



Loaded Nachos with Pulled Chicken

with homemade guacamole and jalapeños | 4 servings

Appetizer

Total time: 30 - 40 min.



Tear me out! 

Before you begin

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

Scallions* (g)	125
Avocado (unit(s))	2
Shallot (unit(s))	1
Lime* (unit(s))	1
Roma tomato (unit(s))	1
Garlic (unit(s))	1
Pulled chicken* (g)	100
Organic sour cream* (g)	100
Grated Gouda* (g)	150
Tortilla chips (g)	300
Jalapeño* (unit(s))	1

From your pantry

Salt & pepper to taste

**store in the fridge*

Nutritional values

	Per 100g
Energy (kJ/kcal)	942 /225
Total fat (g)	14
of which saturated (g)	4,5
Carbohydrates (g)	16
of which sugars (g)	1,4
Fibre (g)	2
Protein (g)	6
Salt (g)	0,6

Allergens

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

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Prepare

- Preheat the oven to 180°C.
- Finely slice the scallions, then finely chop the jalapeño*.
- Spread the tortilla chips on a parchment-lined baking sheet. Spread the pulled chicken, jalapeño, and two-thirds of the scallions over the tortilla chips and scatter over the cheese.
- Bake for 10 - 15 minutes, or until the cheese has melted.

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

Chop the vegetables

- Cut the avocados in half, remove the pit and skin and then dice them. Transfer to a large bowl.
- Finely dice the tomato. Finely chop the shallot and press or mince the garlic. Cut the lime in half.
- Mash the avocado with a fork until smooth. Add the tomato, shallot and garlic.
- Juice the lime into the bowl. Mix everything together and season with salt and pepper to taste.

Serve

- Take the nachos out of the oven. Serve on the baking sheet or in a serving dish.
- Garnish with the rest of the scallions.
- Put the sour cream in a bowl, then serve the sour cream and guacamole to the side.

Enjoy!



Vietnamese Spring Rolls

with hoisin sauce and fresh coriander | 10 pieces

Appetizer

Total time: 20 - 25 min.



Tear me out! 

Before you begin

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

Jasmine rice (g)	150
Red onion (unit(s))	1
Shrimp* (g)	240
Fresh coriander & mint* (g)	10
Persian cucumber* (unit(s))	1
East Asian-style sauce* (g)	25
Carrot* (unit(s))	1
Rice paper (unit(s))	1
Fresh ginger* (tsp)	2
Hoisin sauce (g)	25
From your pantry	
Water (ml)	360
White wine vinegar (tbsp)	1
Sugar (tbsp)	½
Sunflower oil (tbsp)	½
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	422 / 101
Total fat (g)	1
of which saturated (g)	0,2
Carbohydrates (g)	19
of which sugars (g)	2,5
Fibre (g)	1
Protein (g)	5
Salt (g)	0,6

Allergens

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

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Prepare

- Boil the water (see pantry for amount) in a lidded saucepan. Cook the rice for 10 - 12 minutes, covered, then set aside to cool down.
- Grate the carrot and finely chop the onion.
- In a bowl, mix the white wine vinegar with the sugar and a pinch of salt. Mix in the onion and carrot and set aside. Stir regularly so that the flavours can sink in properly.

Chop the aromatics

- Finely grate 2 tsp of ginger.
- Heat a drizzle of sunflower oil in a frying pan over medium-high heat. Add the ginger and shrimp. Fry for 2 - 3 minutes and season with salt and pepper.
- Finely chop the fresh herbs. Cut the cucumber into thin sticks.
- Fill a large bowl or deep plate with lukewarm water. Soak one of the rice paper sheets in the water for 5 - 10 seconds, then immediately transfer to a plate.

Serve

- Place the shrimp in the middle of the rice paper, then top with some of the carrot, onion, cucumber, rice, sweet East Asian-style sauce and fresh herbs.
- Fold the bottom of the rice paper over the filling, then fold the sides and roll it up.
- Repeat these steps for the rest of the rice paper sheets.
- Serve on a large platter or plate, with the hoisin sauce.

Enjoy!



Mexican-Style Shrimp Tostadas

with homemade guacamole | 2 servings

Appetizer

Total time: 15 - 20 min.



Tear me out!

Before you begin

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

Lime* (unit(s))	1
Avocado (unit(s))	2
Shrimp* (g)	160
Mexican-style spices (sachet(s))	1
Sriracha mayo* (g)	50
Flour tortillas (unit(s))	4
Tomato (unit(s))	1

From your pantry

Olive oil (tbsp)	1
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3176 / 759	769 / 184
Total fat (g)	50	12
of which saturated (g)	8,8	2,1
Carbohydrates (g)	51	12
of which sugars (g)	4,1	1
Fibre (g)	9	2
Protein (g)	23	6
Salt (g)	2,6	0,6

Allergens

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

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Prepare

- Preheat the oven to 200°C.
- Place the tortillas on a parchment-lined baking sheet. Drizzle some olive oil on each tortilla.
- Bake for 4 - 5 minutes until golden, then remove from the oven and set aside to cool.
- Halve and pit the avocado, then scoop out the flesh and add to a bowl.

Fry the shrimp

- Cut the lime into wedges. Dice the tomato.
- Mash the avocado with a fork.
- Mix the avocado with the tomato and the juice of one lime wedge, then season with salt and pepper.
- Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the shrimp with the Mexican-style spices* for 3 - 4 minutes.

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

Serve

- Transfer the crispy tortillas to a plate and spread the guacamole evenly on top of each one.
- Top with the shrimp and finish with a drizzle of the Sriracha mayo.
- Garnish with the rest of the lime wedges.

Enjoy!



Chicken Saté with Quick-Pickled Cucumber

with fresh coriander and crispy onions | 4 servings

Appetizer

Total time: 15 - 20 min.



Tear me out! 

Before you begin

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

Fresh coriander* (g)	10
Hoisin sauce (g)	50
Peanut sauce* (g)	120
Crispy fried onions (g)	30
Chicken thigh* (unit(s))	4
Persian cucumber* (unit(s))	1
From your pantry	
[Reduced salt] soy sauce (tbsp)	2½
[Reduced salt] ketjap manis (tbsp)	1
Sambal	to taste
[Plant-based] butter (tbsp)	½
Sugar (tbsp)	1
White wine vinegar (tbsp)	2
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	643 /154
Total fat (g)	9
of which saturated (g)	3
Carbohydrates (g)	7
of which sugars (g)	5,4
Fibre (g)	1
Protein (g)	11
Salt (g)	1,1

Allergens

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Marinate the chicken

- Slice the chicken lengthways into smaller strips.
- In a bowl, combine the hoisin sauce with the soy sauce. Season to taste with salt and pepper. Add the chicken to this marinade and set aside until further use.
- Slice the cucumber into rounds.
- In a bowl, combine the white wine vinegar with the sugar and a pinch of salt. Add the cucumber and toss well to combine, then set aside, stirring occasionally.

Make the peanut sauce

- Transfer the peanut sauce and ketjap manis to a saucepan and combine well over low heat. Add some sambal to taste.
- Meanwhile, melt the butter in a frying pan and fry the chicken for 6 - 8 minutes over medium heat. Season with salt and pepper to taste.
- Finely chop the coriander.

Serve

- Place the chicken on a serving platter.
- Serve the peanut sauce to the side and garnish with the crispy onions.
- Scatter the coriander over the chicken.
- Serve with the quick-pickled cucumber.

Enjoy!



Spicy Garlic Shrimp

with aioli, baguette & lemon | to share

Appetizer

Total time: 15 - 20 min.



Tear me out!

Before you begin

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

Fresh flat leaf parsley* (g)	10
Garlic (unit(s))	2
Red chili pepper* (unit(s))	1
Lemon* (unit(s))	1
Aioli (g)	75
Shrimp* (g)	360
White demi-baguette (unit(s))	2
From your pantry	
[Plant-based] butter (tbsp)	¾
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	747 /178
Total fat (g)	8
of which saturated (g)	1,6
Carbohydrates (g)	17
of which sugars (g)	0,8
Fibre (g)	1
Protein (g)	9
Salt (g)	0,8

Allergens

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Prepare

- Preheat the oven to 200°C.
- Finely chop the parsley stems, then roughly chop the leaves.
- Deseed and finely chop the red chili pepper*.
- Crush or mince the garlic.

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

Cook the shrimp

- Transfer the shrimp to an oven dish along with the butter, parsley stems, chili pepper and garlic.
- Mix well to combine and season with salt and pepper.
- Bake the shrimp, with the baguettes alongside on the same oven rack, for 6 - 8 minutes or until the shrimp are done.

Serve

- Cut the lemon into wedges in the meantime.
- Transfer the shrimp to a serving dish and garnish with the parsley leaves.
- Serve immediately, with the baguettes, aioli and lemon wedges alongside.

Enjoy!



Tomato-Mozzarella Baguettes

with Italian herbs & fresh basil | to share

Appetizer

Total time: 20 - 25 min.



Tear me out! 

Before you begin

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

Fresh basil* (g)	10
Passata (g)	200
Italian seasoning (sachet(s))	1
Mozzarella* (ball(s))	1
Tomato (unit(s))	2
White demi-baguette (unit(s))	4

From your pantry

Extra virgin olive oil (tbsp)	1
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	724 /173
Total fat (g)	4
of which saturated (g)	1,7
Carbohydrates (g)	27
of which sugars (g)	2,1
Fibre (g)	2
Protein (g)	7
Salt (g)	0,7

Allergens

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



Prepare

- Preheat the oven to 220°C.
- Cut the demi-baguettes in half lengthways.
- Finely chop the basil.
- In a small bowl, combine the passata with the Italian herbs, the extra virgin olive oil, half of the basil and some salt and pepper.

Add the toppings

- Dice the tomatoes.
- Tear the mozzarella into small pieces.
- Transfer the baguettes to a parchment-lined baking sheet and evenly spread the tomato sauce, then top with the mozzarella and tomatoes.

Serve

- Bake the baguettes in the oven for 8 - 10 minutes or until the cheese has melted.
- Garnish the baguettes with the rest of the basil and season to taste with salt and pepper.
- Slice up the baguettes and serve.

Enjoy!



Flammekueche with Bacon, Courgette & Red Onion

with crème fraîche & arugula | 2 servings

Appetizer

Total time: 15 - 20 min.



Tear me out! 

Before you begin

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

Flammekueche* (unit(s))	2
Crème fraîche* (g)	100
Chopped red onion* (g)	75
Arugula* (g)	40
Courgette* (unit(s))	½
Bacon lardons* (g)	80

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2146 /513	676 /162
Total fat (g)	27	8
of which saturated (g)	13,5	4,3
Carbohydrates (g)	49	16
of which sugars (g)	5	1,6
Fibre (g)	2	1
Protein (g)	17	5
Salt (g)	2,1	0,7

Allergens

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Prepare

- Preheat the oven to 220°C.
- Transfer the flammekueche dough to a parchment-lined baking sheet.
- Slice the courgette into crescents.



Add the toppings

- Spread the crème fraîche over the dough, then scatter over the bacon lardons, courgette and pre-chopped red onion.



Serve

- Bake the flammekueche in the oven for 8 - 10 minutes.
- Slice the flammekueche and garnish with the arugula.

Enjoy!



Baked Camembert in Puff Pastry

with onions, bacon and thyme twists | to share

Appetizer

Total time: 25 - 30 min.



Tear me out! 

Before you begin

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

Camembert* (g)	240
Puff pastry* (roll(s))	1
Onion (unit(s))	2
Garlic (unit(s))	1
Fresh thyme* (g)	10
Bacon lardons* (g)	50

From your pantry

Honey [or plant-based alternative] (tbsp)	1
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1051 /251
Total fat (g)	16
of which saturated (g)	9,5
Carbohydrates (g)	17
of which sugars (g)	3,7
Fibre (g)	2
Protein (g)	9
Salt (g)	0,8

Allergens

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

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Prepare

- Preheat the oven to 190°C.
- Chop the onion into half rings.
- Crush or mince the garlic.
- Pull the thyme leaves off the sprigs and discard the stalks.

Fry the onions and bacon

- Heat a frying pan over medium-high heat and fry the bacon and onions for 3 - 4 minutes.
- Add three-quarters of the thyme leaves and garlic during the last minute of cooking time. Season to taste with salt and pepper.
- In the meantime, make a few shallow cuts on top of the camembert and stuff the rest of the thyme leaves in the openings.
- Roll out the puff pastry onto a parchment-lined baking sheet.

Bake and serve

- Place the camembert in the middle of the dough, then cut 12 strips from the centre to the edges of the dough.
- Add a little of the onion-bacon mixture to each strip. Twist each strip twice, and alternate left and right between the strips.
- Bake for 14 - 16 minutes.
- Transfer to a platter and drizzle the honey on top, then serve.

Enjoy!



Homemade Banana Bread

with dates and walnuts | to share

Baking

Total time: 60 - 70 min.



Tear me out! 

Before you begin

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

Banana (unit(s))	4
Egg* (unit(s))	2
Baking powder (g)	8
Ground cinnamon (tsp)	1½
Flour (g)	200
Chopped walnuts (g)	80
Chopped dates (g)	80
From your pantry	
Sunflower oil (ml)	70
[Plant-based] milk (ml)	50
Honey [or plant-based alternative] (tbsp)	5
Salt (tsp)	¼

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1057 /253
Total fat (g)	12
of which saturated (g)	1,4
Carbohydrates (g)	31
of which sugars (g)	16,5
Fibre (g)	2
Protein (g)	5
Salt (g)	0,4

Allergens

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



Prepare

- Preheat the oven to 160°C. Grease a loaf tin or line it with parchment paper.
- Add three bananas to a mixing bowl and mash them with a fork.
- Add the sunflower oil, honey, milk and eggs to the banana, then mix with a handheld mixer until combined.
- Add the flour, cinnamon, baking powder and salt to the bowl and mix until combined. Mix in the chopped dates and walnuts.

Finish

- Pour the batter into the loaf tin.
- Cut the fourth banana in half lengthways and place each half face-up on top of the batter.
- Put the banana bread in the oven for 45 - 55 minutes.

Serve

- After 45 minutes, check if the cake is done by poking it with a skewer.
- If the skewer comes out clean, the cake is ready. Remove it from the oven and let the cake cool completely.
- Cut the cake into slices and serve.

Enjoy!



Chocolate Brownies with Pecans

topped with almond flakes | 9 pieces

Baking

Total time: 40 - 50 min.



Tear me out!

Before you begin

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

Chocolate cake mix (g)	400
Egg* (unit(s))	2
Shaved almonds (g)	20
Cocoa powder (g)	10
Chopped pecans (g)	100

From your pantry

Water (ml)	80
[Plant-based] butter (g)	40

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1530 /366
Total fat (g)	18
of which saturated (g)	4,8
Carbohydrates (g)	42
of which sugars (g)	25,8
Fibre (g)	4
Protein (g)	7
Salt (g)	1,3

Allergens

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



Prepare

- Weigh out the butter and cut it into cubes, then set aside and allow to reach room temperature.
- Preheat the oven to 180°C.
- Line a 20cm x 20cm square baking tin with parchment paper (see Tip).

Tip: if you don't have a baking tin at home, a rectangular oven dish will work just fine!

Make the batter

- In a large bowl, beat the eggs, butter, water and cake mix until you have a smooth batter (see Tip).
- Stir in two-thirds of the pecan nuts.
- Pour the batter into the baking tin.
- Scatter the rest of the pecan nuts and the almond flakes over the top, then bake in the oven for 20 - 25 minutes. The brownies are done when you see cracks start to form on the surface.

Tip: if you have an electric whisk or mixer, go ahead and use it here to save time!

Serve

- Take the brownie out of the oven and let it cool down for about 5 minutes (see Tip).
- Sprinkle with the cocoa powder.
- Cut the brownie into about 9 pieces, then take them out of the baking tin one by one.

Tip: check if the brownie is done by sticking a skewer in it. It's fine if it's still a little bit sticky, but if the batter is very wet then put the brownie back in the oven for a few more minutes.

Enjoy!



Carrot Cake with Cream Cheese Frosting

8 - 10 servings

Baking

Total time: 80 - 90 min.



Tear me out! 

Before you begin

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

Unsalted butter* (g)	160
Carrot* (unit(s))	4
Granulated sugar (g)	200
Egg* (unit(s))	4
Flour (g)	200
Baking powder (g)	10
Ground cinnamon (tsp)	1½
Powdered sugar (g)	100
Fresco spalmabile - cream cheese* (g)	50
From your pantry	
Salt	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1129 /270
Total fat (g)	12
of which saturated (g)	7,1
Carbohydrates (g)	35
of which sugars (g)	24,3
Fibre (g)	2
Protein (g)	5
Salt (g)	0,4

Allergens

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

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Prepare

- Take the butter out of the fridge and weigh out 160g. Cut the butter into cubes and then leave to come up to room temperature.
- Preheat the oven to 200°C. Grate the carrot.
- Line a 25cm long loaf tin with parchment paper.
- In a large bowl, mix together the butter, sugar and a pinch of salt with a spatula or electric mixer until it has a light and creamy texture.

Make the batter

- Add the eggs one by one and mix them into the batter.
- Add the flour, baking powder and cinnamon, then carefully fold into the batter using a spatula.
- Set aside 1 tbsp of the grated carrot to decorate the cake, then fold the rest through the batter.
- Transfer the batter to the loaf tin, then put the cake in the oven for 50 – 60 minutes.

Serve

- Put the powdered sugar in a bowl. Add the cream cheese spoonful by spoonful and mix together with a fork until evenly combined.
- Check if the cake is done by piercing it with a skewer – if it comes out clean then the cake is done.
- Take the cake out of the oven and leave to cool down fully.
- Spread the cream cheese frosting over the cake and scatter over the reserved grated carrot.

Enjoy!



Homemade Blueberry Muffins

with cinnamon crumble topping | 12 muffins

Baking

Total time: 40 - 50 min.



Tear me out! 

Before you begin

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

Flour (g)	350
Blueberries* (g)	125
Egg* (unit(s))	2
Granulated sugar (g)	170
Baking powder (g)	16
Organic buttermilk* (ml)	200
Ground cinnamon (tsp)	2

From your pantry

Sunflower oil (ml)	100
Salt (tsp)	½

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1192 /285
Total fat (g)	11
of which saturated (g)	1,4
Carbohydrates (g)	41
of which sugars (g)	17,3
Fibre (g)	2
Protein (g)	6
Salt (g)	0,9

Allergens

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

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Prepare

- Preheat the oven to 190°C.
- Line a muffin tin with baking paper by cutting squares large enough to fit in each muffin tin cup (see Tip).
- Weigh out 300g of flour and 150g of sugar for the muffins.

Tip: if you have paper cupcake/muffin liners, use these instead.

Make the batter

- In a large bowl, mix the weighed flour and sugar with the salt and baking powder. In a second bowl, mix the eggs, buttermilk and sunflower oil.
- Use a spatula to fold the wet mixture into the bowl with the dry contents until just combined. Add 2 tbsp of this batter to a third bowl.
- Add 20g of sugar, 2 tsp of cinnamon and 50g of flour to the third bowl, then crumble the mixture with your hands.
- Fold the blueberries into the batter in the first large bowl.

Bake the muffins

- Divide the batter over the muffin tin, filling each cup until it almost reaches the top.
- Scatter over the crumble.
- Bake in the oven for 20 - 25 minutes until cooked through and golden brown.
- Take the muffins out of the tin and allow to cool for at least an hour before serving.

Enjoy!



Homemade Oat Bars

with dried fruits, pecans, seeds and chocolate | 12 pieces

Baking

Total time: 45 - 55 min.



Tear me out! 

Before you begin

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

Oats (g)	150
Chopped dates (g)	80
Dried cranberries (g)	40
Dried apricot pieces (g)	40
Pumpkin seeds (g)	40
Chia seeds (g)	20
Tahini (g)	50
Egg* (unit(s))	2
Dark chocolate chips (g)	100
Chopped pecans (g)	50

From your pantry

Honey [or plant-based alternative] (tbsp)	2
Olive oil (tbsp)	2

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1778 /425
Total fat (g)	23
of which saturated (g)	5,8
Carbohydrates (g)	40
of which sugars (g)	23,8
Fibre (g)	6
Protein (g)	10
Salt (g)	0,1

Allergens

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

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Prepare

- Preheat the oven to 175°C.
- Add the dates along with 4 tbsp of water to a tall container and process until smooth using an immersion blender.
- In a large bowl, mix together the dried fruit with the pecans, oats, pumpkin seeds, chia seeds and blended dates.
- Separate the egg whites from the yolks. Transfer the egg whites to a clean bowl, and beat them with a handheld mixer until firm.

Bake the oat bars

- Add the tahini, honey and olive oil and mix well to combine. Add this mixture to the bowl with the oats and gently mix everything together.
- Line a rectangular or square oven dish of about 15 x 20cm with baking paper.
- Spread the mixture over the baking dish and press down firmly with a spoon. Bake for about 25 - 30 minutes in the oven.
- Once cooled, carefully remove the mixture from the dish and use a sharp knife to cut it into thick slices.

Finish the bars

- Boil a shallow layer of water in a saucepan and place a heat-resistant bowl on top, ensuring it does not touch the water. Add the chocolate chips to the bowl and allow them to melt, stirring regularly.
- Dip the bottom of each oat bar in the melted chocolate.
- Transfer the oat bars to the refrigerator and chill for at least one hour or until the chocolate has set.

Enjoy!

Breakfast box

Kick-start your day!

1 American-Style Pancakes with Mango and Coconut

2 Ham & Herbed Cream Cheese Open-Faced Sandwiches

3 Greek Yogurt Bowl with Mango

American-Style Pancakes with Mango and Coconut

topped with honey mascarpone | 2 servings

20 min.



Utensils

Large frying pan, small bowl, two bowls, aluminum foil

Ingredients for 2 servings

Flour (g)	200
Organic buttermilk* (ml)	200
Baking powder (g)	8
Egg* (unit(s))	2
Desiccated coconut (g)	20
Mango* (unit(s))	1
Mascarpone* (g)	50

From your pantry

Salt (tsp)	½
Sunflower oil (tbsp)	1
Sugar (tbsp)	1
Honey [or plant-based alternative] (tbsp)	1

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3330 / 796	776 / 185
Total fat (g)	30	7
of which saturated (g)	15,7	3,7
Carbohydrates (g)	105	24
of which sugars (g)	34,1	7,9
Fiber (g)	8	2
Protein (g)	26	6
Salt (g)	3,2	0,8

1. Make the batter

- Beat the eggs in a bowl, then add the buttermilk and whisk together until fluffy (see Tip).
- In another bowl, add the flour, salt, sugar and 0.5 sachet baking powder.
- Using a spatula, fold the egg and buttermilk mixture into the flour.

Tip: you should keep whisking until you can see lots of air bubbles.

2. Fry the pancakes

- Heat a drizzle of sunflower oil in a large frying pan over medium-high heat.
- Pour a ladle full of batter into the pan. Fry the pancakes for about 2 minutes on each side until brown, then remove from the pan and cover with aluminium foil to keep warm.
- Repeat until you've used all the batter, adding more sunflower oil in between as needed.

3. Prepare the toppings

- Peel and dice the mango.
- Mix the mascarpone with the honey in a small bowl.

4. Serve

- Serve the pancakes on plates.
- Top with a dollop of mascarpone and the diced mango.
- Scatter the desiccated coconut over the pancakes and drizzle with extra honey if preferred.

Allergens

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

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



Ham & Herbed Cream Cheese Open-Faced Sandwiches

2 days of breakfast for 2 persons | 4 servings

10 min.



Utensils

-

Ingredients for 4 servings

Ham* (slice(s))	8
Herbed cream cheese* (g)	100
Lamb's lettuce* (g)	40
Wholegrain ciabatta (unit(s))	4
From your pantry	
Black pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	882 / 211
Total fat (g)	8
of which saturated (g)	3,9
Carbohydrates (g)	20
of which sugars (g)	1,5
Fiber (g)	4
Protein (g)	12
Salt (g)	1,1

Allergens

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

1. Bake half of the bread in a preheated oven at 180°C for 8 - 10 minutes.
2. Slice the baked bread lengthways, then spread half of the cream cheese on it.
3. Divide half of the ham over the slices, garnish with half of the lamb's lettuce and season with black pepper to taste.
4. Repeat the recipe for a second breakfast the next day.

Greek Yogurt Bowl with Mango

2 days of breakfast for 2 persons | 4 servings

10 min.



Utensils

-

Ingredients for 4 serving

Greek yogurt* (g)	500
Mango* (unit(s))	1
Mixed nuts & pumpkin seeds (g)	40

From your pantry

Honey [or plant-based alternative]	to taste
------------------------------------	----------

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	568 / 136
Total fat (g)	9,3
of which saturated (g)	4,5
Carbohydrates (g)	7,4
of which sugars (g)	4,3
Fiber (g)	0,8
Protein (g)	4,5
Salt (g)	0,1

1. Peel and dice the mango.
2. Serve 125g Greek yogurt per person in bowls.
3. Top each bowl with a quarter of the mango, nuts and pumpkin seeds. Drizzle with honey to taste.
4. Repeat the recipe for a second breakfast the next day.

Enjoy!



Smoothie Box

3 fresh smoothies | 2 servings each

Breakfast

Total time: 15 - 20 min.



Tear me out! 

Before you begin

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

Orange* (unit(s))	1
Mango* (unit(s))	3
Passion fruit* (unit(s))	1
Organic semi-skimmed milk* (ml)	200
Chia seeds (g)	10
Banana (unit(s))	4
Coconut milk (ml)	500
Blueberries* (g)	250
Avocado (unit(s))	1
Kiwi* (unit(s))	1
Spinach* (g)	100
Desiccated coconut (g)	10

From your pantry

Honey [or plant-based alternative]	to taste
------------------------------------	----------

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	393 /94
Total fat (g)	5
of which saturated (g)	3,4
Carbohydrates (g)	10
of which sugars (g)	8,6
Fibre (g)	2
Protein (g)	1
Salt (g)	0

*The nutritional values are based on the average of the three variations.

Allergens

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

1



Orange Dream Smoothie

- Cut the orange in half and juice it into a small bowl. Peel 2 mangos and finely chop the flesh. Halve the passion fruit and scoop out the flesh.
- Put the fruit in a blender or tall container (if using an immersion blender). Add the semi-skimmed milk and the orange juice, then blend into a thick smoothie and add some honey to taste.
- Pour the smoothie into two glasses and finish off with the chia seeds.

2



Blueberry & Coconut Smoothie

- Peel 2 bananas and cut them into smaller pieces. Add them to a blender or a tall container (if you're using an immersion blender), along with 250ml coconut milk.
- Set aside a few of the blueberries for the garnish, then add the rest to the container and blend into a thick smoothie. If preferred, add some honey to taste.
- Pour the smoothie into two glasses and garnish with the rest of the blueberries.

3



Green Smoothie Bowl

- Halve and pit the avocado, then remove the skin and dice the flesh. Peel 1 mango, 2 bananas and the kiwi, then slice them. Set aside all of the kiwi and some of the mango and banana for garnishing.
- Add the avocado, spinach, mango, banana and 250ml coconut milk to a blender or tall container (if using an immersion blender) and mix into a thick smoothie.
- Serve the smoothie in bowls and garnish with the reserved fruit and the desiccated coconut.

Enjoy!



Orange Dream Smoothie

with mango, orange and passion fruit | 2 servings

Breakfast

Total time: 10 - 15 min.



Tear me out!

Before you begin

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

Orange* (unit(s))	1
Mango* (unit(s))	2
Passion fruit* (unit(s))	1
Organic semi-skimmed milk* (ml)	200
Chia seeds (g)	10

From your pantry	
Honey [or plant-based alternative]	to taste
*store in the fridge	

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1125 /269	263 /63
Total fat (g)	4	1
of which saturated (g)	1,5	0,4
Carbohydrates (g)	48	11
of which sugars (g)	38,8	9,1
Fibre (g)	8	2
Protein (g)	7	2
Salt (g)	0,1	0

Allergens

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



Prepare

- Cut 1 orange in half and juice it into a small bowl.

Cut the fruit

- Peel the mango and finely chop the flesh.
- Cut the passion fruit in half and scoop out the flesh.

Serve

- Put the fruit, orange juice and milk in a blender (or a tall container if you're using an immersion blender), then blend into a thick smoothie.
- Add some honey to taste.
- Serve the smoothie into two glasses and scatter over the chia seeds to finish off.

Enjoy!



Overnight Oats 3 Ways

mango-coconut, blueberry-pecan, and orange-cinnamon

Breakfast

Total time: 15 - 20 min.



Tear me out!

Before you begin

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

Organic semi-skimmed milk* (ml)	1000
Oats (g)	400
Chia seeds (g)	20
Organic Greek yogurt* (g)	150
Orange* (unit(s))	1
Ground cinnamon (tsp)	3
Blueberries* (g)	125
Shaved almonds (g)	30
Mango* (unit(s))	1
Desiccated coconut (g)	30
Chopped pecans (g)	50

From your pantry	
Honey [or plant-based alternative] (tsp)	6
Salt (tsp)	½

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	646 /154
Total fat (g)	6
of which saturated (g)	2,1
Carbohydrates (g)	18
of which sugars (g)	4,6
Fibre (g)	3
Protein (g)	5
Salt (g)	0,2

*The nutritional values are based on the average of the three variations.

Allergens

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



Option 1: Mango & coconut (2 servings)

- In a bowl, mix the oatmeal with the milk, yogurt, chia seeds and salt. Cover the bowl with plastic wrap, then refrigerate for at least 6 hours, or overnight.
- Divide a third of the overnight oats between two bowls.
- Peel and dice the mango. Zest the orange and set aside the flesh to use later.
- Mix half each of the mango and desiccated coconut, 1 tsp orange zest and 2 tsp honey per bowl through the oats.
- Top with the rest of the mango and coconut, as well as the shaved almonds.

Option 2: Blueberry & pecan (2 servings)

- Squash half of the blueberries in two bowls.
- Divide a third of the overnight oats between the two bowls and mix with the squashed blueberries as well as half of the cinnamon.
- Top with the rest of the blueberries and half of the pecan pieces.

Option 3: Orange & cinnamon (2 servings)

- Divide the rest of the overnight oats between two bowls.
- Finish peeling the zested orange, then dice it.
- Mix the rest of the cinnamon, the rest of the honey, and half of the orange with the oats.
- Top the bowls with the rest of the orange and the rest of the pecan pieces.

Enjoy!



Breakfast Bowls with Greek Yogurt and Fresh Fruit

with 3 variations of toppings | 2 servings each

Breakfast

Total time: 5 - 10 min.



Tear me out!

Before you begin

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

Organic Greek yogurt* (g)	1000
Pear* (unit(s))	2
Apple* (unit(s))	2
Chia seeds (g)	30
Oats (g)	150
Blueberries* (g)	125
Strawberry sauce (ml)	25

From your pantry

Honey [or plant-based alternative] to taste

**store in the fridge*

Nutritional values

	Per 100g
Energy (kJ/kcal)	541 / 129
Total fat (g)	6
of which saturated (g)	3,4
Carbohydrates (g)	13
of which sugars (g)	4,4
Fibre (g)	2
Protein (g)	4
Salt (g)	0,1

**The nutritional values are based on the average of the three variations.*

Allergens

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

1



Greek yogurt with blueberries and chia seeds

- Divide a third of the yogurt over two bowls.
- Garnish with the blueberries and a third of the chia seeds.
- Add honey to taste.

2



Greek yogurt with pear, oatmeal and chia seeds

- Peel and core the pear, then slice the flesh.
- Divide a third of the yogurt over two bowls.
- Garnish with the pear, oatmeal and a third of the chia seeds.
- Add honey to taste.

3



Greek yogurt with apple, strawberry sauce and chia seeds

- Core and slice the apple.
- Divide a third of the yogurt over two bowls.
- Garnish with the apple, strawberry sauce and a third of the chia seeds.
- Add honey to taste.

Enjoy!



Savoury Breakfast Crackers

with three variations of toppings | 2 servings per day

Breakfast

Total time: 10 - 15 min.



Tear me out!

Before you begin

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

Herbed cream cheese* (g)	100
Cress* (g)	20
Avocado (unit(s))	1
Egg* (unit(s))	4
Ham* (slice(s))	8
Fresco spalmabile - cream cheese* (g)	100
Radish* (bunch)	1
Crackers (unit(s))	12

From your pantry

Salt & pepper	to taste
---------------	----------

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	685 / 164
Total fat (g)	12
of which saturated (g)	4,2
Carbohydrates (g)	3
of which sugars (g)	1,5
Fibre (g)	3
Protein (g)	10
Salt (g)	0,6

*The nutritional values are based on the average of the three variations.

Allergens

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

1



Option 1: Ham and herbed cream cheese

- Divide four crackers over two plates.
- Spread the herbed cream cheese onto the crackers.
- Divide half of the ham over the crackers and garnish with the cress.

2



Option 2: Smashed avocado and boiled eggs

- Boil plenty of water in a saucepan. Carefully transfer the eggs to the water and boil for 5 - 7 minutes (see Tip).
- Rinse the eggs under cold water, then remove the shells. Cut the eggs in half.
- Halve and pit the avocado, then transfer the flesh to a small bowl and mash well. Season with salt and pepper.
- Divide four crackers over two plates. Spread the avocado on the crackers. Garnish with the eggs and cress.

Tip: you can also boil the eggs in advance and keep them in the fridge. Peel them in the morning to add to your crackers.

3



Option 3: Cream cheese, ham and radishes

- Divide four crackers over two plates.
- Finely slice a handful of radishes.
- Spread the crackers with the cream cheese.
- Divide half of the ham over the crackers and garnish with the radishes. Season with salt and pepper.

Enjoy!



Dutch Pancakes with Various Toppings

with apple & cinnamon, bacon & cheese, jam & powdered sugar | 20 pancakes

Breakfast

Total time: 40 - 50 min.



Tear me out! 

Before you begin

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

Flour (g)	400
Egg* (unit(s))	2
Organic semi-skimmed milk* (ml)	1000
Powdered sugar (g)	100
Ground cinnamon (tsp)	3
Apple* (unit(s))	1
Bacon* (slice(s))	4
Grated Gouda* (g)	75
Blueberry fruit spread (g)	30
From your pantry	
Sugar (tbsp)	2
[Plant-based] butter (tbsp)	2
Salt (tsp)	½
*store in the fridge	

Nutritional values

	Per 100g
Energy (kJ/kcal)	696 / 166
Total fat (g)	5
of which saturated (g)	2,5
Carbohydrates (g)	25
of which sugars (g)	8,1
Fibre (g)	1
Protein (g)	6
Salt (g)	0,3

Allergens

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

1



2



3



Prepare the batter

- Add the eggs and milk to a large mixing bowl and mix well. Add 2 tbsp of sugar and a pinch of salt. Gradually add the flour while continuing to stir.
- Finely slice the apple and add to a bowl. Mix with the cinnamon.
- Roughly chop the bacon.
- Add the powdered sugar to a small bowl.

Make the pancakes

- Melt a knob of butter in a frying pan over medium-high heat.
- To make the apple & cinnamon variation, fry the apple for 1 - 2 minutes, then pour in a ladle of batter and fry for 2 minutes per side.
- To make the bacon & cheese variation, fry the bacon for 2 minutes, then pour in a ladle of batter and fry for 2 minutes per side. Add the cheese after flipping the pancake.
- Remove from the pan and cover with aluminium to keep warm.

Serve

- Lay the table with the different pancake variations.
- Serve the jam and powdered sugar on the table.
- Roll up each pancake with the desired topping.

Enjoy!



Apple Pie French Toast

with lemon whipped cream | 2 servings

Breakfast

Total time: 25 - 30 min.



Tear me out!

Before you begin

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

Heavy cream* (ml)	100
Lemon* (unit(s))	1
Apple* (unit(s))	2
Ground cinnamon (tsp)	3
Brioche bun (unit(s))	2
Egg* (unit(s))	2
Organic semi-skimmed milk* (ml)	125
Maple-flavoured syrup (g)	50
From your pantry	
Sugar (tbsp)	1
[Plant-based] butter (tbsp)	1
Water for the sauce (ml)	100
Salt	to taste
*store in the fridge	

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3163 / 756	603 / 144
Total fat (g)	36	7
of which saturated (g)	20,9	4
Carbohydrates (g)	87	17
of which sugars (g)	46,8	8,9
Fibre (g)	8	1
Protein (g)	18	3
Salt (g)	1	0,2

Allergens

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

1



2



3



Prepare

- In a bowl, use an electric mixer to whisk the cream with half of the sugar for 2 - 3 minutes.
- Zest the lemon into the whipped cream, stir and set aside in the fridge until step 4.
- Dice the apples into 1cm cubes and transfer to a large bowl. Juice the lemon into the bowl, then add the rest of the sugar and mix well.

Make the apple sauce

- Melt a knob of butter in a frying pan over medium heat.
- Add the water and apple mixture and turn the heat to low, then simmer for 6 minutes, covered.
- Remove the lid, stir in half of the cinnamon and simmer for another 6 minutes, or until the apple softens and the sugar has dissolved.
- Cut the brioche buns in half. In a large deep plate, whisk the eggs with the milk, a pinch of salt and the rest of the cinnamon.

Serve

- Heat a knob of butter in a large frying pan over medium-high heat.
- Soak the brioche slices in the egg mixture two by two, until they are completely saturated.
- Fry directly for 4 minutes on each side, or until golden brown. Repeat until all slices are done.
- Serve the French toast on plates. Top with the apple sauce and the lemon whipped cream. Drizzle with the maple-flavoured syrup to taste.

Enjoy!



Avocado & Scrambled Eggs on Toast

with cress and tomato | 2 servings

Breakfast

Total time: 20 - 25 min.



Tear me out! 

Before you begin

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

Egg* (unit(s))	4
Avocado (unit(s))	2
Cress* (g)	20
White ciabatta (unit(s))	2
Tomato (unit(s))	1

From your pantry

[Plant-based] milk (splash)	1
Olive oil (tbsp)	½
Salt & pepper	to taste
[Plant-based] butter (tsp)	1

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2933 / 701	722 / 172
Total fat (g)	46	11
of which saturated (g)	11,4	2,8
Carbohydrates (g)	43	11
of which sugars (g)	3,9	1
Fibre (g)	6	2
Protein (g)	25	6
Salt (g)	1,2	0,3

Allergens

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

1



Toast the bread

- Preheat the oven to 200°C.
- Cut the avocado in half, then remove the pit and the skin. Thinly slice the avocado. Slice the tomato.
- Cut the ciabatta in half lengthways and drizzle the olive oil over each half.
- Transfer to a parchment-lined baking sheet and bake for 5 - 7 minutes in the oven.

2



Make the scrambled eggs

- Beat the eggs in a bowl with the milk and season with salt and pepper.
- Melt the butter in a frying pan on medium heat and scramble the eggs for 5 - 6 minutes.

3



Serve

- Place the toast onto plates and spread the avocado over it.
- Top with the tomato and scrambled eggs.
- Garnish with the cress.
- Season with extra salt or pepper as preferred.

Enjoy!



Italian-Style Pesto Chicken & Mozzarella Salad

with shaved almonds and crema di balsamico | 2 servings

Lunch

Total time: 30 - 40 min.



Tear me out! 

Before you begin

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

Chicken thigh* (unit(s))	2
Mozzarella* (ball(s))	1
Arugula* (g)	80
Shaved almonds (g)	20
Tomato (unit(s))	2
Green pesto* (g)	40
Crema di balsamico (ml)	8

From your pantry

Olive oil (tbsp)	½
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2243 / 536	691 / 165
Total fat (g)	41	13
of which saturated (g)	12,5	3,9
Carbohydrates (g)	8	2
of which sugars (g)	6,3	1,9
Fibre (g)	3	1
Protein (g)	36	11
Salt (g)	0,8	0,3

Allergens

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

1



Roast the chicken

- Preheat the oven to 200°C.
- Lay the chicken flat on a parchment-lined baking sheet, drizzle with the olive oil and season with salt and pepper.
- Roast the chicken until cooked all the way through, for about 16 - 18 minutes.

2



Shred the chicken

- Dice the tomato.
- Drain the mozzarella and tear it into small pieces.
- Transfer the chicken to a bowl. Use two forks to shred the chicken.
- Stir the pesto through the chicken.

3



Serve

- Divide the arugula between two bowls.
- Top with the tomatoes, mozzarella and pesto chicken.
- Drizzle with the crema di balsamico.
- Garnish with the shaved almonds.

Enjoy!



Smoked Salmon & Herb Cream Cheese Wraps

with arugula, lamb's lettuce and cucumber | 2 servings

Lunch

Total time: 10 - 15 min.



Tear me out! 

Before you begin

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

Flour tortillas (unit(s))	4
Smoked salmon* (g)	120
Herbed cream cheese* (g)	75
Arugula & lamb's lettuce* (g)	90
Persian cucumber* (unit(s))	1
From your pantry	
Extra virgin olive oil	to taste
*store in the fridge	

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2184 /522	753 /180
Total fat (g)	26	9
of which saturated (g)	9,7	3,3
Carbohydrates (g)	46	16
of which sugars (g)	2,9	1
Fibre (g)	4	1
Protein (g)	24	8
Salt (g)	2,7	0,9

Allergens

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



Slice the cucumber

- Preheat the oven to 180°C.
- Cut the cucumber in half lengthways, then into strips.



Heat up the tortillas

- Wrap the tortillas in aluminium foil, then put them in the oven for 3 – 4 minutes.



Serve

- Spread the herbed cream cheese over the wraps. Add the smoked salmon and cucumber followed by the mixed salad leaves, then drizzle with extra virgin olive oil to taste.

Enjoy!



Chicken Gyros on Turkish Bread

with garlic-yogurt sauce, Greek-style cheese & tomato | 2 servings

Lunch

Total time: 10 - 15 min.



Tear me out! 

Before you begin

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

Mini Turkish bread (unit(s))	2
Roma tomato (unit(s))	2
Red onion (unit(s))	1
Radicchio & iceberg lettuce* (g)	50
Organic Greek yogurt* (g)	150
Fresh flat leaf parsley* (g)	10
Garlic (unit(s))	1
Chicken thigh strips with kebab spices* (g)	200
Greek-style cheese* (g)	50
From your pantry	
Red wine vinegar (tsp)	2
Olive oil (tbsp)	½
Salt & pepper	to taste
*store in the fridge	

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2515 / 601	558 / 133
Total fat (g)	24	5
of which saturated (g)	11,9	2,6
Carbohydrates (g)	58	13
of which sugars (g)	7,6	1,7
Fibre (g)	5	1
Protein (g)	37	8
Salt (g)	3	0,7

Allergens

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

1



2



3



Prepare

- Preheat the oven to 180°C. Slice the onion into half rings and crush or mince the garlic.
- Crumble up the Greek-style cheese and dice the tomato.
- Finely chop the parsley.

Fry the chicken

- Heat the olive oil in a frying pan over medium-high heat. Fry the chicken with half of the onion for 6 - 8 minutes (see Tip).
- Meanwhile, in a small bowl combine the rest of the onion with the red wine vinegar.
- Season to taste with salt and pepper.

Tip: the rest of the onion is served raw, but you can also fry it all here if preferred.

Serve

- In another small bowl, combine the yogurt with the garlic and the parsley.
- Season to taste with salt and pepper.
- Bake the Turkish bread for 5 - 8 minutes in the oven.
- Cut open the Turkish bread and fill with the chicken, yogurt sauce and Greek-style cheese, along with the tomato, lettuce, and quick-pickled onion.

Enjoy!



Cheesy Triangle Wraps with Ham and Tomato

with smoky tomato ketchup and mustard mayo | 2 servings

Lunch

Total time: 15 - 20 min.



Tear me out! 

Before you begin

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

Flour tortillas (unit(s))	4
Ham* (slice(s))	4
Grated aged Gouda* (g)	75
Smoky tomato ketchup* (g)	60
Tomato (unit(s))	2

From your pantry

Mustard (tsp)	2
[Plant-based] mayonnaise (tbsp)	1
Sunflower oil (tbsp)	1

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2506 / 599	884 / 211
Total fat (g)	33	12
of which saturated (g)	11,4	4
Carbohydrates (g)	52	18
of which sugars (g)	8,8	3,1
Fibre (g)	4	1
Protein (g)	22	8
Salt (g)	3	1,1

Allergens

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

1



Prepare

- Thinly slice the tomato.
- Lay each tortilla out flat and make only one cut, starting from the centre and moving up towards the edge of the wrap. It should look like a radius line.
- Starting to the left of the cut, add the ham to the first quarter of the tortilla. Add the grated aged Gouda to the quarter directly below the ham.
- In the next quarter (to the right of the Gouda), add the tomato slices.

2



Fold the wraps

- In a small bowl, combine the mustard and the mayonnaise.
- Spread the mustard mayo on the top-right quarter.
- Carefully fold the quarters one by one, starting left of the cut. First, fold the ham over the quarter below with the cheese. Continue folding over the next quarter with the tomatoes.
- Lastly, fold over the quarter with the mustard mayo. You should have a folded tortilla triangle. Gently flatten it.

3



Serve

- Heat a drizzle of sunflower oil in a frying pan over medium-high heat.
- Fry the tortilla triangles for 2 - 3 minutes per side, until the tortillas are golden brown and the cheese has melted.
- Serve the cheesy triangle wraps with the smoky tomato ketchup on the side and mayonnaise as preferred.

Enjoy!



Butter Chicken Fusion Bao Buns

with pickled onion & coriander | 2 servings

Lunch

Total time: 15 - 20 min.



Tear me out!

Before you begin

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

Bao buns (unit(s))	4
Chicken thigh* (unit(s))	2
Cooking cream (g)	150
Curry powder (sachet(s))	1
African-inspired spice mix (sachet(s))	1
Tomato paste (can)	1
Fresh coriander* (g)	10
Red onion (unit(s))	1
From your pantry	
[Plant-based] butter (tbsp)	2
Honey [or plant-based alternative] (tbsp)	1
Red wine vinegar (tbsp)	2
Sugar (tsp)	2
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3146 / 752	760 / 182
Total fat (g)	35	9
of which saturated (g)	18,7	4,5
Carbohydrates (g)	78	19
of which sugars (g)	28,9	7
Fibre (g)	6	1
Protein (g)	32	8
Salt (g)	1,2	0,3

Allergens

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



Prepare

- Preheat the oven to 180°C.
- Slice the onion into thin half rings.
- In a bowl, combine the red wine vinegar and sugar. Add the onion and season with salt and pepper to taste. Mix everything together and set aside, stirring occasionally so the flavours can sink in.

Fry

- Melt the butter in a frying pan over medium-high heat. Add the curry powder and African-inspired spice mix and fry for 1 minute, then add the tomato paste and fry for a further minute.
- Meanwhile, dice the chicken into 1cm chunks. Add the chicken to the pan and fry for 3 - 4 minutes.
- Add the cooking cream and the honey. Stir to combine, then turn up the heat and cook for 1 - 2 minutes. Season to taste with salt and pepper.

Serve

- Meanwhile, bake the bao buns in the oven for 4 - 5 minutes.
- Finely chop the coriander.
- Carefully open the bao buns and fill them with the chicken and creamy sauce.
- Garnish with the pickled onion and the coriander.

Enjoy!



Lunch Box with Kebab-Style Chicken Wraps

with snack veggies and dip, fresh mandarin and almonds | 2 servings

Lunch

Total time: 15 - 20 min.



Tear me out! 

Before you begin

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

Flour tortillas (unit(s))	4
Arugula & lamb's lettuce* (g)	40
Bell pepper* (unit(s))	1
Hummus* (g)	160
Persian cucumber* (unit(s))	1
Salted almonds (g)	40
Mandarin* (unit(s))	2
Tomato tapenade* (g)	80
Mini Roma tomatoes* (g)	125
Chicken thigh strips with kebab spices* (g)	100
From your pantry	
Sunflower oil (tbsp)	1
[Plant-based] mayonnaise (tbsp)	2
Salt & pepper	to taste

**store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4301 / 1028	698 / 167
Total fat (g)	64	10
of which saturated (g)	7,7	1,2
Carbohydrates (g)	78	13
of which sugars (g)	17,8	2,9
Fibre (g)	12	2
Protein (g)	29	5
Salt (g)	3,7	0,6

Allergens

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

1



2



3



Prepare

- Dice the bell pepper.
- Heat the sunflower oil in a frying pan over medium heat and fry the chicken thigh strips for 4 - 6 minutes.
- Add the bell pepper during the last 3 minutes of cooking time. Season with salt and pepper as preferred.

Assemble the wraps

- Mix the tomato tapenade and mayonnaise in a small bowl.
- Spread the tapenade-mayo on the tortillas.
- Top with the salad leaves, chicken and bell pepper.
- Roll the tortillas into wraps and add two to the lunch box (see Tip).

Tip: wrap the other two wraps in plastic wrap and store them in the fridge for the next day!

Serve

- Halve the cucumber and then cut it into batons.
- Peel the mandarin and pull it apart into smaller segments.
- Add the mandarin segments and almonds to the lunch box with the wraps.
- Add half of the mini Roma tomatoes and cucumber to the lunch box, along with the hummus, and enjoy them together as a snack (see Tip).

Tip: you can also make two lunch boxes at once, so you'll already be prepared for the next day's lunch!

Enjoy!



One-Pot Chicken Alfredo

with wholewheat fusilli, broccoli & cheese

Total time: 25 - 35 min.



Garlic



Cooking cream



Wholewheat fusilli



Broccoli



Grated Gouda



Onion



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
Garlic (pcs)	1	1	2	2	3	3
Cooking cream (g)	75	150	225	300	375	450
Wholewheat fusilli (g)	90	180	270	360	450	540
Broccoli* (g)	180	360	500	720	860	1080
Grated Gouda* (g)	25	50	75	100	125	150
Onion (pcs)	1/2	1	2	2	3	3
Chicken breast* (pcs)	1	2	3	4	5	6
	Not included					
Low sodium chicken stock (ml)	200	400	600	800	1000	1200
White wine vinegar (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	3/4	1 1/2	2 1/4	3	3 3/4	4 1/2
Salt and pepper (to taste)	To Taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3392 /811	457 /109
Total fat(g)	33,6 g	4,5 g
of which saturated(g)	15,7	2,1
Carbohydrates (g)	65,4	8,8
of which sugars (g)	9	1,2
Fibre (g)	14,1	1,9
Protein (g)	55,8	7,5
Salt (g)	1,4	0,19

Allergens

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

1



Prepare

- Prepare the stock.
- Cut the chicken into rough chunks.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the chicken for 3 - 4 minutes until evenly browned, then remove from the pan and set aside.

3



Make the sauce

- Add the stock, the cream, the white wine vinegar and the pasta, then season with salt and pepper.
- Cover with the lid and cook over low heat for 4 minutes, stirring occasionally.
- Meanwhile, cut the head of the broccoli into small florets and finely dice the stem.

2



Fry the vegetables

- Chop the onion and crush or mince the garlic.
- Heat a light drizzle of olive oil in the same pan over medium-high heat.
- Fry the garlic and onion for 1 - 2 minutes.

4



Serve

- Stir in the broccoli and cook for 7 minutes.
- Add the chicken and cook for 5 more minutes.
- Remove from the heat and stir in two thirds of the cheese, then season to taste with salt and pepper.
- Serve the pasta on deep plates and garnish with the rest of the cheese.



Wholewheat Fusilli Alla Norma with Parmigiano Reggiano

with eggplant, pecorino & fresh basil

Total time: 20 - 30 min.



Garlic



Onion



Eggplant



Mini Roma tomatoes



Passata



Italian seasoning



Sicilian-style herb mix



Parmigiano Reggiano DOP



Grated Pecorino DOP



Fresh basil & oregano



Ricotta



Wholewheat fusilli

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 (pcs)	1	2	3	4	5	6
Onion (pcs)	1/2	1	1	2	2	3
Eggplant* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Mini Roma tomatoes* (g)	62 1/2	125	250	250	375	375
Passata (g)	100	200	300	390	500	590
Italian seasoning (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Sicilian-style herb mix (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Parmigiano Reggiano DOP* (g)	20	40	60	80	100	120
Grated Pecorino DOP* (g)	20	40	60	80	100	120
Fresh basil & oregano* (g)	5	10	15	20	25	30
Ricotta* (g)	50	100	150	200	250	300
Wholewheat fusilli (g)	90	180	270	360	450	540
Not included						
Olive oil (tbsp)	1	2	3	3	5	5
Balsamic vinegar (tsp)	1/2	1	1 1/2	2	2 1/2	3
Low sodium vegetable stock cube (pcs)	1/4	1/2	3/4	1	1 1/4	1 1/2
Sugar (tsp)	1/2	1	1 1/2	2	2 1/2	3
Salt and pepper (to taste)	To Taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3171 /758	583 /139
Total fat(g)	31,3 g	5,8 g
of which saturated(g)	13,2	2,4
Carbohydrates (g)	80,4	14,8
of which sugars (g)	20,3	3,7
Fibre (g)	14,4	2,6
Protein (g)	28	5,1
Salt (g)	2,64	0,49

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).
- Dice the eggplant into 1cm cubes and halve the tomatoes.
- Chop the onion and crush or mince the garlic. Roughly chop the basil.
- Boil the pasta for 10 - 12 minutes, then reserve some of the pasta water before draining and setting aside.

3



Make the sauce

- In the meantime, heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the garlic and onion for 2 - 3 minutes, then add the tomatoes and fry for 2 more minutes.
- Deglaze with the passata and balsamic vinegar, then add the sugar and the Sicilian-style herbs.
- Season to taste with salt and pepper and allow to simmer for 4 - 5 minutes.

2



Fry the eggplant

- Heat a drizzle of olive oil in a large deep frying pan over high heat.
- Fry the eggplant for 10 - 12 minutes until golden-brown.
- Add the Italian seasoning and fry for 1 more minute.
- Meanwhile, grate the Parmigiano Reggiano and finely chop the oregano.

Did you know... *the cheese in this recipe contains calcium, a nutrient that supports your nervous system to function efficiently.*

4



Serve

- Transfer the pasta, the oregano and the eggplant to the tomato sauce, along with half each of the basil and pecorino.
- Add 30ml - 45ml pasta water per person and mix well to combine.
- Serve the pasta on deep plates, then garnish with the ricotta and the Parmigiano Reggiano, along with the rest of the basil and pecorino.



Family Burger Night: Italian-Style Cheeseburger

stack your own & enjoy together!

Total time: 45 - 55 min.



Potatoes



Tomato



Red onion



Basil crème



Hamburger from Meatier



Grated Gouda



Arugula & lamb's lettuce



White ciabatta



Persian cucumber

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
Tomato (pcs)	2	4	6	8	10	12
Red onion (pcs)	1/2	1	1 1/2	2	2 1/2	3
Basil crème (ml)	10	15	24	30	39	45
Hamburger from Meatier* (pcs)	1	2	3	4	5	6
Grated Gouda* (g)	15	25	40	50	65	75
Arugula & lamb's lettuce* (g)	20	40	60	90	100	130
White ciabatta (pcs)	1	2	3	4	5	6
Persian cucumber* (pcs)	1/2	1	1 1/2	2	2 1/2	3
	Not included					
Olive oil (tbsp)	1/4	1/2	3/4	1	1 1/4	1 1/2
Extra virgin olive oil (tbsp)	1/4	1/2	3/4	1	1 1/4	1 1/2
[Plant-based] mayonnaise (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Balsamic vinegar (tbsp)	1/2	1	1 1/2	2	2 1/2	3
[Plant-based] butter (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Salt and pepper (to taste)	To Taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3869 /925	537 /128
Total fat(g)	46,8 g	6,5 g
of which saturated(g)	17,3	2,4
Carbohydrates (g)	89,1	12,4
of which sugars (g)	12,6	1,7
Fibre (g)	9	1,2
Protein (g)	35	4,9
Salt (g)	3,17	0,44

Allergens

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

1



Make the wedges

- Preheat the oven to 200°C.
- Wash the potatoes and cut them into wedges, then transfer to a bowl. Lightly drizzle with olive oil and season with salt and pepper, then toss well to coat.
- Transfer to a parchment-lined baking sheet and bake for 25 - 35 minutes or until done, tossing halfway.
- Bake the ciabatta alongside during the final 6 - 8 minutes.

3



Fry the burger

- Melt a knob of butter in a frying pan over medium-high heat.
- Fry the burger with the onion for 3 - 4 minutes per side.
- Scatter the cheese over the burger during the final minute of cooking.
- Cut open the ciabatta and top with the cheeseburger.

2



Make the salsa

- Meanwhile, dice the tomato.
- Slice the onion into half rings. Slice the cucumber.
- In a bowl, combine the tomato with the extra virgin olive oil and the balsamic vinegar. Season to taste with salt and pepper, then set aside.
- In a small bowl, combine the mayonnaise with the basil crème.

4



Serve

- Serve the elements separately at the table and allow everyone to assemble their own burger and side salad (or, if preferred, plate it directly).
- Serve the potato wedges alongside.



Panko Chicken Bowl with Sweet Soy Mayo

over rice with edamame, broccoli & gomashio

Total time: 35 - 45 min.



Chicken breast



Jasmine rice



Broccoli



Edamame



Mayonnaise



Panko breadcrumbs



Middle Eastern spice mix



Soy sauce



Gomashio

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken breast* (pcs)	1	2	3	4	5	6
Jasmine rice (g)	75	150	225	300	375	450
Broccoli* (g)	250	360	610	720	970	1080
Edamame* (g)	25	50	75	100	125	150
Mayonnaise (g)	35	75	100	150	175	225
Panko breadcrumbs (g)	20	40	60	75	100	115
Middle Eastern spice mix (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Soy sauce (ml)	5	10	15	20	25	30
Gomashio (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Not included						
Sunflower oil (tbsp)	1	2	3	4	5	6
Salt and pepper (to taste)	To Taste					
Honey [or plant-based alternative] (tsp)	1/2	1	1 1/2	2	2 1/2	3

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3707 /886	769 /184
Total fat(g)	40,7 g	8,4 g
of which saturated(g)	4,6	1
Carbohydrates (g)	84,3	17,5
of which sugars (g)	5,6	1,2
Fibre (g)	8,1	1,7
Protein (g)	49,9	10,4
Salt (g)	2,05	0,43

Allergens

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

1



Chop the vegetables

- Preheat the oven to 210°C.
- Boil plenty of water in two pots or saucepans for the rice and the broccoli.
- Cut the head of the broccoli into florets and then dice the stem.
- Boil the broccoli for 5 minutes, then drain. Season to taste with salt and pepper, then set aside.

3



Prepare the chicken

- Cut the chicken into 2 - 3cm strips.
- Coat it first with the reserved mayonnaise and then with the panko.
- Heat a generous drizzle of sunflower oil in a frying pan over high heat. When the oil is nice and hot, fry the chicken for 1 - 2 minutes per side.
- Transfer to a parchment-lined baking sheet and bake for 10 - 12 minutes until done.

2



Boil the rice

- Meanwhile, boil the rice for 12 - 15 minutes, then drain and set aside.
- Set aside 0.5 tbsp mayonnaise per person to use in the next step, then transfer the rest to a small bowl.
- Add the soy sauce and the honey, then mix well to combine.
- On a plate, combine the panko with the Middle Eastern spices.

4



Serve

- Place the same pan over medium-high heat and stir-fry the broccoli for 4 minutes.
- Add the edamame and fry for 1 more minute, then season to taste with salt and pepper.
- Serve the rice on deep plates and arrange everything on top.
- Drizzle with the soy mayonnaise and garnish with the gomashio.



Wholewheat Orzo with Fennel & Spinach

with Greek-style cheese, lemon & pistachios

Total time: 25 - 35 min.



Wholewheat orzo



Garlic



Onion



Fennel



Spinach



Pistachio nuts



Lemon



Italian seasoning



Garlic & herb seasoning



Fresh basil, chives & flat leaf parsley



Fresco spalmabile - cream cheese



Greek-style cheese

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Wholewheat orzo (g)	75	150	225	300	375	450
Garlic (pcs)	1	2	3	4	5	6
Onion (pcs)	1/2	1	1	2	2	3
Fennel* (pcs)	1/2	1	2	2	3	3
Spinach* (g)	150	300	450	600	750	900
Pistachio nuts (g)	20	40	60	80	100	120
Lemon* (pcs)	1/4	1/2	3/4	1	1 1/4	1 1/2
Italian seasoning (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Garlic & herb seasoning (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Fresh basil, chives & flat leaf parsley* (g)	5	10	15	20	25	30
Fresco spalmabile - cream cheese* (g)	25	50	75	100	125	150
Greek-style cheese* (g)	25	50	75	100	125	150
Not included						
[Plant-based] butter (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Salt and pepper (to taste)	To Taste					
Olive oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3
White wine vinegar (tbsp)	1/2	1	1 1/2	2	2 1/2	3

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2970 /710	447 /107
Total fat(g)	34,4 g	5,2 g
of which saturated(g)	13,8	2,1
Carbohydrates (g)	65,7	9,9
of which sugars (g)	13,5	2
Fibre (g)	14,6	2,2
Protein (g)	28,5	4,3
Salt (g)	1,88	0,28

Allergens

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

1



Prepare

- Prepare the stock in a saucepan.
- Quarter the fennel and remove the tough core, then slice into very thin strips. Set aside any fennel fronds to use later as garnish.
- Chop the onion and crush or mince the garlic.

3



Prepare the garnishes

- Roughly chop the pistachios and the fresh herbs.
- Heat a clean frying pan over medium-high heat and toast the pistachios until golden-brown, then remove from the pan and set aside.
- When the orzo is almost done, tear the spinach directly into the pan, then add the cream cheese and half of the fresh herbs.
- Mix well and allow the spinach to wilt and reduce. Season to taste with salt and pepper.

2



Fry the vegetables

- Melt a knob of butter in a deep frying pan over medium-low heat.
- Drizzle with olive oil, then fry the fennel, onion, garlic, garlic & herb seasoning and Italian herbs for 4 minutes. Stir in the orzo and then deglaze with the white wine vinegar.
- Pour in the stock and bring to a boil, then cook the orzo over a low heat for 10 - 12 minutes, covered.
- Stir regularly and add a splash of water if the orzo seems too dry.

4



Serve

- Zest the lemon and cut it into wedges.
- Serve the orzo on plates and crumble over the cheese.
- Garnish with the lemon zest, the toasted pistachios and the rest of the fresh herbs. Serve with the lemon wedges.



Chicken Bolognese Pizza with Buffalo Mozzarella & Basil

on Lebanese flatbread with bell pepper

Total time: 25 - 35 min.



Garlic



Onion



Chicken mince with Mediterranean herbs



Italian seasoning



Passata



Buffalo mozzarella



Lebanese flatbread



Grated Gouda



Fresh basil



Bell pepper

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 (pcs)	1/2	1	1 1/2	2	2 1/2	3
Onion (pcs)	1/2	1	1	2	2	3
Chicken mince with Mediterranean herbs* (g)	100	200	300	400	500	600
Italian seasoning (sachet(s))	1/3	2/3	1	1 1/3	1 2/3	2
Passata (g)	100	200	300	390	500	590
Buffalo mozzarella* (boule(s))	1/2	1	1 1/2	2	2 1/2	3
Lebanese flatbread (pcs)	2	4	6	8	10	12
Grated Gouda* (g)	15	25	40	50	65	75
Fresh basil* (g)	2 1/2	5	7 1/2	10	12 1/2	15
Bell pepper* (pcs)	1/2	1	2	2	3	3
Not included						
Olive oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Balsamic vinegar (tsp)	1	2	3	4	5	6
Water for the sauce (tbsp)	1	2	3	4	5	6
Salt and pepper (to taste)	To Taste					
Extra virgin olive oil (to taste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3384 /809	591 /141
Total fat(g)	32,2 g	5,6 g
of which saturated(g)	15,6	2,7
Carbohydrates (g)	81,9	14,3
of which sugars (g)	16,7	2,9
Fibre (g)	9,2	1,6
Protein (g)	44	7,7
Salt (g)	2,45	0,43

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.
- Chop the onion and crush or mince the garlic.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the mince for 3 minutes, separating it as you do so, then remove from the pan and set aside.

3



Make the pizza

- Transfer the flatbread to a parchment-lined baking sheet.
- Spread with the tomato sauce and top with the mince, the bell pepper, the mozzarella and the gouda (see Tip).

Health Tip: *this recipe is high in calories. If you're watching your calorie intake, use just half of the mozzarella. You can keep the rest to use another time.*

2

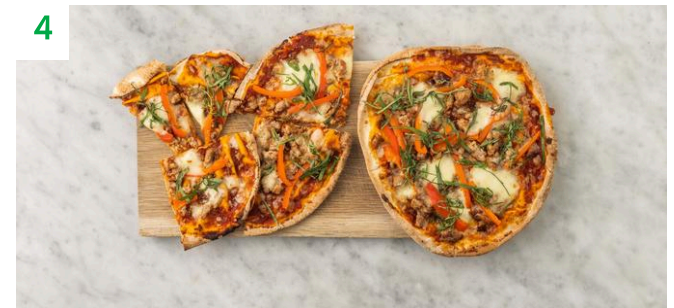


Make the sauce

- In the same pan, fry the onion with the garlic and the Italian seasoning for 2 - 3 minutes.
- Deglaze with the passata, the balsamic vinegar and the water for the sauce (see Tip).
- Season to taste with salt and pepper, then cover with the lid and allow to simmer for 5 - 6 minutes.
- Meanwhile, cut the bell pepper into strips and tear the mozzarella into rough pieces.

Tip: *double the water to make more sauce if preferred.*

4



Serve

- Bake the pizzas in the oven for 7 - 8 minutes.
- In the meantime, chop the basil leaves into ribbons.
- Serve the flatbread pizzas on plates.
- Garnish with the basil and drizzle with extra virgin olive oil as preferred.



Chicken Meatball Orecchiette

with mozzarella, basil crème & courgette

Total time: 25 - 35 min.



Chicken meatballs with Mediterranean herbs



Orecchiette



Passata



Garlic



Courgette



Shredded mozzarella



Sicilian-style herb mix



Romano pepper



Basil crème



Tomato

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 meatballs with Mediterranean herbs* (pcs)	3	6	9	12	15	18
Orecchiette (g)	90	180	270	360	450	540
Passata (g)	100	200	300	390	500	590
Garlic (pcs)	1	1	2	2	3	3
Courgette* (pcs)	1/2	1	2	2	3	3
Shredded mozzarella* (g)	25	50	75	100	125	150
Sicilian-style herb mix (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Romano pepper* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Basil crème (ml)	8	15	24	30	39	45
Tomato (pcs)	1	2	3	4	5	6
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tsp)	1	2	3	4	5	6
Salt and pepper (to taste)	To Taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3301 /789	556 /133
Total fat(g)	30,2 g	5,1 g
of which saturated(g)	8,9	1,5
Carbohydrates (g)	81,9	13,8
of which sugars (g)	15,2	2,6
Fibre (g)	9	1,5
Protein (g)	42,3	7,1
Salt (g)	2,5	0,42

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.
- Slice the courgette into thin crescents and cut the Romano pepper into thin strips.
- Transfer both to separate sides of a parchment-lined baking sheet.
- Drizzle with olive oil and season with salt and pepper. Roast in the oven for 15 - 20 minutes or until done.

3



Make the sauce

- Halve the meatballs with a spatula. Lower the heat and cover with the lid, then fry for 5 - 6 more minutes.
- Add the garlic and the tomato, then fry for 1 more minute.
- Deglaze with the balsamic vinegar, then add the Sicilian-style herbs and the passata.
- Cover with the lid and allow to simmer for 2 - 3 minutes.

2



Fry the meatballs

- Boil plenty of salted water in a pot or saucepan and cook the pasta for 16 - 18 minutes, then drain and set aside.
- In the meantime, crush or mince the garlic. Dice the tomato.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat and fry the meatballs for 2 - 3 minutes until evenly browned.

4



Serve

- Transfer the pasta and the vegetables to the sauce and toss well to combine.
- Serve the pasta on plates and garnish with the mozzarella.
- Drizzle with the basil crème to finish.



Naked Veggie Cheeseburger Bowl with Baby Potatoes

with salad, pickles & fried onion

Total time: 35 - 45 min.



Baby potatoes



Butter lettuce



Tomato



Red onion



Chopped pickles



Worcestershire sauce



Grated cheddar



Unbelievabull burger from the 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
Baby potatoes (g)	200	400	600	800	1000	1200
Butter lettuce* (head(s))	1/4	1/2	3/4	1	1 1/4	1 1/2
Tomato (pcs)	1 1/2	3	5	6	8	9
Red onion (pcs)	1/2	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** (pcs)	1	2	3	4	5	6
Not included						
Water for the sauce (tbsp)	1/2	1	1 1/2	2	2 1/2	3
[Plant-based] butter (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Olive oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Salt and pepper (to taste)	To Taste					
White wine vinegar (tsp)	1/2	1	1 1/2	2	2 1/2	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2793 /668	472 /113
Total fat(g)	40,1 g	6,8 g
of which saturated(g)	11,7	2
Carbohydrates (g)	50,2	8,5
of which sugars (g)	12,7	2,1
Fibre (g)	14,7	2,5
Protein (g)	19,5	3,3
Salt (g)	2,14	0,36

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

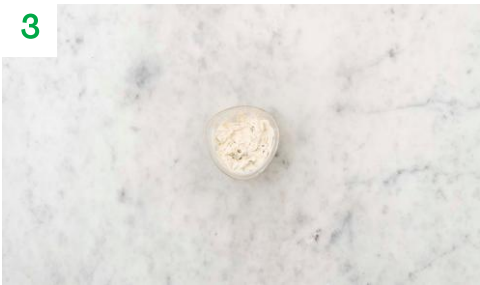


Chop the vegetables

- 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.



Hearty Spanish-Style Chicken & Butterbean Stew

with roasted bell pepper sauce, lemon & parsley

Total time: 40 - 50 min.



- | | |
|---|---|
|  |  |
| Chicken tenderloin | Potatoes |
|  |  |
| Butterbeans | Garlic |
|  |  |
| Onion | Romano pepper |
|  |  |
| Tomato | Tomato paste |
|  |  |
| Ground paprika | Garlic & herb seasoning |
|  |  |
| Toasted onion powder | Roasted bell pepper sauce |
|  |  |
| Fresh flat leaf parsley | Lemon |

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 tenderloin* (g)	100	200	300	400	500	600
Potatoes (g)	200	400	600	800	1000	1200
Butterbeans (pack(s))	1/2	1	1 1/2	2	2 1/2	3
Garlic (pcs)	1/2	1	1 1/2	2	2 1/2	3
Onion (pcs)	1/2	1	1 1/2	2	2 1/2	3
Romano pepper* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Tomato (pcs)	1	2	3	4	5	6
Tomato paste (can(s))	1/2	1	1 1/2	2	2 1/2	3
Ground paprika (tsp)	1 1/2	3	4 1/2	6	7 1/2	9
Garlic & herb seasoning (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Toasted onion powder (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Roasted bell pepper sauce* (g)	40	80	120	160	200	240
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Lemon* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Not included						
Olive oil (tbsp)	1 1/2	3	4 1/2	6	7 1/2	9
[Plant-based] mayonnaise (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Salt and pepper (to taste)	To Taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3252 /777	427 /102
Total fat(g)	34,3 g	4,5 g
of which saturated(g)	5,4	0,7
Carbohydrates (g)	74	9,7
of which sugars (g)	18,2	2,4
Fibre (g)	19,1	2,5
Protein (g)	40,7	5,3
Salt (g)	1,51	0,2

Allergens

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

1



Prepare

- Preheat the oven to 220°C.
- Thoroughly wash the potatoes, then roughly dice and transfer to a bowl.
- Add the onion powder 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 - 35 minutes, or until golden-brown.

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

3



Make the stew

- Heat a drizzle of olive oil in the same pan over medium-high heat. Fry the garlic, the onion and the romano pepper for 3 - 4 minutes.
- Add the tomato paste and fry for 1 more minute.
- Stir in the tomato, the paprika, the garlic & herb seasoning and the butterbeans (including their aquafaba). Season with salt and pepper.
- Simmer until serving, covered.

2



Fry the chicken

- Slice the onion into half-rings and crush or mince the garlic. Cut the bell pepper into strips and grate the tomato.
- Roughly chop the parsley and quarter the lemon.
- Dice the chicken.
- Heat a drizzle of olive oil in a large deep frying pan over medium-high heat. Fry the chicken for 5 - 6 minutes or until done, then remove from the pan and set aside.

4



Serve

- In a bowl, combine the mayonnaise with the juice of a quarter lemon per person. Season to taste with salt and pepper.
- Stir the chicken into the stew, then serve on plates with the potatoes alongside.
- Drizzle with the roasted bell pepper sauce and the lemon mayonnaise.
- Garnish with the parsley and serve with the rest of the lemon wedges.



Chicken Thigh Strips with Bulgur & Fresh Herbs

with mangetout & Middle Eastern spices

Total time: 30 - 40 min.



Bulgur



Red onion



Garlic



Fresh basil, chives & flat leaf parsley



Mangetout



Middle Eastern spice mix



Chicken thigh strips with kebab spices



Bell pepper

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
Red onion (pcs)	1	2	3	4	5	6
Garlic (pcs)	1/2	1	1 1/2	2	2 1/2	3
Fresh basil, chives & flat leaf parsley* (g)	5	10	15	20	25	30
Mangetout* (g)	50	100	150	200	250	300
Middle Eastern spice mix (sachet(s))	1/3	2/3	1	1 1/3	1 2/3	2
Chicken thigh strips with kebab spices* (g)	100	200	300	400	500	600
Bell pepper* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Not included						
White wine vinegar (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Salt and pepper (to taste)	To Taste					
Olive oil (tbsp)	1 1/2	3	4 1/2	6	7 1/2	9
Low sodium vegetable stock (ml)	175	350	525	700	875	1050

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2734 /653	432 /103
Total fat(g)	26 g	4,1 g
of which saturated(g)	5,5	0,9
Carbohydrates (g)	77	12,2
of which sugars (g)	13,8	2,2
Fibre (g)	14,1	2,2
Protein (g)	31,3	4,9
Salt (g)	1,88	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 boil the bulgur for 10 - 12 minutes, covered, stirring regularly.
- Cut the bell pepper into strips and slice the onion into half-rings.
- Crush or mince the garlic and remove the tips of the mangetout if necessary.
- Finely chop the fresh herbs, being sure to keep them separate.

3



Fry the chicken

- Heat a generous drizzle of olive oil in a frying pan over medium-high heat and fry the chicken for 6 minutes. Season generously with salt and pepper.
- Deglaze with the white wine vinegar, then add the basil, the parsley and the rest of the garlic.
- Mix well and fry for 1 more minute.

2



Fry the vegetables

- Heat a drizzle of olive oil in a deep frying pan over medium heat.
- Fry the bell pepper with the onion and half of the garlic for 10 - 12 minutes, or until soft.
- Stir regularly so as to ensure the vegetables don't burn.
- Add the mangetout and the Middle Eastern spices, then fry for 3 - 5 more minutes.

4



Serve

- Transfer the bulgur, the vegetables and the chives to a salad bowl.
- Season to taste with salt and pepper, then toss well to combine.
- Serve everything on plates.
- Drizzle with any remaining cooking juices as preferred.



Teriyaki Chicken with Mushrooms & Gomashio

over giant couscous with courgette & scallions

Total time: 20 - 30 min.



Garlic



Mushrooms



Chicken breast



Giant couscous



Gomashio



Courgette



Scallions



Lemongrass paste



Teriyaki sauce

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (pcs)	1	2	3	4	5	6
Mushrooms* (g)	65	125	125	250	250	375
Chicken breast* (pcs)	1	2	3	4	5	6
Giant couscous (g)	75	150	225	300	375	450
Gomashio (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Courgette* (pcs)	1/2	1	2	2	3	3
Scallions* (g)	31 1/4	62 1/2	93 3/4	125	156	187
					1/4	1/2
Lemongrass paste (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Teriyaki sauce (g)	25	50	75	100	125	150
	Not included					
Sunflower oil (tbsp)	1	2	3	4	5	6
Salt and pepper (to taste)	To Taste					
[Reduced salt] soy sauce (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Brown sugar (tbsp)	1	2	3	4	5	6

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2748 /657	583 /139
Total fat(g)	17,1 g	3,6 g
of which saturated(g)	2,6	0,6
Carbohydrates (g)	78,8	16,7
of which sugars (g)	23,1	4,9
Fibre (g)	6,3	1,3
Protein (g)	45,1	9,6
Salt (g)	2,86	0,61

Allergens

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

1



Boil the giant couscous

- Boil plenty of water in a pot or saucepan and cook the giant couscous for 12 - 14 minutes, then drain and set aside.
- Slice the courgette into crescents.
- Slice the mushrooms and crush or mince the garlic.
- Finely chop the scallions and separate the white part from the greens.

3



Fry the vegetables

- Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat.
- Fry the mushrooms with the courgette and the white part of the scallions for 3 - 4 minutes. Season to taste with salt and pepper.
- Deglaze the vegetables with the soy sauce, then stir in the rest of the garlic and the lemongrass paste. Fry for 2 - 3 more minutes.

2



Fry the chicken

- Heat a drizzle of sunflower oil in a frying pan over medium-high heat and fry the chicken for 2 minutes per side.
- Reduce the heat and fry for a further 5 minutes per side.
- Add the teriyaki sauce, the sugar and half each of the garlic and the lemongrass paste. Fry for 1 more minute (see Tip).

Tip: if you want to make more sauce, add a splash of water to the pan.

4



Serve

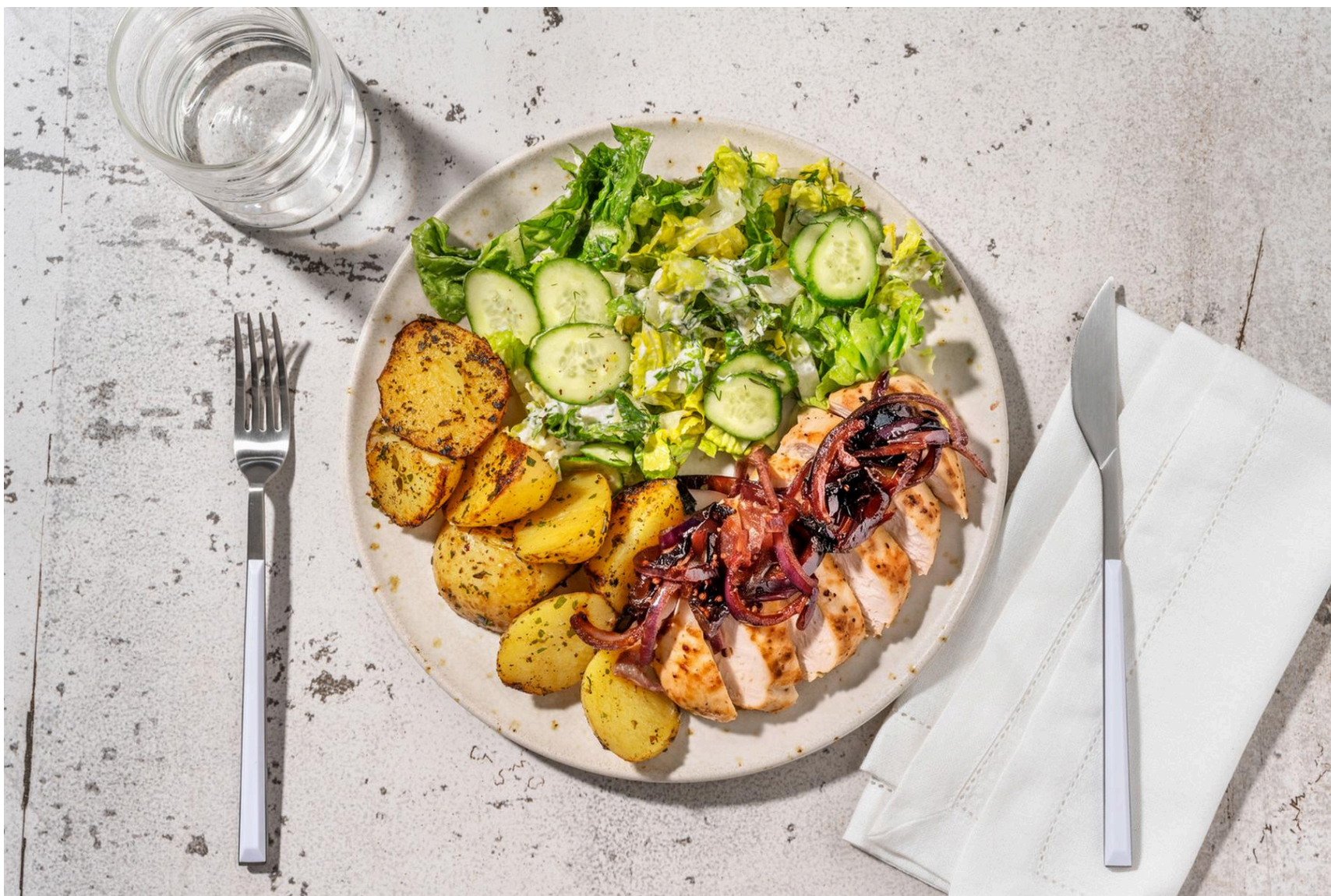
- Serve the giant couscous on plates with everything else alongside.
- Pour the sauce over the giant couscous.
- Garnish with the gomashio and the scallion greens to finish.



Chicken with Sweet Onion Jus

with potatoes & cucumber salad

Total time: 20 - 30 min.



Chicken breast with
Mediterranean herbs



Potatoes



Red onion



Little gem



Persian cucumber



Dill, mint & flat leaf parsley



Italian seasoning



Yellow mustard seeds

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 breast with Mediterranean herbs* (pcs)	1	2	3	4	5	6
Potatoes (g)	200	400	600	800	1000	1200
Red onion (pcs)	1/2	1	1	2	2	3
Little gem* (pcs)	1	2	3	4	5	6
Persian cucumber* (pcs)	1/2	1	2	2	3	3
Dill, mint & flat leaf parsley* (g)	5	10	15	20	25	30
Italian seasoning (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Yellow mustard seeds (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Not included						
[Plant-based] butter (tbsp)	1 1/2	3	4 1/2	6	7 1/2	9
[Plant-based] mayonnaise (tbsp)	1/4	1/2	3/4	1	1 1/4	1 1/2
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tsp)	1	2	3	4	5	6
Mustard (tsp)	1/2	1	1 1/2	2	2 1/2	3
Salt and pepper (to taste)	To Taste					
[Reduced salt] ketjap manis (tsp)	1	2	3	4	5	6

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2854 /682	473 /113
Total fat(g)	38,3 g	6,3 g
of which saturated(g)	15,5	2,6
Carbohydrates (g)	52,3	8,7
of which sugars (g)	11,6	1,9
Fibre (g)	8,4	1,4
Protein (g)	34,1	5,6
Salt (g)	1,29	0,21

Allergens

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

1



Boil the potatoes

- Peel or thoroughly wash the potatoes and cut them into quarters.
- Transfer to a deep frying pan and submerge with water, then boil for 12 - 15 minutes, covered.
- Reserve 40ml cooking liquid per person, then drain and return to the pan. Set aside until step 5.

3



Make the sauce

- Slice the onion into half-rings.
- Melt a generous knob of butter in a frying pan over medium-high heat. Fry the chicken with the onion for 2 minutes per side.
- Reduce the heat and fry for a further 5 minutes per side.
- Add the ketjap and the reserved cooking liquid, then mix well and boil for 1 minute. Turn off the heat and then stir in the mustard seeds.

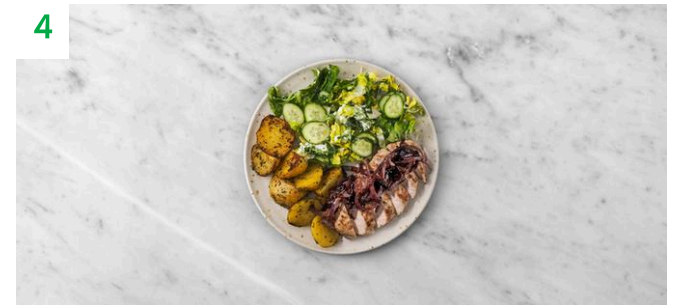
2



Prepare the salad

- In a salad bowl, combine the extra virgin olive oil with the white wine vinegar, the mayonnaise and the mustard.
- Season to taste with salt and pepper.
- Thinly slice the cucumber and cut the lettuce into smaller pieces.
- Finely chop the fresh herbs, then set everything aside until step 5.

4



Serve

- Add a knob of butter and the Italian seasoning to the potatoes, then fry for 1 - 2 minutes over medium-high heat.
- Season to taste with salt and pepper.
- Shortly before serving, transfer the cucumber, the lettuce and the fresh herbs to the salad bowl, then toss well to combine with the dressing.
- Serve the potatoes on plates with everything else alongside.



Homemade Beef Empanadas

with cheddar, parsley & lime-dressed salad

Total time: 45 - 55 min.



Garlic



Red onion



Romano pepper



Mexican-style spices



Passata



Roma tomato



Persian cucumber



Lime



Fresh flat leaf parsley



Grated cheddar



Puff pastry



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
Garlic (pcs)	1/2	1	1 1/2	2	2 1/2	3
Red onion (pcs)	1/2	1	1	2	2	3
Romano pepper* (pcs)	1/2	1	2	2	3	3
Mexican-style spices (sachet(s))	1/3	2/3	1	1 1/3	1 2/3	2
Passata (g)	100	200	300	390	500	590
Roma tomato (pcs)	1/2	1	2	2	3	3
Persian cucumber* (pcs)	1/2	1	1	2	2	3
Lime* (pcs)	1/4	1/2	3/4	1	1 1/4	1 1/2
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Grated cheddar* (g)	15	25	40	50	65	75
Puff pastry* (roll(s))	1/2	1	1 1/2	2	2 1/2	3
Seasoned beef mince* (g)	100	200	300	400	500	600
Not included						
Olive oil (tbsp)	1/4	1/2	3/4	1	1 1/4	1 1/2
Salt and pepper (to taste)	To Taste					
Extra virgin olive oil (to taste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4106 /981	681 /163
Total fat(g)	60,1 g	10 g
of which saturated(g)	29,4	4,9
Carbohydrates (g)	74,3	12,3
of which sugars (g)	15,8	2,6
Fibre (g)	10,9	1,8
Protein (g)	33,8	5,6
Salt (g)	2,73	0,45

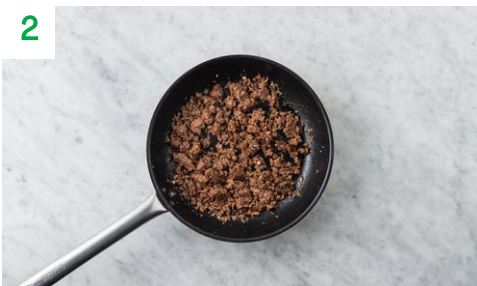
Allergens

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



Prepare

- Preheat the oven to 220°C.
- Chop the onion and crush or mince the garlic.
- Finely dice the Romano pepper.



Fry the mince

- Heat a light drizzle of olive oil in a deep frying pan over medium-high heat. Fry the mince for 3 minutes, separating it as you do so.
- Add the garlic, the onion and the Mexican-style spices* and fry for around 1 minute, or until fragrant.
- Lower the heat, then add the Romano pepper. Fry for 6 more minutes.

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



Make the filling

- Add the passata and cover with the lid, then simmer for 8 minutes over low heat, stirring regularly.
- Remove the lid and allow the sauce to reduce for 2 minutes.
- Season to taste with salt and pepper, then remove from the heat and allow to cool.



Make the salad

- Meanwhile, dice the tomato and the cucumber.
- Finely chop the parsley and juice the lime.
- In a salad bowl, combine the lime juice with some extra virgin olive oil as preferred. Season to taste with salt and pepper.
- Transfer the tomatoes, the cucumber and the parsley to the bowl, then toss well to combine with the dressing.



Make the empanadas

- Stir the cheese into the sauce.
- Roll out the the puff pastry onto a parchment-lined baking sheet and cut it into three squares per person (see Tip).
- Top each square with 2 tbsp of the filling, then fold the pastry over so as to make triangles.
- Carefully press the edges together with a fork.

Tip: if necessary, use a rolling pin to make the pastry thinner.



Serve

- Bake the empanadas in the oven for 10 - 15 minutes, or until golden-brown.
- Serve the empanadas with the salad alongside.



Casarecce Alla Ragù Bianco

with chicken mince, mushrooms & courgette

Total time: 25 - 35 min.



Courgette



Mushrooms



Red onion



Chicken mince with
Mediterranean herbs



Grated Gouda



Cooking cream



Italian seasoning



Casarecce

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
Courgette* (pcs)	1/2	1	1	2	2	3
Mushrooms* (g)	70	125	250	250	375	375
Red onion (pcs)	1/2	1	2	2	3	3
Chicken mince with Mediterranean herbs* (g)	100	200	300	400	500	600
Grated Gouda* (g)	25	50	75	100	125	150
Cooking cream (g)	25	50	75	100	125	150
Italian seasoning (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Casarecce (g)	90	180	270	360	450	540
Not included						
Low sodium vegetable stock (ml)	50	100	150	200	250	300
Olive oil (tbsp)	1	2	3	4	5	6
Salt and pepper (to taste)	To Taste					
White wine vinegar (tbsp)	1	2	3	4	5	6

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3189 /762	609 /145
Total fat(g)	31,4 g	6 g
of which saturated(g)	12,2	2,3
Carbohydrates (g)	74,6	14,2
of which sugars (g)	9,1	1,7
Fibre (g)	7,9	1,5
Protein (g)	41,3	7,9
Salt (g)	1,79	0,34

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 pasta for 10 - 12 minutes, then drain and set aside.
- Meanwhile, chop the onion and quarter the mushrooms.
- Slice the courgette into crescents of 0.5cm thickness.

3



Make the sauce

- Heat a drizzle of olive oil in a large deep frying pan over medium-high heat and fry the onion for 2 minutes.
- Add the mince and fry for 3 more minutes, separating it as you do so.
- Add the stock, the cream and the white wine vinegar. Mix well to combine.
- Turn the heat to low and allow to simmer for 8 - 10 minutes, stirring regularly.

2



Fry the vegetables

- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the mushrooms for 4 - 6 minutes.
- Add the courgette and the Italian seasoning.
- Fry for another 4 - 6 minutes or until the vegetables are done.
- Season to taste with salt and pepper.

4



Serve

- Transfer the pasta to the sauce and toss well to combine.
- Stir in the vegetables and two thirds of the cheese, then season to taste with plenty of black pepper.
- Serve the pasta on deep plates and garnish with the rest of the cheese.



Tomato Orzotto with Kofta-Style Meatballs

with yogurt sauce, fresh herbs & roasted vegetables

Total time: 35 - 45 min.



Beef meatballs with kofta seasoning



Wholewheat orzo



Passata



Middle Eastern spice mix



Courgette



Bell pepper



Garlic



Fresh flat leaf parsley & mint



Organic full-fat yogurt

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 meatballs with kofta seasoning* (pcs)	4	8	12	16	20	24
Wholewheat orzo (g)	75	150	225	300	375	450
Passata (g)	100	200	300	390	500	590
Middle Eastern spice mix (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Courgette* (pcs)	1/2	1	2	2	3	3
Bell pepper* (pcs)	1/2	1	1	2	2	3
Garlic (pcs)	1	2	3	4	5	6
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
Organic full-fat yogurt* (g)	25	50	75	100	125	150
Not included						
Low sodium vegetable stock (ml)	125	250	375	500	625	750
Olive oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3
[Plant-based] butter (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Salt and pepper (to taste)	To Taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2978 /712	457 /109
Total fat(g)	31,6 g	4,9 g
of which saturated(g)	12,9	2
Carbohydrates (g)	67,8	10,4
of which sugars (g)	16,7	2,6
Fibre (g)	11	1,7
Protein (g)	33,1	5,1
Salt (g)	2,25	0,35

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 and prepare the stock.
- Slice the courgette into crescents of 1cm thickness. Cut the bell pepper into rough chunks.
- Transfer both to a parchment-lined baking sheet, then drizzle with olive oil and add the Middle Eastern spices.
- Season with salt and pepper, then toss well to coat. Roast for 15 minutes, or until done.

3



Make the yogurt sauce

- Cook the orzotto for 10 - 12 minutes, stirring regularly, until the liquid has been absorbed.
- Add an extra splash of water as necessary if it seems too dry, then season to taste with salt and pepper.
- Meanwhile, finely chop the fresh herbs.
- In a small bowl, combine the yogurt with half of the fresh herbs. Season to taste with salt and pepper.

2



Fry the meatballs

- Crush or mince the garlic.
- Melt a knob of butter in a deep frying pan over high heat and fry the meatballs for 2 - 3 minutes until evenly browned, then remove from the pan and set aside.
- In the same pan, fry the garlic with the orzo for 1 minute over medium heat.
- Add the stock, the passata and the meatballs, then cover with the lid.

4



Serve

- Serve the orzotto on plates with the roasted vegetables alongside.
- Drizzle with the yogurt sauce and garnish with the rest of the fresh herbs.



Shrimp Bowl with Lemon Mayonnaise

with couscous, fresh herbs & courgette

Total time: 25 - 35 min.



Wholewheat couscous



Shrimp



Onion



Garlic



Carrot



Courgette



Tomato



Middle Eastern spice mix



African-inspired spice mix



Lemon



Lemon mayonnaise with black pepper



Dill, mint & flat leaf parsley

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 couscous (g)	75	150	225	300	375	450
Shrimp* (g)	80	160	240	320	400	480
Onion (pcs)	1/2	1	1 1/2	2	2 1/2	3
Garlic (pcs)	1/2	1	1 1/2	2	2 1/2	3
Carrot* (pcs)	1/2	1	2	2	3	3
Courgette* (pcs)	1/2	1	1	2	2	3
Tomato (pcs)	1	2	3	4	5	6
Middle Eastern spice mix (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
African-inspired spice mix (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Lemon* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Lemon mayonnaise with black pepper* (g)	50	100	150	200	250	300
Dill, mint & flat leaf parsley* (g)	5	10	15	20	25	30
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	175	350	525	750	875	1100
Extra virgin olive oil (to taste)	0	0	0	0	0	0
Salt and pepper (to taste)	To Taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3330 /796	424 /101
Total fat(g)	42,9 g	5,5 g
of which saturated(g)	5,2	0,7
Carbohydrates (g)	66,7	8,5
of which sugars (g)	17	2,2
Fibre (g)	18,2	2,3
Protein (g)	28,2	3,6
Salt (g)	2,7	0,34

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. Take the pan off the heat and transfer the couscous to the stock.
- Allow to stand for 8 minutes, covered. Fluff through the couscous with a fork to separate the grains.
- Meanwhile, slice the onion into half rings and crush or mince the garlic.
- Slice the carrot and courgette into crescents. Dice the tomato.

3



Finish the couscous

- Meanwhile, quarter the lemon and roughly chop the fresh herbs.
- To the couscous, add the Middle Eastern spices and the juice of a quarter lemon per person.
- Drizzle with extra virgin olive oil as preferred and season to taste with salt and pepper.

2



Fry the vegetables

- Heat a drizzle of olive oil in a large frying pan over medium-high heat. Fry the garlic, onion, and carrot for 2 minutes.
- Add the courgette and tomato, then cover with the lid. Fry for 6 - 8 more minutes, stirring regularly. Season to taste with salt and pepper.
- Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the shrimp with the African-inspired spices for 3 minutes.

4



Serve

- Transfer the couscous to the vegetables and mix well to combine.
- Serve everything on deep plates and drizzle with any residual cooking juices.
- Garnish with the fresh herbs and the lemon mayonnaise.
- Serve the rest of the lemon wedges alongside.



Chickpea & Sweet Potato Curry

with min. 115g carbohydrates per person

Total time: 35 - 45 min.



Quick-cook brown rice



Sweet potato



Chickpeas



Garlic



Onion



Fresh ginger



Spinach



Chopped tomatoes



Fresh coriander & mint



Coconut milk



Mango chutney



Yellow curry spices

Before you start

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

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(s))	1/2	1	1 1/2	2	2 1/2	3
Garlic (pcs)	1/2	1	1 1/2	2	2 1/2	3
Onion (pcs)	1/2	1	1 1/2	2	2 1/2	3
Fresh ginger* (tsp)	1 1/2	3	4 1/2	6	7 1/2	9
Spinach* (g)	100	200	300	400	500	600
Chopped tomatoes (pack(s))	1/2	1	1 1/2	2	2 1/2	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))	1/2	1	1 1/2	2	2 1/2	3
Not included						
White wine vinegar (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Low sodium vegetable stock (ml)	75	150	225	300	375	450
Sunflower oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Salt and pepper (to taste)	To Taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3851 /920	425 /102
Total fat(g)	29,1 g	3,2 g
of which saturated(g)	15,9	1,8
Carbohydrates (g)	129,4	14,3
of which sugars (g)	22,8	2,5
Fibre (g)	25	2,8
Protein (g)	23,9	2,6
Salt (g)	1,87	0,21

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.

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.

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.

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.



Ribeye Steak over Carrot-Lentil Purée

with Romano pepper, olives & lemon-herb sauce

Total time: 35 - 45 min.



Ribeye steak



Carrot



Red split lentils



Onion



Bell pepper



Green Romano pepper



Dill, mint & flat leaf parsley



Lemon



Kalamata olives



Sunflower seeds



Dried oregano



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
Ribeye steak* (pcs)	1	1	1	1	2	2
Carrot* (pcs)	1	2	3	4	5	6
Red split lentils (g)	50	100	150	200	250	300
Onion (pcs)	1/2	1	1 1/2	2	2 1/2	3
Bell pepper* (pcs)	1/2	1	2	2	3	3
Green Romano pepper* (pcs)	1/2	1	1	2	2	3
Dill, mint & flat leaf parsley* (g)	5	10	15	20	25	30
Lemon* (pcs)	1/3	2/3	1	1 1/3	1 2/3	2
Kalamata olives (g)	15	30	45	60	75	90
Sunflower seeds (g)	10	20	30	40	50	60
Dried oregano (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Garlic (pcs)	1/2	1	1 1/2	2	2 1/2	3
Not included						
[Plant-based] butter (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Olive oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Salt and pepper (to taste)	To Taste					
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6

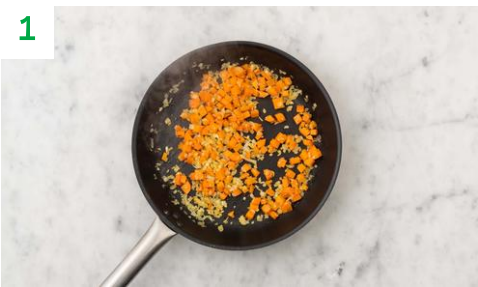
* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3124 /747	396 /95
Total fat(g)	38,2 g	4,8 g
of which saturated(g)	9,2	1,2
Carbohydrates (g)	51,6	6,5
of which sugars (g)	24,2	3,1
Fibre (g)	20,3	2,6
Protein (g)	44	5,6
Salt (g)	1,51	0,19

Allergens

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



Prepare

- Prepare the stock. Take the steak out of the fridge and allow it to reach room temperature.
- Dice the carrot and slice the onion into half-rings. Crush or mince the garlic.
- Heat a drizzle of olive oil in a deep frying pan over medium heat.
- Fry the carrot, the garlic and the onion for 3 - 4 minutes, seasoning to taste with salt and pepper.



Fry the steak

- Melt a knob of butter in the same pan over high heat.
- Fry the steak with all of the peppers for either 3 - 4 minutes per side (for 120g or 240g), or 5 - 6 minutes per side (for 360g or 480g). Season with salt and pepper.
- Remove the steak from the pan and allow to rest under aluminum foil for at least 3 minutes.
- Add the honey to the peppers and fry for 1 minute.



Make the purée

- Add the lentils and the stock, then cover with the lid and bring to a boil.
- Allow to stew for 15 - 20 minutes over low heat, or until the carrots are done. Add a splash of water if necessary.
- Add the oregano, then use an immersion blender to process until smooth.
- Season to taste with salt and pepper, then keep warm over a low heat until serving, covered.



Make the herb dressing

- Finely chop the fresh herbs and halve the olives.
- Zest the lemon and cut it into 6 wedges.
- In a small bowl, combine the fresh herbs with the extra virgin olive oil and the juice of 1 lemon wedge per person.
- Add some lemon zest as preferred, then season to taste with salt and pepper.



Toast the sunflower seeds

- In the meantime, slice the bell pepper and the Romano pepper into strips.
- Heat a large clean frying pan over high heat and toast the sunflower seeds until golden-brown.
- Transfer to a small bowl and add a pinch of salt, then toss well to combine and set aside.



Serve

- Serve the carrot-lentil purée on plates with everything else alongside.
- Drizzle with the herb dressing, then garnish with the sunflower seeds and the olives.
- Serve the remaining lemon wedges alongside.



Ribeye Steak in Sage Butter Sauce

with curried potato wedges, courgette & carrots

Total time: 45 - 55 min.



Potatoes



Garlic



Fresh sage



Carrot



Courgette



Ribeye steak



Curry powder

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
Garlic (pcs)	1	2	3	4	5	6
Fresh sage* (g)	2 1/2	5	7 1/2	10	12 1/2	15
Carrot* (pcs)	1	2	3	4	5	6
Courgette* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Ribeye steak* (pcs)	1	1	1	1	2	2
Curry powder (sachet(s))	1/4	1/2	3/4	1	1 1/4	1 1/2
Not included						
Olive oil (tbsp)	1 1/2	3	4 1/2	6	7 1/2	9
Salt and pepper (to taste)	To Taste					
[Plant-based] butter (g)	20	40	60	80	100	120

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2919 /698	445 /106
Total fat(g)	38,2 g	5,8 g
of which saturated(g)	14,6	2,2
Carbohydrates (g)	56,9	8,7
of which sugars (g)	15,4	2,3
Fibre (g)	10,8	1,6
Protein (g)	34,6	5,3
Salt (g)	0,34	0,05

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Take the steak out of the fridge and allow to reach room temperature (see Tip).
- Take the butter out of the fridge and allow to soften.

Tip: for the best result, take the steak out of the fridge 30 - 60 minutes before you start cooking.



Make the sage butter

- Meanwhile, finely chop the sage.
- In a small bowl, use a fork to combine the butter with the sage and the rest of the garlic.



Make the potato wedges

- Peel or thoroughly wash the potatoes and cut into wedges.
- Transfer to a large bowl and drizzle with olive oil, then add the curry powder. Season with salt and pepper, then toss well to coat.
- Transfer to one side of a parchment-lined baking sheet and roast in the oven for 10 - 15 minutes.



Fry the steak

- Melt the sage butter in a frying pan over medium-high heat.
- When the butter is nice and hot, fry the steak for either 3 - 4 minutes per side (for 120g or 240g), or 5 - 6 minutes per side (for 360g or 480g).
- Season to taste with salt and pepper.
- Remove the steak from the pan and allow to rest under aluminum foil for at least 3 minutes.



Roast the vegetables

- Cut the carrot and courgette into batons, then transfer to a bowl and drizzle generously with olive oil.
- Crush or mince the garlic and add half of it to the bowl.
- Season with salt and pepper, then toss well to coat.
- Transfer the vegetables to the other side of the baking sheet and return to the oven for 20 - 25 minutes, or until done.



Serve

- Serve the potato wedges on plates with everything else alongside.
- Drizzle with the rest of the sage butter to finish.



Cod with Creamy Chive Sauce

with baby potatoes & roasted carrots

Total time: 30 - 40 min.



Cod fillet



Cooking cream



Fresh chives



Baby potatoes



Carrot



Yellow carrot

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
Cod fillet* (pcs)	1	200	3	400	203	600
Cooking cream (g)	50	100	150	200	250	300
Fresh chives* (g)	2 1/2	5	7 1/2	10	12 1/2	15
Baby potatoes (g)	200	400	600	800	1000	1200
Carrot* (pcs)	1	2	3	4	5	6
Yellow carrot* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Not included						
Salt and pepper (to taste)	To Taste					
[Plant-based] butter (tbsp)	2	4	6	8	10	12
Low sodium chicken stock (ml)	50	100	150	200	250	300
Flour (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Olive oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3021 /722	418 /100
Total fat(g)	40 g	5,5 g
of which saturated(g)	22,4	3,1
Carbohydrates (g)	59,2	8,2
of which sugars (g)	15,5	2,1
Fibre (g)	15,1	2,1
Protein (g)	26,7	3,7
Salt (g)	0,51	0,07

Allergens

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

1

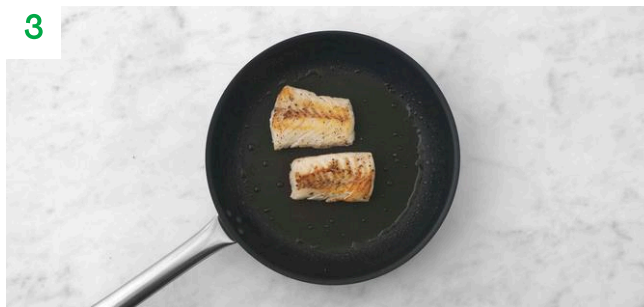


Roast the carrots

- Preheat the oven to 200°C and prepare the stock.
- Halve the carrots lengthways or cut any larger ones into quarters.
- Transfer to a parchment-lined baking sheet and drizzle with olive oil. Season with salt and pepper, then toss well to coat.
- Roast the carrots in the oven for 20 - 25 minutes.

Did you know... *the carrot in this recipe contains potassium, a mineral that supports the nervous system.*

3



Fry the fish

- Melt a knob of butter in a frying pan over medium-high heat. Season the fish with salt and pepper, then fry for 2 minutes per side.
- Remove from the pan and set aside.
- Melt a generous knob of butter in the same pan over medium-high heat. Fry the flour for 1 minute, or until golden-brown and fragrant.

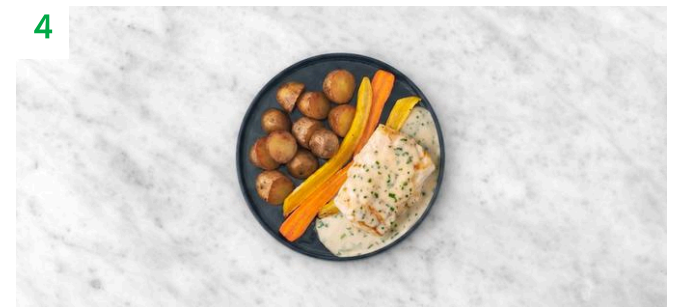
2



Fry the baby potatoes

- Wash the baby potatoes and cut them in half.
- Melt a knob of butter in a frying pan over medium-high heat. Fry the baby potatoes for 15 minutes, covered, tossing regularly.
- Remove the lid and season with salt and pepper, then fry for 5 - 10 more minutes.
- Meanwhile, finely chop the chives.

4



Serve

- Add the cream and the stock. Season to taste with pepper and mix well until smooth. Turn the heat to low and allow the sauce to reduce for 3 - 5 minutes.
- Shortly before serving, stir in the chives and return the fish to the pan.
- Serve the baby potatoes and carrots with the fish in its creamy chive sauce.



Pasta Salad with Chicken & Avocado

with wholewheat fusilli & Greek-style cheese

Total time: 15 - 25 min.



Wholewheat fusilli



Radicchio & iceberg lettuce



Greek-style cheese



Chicken breast with
Mediterranean herbs



Avocado



Mini Roma tomatoes

Before you start

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

Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Wholewheat fusilli (g)	90	180	270	360	450	540
Radicchio & iceberg lettuce* (g)	100	200	300	400	500	600
Greek-style cheese* (g)	25	50	75	100	125	150
Chicken breast with Mediterranean herbs* (pcs)	1	2	3	4	5	6
Avocado (pcs)	1/2	1	2	2	3	3
Mini Roma tomatoes* (g)	65	125	180	250	305	375
	Not included					
White wine vinegar (tsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Salt and pepper (to taste)	To Taste					
Mustard (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Honey [or plant-based alternative] (tbsp)	1/2	1	1 1/2	2	2 1/2	3
[Plant-based] butter (tbsp)	1/2	1	1 1/2	2	2 1/2	3

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3692 /882	719 /172
Total fat(g)	44,5 g	8,7 g
of which saturated(g)	13,9	2,7
Carbohydrates (g)	68,7	13,4
of which sugars (g)	13,8	2,7
Fibre (g)	12,7	2,5
Protein (g)	46,4	9
Salt (g)	2,12	0,41

Allergens

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

1



Cook the pasta

- Boil plenty of salted water in a pot or saucepan.
- Cook the pasta for 10 - 12 minutes, then drain and rinse under cold water.
- Set aside until further use.

3



Make the dressing

- In a salad bowl, combine the mayonnaise with the honey, mustard and white wine vinegar.
- Season to taste with salt and pepper.
- Transfer the lettuce, the tomatoes and the pasta to the salad bowl and toss well to combine with the dressing.

2



Chop the vegetables

- Meanwhile, melt a knob of butter in a frying pan over medium-high heat and fry the chicken for 2 minutes per side.
- Lower the heat and fry for a further 4 minutes per side, or until done.
- Halve the tomatoes. Halve and pit the avocado, then remove the skin and slice the flesh.
- Slice the chicken.

4



Serve

- Serve the pasta salad on plates and arrange everything on top.
- Crumble over the Greek-style cheese to finish.



Crispy Fish Wraps with Mango Ketchup

with Greek-style cheese & rainbow slaw

Total time: 15 - 25 min.



Onion



Breaded fish burger



Mango ketchup



Rainbow slaw mix



Flour tortillas



Little gem



BBQ spice rub



Greek-style cheese



Yellow mustard seeds



Romano pepper

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 (pcs)	1/2	1	1	2	2	3
Breaded fish burger* (pcs)	1	2	3	4	5	6
Mango ketchup* (g)	45	90	135	180	225	270
Rainbow slaw mix* (g)	100	200	300	400	500	600
Flour tortillas (pcs)	2	4	6	8	10	12
Little gem* (pcs)	1	2	3	4	5	6
BBQ spice rub (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Greek-style cheese* (g)	25	50	75	100	125	150
Yellow mustard seeds (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Romano pepper* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Not included						
Sugar (tsp)	1/2	1	1 1/2	2	2 1/2	3
Salt and pepper (to taste)	To Taste					
[Plant-based] mayonnaise (tbsp)	1 1/4	2 1/2	3 3/4	5	6 1/4	7 1/2
Sambal (to taste)	0	0	0	0	0	0
White wine vinegar (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Water for the sauce (tbsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	1	2	3	4	5	6

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4146 /991	643 /154
Total fat(g)	52,4 g	8,1 g
of which saturated(g)	10,8	1,7
Carbohydrates (g)	92,7	14,4
of which sugars (g)	23,6	3,7
Fibre (g)	12,8	2
Protein (g)	33,2	5,1
Salt (g)	3	0,47

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 strips.
- Heat a drizzle of sunflower oil in a frying pan over medium-high heat. When the pan is nice and hot, fry the burger for 3 minutes per side until golden-brown.
- When the burger is done, remove from the pan and cut it into strips.

3



Make the slaw

- In a bowl, combine the slaw mix with the sugar, the white wine vinegar, the mustard seeds and half of the mayonnaise (see Tip).
- Season to taste with salt and pepper.
- Crumble the cheese into a small bowl.

Health Tip: if you're watching your calorie intake, substitute the mayonnaise for yogurt.

2



Heat the tortillas

- Heat a drizzle of sunflower oil in another frying pan over medium-high heat. Fry the onion and Romano pepper with the BBQ rub* for 4 - 6 minutes. Season to taste with salt and pepper.
- Wrap the tortillas in aluminum foil and heat in the oven for 2 - 3 minutes.
- Roughly chop the lettuce in the meantime.

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

4



Serve

- In a small bowl, combine the mango ketchup with the water for the sauce and the rest of the mayonnaise. Taste and add some sambal if preferred.
- Serve the tortillas on plates.
- Serve all the toppings separately at the table and allow everyone to assemble their own wraps as preferred.
- Drizzle with the mango sauce to finish.



Hoisin Noodles with Veggie Mince, Peanuts & Lime

with miso paste, bell pepper & spinach

Total time: 15 - 25 min.



White miso paste



Plant-based mince



Ginger paste



Bell pepper



Hoisin sauce



Salted peanuts



Spinach



Egg noodles



Yellow carrot



Lime

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
White miso paste (g)	12 1/2	25	37 1/2	50	62 1/2	75
Plant-based mince* (g)	75	150	225	300	375	450
Ginger paste* (g)	5	10	15	20	25	30
Bell pepper* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Hoisin sauce (g)	25	50	75	100	125	150
Salted peanuts (g)	10	20	30	40	50	60
Spinach* (g)	100	200	300	400	500	600
Egg noodles (g)	75	150	225	300	375	450
Yellow carrot* (pcs)	1/2	1	1	1	2	2
Lime* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Not included						
[Reduced salt] soy sauce (to taste)	0	0	0	0	0	0
Sambal (to taste)	0	0	0	0	0	0
Sunflower oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Salt and pepper (to taste)	To Taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2575 /616	530 /127
Total fat(g)	18,9 g	3,9 g
of which saturated(g)	1,8	0,4
Carbohydrates (g)	74,9	15,4
of which sugars (g)	14,8	3
Fibre (g)	14,6	3
Protein (g)	32,1	6,6
Salt (g)	3,68	0,76

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 noodles for 3 - 4 minutes until al dente.
- Reserve some of the cooking liquid, then drain and rinse under cold water.
- Meanwhile, julienne the carrot (cut into matchsticks).
- Cut the bell pepper into thin strips and quarter the lime.

3



Finish

- Meanwhile, roughly chop the peanuts.
- Transfer the noodles to the wok, along with the ginger paste, the hoisin sauce, the miso paste* and the reserved cooking liquid.
- Season with soy sauce and/or sambal as preferred, then toss well to combine.

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

2



Fry the mince

- Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat.
- Fry the mince for 3 - 5 minutes.
- Add the bell pepper and the carrot, then stir-fry for 4 - 5 minutes over high heat. Deglaze with the juice of a quarter lime per person.
- Gradually tear in the spinach and fry for 1 more minute.

4



Serve

- Serve the noodles in bowls and garnish with the peanuts.
- Serve the rest of the lime wedges alongside.



Thai-Style Chicken Burger with Zesty Ginger Slaw

on a carrot bun with fresh herbs & baby potatoes

Total time: 15 - 25 min.



Red onion



Little gem



Fresh coriander & mint



Rainbow slaw mix



Lime



Garlic



Ginger paste



Pre-cooked halved baby potatoes [skin-on]



Carrot bun



Oranjevoen crispy chicken schnitzel

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 (pcs)	1/2	1	1 1/2	2	2 1/2	3
Little gem* (pcs)	1	2	3	4	5	6
Fresh coriander & mint* (g)	5	10	15	20	25	30
Rainbow slaw mix* (g)	100	200	300	400	500	600
Lime* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Garlic (pcs)	1/2	1	1 1/2	2	2 1/2	3
Ginger paste* (g)	5	10	15	20	25	30
Pre-cooked halved baby potatoes [skin-on]* (g)	100	200	300	400	500	600
Carrot bun (pcs)	1	2	3	4	5	6
Oranjehoen crispy chicken schnitzel* (pcs)	1	2	3	4	5	6
Not included						
[Plant-based] mayonnaise (tbsp)	1 1/2	3	4 1/2	6	7 1/2	9
Sugar (tsp)	1/2	1	1 1/2	2	2 1/2	3
[Reduced salt] soy sauce (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Olive oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Extra virgin olive oil (to taste)	0	0	0	0	0	0
Salt and pepper (to taste)	To Taste					

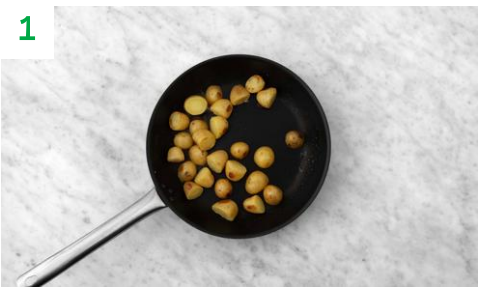
* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3670 /877	580 /139
Total fat(g)	42,7 g	6,7 g
of which saturated(g)	6	0,9
Carbohydrates (g)	89,4	14,1
of which sugars (g)	16,9	2,7
Fibre (g)	14,3	2,3
Protein (g)	30,6	4,8
Salt (g)	3,12	0,49

Allergens

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



Prepare

- Preheat the oven to 180°C.
- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the baby potatoes for 9 minutes, covered.
- Remove the lid and season to taste with salt and pepper, then fry for 5 more minutes.



Make the salad

- To the salad bowl, add the mayonnaise, the soy sauce, the garlic, the ginger paste and the fresh herbs.
- Squeeze a quarter lime per person directly into the bowl.
- Add the slaw mix and some extra virgin olive oil as preferred, then toss well to combine.
- Season to taste with salt and pepper.



Pickle the onion

- Slice the onion into half rings.
- In a salad bowl, combine the white wine vinegar with the sugar.
- Transfer half of the onion to the bowl and season to taste with salt, then toss well to combine. Set aside, stirring occasionally.
- In the meantime, heat the carrot bun in the oven for 4 - 6 minutes.



Assemble

- If preferred, spread some mayonnaise onto the carrot bun.
- Top with the reserved little gem leaves, the schnitzel, the fried onion and some of the slaw mix.



Fry the schnitzel

- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- When the oil is nice and hot, fry the schnitzel with the rest of the onion for 5 minutes until golden-brown, turning regularly.
- Finely chop the fresh herbs. Crush or mince the garlic. Quarter the lime.
- Set aside two little gem leaves per person, then chop the rest.



Serve

- Add the potatoes and the chopped little gem to the salad bowl.
- Toss well to combine.
- Serve the burger with the salad alongside.



Hake with Fragrant Yellow Curry Sauce

over brown rice with Vietnamese-style sauce & broccoli

Total time: 15 - 25 min.



Hake fillet



Coconut milk



Quick-cook brown rice



Broccoli



Yellow curry paste



Fish sauce



Onion



Lime



Vietnamese-style sauce



Red chili pepper



Crispy fried onions

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* (pcs)	1	2	3	4	5	6
Coconut milk (ml)	90	180	270	360	450	540
Quick-cook brown rice (g)	75	150	225	300	375	450
Broccoli* (g)	180	360	720	720	1080	1080
Yellow curry paste* (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Fish sauce (ml)	5	10	15	20	25	30
Onion (pcs)	1/2	1	1	2	2	3
Lime* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Vietnamese-style sauce* (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Red chili pepper* (pcs)	1/4	1/2	3/4	1	1 1/4	1 1/2
Crispy fried onions (g)	15	30	45	60	75	90
Not included						
Sunflower oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3
[Plant-based] butter (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Salt and pepper (to taste)	To Taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3608 /862	585 /140
Total fat(g)	45,7 g	7,4 g
of which saturated(g)	22,9	3,7
Carbohydrates (g)	78,9	12,8
of which sugars (g)	10,8	1,8
Fibre (g)	12	1,9
Protein (g)	31,4	5,1
Salt (g)	5,02	0,81

Allergens

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

1



Prepare

- Boil plenty of water in two pot or saucepans.
- Cook the rice in one of the pots for 10 minutes, then drain and set aside.
- Cut the head of the broccoli into florets and dice the stem.
- Boil the broccoli in the other pot for 5 - 6 minutes, then drain. Season to taste with salt and pepper, then set aside.

3



Make the curry sauce

- Heat a drizzle of sunflower oil in the same pan over medium-high heat.
- Set aside some of the chili pepper to use as garnish, then fry the rest with the curry paste for 1 minute.
- Stir in the coconut milk, then bring to the boil and simmer for 2 - 3 minutes.
- Stir in the fish sauce* to finish.

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

2



Fry the fish

- Slice the onion into half-rings.
- Melt a knob of butter in a frying pan over medium-high heat. Fry the onion with the fish on its skin for 3 minutes.
- Flip and fry for another 3 minutes, then remove the fish from the pan and set aside.
- Deseed the red chilli pepper* and slice into thin rings.

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

4



Serve

- Cut the lime into wedges.
- Stir the Vietnamese-style sauce into the broccoli.
- Serve the rice in bowls with everything else on top and the lime wedges alongside.
- Garnish with the crispy onions and the reserved chilli pepper.



5-Minute Char Siu Noodles with Veggie Mince

fresh & tasty in a flash!

Total time: 5 - 15 min.



Char siu paste



Egg noodles



Plant-based mince



Courgetti



Bell pepper strips



Fresh coriander



Salted peanuts

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
Char siu paste (g)	40	75	115	150	190	225
Egg noodles (g)	75	150	225	300	375	450
Plant-based mince* (g)	75	150	225	300	375	450
Courgetti* (g)	100	200	300	400	500	600
Bell pepper strips* (g)	50	100	150	200	250	300
Fresh coriander* (g)	5	10	15	20	25	30
Salted peanuts (g)	10	20	30	40	50	60
Not included						
Sunflower oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Salt and pepper (to taste)	To Taste					
[Reduced salt] soy sauce (tbsp)	1/2	1	1 1/2	2	2 1/2	3

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2416 /577	660 /158
Total fat(g)	16,8 g	4,6 g
of which saturated(g)	1,6	0,4
Carbohydrates (g)	73,8	20,2
of which sugars (g)	17,5	4,8
Fibre (g)	10,2	2,8
Protein (g)	28,3	7,7
Salt (g)	3,01	0,82

Allergens

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

1



Prepare

- Get started by boiling a full kettle of water for the noodles.
- Heat a drizzle of sunflower oil in a frying pan over high heat.
- Fry the mince for 3 minutes.

3



Finish

- In the meantime, roughly chop the coriander.

2



Boil the noodles

- Add the bell pepper strips, the courgetti, the char siu paste and the soy sauce. Fry for 1 more minute.
- In the meantime, transfer the boiled water to a pot or saucepan. Boil the noodles for 3 minutes.
- Drain the noodles and transfer to the frying pan.
- Toss well to combine, then season to taste with salt and pepper.

4



Serve

- Serve the noodles on deep plates.
- Garnish with the peanuts and the coriander.



Signature Wholewheat Spaghetti with Chicken & Guanciale

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

Total time: 15 - 25 min.



Chicken mince with Mediterranean herbs



Mascarpone



Fresh basil



Garlic



Romano pepper



Grana Padano flakes DOP



Onion



Passata



Wholewheat spaghetti



Guanciale

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 (pcs)	1	2	3	4	5	6
Romano pepper* (pcs)	1	2	3	4	5	6
Grana Padano flakes DOP* (g)	20	40	60	80	100	120
Onion (pcs)	1/2	1	1 1/2	2	2 1/2	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						
Salt and pepper (to taste)	To Taste					
Olive oil (tbsp)	1/4	1/2	3/4	1	1 1/4	1 1/2
Low sodium beef stock cube (pcs)	1/4	1/2	3/4	1	1 1/4	1 1/2

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4022 /961	737 /176
Total fat(g)	50,5 g	9,3 g
of which saturated(g)	22,6	4,1
Carbohydrates (g)	74,9	13,7
of which sugars (g)	17	3,1
Fibre (g)	13,5	2,5
Protein (g)	45,3	8,3
Salt (g)	3,37	0,62

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.*

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.

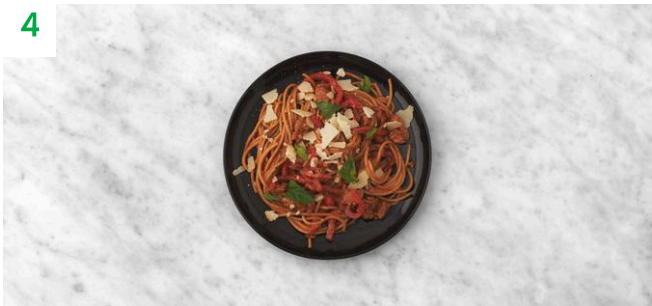
2



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.

4



Serve

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



Aromatic Egg Curry with Wholewheat Flatbread & Cashews

in coconut sauce with coriander & spinach

Total time: 25 - 35 min.



Garlic



Onion



Potatoes



Garam Masala



Yellow curry spices



Tomato



Coconut milk



Egg



Spinach



Wholewheat Lebanese flatbread



Fresh coriander



Roasted cashew nuts

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 (pcs)	1	2	3	4	5	6
Onion (pcs)	1/2	1	1 1/2	2	2 1/2	3
Potatoes (g)	100	200	300	400	500	600
Garam Masala (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Yellow curry spices (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Tomato (pcs)	1 1/2	3	4 1/2	6	7 1/2	9
Coconut milk (ml)	90	180	270	360	450	540
Egg* (pcs)	2	4	6	8	10	12
Spinach* (g)	100	200	300	400	500	600
Wholewheat Lebanese flatbread (pcs)	2	4	6	8	10	12
Fresh coriander* (g)	5	10	15	20	25	30
Roasted cashew nuts (g)	10	20	30	40	50	60
Not included						
Olive oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Salt and pepper (to taste)	To Taste					
Low sodium vegetable stock (ml)	100	200	300	400	500	600

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3680 /880	439 /105
Total fat(g)	42,6 g	5,1 g
of which saturated(g)	19,7	2,3
Carbohydrates (g)	84,4	10,1
of which sugars (g)	11	1,3
Fibre (g)	17,2	2,1
Protein (g)	36,5	4,4
Salt (g)	1,92	0,23

Allergens

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

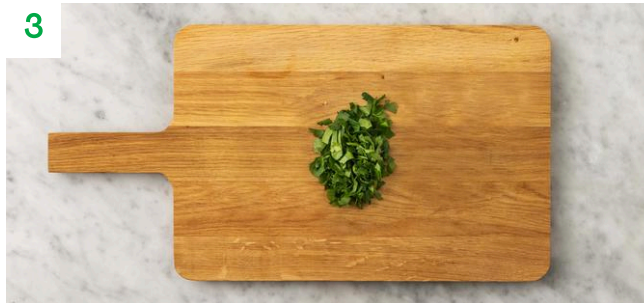
1



Prepare

- Preheat the oven to 180°C and prepare the stock.
- Boil plenty of water in a pot or saucepan for the eggs. Dice the potatoes and the tomatoes.
- Slice the onion into half-rings and crush or mince the garlic.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the garlic, the onion and the potatoes for 3 minutes, covered.

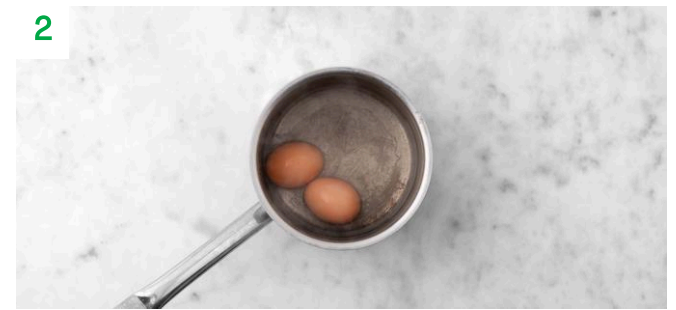
3



Finish

- Peel the eggs, then transfer to the curry and simmer for 2 more minutes.
- Stir the spinach into the curry, allowing it to wilt and reduce.
- Heat the flatbread in the oven for 2 - 3 minutes, or until crunchy.
- Roughly chop the coriander in the meantime.

2



Make the curry

- Add both spice mixes and fry for 1 more minute.
- Deglaze with the stock, then add the tomatoes and the coconut milk.
- Mix well, then allow to simmer for 8 minutes (see Tip).
- Meanwhile, boil the eggs for 6 - 8 minutes, then rinse under cold water and set aside.

Tip: add an extra splash of stock or water as necessary if it seems too dry.

4



Serve

- Serve the curry on deep plates with the flatbread alongside.
- Garnish the curry with the coriander and the cashews.



Panko Chicken Bowl with Sweet Soy Mayo

over brown rice with edamame, broccoli & gomashio

Total time: 35 - 45 min.



Chicken thigh



Quick-cook brown rice



Broccoli



Edamame



Mayonnaise



Panko breadcrumbs



Middle Eastern spice mix



Soy sauce



Gomashio

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken thigh* (pcs)	1	2	3	4	5	6
Quick-cook brown rice (g)	75	150	225	300	375	450
Broccoli* (g)	250	360	610	720	970	1080
Edamame* (g)	25	50	75	100	125	150
Mayonnaise (g)	35	75	100	150	175	225
Panko breadcrumbs (g)	20	40	60	75	100	115
Middle Eastern spice mix (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Soy sauce (ml)	5	10	15	20	25	30
Gomashio (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Not included						
Salt and pepper (to taste)	To Taste					
Honey [or plant-based alternative] (tsp)	1/2	1	1 1/2	2	2 1/2	3
Sunflower oil (tbsp)	1	2	3	4	5	6

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3815 /912	826 /197
Total fat(g)	49,2 g	10,6 g
of which saturated(g)	6,8	1,5
Carbohydrates (g)	77,9	16,9
of which sugars (g)	5,2	1,1
Fibre (g)	9,8	2,1
Protein (g)	36,1	7,8
Salt (g)	2,09	0,45

Allergens

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

1



Chop the vegetables

- Preheat the oven to 210°C.
- Boil plenty of water in two pots or saucepans for the rice and the broccoli.
- Cut the head of the broccoli into florets and then dice the stem.
- Boil the broccoli for 5 minutes, then drain. Season to taste with salt and pepper, then set aside.

3



Prepare the chicken

- Cut the chicken into 2 - 3cm strips.
- Coat it first with the reserved mayonnaise and then with the panko.
- Heat a generous drizzle of sunflower oil in a frying pan over high heat. When the oil is nice and hot, fry the chicken for 1 - 2 minutes per side.
- Transfer to a parchment-lined baking sheet and bake for 10 - 12 minutes until done.

2



Boil the rice

- Meanwhile, boil the rice for 10 minutes, then drain and set aside.
- Set aside 0.5 tbsp mayonnaise per person to use in the next step, then transfer the rest to a small bowl.
- Add the soy sauce and the honey, then mix well to combine.
- On a plate, combine the panko with the Middle Eastern spices.

4



Serve

- Place the same pan over medium-high heat and stir-fry the broccoli for 4 minutes.
- Add the edamame and fry for 1 more minute, then season to taste with salt and pepper.
- Serve the rice on deep plates and arrange everything on top.
- Drizzle with the soy mayonnaise and garnish with the gomashio.



Veggie Pizza Bolognese with Buffalo Mozzarella & Basil

on Lebanese flatbread with bell pepper

Total time: 25 - 35 min.



Garlic



Onion



Plant-based mince



Italian seasoning



Passata



Buffalo mozzarella



Lebanese flatbread



Grated Gouda



Fresh basil



Bell pepper

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 (pcs)	1/2	1	1 1/2	2	2 1/2	3
Onion (pcs)	1/2	1	1	2	2	3
Plant-based mince* (g)	75	150	225	300	375	450
Italian seasoning (sachet(s))	1/3	2/3	1	1 1/3	1 2/3	2
Passata (g)	100	200	300	390	500	590
Buffalo mozzarella* (boule(s))	1/2	1	1 1/2	2	2 1/2	3
Lebanese flatbread (pcs)	2	4	6	8	10	12
Grated Gouda* (g)	15	25	40	50	65	75
Fresh basil* (g)	2 1/2	5	7 1/2	10	12 1/2	15
Bell pepper* (pcs)	1/2	1	2	2	3	3
Not included						
Extra virgin olive oil (to taste)	0	0	0	0	0	0
Olive oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Water for the sauce (tbsp)	1	2	3	4	5	6
Salt and pepper (to taste)	To Taste					
Balsamic vinegar (tsp)	1	2	3	4	5	6

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3165 /756	578 /138
Total fat(g)	28,2 g	5,1 g
of which saturated(g)	13,6	2,5
Carbohydrates (g)	81,9	15
of which sugars (g)	16,6	3
Fibre (g)	12,5	2,3
Protein (g)	37,8	6,9
Salt (g)	2,09	0,38

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.
- Chop the onion and crush or mince the garlic.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat and fry the onion with the garlic and the Italian seasoning for 2 - 3 minutes.

3



Make the pizza

- Transfer the flatbread to a parchment-lined baking sheet.
- Spread with the tomato sauce and top with the mince, the bell pepper, the mozzarella and the gouda.
- Bake the pizzas in the oven for 7 - 8 minutes.
- In the meantime, chop the basil leaves into ribbons.

2



Make the sauce

- Deglaze with the passata, the balsamic vinegar and the water for the sauce (see Tip).
- Season to taste with salt and pepper, then cover with the lid and allow to simmer for 5 - 6 minutes.
- Meanwhile, cut the bell pepper into strips and tear the mozzarella into rough pieces.

Tip: double the water to make more sauce if preferred.

4



Serve

- Serve the flatbread pizzas on plates.
- Garnish with the basil and drizzle with extra virgin olive oil as preferred.



Wholewheat Fusilli with Kofta Meatballs

with mozzarella, basil crème & courgette

Total time: 25 - 35 min.



Beef meatballs with kofta seasoning



Wholewheat fusilli



Passata



Garlic



Courgette



Shredded mozzarella



Sicilian-style herb mix



Romano pepper



Basil crème



Tomato

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 meatballs with kofta seasoning* (pcs)	4	8	12	16	20	24
Wholewheat fusilli (g)	90	180	270	360	450	540
Passata (g)	100	200	300	390	500	590
Garlic (pcs)	1	1	2	2	3	3
Courgette* (pcs)	1/2	1	2	2	3	3
Shredded mozzarella* (g)	25	50	75	100	125	150
Sicilian-style herb mix (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Romano pepper* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Basil crème (ml)	8	15	24	30	39	45
Tomato (pcs)	1	2	3	4	5	6
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Salt and pepper (to taste)	To Taste					
Balsamic vinegar (tsp)	1	2	3	4	5	6

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3567 /852	606 /145
Total fat(g)	40,5 g	6,9 g
of which saturated(g)	13,1	2,2
Carbohydrates (g)	74,4	12,6
of which sugars (g)	16,1	2,7
Fibre (g)	12,9	2,2
Protein (g)	40,4	6,9
Salt (g)	2,39	0,41

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.
- Slice the courgette into thin crescents and cut the Romano pepper into thin strips.
- Transfer both to separate sides of a parchment-lined baking sheet.
- Drizzle with olive oil and season with salt and pepper. Roast in the oven for 15 - 20 minutes or until done.

3



Make the sauce

- Halve the meatballs with a spatula. Lower the heat and cover with the lid, then fry for 5 - 6 more minutes.
- Add the garlic and the tomato, then fry for 1 more minute.
- Deglaze with the balsamic vinegar, then add the Sicilian-style herbs and the passata.
- Cover with the lid and allow to simmer for 2 - 3 minutes.

2



Fry the meatballs

- Boil plenty of salted water in a pot or saucepan and cook the pasta for 10 - 12 minutes, then drain and set aside.
- In the meantime, crush or mince the garlic. Dice the tomato.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat and fry the meatballs for 2 - 3 minutes until evenly browned.

4



Serve

- Transfer the pasta and the vegetables to the sauce and toss well to combine.
- Serve the pasta on plates and garnish with the mozzarella.
- Drizzle with the basil crème to finish.



Shrimp with Bulgur & Fresh Herbs

with mangetout & Middle Eastern spices

Total time: 30 - 40 min.



Bulgur



Red onion



Garlic



Fresh basil, chives & flat leaf parsley



Mangetout



Middle Eastern spice mix



Shrimp



Bell pepper

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
Red onion (pcs)	1	2	3	4	5	6
Garlic (pcs)	1/2	1	1 1/2	2	2 1/2	3
Fresh basil, chives & flat leaf parsley* (g)	5	10	15	20	25	30
Mangetout* (g)	50	100	150	200	250	300
Middle Eastern spice mix (sachet(s))	1/3	2/3	1	1 1/3	1 2/3	2
Shrimp* (g)	80	160	240	320	400	480
Bell pepper* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Not included						

	To Taste					
Salt and pepper (to taste)						
White wine vinegar (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Olive oil (tbsp)	1 1/2	3	4 1/2	6	7 1/2	9
Low sodium vegetable stock (ml)	175	350	525	700	875	1050

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2436 /582	397 /95
Total fat(g)	20,8 g	3,4 g
of which saturated(g)	3,5	0,6
Carbohydrates (g)	76,1	12,4
of which sugars (g)	13,8	2,3
Fibre (g)	14,1	2,3
Protein (g)	26,1	4,3
Salt (g)	1,57	0,26

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 boil the bulgur for 10 - 12 minutes, covered, stirring regularly.
- Cut the bell pepper into strips and slice the onion into half-rings.
- Crush or mince the garlic and remove the tips of the mangetout if necessary.
- Finely chop the fresh herbs, being sure to keep them separate.

3



Fry the shrimp

- In a bowl, combine the white wine vinegar with the basil, the parsley and the rest of the garlic.
- Season generously with salt and pepper, then transfer the shrimp to the bowl and mix well to combine.
- Heat a generous drizzle of olive oil in a frying pan over medium-high heat. Fry the shrimp in their marinade for 1 minute, or until done.

2



Fry the vegetables

- Heat a drizzle of olive oil in a deep frying pan over medium heat.
- Fry the bell pepper with the onion and half of the garlic for 10 - 12 minutes, or until soft.
- Stir regularly so as to ensure the vegetables don't burn.
- Add the mangetout and the Middle Eastern spices, then fry for 3 - 5 more minutes.

4



Serve

- Transfer the bulgur, the vegetables and the chives to a salad bowl.
- Season to taste with salt and pepper, then toss well to combine.
- Serve everything on plates.
- Drizzle with any remaining cooking juices as preferred.



Veggie Burger with Sweet Onion Jus

with potatoes & cucumber salad

Total time: 20 - 30 min.



Unbelievabull burger from the Vegetarian Butcher®



Potatoes



Red onion



Little gem



Persian cucumber



Dill, mint & flat leaf parsley



Italian seasoning



Yellow mustard seeds

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**	1	2	3	4	5	6
(pcs)						
Potatoes (g)	200	400	600	800	1000	1200
Red onion (pcs)	1/2	1	1	2	2	3
Little gem* (pcs)	1	2	3	4	5	6
Persian cucumber* (pcs)	1/2	1	2	2	3	3
Dill, mint & flat leaf parsley* (g)	5	10	15	20	25	30
Italian seasoning (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Yellow mustard seeds (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Not included						
White wine vinegar (tsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1/4	1/2	3/4	1	1 1/4	1 1/2
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
Mustard (tsp)	1/2	1	1 1/2	2	2 1/2	3
Salt and pepper (to taste)	To Taste					
[Reduced salt] ketjap manis (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	1 1/2	3	4 1/2	6	7 1/2	9

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2914 /696	517 /123
Total fat(g)	44,8 g	7,9 g
of which saturated(g)	17	3
Carbohydrates (g)	55,2	9,8
of which sugars (g)	12	2,1
Fibre (g)	13,1	2,3
Protein (g)	16,4	2,9
Salt (g)	1,36	0,24

Allergens

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

1



Boil the potatoes

- Peel or thoroughly wash the potatoes and cut them into quarters.
- Transfer to a deep frying pan and submerge with water, then boil for 12 - 15 minutes, covered.
- Reserve 40ml cooking liquid per person, then drain and return to the pan. Set aside until step 5.

3



Make the sauce

- Slice the onion into half-rings.
- Melt a generous knob of butter in a frying pan over medium-high heat.
- When the butter is nice and hot, fry the burger with the onion for 1 - 3 minutes per side.
- Add the ketjap and the reserved cooking liquid, then mix well and boil for 1 minute. Turn off the heat and then stir in the mustard seeds.

2



Prepare the salad

- In a salad bowl, combine the extra virgin olive oil with the white wine vinegar, the mayonnaise and the mustard.
- Season to taste with salt and pepper.
- Thinly slice the cucumber and cut the lettuce into smaller pieces.
- Finely chop the fresh herbs, then set everything aside until step 5.

4



Serve

- Add a knob of butter and the Italian seasoning to the potatoes, then fry for 1 - 2 minutes over medium-high heat.
- Season to taste with salt and pepper.
- Shortly before serving, transfer the cucumber, the lettuce and the fresh herbs to the salad bowl, then toss well to combine with the dressing.
- Serve the potatoes on plates with everything else alongside.



Casarecce Alla Ragù Bianco

with veggie mince, mushrooms & courgette

Total time: 25 - 35 min.



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
Courgette* (pcs)	1/2	1	1	2	2	3
Mushrooms* (g)	70	125	250	250	375	375
Red onion (pcs)	1/2	1	2	2	3	3
Plant-based mince* (g)	75	150	225	300	375	450
Grated Gouda* (g)	25	50	75	100	125	150
Cooking cream (g)	25	50	75	100	125	150
Italian seasoning (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Casarecce (g)	90	180	270	360	450	540
Not included						
White wine vinegar (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	50	100	150	200	250	300
Olive oil (tbsp)	1	2	3	4	5	6
Salt and pepper (to taste)	To Taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2969 /710	595 /142
Total fat(g)	27,4 g	5,5 g
of which saturated(g)	10,2	2
Carbohydrates (g)	74,6	14,9
of which sugars (g)	9	1,8
Fibre (g)	11,2	2,2
Protein (g)	35,2	7,1
Salt (g)	1,43	0,29

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 pasta for 10 - 12 minutes, then drain and set aside.
- Meanwhile, chop the onion and quarter the mushrooms.
- Slice the courgette into crescents of 0.5cm thickness.

3



Make the sauce

- Heat a drizzle of olive oil in a large deep frying pan over medium-high heat and fry the onion for 2 minutes.
- Add the mince and fry for 3 more minutes.
- Add the stock, the cream and the white wine vinegar. Mix well to combine.
- Turn the heat to low and allow to simmer for 8 - 10 minutes, stirring regularly.

2



Fry the vegetables

- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the mushrooms for 4 - 6 minutes.
- Add the courgette and the Italian seasoning.
- Fry for another 4 - 6 minutes or until the vegetables are done.
- Season to taste with salt and pepper.

4



Serve

- Transfer the pasta to the sauce and toss well to combine.
- Stir in the vegetables and two thirds of the cheese, then season to taste with plenty of black pepper.
- Serve the pasta on deep plates and garnish with the rest of the cheese.



Ribeye Steak with Creamy Chive Sauce

with baby potatoes & roasted carrots

Total time: 30 - 40 min.



Ribeye steak



Cooking cream



Fresh chives



Baby potatoes



Carrot



Yellow carrot

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
Ribeye steak* (pcs)	1	1	1	1	2	2
Cooking cream (g)	50	100	150	200	250	300
Fresh chives* (g)	2 1/2	5	7 1/2	10	12 1/2	15
Baby potatoes (g)	200	400	600	800	1000	1200
Carrot* (pcs)	1	2	3	4	5	6
Yellow carrot* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Not included						
[Plant-based] butter (tbsp)	2	4	6	8	10	12
Salt and pepper (to taste)	To Taste					
Olive oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Low sodium chicken stock (ml)	50	100	150	200	250	300
Flour (tbsp)	1/2	1	1 1/2	2	2 1/2	3

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3241 /775	436 /104
Total fat(g)	41,9 g	5,6 g
of which saturated(g)	23,2	3,1
Carbohydrates (g)	59,2	8
of which sugars (g)	15,5	2,1
Fibre (g)	15,1	2
Protein (g)	36,2	4,9
Salt (g)	0,56	0,08

Allergens

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

1



Roast the carrots

- Preheat the oven to 200°C and prepare the stock. Take the steak out of the fridge and allow to reach room temperature.
- Halve the carrots lengthways or cut any larger ones into quarters.
- Transfer to a parchment-lined baking sheet and drizzle with olive oil. Season with salt and pepper, then toss well to coat.
- Roast the carrots in the oven for 20 - 25 minutes.

3



Fry the steak

- Melt a knob of butter in a frying pan over medium-high heat.
- Fry the steak for either 3 - 4 minutes per side (for 120g or 240g), or 5 - 6 minutes per side (for 360g or 480g).
- Remove from the pan and set aside.
- Melt a generous knob of butter in the same pan over medium-high heat. Fry the flour for 1 minute, or until golden-brown and fragrant.

2



Fry the baby potatoes

- Wash the baby potatoes and cut them in half.
- Melt a knob of butter in a frying pan over medium-high heat. Fry the baby potatoes for 15 minutes, covered, tossing regularly.
- Remove the lid and season with salt and pepper, then fry for 5 - 10 more minutes.
- Meanwhile, finely chop the chives.

4



Serve

- Add the cream and the stock. Season to taste with pepper and mix well until smooth. Turn the heat to low and allow the sauce to reduce for 3 - 5 minutes.
- Shortly before serving, stir in the chives and return the steak to the pan.
- Serve the baby potatoes and carrots with the steak in its creamy chive sauce.



Pasta Salad with Hot Smoked Salmon & Avocado

with Greek-style cheese & honey-mustard dressing

Total time: 15 - 25 min.



Penne



Radicchio & iceberg lettuce



Greek-style cheese



Hot smoked salmon flakes



Avocado



Mini Roma tomatoes

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Penne (g)	90	180	270	360	450	540
Radicchio & iceberg lettuce* (g)	100	200	300	400	500	600
Greek-style cheese* (g)	25	50	75	100	125	150
Hot smoked salmon flakes* (g)	75	150	225	300	375	450
Avocado (pcs)	1/2	1	2	2	3	3
Mini Roma tomatoes* (g)	65	125	180	250	305	375
Not included						
Mustard (tbsp)	1/2	1	1 1/2	2	2 1/2	3
White wine vinegar (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Honey [or plant-based alternative] (tbsp)	1/2	1	1 1/2	2	2 1/2	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Salt and pepper (to taste)	To Taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3817 /912	815 /195
Total fat(g)	49,8 g	10,6 g
of which saturated(g)	14,8	3,2
Carbohydrates (g)	77	16,4
of which sugars (g)	13,8	2,9
Fibre (g)	7,5	1,6
Protein (g)	36,5	7,8
Salt (g)	2,08	0,44

Allergens

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

1



Cook the pasta

- Boil plenty of salted water in a pot or saucepan.
- Cook the pasta for 9 - 11 minutes, then drain and rinse under cold water.
- Set aside until further use.

3



Make the dressing

- In a salad bowl, combine the mayonnaise with the honey, mustard and white wine vinegar.
- Season to taste with salt and pepper.
- Transfer the lettuce, the tomatoes and the pasta to the salad bowl and toss well to combine with the dressing.

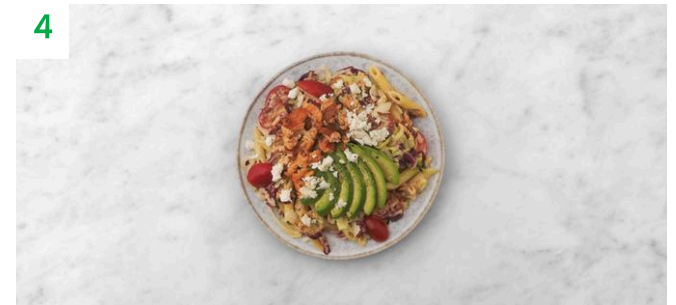
2



Chop the vegetables

- Meanwhile, melt a knob of butter in a frying pan over medium-high heat and fry the fish for 3 - 4 minutes.
- Halve the tomatoes.
- Halve and pit the avocado, then remove the skin and slice the flesh.

4



Serve

- Serve the pasta salad on plates and arrange everything on top.
- Crumble over the Greek-style cheese to finish.



Crispy Chicken Wraps with Mango Ketchup

on wholewheat tortillas with Greek-style cheese & rainbow slaw

Total time: 15 - 25 min.



Onion



Oranجهoen crispy chicken schnitzel



Mango ketchup



Rainbow slaw mix



Wholewheat tortilla



Little gem



BBQ spice rub



Greek-style cheese



Yellow mustard seeds



Romano pepper

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 (pcs)	1/2	1	1	2	2	3
Oranجهoen crispy chicken schnitzel* (pcs)	1	2	3	4	5	6
Mango ketchup* (g)	45	90	135	180	225	270
Rainbow slaw mix* (g)	100	200	300	400	500	600
Wholewheat tortilla (pcs)	2	4	6	8	10	12
Little gem* (pcs)	1	2	3	4	5	6
BBQ spice rub (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Greek-style cheese* (g)	25	50	75	100	125	150
Yellow mustard seeds (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Romano pepper* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Not included						
Sambal (to taste)	0	0	0	0	0	0
White wine vinegar (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Sugar (tsp)	1/2	1	1 1/2	2	2 1/2	3
Water for the sauce (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1 1/2	3	4 1/2	6	7 1/2	9
Sunflower oil (tbsp)	1	2	3	4	5	6
Salt and pepper (to taste)	To Taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3993 /954	639 /153
Total fat(g)	50,2 g	8 g
of which saturated(g)	10,2	1,6
Carbohydrates (g)	82,4	13,2
of which sugars (g)	22,9	3,7
Fibre (g)	15,9	2,5
Protein (g)	35,3	5,6
Salt (g)	3,22	0,52

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 strips.
- Heat a drizzle of sunflower oil in a frying pan over medium-high heat. When the pan is nice and hot, fry the schnitzel for 5 minutes until golden-brown, turning regularly.
- When the schnitzel is done, remove from the pan and cut it into strips.

3



Make the slaw

- In a bowl, combine the slaw mix with the sugar, the white wine vinegar, the mustard seeds and half of the mayonnaise (see Tip).
- Season to taste with salt and pepper.
- Crumble the cheese into a small bowl.

Health Tip: if you're watching your calorie intake, substitute the mayonnaise for yogurt.

2



Heat the tortillas

- Heat a drizzle of sunflower oil in another frying pan over medium-high heat. Fry the onion and Romano pepper with the BBQ rub* for 4 - 6 minutes. Season to taste with salt and pepper.
- Wrap the tortillas in aluminum foil and heat in the oven for 2 - 3 minutes.
- Roughly chop the lettuce in the meantime.

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

4



Serve

- In a small bowl, combine the mango ketchup with the water for the sauce and the rest of the mayonnaise. Taste and add some sambal if preferred.
- Serve the tortillas on plates.
- Serve all the toppings separately at the table and allow everyone to assemble their own wraps as preferred.
- Drizzle with the mango sauce to finish.



Hoisin Chicken Noodles with Peanuts & Lime

with miso paste, bell pepper & spinach

Total time: 15 - 25 min.



White miso paste



Seasoned chicken mince



Ginger paste



Bell pepper



Hoisin sauce



Salted peanuts



Spinach



Egg noodles



Yellow carrot



Lime

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
White miso paste (g)	12 1/2	25	37 1/2	50	62 1/2	75
Seasoned chicken mince* (g)	100	200	300	400	500	600
Ginger paste* (g)	5	10	15	20	25	30
Bell pepper* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Hoisin sauce (g)	25	50	75	100	125	150
Salted peanuts (g)	10	20	30	40	50	60
Spinach* (g)	100	200	300	400	500	600
Egg noodles (g)	75	150	225	300	375	450
Yellow carrot* (pcs)	1/2	1	1	1	2	2
Lime* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Not included						
[Reduced salt] soy sauce (to taste)	0	0	0	0	0	0
Salt and pepper (to taste)	To Taste					
Sambal (to taste)	0	0	0	0	0	0
Sunflower oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2808 /671	550 /131
Total fat(g)	23 g	4,5 g
of which saturated(g)	3,8	0,7
Carbohydrates (g)	75,4	14,8
of which sugars (g)	15,7	3,1
Fibre (g)	11,4	2,2
Protein (g)	38,2	7,5
Salt (g)	3,91	0,77

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 noodles for 3 - 4 minutes until al dente.
- Reserve some of the cooking liquid, then drain and rinse under cold water.
- Meanwhile, julienne the carrot (cut into matchsticks).
- Cut the bell pepper into thin strips and quarter the lime.

3



Finish

- Meanwhile, roughly chop the peanuts.
- Transfer the noodles to the wok, along with the ginger paste, the hoisin sauce, the miso paste* and the reserved cooking liquid.
- Season with soy sauce and/or sambal as preferred, then toss well to combine.

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

2



Fry the mince

- Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat.
- Fry the mince for 3 minutes, separating it as you do so.
- Add the bell pepper and the carrot, then stir-fry for 4 - 5 minutes over high heat. Deglaze with the juice of a quarter lime per person.
- Gradually tear in the spinach and fry for 1 more minute.

4



Serve

- Serve the noodles in bowls and garnish with the peanuts.
- Serve the rest of the lime wedges alongside.