3
Mushrooms* (g)	65	125	250	250	375	375
Sesame oil (ml)	5	10	15	20	25	30
Kimchi* (g)	25	50	75	100	125	150
Garlic (unit(s))	1	2	3	4	5	6
Furikake (sachet(s))	½	1	1½	2	2½	3
Sesame seeds (g)	5	10	15	20	25	30
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Fish sauce (ml)	10	20	30	40	50	60

Not included						
Water for the rice (ml)	180	360	540	720	900	1080
Low sodium vegetable stock cube (unit(s))	⅓	⅔	1¼	1½	2	2¼
Sunflower oil (tbsp)	1½	3	4½	6	7½	9
White wine vinegar (tbsp)	½	1	1½	2	2½	3
[Reduced salt] ketjap manis (tbsp)	½	1	1½	2	2½	3

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2912 /696	475 /113
Total fat (g)	34	6
of which saturated(g)	5,2	0,8
Carbonhydrates (g)	81	13
of which sugars (g)	13,5	2,2
Fiber (g)	8	1
Protein (g)	20	3
Salt (g)	4,1	0,7

Allergens

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



Boil the rice

- Boil the water in a pot or saucepan and crumble in two thirds of the stock cube (see pantry for amounts).
- Cook the rice for 8 minutes, covered, then turn off the heat and allow to stand for 10 minutes.
- Finely chop the scallions and separate the white part from the greens.
- Grate the carrot and slice the mushrooms.



Make the sauce

- In a small bowl, combine the garlic with the **kimchi**, white wine vinegar, ketjap and fish sauce (see Tip).
- Add the rest of the stock cube, then set aside.

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



Prepare the aromatics

- Chop the onion and crush or mince the garlic.
- Deseed and finely chop the the **chili pepper**, then set some aside to use later as garnish.

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



Fry the rice

- Heat a drizzle of sunflower oil in a frying pan over medium-high heat and fry the egg.
- Heat the sesame oil with a drizzle of sunflower oil in the same wok over high heat. When the oil is nice and hot, fry the rice for 2 - 3 minutes, leaving it mostly undisturbed.
- Add the sauce and fry for 1 minute, allowing it to caramelise slightly, then stir in the vegetables.



Fry the vegetables

- Heat a drizzle of sunflower oil in a wok over high heat.
- When the wok is nice and hot, fry the white part of the scallions with the onion, mushrooms, carrot and **chili pepper*** for 4 - 6 minutes.
- Remove everything from the pan and set aside.
- Roughly chop the **kimchi*** in the meantime.

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



Serve

- Serve the fried rice in bowls and top with the egg.
- Garnish with the scallion greens, the reserved **chili pepper**, the sesame seeds and the furikake.

Enjoy!



Family Taco Night: Fusion Beef Tacos with Lime & Ginger

build your own & enjoy together!

Family Quick

Total time: 15 - 20 min.



Garlic



Red onion



Lime



Corn



Reduced salt soy sauce



Wholewheat mini tortilla



Salted peanuts



East Asian-style sauce



Mixed leaves of radicchio, arugula & lettuce



Slaw mix



Ginger paste



Beef mince with East Asian spices



Romano pepper



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

Everyone at the dinner table, including the youngest chefs in the family, can tailor this meal exactly as they like it! This recipe provides pick 'n' mix toppings so that you can choose how you build your own dish.



Tear me out!

Before you start

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

Equipment

Aluminum foil, bowl(s), 2x small bowl, sieve, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1	2	2	3
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Corn (g)	70	140	285	285	425	425
Reduced salt soy sauce (ml)	10	20	30	40	50	60
Wholewheat mini tortilla (unit(s))	4	8	12	16	20	24
Salted peanuts (g)	10	20	30	40	50	60
East Asian-style sauce* (g)	10	20	30	35	50	55
Mixed leaves of radicchio, arugula & lettuce* (g)	45	90	120	180	210	270
Slaw mix* (g)	50	100	150	200	250	300
Ginger paste* (g)	5	10	15	20	25	30
Beef mince with East Asian spices* (g)	100	200	300	400	500	600
Romano pepper* (unit(s))	½	1	2	2	3	3
Not included						
White wine vinegar (tsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1½	3	4½	6	7½	9
Water for the sauce (tbsp)	1	2	3	4	5	6

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4100 /980	707 /169
Total fat (g)	58	10
of which saturated(g)	12,6	2,2
Carbonhydrates (g)	71	12
of which sugars (g)	18,6	3,2
Fiber (g)	18	3
Protein (g)	37	6
Salt (g)	4,5	0,8

Allergens

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



Prepare

- Preheat the oven to 180°C (see Tip).
- Chop the onion and crush or mince the garlic.
- Cut the lime into wedges.
- Drain the corn and set aside in a bowl.

Tip: the oven will be used later to heat the tortillas, but you can also do this in a frying pan instead. In this case, skip preheating the oven.



Fry the mince

- Heat a drizzle of sunflower oil in a frying pan over medium-high heat and fry the onion with the Romano pepper for 2 - 3 minutes.
- Stir in the mince and fry for 3 minutes until evenly browned, separating it as you do so.
- Stir in the ginger-soy sauce and fry for 2 - 3 more minutes.
- Wrap the tortillas in aluminum foil and heat in the oven for 2 - 4 minutes.



Make the sauce

- Chop the Romano pepper into strips.
- In a small bowl, combine the garlic with the ginger paste, the soy sauce and half of the water for the sauce (see Tip).
- Squeeze 1 lime wedge per person directly into the bowl.

Health Tip 🌱 if you're watching your salt intake, add just half of the soy sauce here and then use the rest later as preferred when serving.



Serve

- Roughly chop the peanuts in the meantime.
- In a small bowl, combine the mayonnaise with the East Asian-style sauce, the white wine vinegar and the rest of the water for the sauce.
- Serve all the elements separately at the table and allow everyone to build their own tacos (or if preferred, just plate everything directly).

Enjoy!



Pulled Chicken with Creamy Vegetable Soup

hidden carrot & courgette! | with basil & sunflower seeds

Family Quick

Total time: 25 - 30 min.



Pulled chicken



Potatoes



Carrot



Courgette



Onion



Garlic



Fresh basil & oregano



Sunflower seeds



Potato seasoning mix



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

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



Tear me out!

Before you start

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

Equipment

Immersion blender, lidded pot or saucepan, (lidded) soup pot or large pot, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pulled chicken* (g)	100	200	300	400	500	600
Potatoes (g)	200	400	600	800	1000	1200
Carrot* (unit(s))	½	1	1½	2	2½	3
Courgette* (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Fresh basil & oregano* (g)	5	10	15	20	25	30
Sunflower seeds (g)	10	20	30	40	50	60
Potato seasoning mix (sachet(s))	½	1	1½	2	2½	3
Not included						
Low sodium chicken stock (ml)	450	900	1350	1700	2250	2600
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2749 /657	268 /64
Total fat (g)	36	3
of which saturated(g)	13,8	1,3
Carbonhydrates (g)	58	6
of which sugars (g)	13,2	1,3
Fiber (g)	10	1
Protein (g)	28	3
Salt (g)	2,8	0,3

Allergens

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



Prepare

- Prepare the stock.
- Chop the onion and crush or mince the garlic. Dice the carrot, the courgette and the potatoes.
- Melt a generous knob of butter in a soup pot or large pot over medium-high heat. Fry the onion for 2 - 3 minutes
- Add the courgette, the carrot, the garlic and the potato seasoning mix. Mix well and fry for 2 - 3 minutes.



Toast the sunflower seeds

- Process the soup with an immersion blender until smooth, then season to taste with salt and pepper. Set aside until serving, covered.
- Heat a clean frying pan over high heat. Toast the sunflower seeds until lightly golden-brown, then remove from the pan and set aside.



Boil the potatoes

- Transfer a quarter of the potatoes to a pot or saucepan and submerge with water. Boil for 9 - 10 minutes, covered, then drain and set aside.
- Finely chop the fresh herbs.
- Transfer the rest of the potatoes to the soup pot, then add the stock and half of the fresh herbs.
- Bring to a boil, then reduce the heat and allow to simmer for 10 - 15 minutes.



Serve

- Heat a drizzle of olive oil in the same pan over medium-high heat. Fry the chicken for 1 - 2 minutes.
- Serve the soup in bowls or deep plates. Top with the chicken and the boiled potatoes.
- Garnish with the sunflower seeds and the rest of the fresh herbs.

Enjoy!



Piri Piri Chicken Traybake with Apricot Chutney

with smoky potato wedges & garlicky green beans

Total time: 40 - 50 min.



Potatoes



Piri piri seasoning



Garlic



Green beans



Chicken breast



Romano pepper



Onion



Apricot chutney



Smoked paprika



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

Piri-piri is a small but spicy pepper. It's appropriately nicknamed the "African red devil".

Tear me out!



Before you start

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

Equipment

Aluminum foil, 2x (parchment-lined) baking sheet(s)

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Piri piri seasoning (tsp)	1½	3	4½	6	7½	9
Garlic (unit(s))	1	1	2	2	3	3
Green beans* (g)	100	200	300	400	500	600
Chicken breast* (unit(s))	1	2	3	4	5	6
Romano pepper* (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Apricot chutney (g)	25	50	75	100	125	150
Smoked paprika (tsp)	¾	1½	2¼	3	3¾	4½
Not included						
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1½	3	4½	6	7½	9

Salt and pepper (totaste) to taste

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2841 /679	495 /118
Total fat (g)	34	6
of which saturated(g)	5,2	0,9
Carbonhydrates (g)	62	11
of which sugars (g)	18,4	3,2
Fiber (g)	11	2
Protein (g)	33	6
Salt (g)	0,7	0,1

Allergens

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



Prepare

- Preheat the oven to 210°C. Cut the potatoes into wedges.
- Transfer to a parchment-lined baking sheet and drizzle with olive oil. Season with salt and pepper, then toss well to coat.
- Bake in the oven for 30 - 40 minutes or until golden-brown, tossing halfway.
- Scatter over the smoked paprika during the final minute of cooking.



Prepare the green beans

- Discard the tips of the green beans and crush or mince the garlic.
- Transfer both to a sheet of aluminum foil and drizzle with olive oil. Season with salt and pepper, then toss well to coat.
- Tightly seal the foil so as to create a parcel.
- Add the parcel to the baking sheet and return to the oven for 20 - 25 minutes until everything is done.



Roast the chicken

- Slice the onion into half rings. Quarter and deseed the Romano pepper.
- Coat the chicken with the **piri piri seasoning**.*
- Transfer all three to a parchment-lined baking sheet and drizzle with olive oil.
- Season with salt and pepper, then roast in the oven for 5 - 10 minutes.

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



Serve

- Serve the wedges on plates with everything else alongside.
- Drizzle with the apricot chutney as preferred.
- Serve the mayonnaise on the side.

Enjoy!



Steak Crostini with Lemon & Parmigiano Reggiano

with crema di balsamico & caramelised shallot

Quick

Total time: 20 - 25 min.



White demi-baguette



Fresco spalmabile
- cream cheese



Garlic



Shallot



Parmigiano
Reggiano DOP



Marinated steak



Crema di balsamico



Cress



Lemon



Stel je perfecte feestmaaltijd samen met onze speciale kerstselectie! Dit heerlijke hoofdgerecht is een van de vele recepten die je kunt combineren om je ideale feestmaaltijd te creëren. Bekijk alle opties in de categorie Kerst.



Before you start

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

Equipment

Aluminum foil, (parchment-lined) baking sheet(s), bowl(s), microplane, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
White demi-baguette (unit(s))	½	1	1½	2	2½	3
Fresco spalmabile - cream cheese* (g)	50	100	150	200	250	300
Garlic (unit(s))	½	1	1½	2	2½	3
Shallot (unit(s))	½	1	1½	2	2½	3
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Marinated steak* (unit(s))	½	1	1½	2	2½	3
Crema di balsamico (ml)	8	16	24	32	40	48
Cress* (g)	5	10	15	20	25	30
Lemon* (unit(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 balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	1	2	3	4	5	6
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2188 /523	748 /179
Total fat (g)	24	8
of which saturated(g)	12,3	4,2
Carbonhydrates (g)	51	17
of which sugars (g)	15,3	5,2
Fiber (g)	4	1
Protein (g)	25	8
Salt (g)	1,5	0,5

Allergens

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



Prepare

- Preheat the oven to 180°C.
- Take the steak out of the fridge and allow it to reach room temperature.
- Cut the baguette into two thick slices per person, then transfer to a parchment-lined baking sheet.
- Drizzle with olive oil and season with salt, then bake in the oven for 6 - 8 minutes or until golden-brown.



Caramelize the shallot

- Deglaze the shallot with the white balsamic vinegar, then add the sugar and allow to caramelize for 1 - 2 minutes.
- Meanwhile, grate the Parmigiano Reggiano.
- Zest and juice the lemon.
- In a bowl, combine the cream cheese with the Parmigiano Reggiano and ½ tsp lemon juice per person. Season to taste with pepper.



Fry the steak

- Slice the shallot into half-rings and crush or mince the garlic.
- Melt a knob of butter in a frying pan over medium-high heat. Fry the the garlic, the shallot and the steak for 1 - 3 minutes per side.
- Remove the steak from the pan and season with pepper, then allow to rest for at least 3 minutes under aluminum foil.



Serve

- Tear off the cress or use scissors if preferred.
- Slice the steak into four thin slices per person.
- Top the crostini with the cream cheese, the steak and the shallot.
- Drizzle with the crema di balsamico, then garnish with the cress and the lemon zest.

Enjoy!



Leek Velouté with Bacon & Cheesy Croutons

with Parmigiano Reggiano, cress & thyme

Total time: 35 - 45 min.



Garlic



Onion



Leek



Potatoes



Fresh thyme



Cress



Cooking cream



Bacon



White demi-baguette



Parmigiano Reggiano
DOP



Stel je perfecte feestmaaltijd samen met onze speciale kerstselectie! Dit heerlijke hoofdgerecht is een van de vele recepten die je kunt combineren om je ideale feestmaaltijd te creëren. Bekijk alle opties in de categorie Kerst.



Before you start

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

Equipment

2x (parchment-lined) baking sheet(s), microplane, lidded soup pot, immersion blender

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1½	2	2½	3
Leek* (unit(s))	1	2	3	4	5	6
Potatoes (g)	100	200	300	400	500	600
Fresh thyme* (g)	2½	5	7½	10	12½	15
Cress* (g)	10	20	30	40	50	60
Cooking cream (g)	75	150	225	300	375	450
Bacon* (slice(s))	2	4	6	8	10	12
White demi-baguette (unit(s))	1	2	3	4	5	6
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Not included						
Low sodium vegetable stock (ml)	250	500	750	1000	1250	1500
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1½	3	4½	6	7½	9
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (totaste)	to taste					
Salt and pepper (totaste)	to taste					
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4008 /958	459 /110
Total fat (g)	48	6
of which saturated(g)	19,3	2,2
Carbonhydrates (g)	103	12
of which sugars (g)	14,3	1,6
Fiber (g)	14	2
Protein (g)	26	3
Salt (g)	3,2	0,4

Allergens

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



Chop the vegetables

- Preheat the oven to 200°C and prepare the stock.
- Crush or mince the garlic. Discard the thyme stalks.
- Halve the leek lengthways and then cut into crescents.
- Chop the onion into half rings. Peel and dice the potatoes.

Did you know... 🌱 the majority of the leek's nutrients are in the green part at the top. It is rich in vitamin B6, which is essential for muscles and immunity.



Prepare the bacon

- Carefully separate the bacon slices and transfer to another parchment-lined baking sheet.
- Place both baking sheets in the oven for 8 - 10 minutes.
- Roughly chop the cress in the meantime.



Make the soup

- Heat a generous drizzle of olive oil in a soup pot over medium heat. Fry the thyme with the garlic and onion for 1 minute.
- Add the potatoes and leek and fry for 2 - 3 more minutes.
- Deglaze with the white wine vinegar, then pour in the stock.
- Bring to a boil and allow to cook for 15 minutes, covered.



Blend the soup

- Reserve some cress to use later as garnish, then add the rest to the soup.
- Cook for 5 more minutes, then use an immersion blender to process until smooth (see Tip).
- Blend in the cream and a knob of butter, then season generously with salt and pepper.
- Add extra water as necessary if it seems too thick.

Tip: you can also strain the soup if preferred.



Make the croutons

- Dice half of the baguette into chunks of no more than 2cm, then transfer to a parchment-lined baking sheet.
- Drizzle with olive oil and season with salt and pepper.
- Grate the Parmigiano Reggiano directly over the croutons.
- Halve the rest of the baguette and place alongside.



Serve

- Cut or tear the bacon into smaller pieces.
- Serve the soup in bowls, topped with the bacon and croutons.
- Garnish with the reserved cress and drizzle with extra virgin olive oil as preferred. Serve the baguette alongside.

Enjoy!



Basa in Caper Butter with Courgette & Parsley

over tomato orzo with Sicilian-style herbs

Family Quick

Total time: 15 - 20 min.



Basa fillet



Orzo



Chopped onion



Garlic



Courgette



Capers



Passata



Sicilian-style herb mix



Fresh flat leaf parsley



Tomato tapenade



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

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



Tear me out!

Before you start

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

Equipment

(lidded) deep frying pan(s), (lidded) pot or saucepan(s), kitchen paper, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Basa fillet* (unit(s))	1	2	3	4	5	6
Orzo (g)	75	150	225	300	375	450
Chopped onion* (g)	25	50	100	100	150	150
Garlic (unit(s))	½	1	1½	2	2½	3
Courgette* (unit(s))	½	1	2	2	3	3
Capers (g)	15	30	45	60	75	90
Passata (g)	100	200	300	390	500	590
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Tomato tapenade* (g)	40	80	120	160	200	240
Not included						
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tsp)	1	2	3	4	5	6
Sugar (tsp)	1	2	3	4	5	6
Salt and pepper (totaste)	to taste					
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3184 /761	600 /143
Total fat (g)	32	6
of which saturated(g)	11,6	2,2
Carbonhydrates (g)	79	15
of which sugars (g)	19	3,6
Fiber (g)	8	2
Protein (g)	37	7
Salt (g)	2,8	0,5

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cook the orzo for 10 - 12 minutes, then drain and set aside.
- Meanwhile, crush or mince the garlic and dice the courgette.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the courgette with the garlic and the chopped onion for 5 - 7 minutes.



Make the sauce

- Deglaze the courgette with the balsamic vinegar.
- Stir in the passata, the Sicilian-style herbs and the sugar. Allow to simmer until the orzo is done.
- Transfer the orzo and the tomato tapenade to the sauce.
- Mix well to combine and season to taste with salt and pepper.



Fry the fish

- Melt a generous knob of butter in a frying pan over medium-high heat.
- Pat the fish dry with kitchen paper, then fry for 3 minutes per side.
- Add the capers during the final minute of cooking and season to taste with salt and pepper.
- Meanwhile, finely chop the parsley.



Serve

- Serve the orzo on deep plates, topped with the fish and caper butter.
- Garnish with the parsley to finish.

Enjoy!



Orzotto Alla Norma with Eggplant

with fresh basil & Parmigiano Reggiano

Veggie

Total time: 30 - 40 min.



Eggplant



Garlic



Chopped tomatoes



Orzo



Fresh basil



Parmigiano
Reggiano DOP



Ground paprika



Fresco spalmabile
- cream cheese



Sicilian-style herb mix



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

Fancy a risotto, but don't have much time? Make this version with orzo. It takes less time to cook, but still has the creaminess you'd expect from risotto!



Tear me out!

Before you start

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

Equipment

(parchment-lined) baking sheet(s), large deep frying pan with lid, microplane

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Eggplant* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
Chopped tomatoes (pack)	½	1	1½	2	2½	3
Orzo (g)	75	150	225	300	375	450
Fresh basil* (g)	5	10	15	20	25	30
Parmigiano Reggiano DOP* (g)	20	40	60	80	100	120
Ground paprika (tsp)	1½	3	4½	6	7½	9
Fresco spalmabile - cream cheese* (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)	125	250	375	500	625	750
Olive oil (tbsp)	1½	3	4½	6	7½	9
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2904 /694	412 /99
Total fat (g)	30	4
of which saturated(g)	9,8	1,4
Carbonhydrates (g)	77	11
of which sugars (g)	20,9	3
Fiber (g)	11	2
Protein (g)	23	3
Salt (g)	1,9	0,3

Allergens

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



Roast the eggplant

- Preheat the oven to 220°C and prepare the stock.
- Dice the eggplant into 1cm chunks and transfer to a parchment-lined baking sheet.
- Drizzle generously with olive oil and scatter over the Sicilian-style herbs. Season with salt and pepper, then toss well to coat.
- Roast the eggplant for 20 - 25 minutes, tossing halfway.



Finish

- Allow to cook for 15- 20 minutes over low heat, stirring regularly.
- Add a splash of water as necessary if the orzotto becomes too dry.
- Finely chop the basil and grate the Parmigiano Reggiano, then stir half of each into the orzotto.
- Add the cream cheese and three quarters of the roasted eggplant, then mix well to combine and season to taste with salt and pepper.



Make the sauce

- Crush or mince the garlic.
- Heat a drizzle of olive oil in a large deep frying pan over medium-high heat and fry the garlic with the chopped tomatoes for 5 - 6 minutes.
- Add the orzo, the stock, the paprika, the balsamic vinegar and the sugar.
- Cover with the lid and bring to the boil, then reduce the heat.



Serve

- Serve the orzotto on deep plates and top with the rest of the roasted eggplant.
- Garnish with the rest of the basil and Parmigiano Reggiano.

Enjoy!



Creamy Tomato Soup | Ready to Heat

with homemade Parmesan chips, herb oil & crostini

Veggie Quick

Total time: 20 - 25 min.



Creamy tomato soup



White ciabatta



Parmigiano
Reggiano DOP



Fresh basil, chives
& flat leaf parsley



Garlic



Heavy cream



Crema di balsamico



Italian seasoning



Stel je perfecte feestmaaltijd samen met onze speciale kerstselectie! Dit heerlijke hoofdgerecht is een van de vele recepten die je kunt combineren om je ideale feestmaaltijd te creëren. Bekijk alle opties in de categorie Kerst.



Before you start

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

Equipment

2x (parchment-lined) baking sheet(s), grater, saucepan, small bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Creamy tomato soup* (unit(s))	¼	½	¾	1	1¼	1½
White ciabatta (unit(s))	½	1	1½	2	2½	3
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Fresh basil, chives & flat leaf parsley* (g)	5	10	15	20	25	30
Garlic (unit(s))	½	1	1½	2	2½	3
Heavy cream* (ml)	50	100	150	200	250	300
Crema di balsamico (ml)	4	8	12	16	20	24
Italian seasoning (sachet(s))	¼	½	¾	1	1¼	1½
Not included						
Extra virgin olive oil (tbsp)	1½	3	4½	6	7½	9
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2933 /701	758 /181
Total fat (g)	47	12
of which saturated(g)	16,5	4,3
Carbonhydrates (g)	37	9
of which sugars (g)	12,1	3,1
Fiber (g)	2	1
Protein (g)	11	3
Salt (g)	3,1	0,8

Allergens

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



Prepare

- Preheat the oven to 190°C.
- Finely chop the fresh herbs.
- In a small bowl, combine the fresh herbs with the extra virgin olive oil.
- Season to taste with salt and pepper



Grate the cheese

- Grate the Parmigiano Reggiano.
- Going 1 tbsp at a time, transfer the Parmigiano Reggiano to a parchment-lined baking sheet, so as to make individual circles.
- Bake for 8 - 10 minutes or until golden-brown.
- Allow the Parmesan chips to cool completely, before using a spatula to carefully remove them from the baking sheet.



Make the crostini

- Slice the ciabatta and transfer to a parchment-lined baking sheet.
- Drizzle with olive oil and scatter over the Italian seasoning, then season with salt and pepper.
- Bake in the oven for 8 - 10 minutes
- Peel the garlic clove and then rub it over the toasted ciabatta.



Serve

- Shortly before serving, heat the soup in a saucepan for 4 - 5 minutes over low heat.
- Stir occasionally so as to prevent the soup from sticking to the bottom of the pan.
- Serve the soup in bowls. Drizzle with the cream, the crema di balsamico and the herb oil.
- Garnish with the Parmesan chips and serve the crostini alongside.

Enjoy!



BBQ Shrimp Cocktail with Mango Salsa & Guacamole

with lime, cress & homemade tortilla chips

Quick Premium

Total time: 25 - 30 min.



Shrimp



Flour tortillas



Red onion



Mango



Persian cucumber



Cress



Lime



Guacamole



Cocktail sauce



BBQ spice rub



Stel je perfecte feestmaaltijd samen met onze speciale kerstselectie! Dit heerlijke hoofdgerecht is een van de vele recepten die je kunt combineren om je ideale feestmaaltijd te creëren. Bekijk alle opties in de categorie Kerst.



Before you start

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

Equipment

(parchment-lined) baking sheet(s), large bowl, kitchen paper, peeler or cheese slicer, skewers, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Shrimp* (g)	80	160	240	320	400	480
Flour tortillas (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1	2	2	3
Mango* (unit(s))	½	1	1½	2	2½	3
Persian cucumber* (unit(s))	¼	½	1	1	1½	1½
Cress* (g)	5	10	15	20	25	30
Lime* (unit(s))	½	1	1½	2	2½	3
Guacamole* (g)	40	80	120	160	200	240
Cocktail sauce* (g)	30	60	90	120	150	180
BBQ spice rub (sachet(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2586 /618	629 /150
Total fat (g)	44	11
of which saturated(g)	6,5	1,6
Carbonhydrates (g)	36	9
of which sugars (g)	21,8	5,3
Fiber (g)	7	2
Protein (g)	16	4
Salt (g)	1,9	0,5

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Cut the tortillas into triangles and transfer to a parchment-lined baking sheet.
- Drizzle with olive oil and season with salt and pepper, then bake in the oven for 6 - 8 minutes.
- Use a peeler or cheese slicer to shave one cucumber ribbon per person. Twist the cucumber ribbons onto skewers, then set aside (see photo).



Fry the shrimp

- Pat the shrimp dry with kitchen paper.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the shrimp for 2 minutes.
- Add the **BBQ rub*** and fry for 1 more minute or until done, then remove from the pan and set aside.

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



Make the salsa

- Peel the mango, then dice both this and the rest of the cucumber.
- Finely chop the onion, then transfer all three to a large bowl.
- Cut half of the lime into wedges and juice the rest.
- To the bowl, add the extra virgin olive oil and some lime juice as preferred. Season to taste with salt and pepper, then toss well to combine.



Serve

- Tear off the cress or use scissors if preferred.
- Divide the guacamole over serving glasses. Top first with the mango salsa, then with the cocktail sauce and finally with the shrimp.
- Garnish with the cress.
- Serve the tortilla chips and the lime wedges alongside.

Enjoy!



Truffled Mushroom Risotto with Burrata & Pine Nuts

with Parmigiano Reggiano, pecorino & fresh herbs

Veggie Premium

Total time: 40 - 50 min.



Risotto rice



Garlic



Onion



Leek



White wine



Pre-cut mushroom mix



Dried thyme



Pine nuts



Fresh flat leaf
parsley & basil



Truffle-style olive oil



Parmigiano
Reggiano DOP



Grated Pecorino DOP



Burrata



Stel je perfecte feestmaaltijd samen met onze speciale kerstselectie! Dit heerlijke hoofdgerecht is een van de vele recepten die je kunt combineren om je ideale feestmaaltijd te creëren. Bekijk alle opties in de categorie Kerst.



Before you start

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

Equipment

(lidded) deep frying pan(s), microplane, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Risotto rice (g)	75	150	225	300	375	450
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Leek* (unit(s))	½	1	1	2	2	3
White wine (ml)	40	80	120	160	200	240
Pre-cut mushroom mix* (g)	175	350	525	700	875	1050
Dried thyme (sachet(s))	½	1	1½	2	2½	3
Pine nuts (g)	5	10	15	20	25	30
Fresh flat leaf parsley & basil* (g)	5	10	15	20	25	30
Truffle-style olive oil (ml)	4	8	12	16	20	24
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Grated Pecorino DOP* (g)	20	40	60	80	100	120
Burrata* (ball(s))	½	1	1½	2	2½	3
Not included						
Low sodium mushroom or vegetable stock (ml)	300	600	900	1200	1500	1800
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	1	2	3	4	5	6
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3188 /762	380 /91
Total fat (g)	35	4
of which saturated(g)	18,4	2,2
Carbonhydrates (g)	79	9
of which sugars (g)	7,2	0,9
Fiber (g)	9	1
Protein (g)	29	3
Salt (g)	2,2	0,3

Allergens

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



Prepare

- Prepare the stock.
- Chop the onion and crush or mince the garlic.
- Slice the leek into half-rings.



Fry the mushrooms

- Heat a clean frying pan over medium-high heat and toast the pine nuts until golden-brown.
- Remove from the pan and set aside.
- Melt a small knob of butter in the same pan over high heat and fry the mushrooms for 5 - 7 minutes.
- Deglaze with the balsamic vinegar, then season to taste with salt and pepper.



Fry the vegetables

- Melt a small knob of butter in a deep frying pan over medium-high heat.
- Fry the garlic with the leek, the onion and the thyme for 5 minutes.
- Add the risotto rice and toast the grains for 1 minute, then deglaze with the white wine.
- Reduce the heat and then pour in a third of the stock. Allow the stock to slowly incorporate, stirring regularly.



Finish

- Meanwhile, finely chop the fresh herbs.
- Stir the pecorino into the risotto, along with half of the fresh herbs.
- Taste and season with salt and pepper as needed.
- Halve the burrata and grate the Parmigiano Reggiano.



Make the risotto

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



Serve

- Serve the risotto on plates, topped with the mushrooms and the burrata.
- Drizzle with the truffle oil.
- Garnish with the pine nuts and the Parmigiano Reggiano.
- Finish with the rest of the fresh herbs.

Enjoy!



Salmon with Samphire & Beurre Blanc

with lemon, fennel & mashed potatoes

Premium

Total time: 40 - 50 min.



Salmon fillet



Potatoes



Yellow carrot



Fennel



Garlic



Onion



Samphire



Lemon



Beurre blanc



Stel je perfecte feestmaaltijd samen met onze speciale kerstselectie! Dit heerlijke hoofdgerecht is een van de vele recepten die je kunt combineren om je ideale feestmaaltijd te creëren. Bekijk alle opties in de categorie Kerst.



Before you start

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

Equipment

Aluminum foil, (parchment-lined) baking sheet(s), (lidded) frying pan(s), oven dish, (lidded) pot or saucepan(s), kitchen paper, potato masher, saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Salmon fillet* (g)	200	400	600	800	1000	1200
Potatoes (g)	200	400	600	800	1000	1200
Yellow carrot* (unit(s))	½	1	1½	2	2½	3
Fennel* (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1½	2	2½	3
Samphire* (g)	25	50	75	100	125	150
Lemon* (unit(s))	½	1	1½	2	2½	3
Beurre blanc* (g)	40	80	120	160	200	240
Not included						
[Plant-based] butter (tbsp)	¾	1½	2¼	3	3¾	4½
Mustard (tsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Water (ml)	50	100	150	200	250	300
[Plant-based] milk	splash					
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3611 /863	458 /109
Total fat (g)	50	6
of which saturated(g)	14,5	1,8
Carbonhydrates (g)	55	7
of which sugars (g)	8,2	1
Fiber (g)	11	1
Protein (g)	44	6
Salt (g)	1,9	0,2

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Quarter the fennel and remove the tough core. Set aside the fennel fronds to use later as garnish.
- Cut the fennel into wedges, then transfer to an oven dish. Pour in the water and crumble in half of the stock cube (see pantry for amounts).
- Cover with aluminum foil and then bake in the oven for 20 - 25 minutes.



Fry the samphire

- Cut the onion into half rings and thinly slice the garlic. Cut the lemon into six wedges.
- Melt a small knob of butter in a frying pan over medium-high heat. Fry the samphire with the garlic and the onion for 3 - 5 minutes.
- Deglaze with the juice of one lemon wedge per person, then turn off the heat and set aside, covered.



Bake the salmon

- Pat the salmon dry with kitchen paper.
- Transfer to a parchment-lined baking sheet and season with salt and pepper.
- Bake the salmon in the oven (see below for the exact cooking time).
- 400g: 15 - 19 minutes
600g: 20 - 24 minutes
800g: 25 - 28 minutes



Mash the potatoes

- Heat the beurre blanc in a saucepan over low heat for 2 - 3 minutes.
- Meanwhile, mash the carrot and the potatoes with a knob of butter and a splash of milk or cooking liquid as preferred.
- Stir in the mustard and then season to taste with salt and pepper.



Boil the potatoes

- Peel or thoroughly wash the carrot and the potatoes, then cut both into rough chunks.
- Transfer to a pot or saucepan and submerge with water, then crumble in the rest of the stock cube.
- Boil for 12 - 15 minutes, then reserve a small amount of the cooking liquid before draining and setting aside.



Serve

- Serve the salmon, the mash, the fennel, the samphire, and the beurre blanc in separate serving dishes (or if preferred, just plate everything directly).
- Garnish the salmon with the reserved fennel fronds and serve with the rest of the lemon wedges alongside.

Enjoy!



Teriyaki Salmon Bowl with Edamame

over garlic rice with broccolini & furikake

Quick Premium

Total time: 25 - 30 min.



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

Enjoy!



Garlic



White long grain rice



Carrot



Broccolini



Teriyaki sauce



Furikake



Edamame



Salmon fillet



There is a special ingredient in your box! Broccolini is a cross between broccoli and gai lan. With its thin stems and subtle flavour, it's perfect for stir-fries and salads, or even simply grilled!

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



Before you start

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

Equipment

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

Ingredients for 1 - 6 servings

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

Salt and pepper (totaste) to taste

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3749 /896	512 /122
Total fat (g)	43	6
of which saturated(g)	6,3	0,9
Carbonhydrates (g)	89	12
of which sugars (g)	20,7	2,8
Fiber (g)	4	1
Protein (g)	34	5
Salt (g)	2,8	0,4

Allergens

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



Boil the rice

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



Fry the fish

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



Prepare the broccolini

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



Serve

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

Enjoy!



Chicken Burger with a Mexican-Inspired Twist

on brioche with bacon, guacamole, cheddar & potato wedges

Quick Premium

Total time: 25 - 30 min.



Potato wedges



Brioche bun



Chicken burger from Oranjehoe



Grated cheddar



Guacamole



Red onion



Little gem



Romano pepper



Tomato



Green chili pepper



Fresh coriander



Bacon



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

Guacamole was first invented by the Aztecs in modern-day Mexico; they named it “ahuacamolli”, a combination of the Aztecan words “ahucatl” (avocado), and “molli” (sauce).



Tear me out!

Before you start

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

Equipment

Bowl(s), large frying pan, lid, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potato wedges* (g)	200	400	600	800	1000	1200
Brioche bun (unit(s))	1	2	3	4	5	6
Chicken burger from Oranjehoen* (unit(s))	1	2	3	4	5	6
Grated cheddar* (g)	25	50	75	100	125	150
Guacamole* (g)	40	80	120	160	200	240
Red onion (unit(s))	½	1	1½	2	2½	3
Little gem* (unit(s))	½	1	1½	2	2½	3
Romano pepper* (unit(s))	½	1	2	2	3	3
Tomato (unit(s))	½	1	1	2	2	3
Green chili pepper* (unit(s))	½	1	1½	2	2½	3
Fresh coriander* (g)	2½	5	7½	10	12½	15
Bacon* (slice(s))	2	4	6	8	10	12
Not included						
White wine vinegar (tbsp)	1	2	3	4	5	6
Olive oil (tsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Sugar (tsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (totaste)	to taste					
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4163 /995	584 /140
Total fat (g)	53	7
of which saturated(g)	20,8	2,9
Carbonhydrates (g)	86	12
of which sugars (g)	18,4	2,6
Fiber (g)	13	2
Protein (g)	40	6
Salt (g)	3,3	0,5

Allergens

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



Prepare

- Slice half of the onion into crescents and then finely chop the rest.
- Halve the Romano pepper lengthways, then remove the seeds and cut into thin strips.
- Slice the **green chili pepper*** into rings.
- In a small bowl, combine the white wine wine vinegar with the sugar, then season with salt and pepper. Add the **chili pepper** and mix well, then set aside, stirring every so often.

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



Make the salsa

- In the meantime, dice the tomato and finely chop the coriander.
- Transfer both to a bowl, along with the rest of the onion.
- Drizzle with extra virgin olive oil, then mix well to combine. Season to taste with salt and pepper.
- Cut off the base of the lettuce and separate the leaves.



Fry the bacon

- Heat a clean frying pan over high heat and fry the bacon for 3 - 5 minutes, then remove from the pan and set aside.
- Heat a drizzle of olive oil in the same pan over medium-high heat.
- Fry the potato wedges for 15 - 20 minutes, seasoning to taste with salt and pepper.



Assemble

- Cut open the brioche bun and spread the base with the guacamole.
- Top with the burger, the fried vegetables and several lettuce leaves.
- Add the **green chili pepper** as preferred.



Fry the burger

- Melt a generous knob of butter in a large frying pan over medium-high heat.
- Fry the burger for 4 minutes on one side, along with the Romano pepper and the onion crescents.
- Flip the burger over, then top with the cheese and the bacon.
- Cover with the lid so as to allow the cheese to melt, then cook for 3 - 4 minutes or until done. Season with salt and pepper.



Serve

- Serve the burger with the potato wedges alongside.
- Garnish the wedges with the tomato salsa and serve with some mayonnaise as preferred.

Enjoy!



Panko Gammon with Bejeweled Broccolini













with potato gratin, pomegranate seeds & onion jus

Premium

Total time: 30 - 40 min.



Stel je perfecte feestmaaltijd samen met onze speciale kerstselectie! Dit heerlijke hoofdgerecht is een van de vele recepten die je kunt combineren om je ideale feestmaaltijd te creëren. Bekijk alle opties in de categorie Kerst.

- | | |
|---|---|
| 
Gammon with honey mustard marinade | 
Potato gratin |
| 
Pomegranate | 
Broccolini |
| 
Fresh thyme | 
Onion |
| 
Shaved almonds | 
Onion chutney |
| 
Yellow mustard seeds | 
Panko breadcrumbs |
| 
Fresh rosemary | 
Chopped pecans |



Before you start

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

Equipment

Bowl(s), (lidded) deep frying pan(s), oven dish, (lidded) pot or saucepan(s), saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Gammon with honey mustard marinade* (g)	200	400	600	800	1000	1200
Potato gratin* (g)	190	375	500	750	875	1125
Pomegranate* (unit(s))	¼	¼	¾	½	¾	¾
Broccolini* (g)	100	200	300	400	500	600
Fresh thyme* (g)	2½	5	7½	10	12½	15
Onion (unit(s))	1	2	3	4	5	6
Shaved almonds (g)	10	20	30	40	50	60
Onion chutney* (g)	40	80	120	160	200	240
Yellow mustard seeds (sachet(s))	¼	½	¾	1	1¼	1½
Panko breadcrumbs (g)	15	25	40	50	65	75
Fresh rosemary* (sprig)	½	1	1½	2	2½	3
Chopped pecans (g)	10	20	30	40	50	60
Not included						
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (g)	25	50	75	100	125	150
Low sodium chicken stock (ml)	50	100	150	200	250	300
Flour (tbsp)	¼	½	¾	1	1¼	1½
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	5050 /1207	633 /151
Total fat (g)	68	8
of which saturated(g)	27	3,4
Carbonhydrates (g)	82	10
of which sugars (g)	37,7	4,7
Fiber (g)	8	1
Protein (g)	62	8
Salt (g)	5,2	0,7

Allergens

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



Prepare

- Preheat the oven to 200°C. Prepare the stock.
- Pull the rosemary leaves and half of the thyme leaves off of the stalks.
- In a bowl, combine the pecans with the mustard seeds, the rosemary, the thyme leaves, the panko and half of the butter. Season with salt and pepper.
- Transfer the gammon to an oven dish and coat the top with the panko mixture.



Toast the almonds

- Cook the broccolini for 3 - 5 minutes, (or longer if you'd prefer it to be softer), then drain and rinse under cold water.
- Heat a clean deep frying pan over high heat and toast the almonds until golden-brown. Remove from the pan and set aside.
- Heat a drizzle of olive oil in the same pan over medium-high heat and fry the onion wedges for 3 - 4 minutes.



Roast the gammon

- Roast the gammon in the oven for 35 - 45 minutes.
- Discard the plastic from the potato gratin. Bake alongside the gammon during its final 25 minutes of cooking time.
- Slice half of the onion into wedges and the rest into thin half-rings.
- Melt the rest of the butter in a saucepan over medium-high heat and fry the onion rings for 7 - 8 minutes.



Fry the broccolini

- Deglaze with the balsamic vinegar, then stir in the honey and fry for 1 - 2 more minutes.
- Shortly before serving, add the broccolini and the rest of the thyme.
- Fry for 3 - 5 minutes over high heat, seasoning with salt and pepper.
- Roll the pomegranate over the countertop so as to release the seeds, then cut it open and scoop them out.



Make the jus

- Add the flour and stir continuously until it is fully incorporated.
- Add half of the stock and allow to incorporate, stirring continuously.
- Stir in the onion chutney and the rest of the stock, then bring to the boil. Allow to simmer for 1 minute, then turn off the heat and set aside.
- Boil plenty of salted water in a pot or saucepan for the broccolini.



Serve

- Reheat the onion jus over a low heat.
- Transfer the broccolini to a serving dish and scatter over the pomegranate seeds. Garnish with the toasted almonds.
- Slice the gammon and serve with the onion jus.
- Serve the potato gratin alongside.

Enjoy!



Ribeye Steak with Herbaceous Hollandaise & Fries

with crisp butter lettuce & radish salad

Premium

Total time: 35 - 45 min.



Ribeye steak



Fresh tarragon & chervil



Fresh basil



Capers



Chopped walnuts



Onion



Worcestershire sauce



Hollandaise sauce



Potatoes



Butter lettuce



Radish



Stel je perfecte feestmaaltijd samen met onze speciale kerstselectie! Dit heerlijke hoofdgerecht is een van de vele recepten die je kunt combineren om je ideale feestmaaltijd te creëren. Bekijk alle opties in de categorie Kerst.



Before you start

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

Equipment

Aluminum foil, (parchment-lined) baking sheet(s), immersion blender, oven dish, salad bowl, saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Ribeye steak* (g)	150	300	450	600	750	900
Fresh tarragon & chervil* (g)	5	10	15	20	25	30
Fresh basil* (g)	2½	5	7½	10	12½	15
Capers (g)	15	30	45	60	75	90
Chopped walnuts (g)	10	20	30	40	50	60
Onion (unit(s))	½	1	1½	2	2½	3
Worcestershire sauce (g)	10	15	25	30	40	45
Hollandaise sauce* (g)	50	100	150	200	250	300
Potatoes (g)	200	400	600	800	1000	1200
Butter lettuce* (head)	½	1	2	2	3	3
Radish* (bunch)	½	1	1	2	2	3
Not included						
White wine vinegar (tsp)	1	2	3	4	5	6
Mustard (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Olive oil (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
[Plant-based] mayonnaise (totaste)	to taste					
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3703 /885	540 /129
Total fat (g)	56	8
of which saturated(g)	17	2,5
Carbonhydrates (g)	54	8
of which sugars (g)	12,7	1,9
Fiber (g)	8	1
Protein (g)	44	6
Salt (g)	1,9	0,3

Allergens

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



Prepare

- Preheat the oven to 210°C.
- Take the steak out of the fridge and allow it to reach room temperature (see Tip).
- Peel or thoroughly wash the potatoes and then cut into fries of no more than 1cm thickness.

Tip: for the best result, take the steak out of the fridge 30 - 60 minutes before you start cooking. Remove from the packaging and pat dry with kitchen paper.



Fry the steak

- Melt a knob of butter in a frying pan over high heat.
- When the butter is nice and hot, add the rest of the onion and sear the steak for 2 minutes per side.
- Transfer to an oven dish and roast for either 5 minutes (150g), 6 minutes (300g) or 9 - 11 minutes (450g and 600g).
- Allow to rest under aluminum foil for at least 3 minutes.



Bake the fries

- Transfer to a parchment-lined baking sheet and drizzle with olive oil. Season with salt and pepper, then toss well to coat.
- Bake in the oven for 20 - 25 minutes or until golden brown, tossing halfway.
- Meanwhile, slice the onion into half rings.
- Pull the tarragon leaves off the stems.



Make the salad

- Discard the radish leaves and then thinly slice the radishes.
- Roughly chop the lettuce.
- In a salad bowl, combine the extra virgin olive oil with the honey, the white wine vinegar and the rest of the mustard.
- Add the lettuce and the radishes and toss well to combine with the dressing. Season to taste with salt and pepper.



Make the sauce

- Melt a knob of butter in a saucepan over medium-low heat. Fry half of the onion for 5 - 6 minutes, then take the pan off the heat.
- Add the fresh herbs, the capers, the walnuts and the Worcestershire sauce, along with half of the mustard and some white wine vinegar as preferred.
- Use an immersion blender to process the mixture into a smooth sauce, then set aside until later use.



Serve

- Stir the Hollandaise sauce into the herb sauce. Warm over medium-low heat, stirring continuously. Season to taste with salt and pepper.
- Slice the steak and serve on plates with the fries alongside. Top the steak with the Hollandaise sauce and the onion.
- Serve with the salad and some mayonnaise as preferred.

Enjoy!