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

with cabbage, coriander & sesame seeds

Total time: 10 - 20 min. Quick




Marinated steak strips


Garlic


East Asian-style sauce


Fresh coriander


Sesame seeds


Wholewheat noodles


Vegetable mix with cabbage

Before you start

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

Ingredients for 1 - 6 servings

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

* *store in the fridge*

Nutritional values

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

Allergens

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

1



Prepare

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

2



Boil the noodles

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

3



Fry the steak strips

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

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

4



Serve

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

Sweet & Sticky Pork Strips with Yogurt Sauce

over bulgur with fresh herbs, cucumber & bell pepper

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




Bulgur


Seasoned pork strips


Garlic


Red onion


Bell pepper


Cucumber


Fresh flat leaf parsley & mint


Organic full-fat yogurt


Mango ketchup


Za'atar


Hello Harissa

Before you start

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

Ingredients for 1 - 6 servings

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

* *store in the fridge*

Nutritional values

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

Allergens

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

1



Prepare the bulgur

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

2



Fry the vegetables

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

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

3



Fry the pork

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

4



Serve

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

Shrimp Tacos with Greek-Style Cheese & Coriander

with corn, Romano pepper, spinach & tomato

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




Shrimp


Tomato


Fresh coriander


Smoked paprika


Garlic


Greek-style cheese


Corn


Red onion


Romano pepper


Spinach


Mexican-style spices


Wholewheat mini tortilla

Before you start

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

Ingredients for 1 - 6 servings

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

** store in the fridge*

Nutritional values

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

Allergens

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

1



Prepare

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

2



Fry the shrimp

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

3



Add the spinach

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

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

4



Serve

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

Veggie No-Chicken Bulgur Bowl with Yogurt Sauce

with cranberries, courgette & fresh herbs

Total time: 15 - 25 min. Quick Vegetarian




Bulgur


Plant-based chicken pieces


Courgette


Tomato


Fresh flat leaf parsley & mint


Dried cranberries


Organic full-fat yogurt


Middle Eastern spice mix


Salted almonds


Lemon


Romano pepper


Chopped onion


Garlic


Smoked paprika

Before you start

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

Ingredients for 1 - 6 servings

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

** store in the fridge*

Nutritional values

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

Allergens

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

1



Prepare

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

2



Fry the veggie chicken

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

3



Make the salad

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

4



Serve

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

Spicy Chicken Curry in Richly Fragrant Coconut Sauce

over rice with coriander & bell pepper

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



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

Before you start

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

Ingredients for 1 - 6 servings

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

** store in the fridge*

Nutritional values

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

Allergens

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

1



Prepare

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

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

2



Fry the chicken

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

3



Make the curry

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

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

4



Serve

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

Crispy Tofu with Noodles in Green Curry Sauce

with cashews, coriander, coconut milk & spinach

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




Garlic


Green curry spices


Coconut milk

Rice noodles


Tofu


Yellow curry spices


Spinach


Roasted cashew nuts


Fresh coriander


Vegetable mix with cabbage

Before you start

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

Ingredients for 1 - 6 servings

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

** store in the fridge*

Nutritional values

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

Allergens

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

1



Prepare

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

2



Make the curry

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

3



Fry the tofu

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

4



Serve

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

Mafaldine with Burrata & Spicy Panko Topping

in creamy sauce with capers & tomatoes

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



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

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

Before you start

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

Ingredients for 1 - 6 servings

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

** store in the fridge*

Nutritional values

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

Allergens

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

1



Boil the mafaldine

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cook the mafaldine for 7 - 9 minutes.
- Reserve some of the pasta water, then drain and set aside.

2



Make the sauce

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

3



Fry the panko

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

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

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

4



Serve

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

Criss-Cross Courgette with Creamy Bean Stew

over rice with Grana Padano & green pesto

Total time: 15 - 25 min. Quick Vegetarian

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




Bell pepper strips


Courgette


Red onion


Garlic


Passata


Grana Padano flakes DOP


Jasmine rice


Crème fraîche


Sicilian-style herb mix


Butterbeans


Green pesto

Before you start

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

Ingredients for 1 - 6 servings

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

** store in the fridge*

Nutritional values

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

Allergens

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

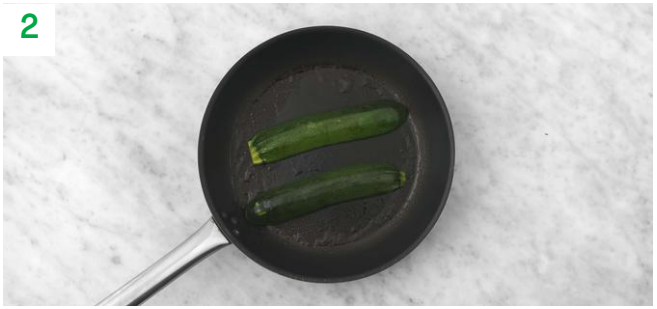
1



Prepare

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

2



Fry the courgette

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

3



Make the stew

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

4



Serve

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

Harissa & Honey-Mustard Squeaky Cheese Bowl

over giant couscous with cashews & fresh herbs

Total time: 15 - 25 min. Quick Vegetarian




Giant couscous


Potato seasoning mix


Cypriot-style cheese


Hello Harissa


Chopped red onion


Tomato


Cucumber


Arugula & lamb's lettuce


Fresh flat leaf parsley & mint


Roasted cashew nuts


Honey-mustard dressing

Before you start

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

Ingredients for 1 - 6 servings

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

** store in the fridge*

Nutritional values

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

Allergens

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

1



Boil the couscous

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

2



Fry the cheese

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

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

3



Chop the vegetables

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

4



Serve

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

Chicken Sloppy Joe

on a demi-baguette with cheese & a side salad

Total time: 15 - 25 min. Family Quick




Chicken mince with Mexican seasoning


Tomato paste


Roma tomato


Grated Gouda


BBQ spice rub


Garlic


Butter lettuce


Bell pepper strips


White demi-baguette

Before you start

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

Ingredients for 1 - 6 servings

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

** store in the fridge*

Nutritional values

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

Allergens

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

1



Prepare

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

2



Fry the vegetables

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

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

3



Make the salad

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

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

4



Serve

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

5-Minute Spicy Nduja Ravioli with Smoky Chorizo

fresh & tasty in a flash!

Total time: 5 - 15 min. Quick

Get a head start by boiling a full kettle of water.

Happy cooking!



- Nduja ravioli
- Cooking cream
- Diced chorizo
- Bell pepper strips
- Baby spinach
- Tomato paste
- Smoked paprika
- Lemon

NEW INGREDIENT

There is a new ingredient in your box! This nduja ravioli is made by the Rana family in Italy: authentic and delicious, the way pasta should be!
Scan the QR code to let us know what you thought of the ingredient!

NUTRI-SCORE A B C D E

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Nduja ravioli* (g)	150	300	450	600	750	900
Cooking cream (g)	75	150	225	300	375	450
Diced chorizo* (g)	45	90	120	180	210	270
Bell pepper strips* (g)	50	100	150	200	250	300
Baby spinach* (g)	60	125	190	250	315	375
Tomato paste (can)	½	1	1½	2	2½	3
Smoked paprika (sachet(s))	½	1	1½	2	2½	3
Lemon* (unit(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3561 /851	766 /183
Total fat (g)	50	11
of which saturated(g)	20,4	4,4
Carbonhydrates (g)	68	15
of which sugars (g)	21,4	4,6
Fiber (g)	6	1
Protein (g)	30	6
Salt (g)	2,6	0,6

Allergens

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

1



Cook the ravioli

- Get started by boiling a full kettle of water for the ravioli.
- Transfer the boiled water to a pot or saucepan. Cook the ravioli for 3 - 5 minutes.
- Transfer the spinach to a sieve, then drain the ravioli directly over the spinach.
- Set both aside.

2



Fry the chorizo

- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the chorizo with the bell pepper strips and the smoked paprika for 2 - 3 minutes.

3



Make the sauce

- Stir in the tomato paste and the cream.
- Simmer for 1 minute, seasoning to taste with salt and pepper.
- Meanwhile, cut the lemon into wedges.
- Transfer the ravioli and the spinach to the sauce, then mix well to combine.

4



Serve

- Serve the ravioli on deep plates.
- Serve the lemon wedges alongside.

5-Minute Beef Tacos with Guacamole & Greek-Style Cheese

fresh & tasty in a flash!

Total time: 5 - 15 min. Family Quick




Seasoned beef mince


Birria paste


Lime


Peruvian-style spice mix


Guacamole


Corn


Greek-style cheese


Mini tortillas


Rainbow slaw mix

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Seasoned beef mince* (g)	100	200	300	400	500	600
Birria paste (g)	20	40	60	80	100	120
Peruvian-style spice mix (sachet(s))	½	1	1½	2	2½	3
Guacamole* (g)	40	80	120	160	200	240
Corn (g)	70	140	210	285	350	425
Greek-style cheese* (g)	25	50	75	100	125	150
Mini tortillas (unit(s))	4	8	12	16	20	24
Rainbow slaw mix* (g)	100	200	300	400	500	600
Lemon* (unit(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3837 /917	748 /179
Total fat (g)	51	10
of which saturated(g)	15,7	3,1
Carbonhydrates (g)	73	14
of which sugars (g)	12,5	2,4
Fiber (g)	12	2
Protein (g)	37	7
Salt (g)	4,8	0,9

Allergens

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

1



Fry the mince

- Drain the corn.
- Heat a drizzle of olive oil in a frying-pan over medium-high heat.
- Fry the mince with the corn, the birria paste and half of the Peruvian-style spices for 4 minutes, separating the mince as you do so.
- Season to taste with salt and pepper.

2



Make the slaw

- In a salad bowl, combine the mayonnaise with the rest of the Peruvian-style spices.
- Add the slaw mix and toss well to combine.
- Season to taste with salt and pepper.

3



Finish

- Transfer the tortillas to a heatproof plate and microwave for 30 seconds on high.
- Cut the lime into wedges.
- Crumble the cheese.

4



Serve

- Serve all of the elements separately at the table.
- Allow everyone to assemble their own tacos as preferred.

Signature Risotto with Brandt & Levie Sausage

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

Total time: 35 - 45 min. Family




Onion


Pork sausage with marjoram & garlic


Fennel


Risotto rice


Mascarpone


Grated Gouda


Italian seasoning

Before you start

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

Ingredients for 1 - 6 servings

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

** store in the fridge*

Nutritional values

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

Allergens

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

1



Chop the vegetables

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

2



Make the stock

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

3



Fry the sausage

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

4



Add the stock

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

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

5



Make the risotto

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

6



Serve

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

Signature Shakshuka with Fresh Goat's Cheese

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

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




Onion


Garlic


Red chili pepper


Carrot


Fresh curly parsley


Middle Eastern spice mix


Egg


Chopped tomatoes


Tomato


Bell pepper


Poppyseed roll


Goat's Cheese

Before you start

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

Ingredients for 1 - 6 servings

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

** store in the fridge*

Nutritional values

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

Allergens

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

1



Prepare

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

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

2



Make the sauce

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

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

3



Poach the eggs

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

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

4



Serve

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

Signature Shrimp Poké Bowl with Ponzu Mayo

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

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



- Ponzu
- Sushi rice
- Shrimp
- Persian cucumber
- Slaw mix
- Sesame oil
- Garlic
- Mango
- Gomashio
- Reduced salt soy sauce

Before you start

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

Ingredients for 1 - 6 servings

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

** store in the fridge*

Nutritional values

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

Allergens

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

1



Boil the rice

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

2



Prepare the toppings

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

3



Fry the shrimp

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

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

4



Serve

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

Signature Chicken Tagliatelle with Guanciale

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

Total time: 15 - 25 min. Family Quick




Chicken mince with Mediterranean herbs


Mascarpone


Fresh basil


Garlic


Romano pepper


Grana Padano flakes DOP


Onion


Passata


Fresh tagliatelle


Guanciale

Before you start

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

Ingredients for 1 - 6 servings

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

** store in the fridge*

Nutritional values

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

Allergens

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

1



Prepare

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

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

2



Make the sauce

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

3



Finish

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

4



Serve

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

Signature Dahl with Crispy Chickpeas & Naan

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

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



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

Before you start

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

Ingredients for 1 - 6 servings

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

** store in the fridge*

Nutritional values

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

Allergens

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

1



Prepare

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

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

2



Make the dahl

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

3



Add the lentils

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

4



Roast the chickpeas

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

5



Finish

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

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

6



Serve

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

Signature Chicken Meatballs in Creamy Mushroom Sauce

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

Total time: 40 - 50 min. Health Conscious Choice



- Potatoes
- Onion
- Garlic
- Mushrooms
- Cooking cream
- Green beans
- Basil crème
- Fresh chives
- Chicken meatballs with Mediterranean herbs

Before you start

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

Ingredients for 1 - 6 servings

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

* *store in the fridge*

Nutritional values

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

Allergens

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

1



Roast the potatoes

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

2



Slice the mushrooms

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

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

3



Fry the mushrooms

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

4



Fry the meatballs

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

5



Prepare the green beans

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

6



Serve

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

Miljuschka's Quick One-Pot Pasta Bolognese

with mozzarella & basil

Total time: 25 - 35 min.




Beef-pork mince with Italian herbs


Penne


Garlic


Red chili pepper


Mix of carrot, onion and celery


Tomato paste


Passata


Sicilian-style herb mix


Shredded mozzarella


Organic semi-skimmed milk


Fresh basil

Before you start

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

Ingredients for 1 - 6 servings

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

** store in the fridge*

Nutritional values

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

Allergens

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

1



Prepare

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

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

2



Fry the mince

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

3



Finish

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

4



Serve

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

Miljuschka's Gochujang Chicken Traybake with Yogurt

with baby potatoes, tomatoes & courgette

Total time: 45 - 55 min.




Baby potatoes


Gochujang


Sweet chili sauce


Red onion


Courgette


Garlic


Fresh thyme


Middle Eastern spice mix


Organic full-fat yogurt


Chicken thigh fillet


Mini Roma tomatoes

Before you start

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

Ingredients for 1 - 6 servings

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

** store in the fridge*

Nutritional values

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

Allergens

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

1



Roast the potatoes

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

2



Prepare the vegetables

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

3



Add the chicken

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

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

4



Serve

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

Miljuschka's Shrimp Fried Rice

with peanut sauce, crispy onions & cauliflower rice

Total time: 25 - 35 min.



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

Before you start

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

Ingredients for 1 - 6 servings

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

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3326 /795	657 /157
Total fat (g)	37	7
of which saturated(g)	8	1,6
Carbonhydrates (g)	80	16
of which sugars (g)	13,5	2,7
Fiber (g)	12	2
Protein (g)	30	6
Salt (g)	2,7	0,5

Allergens

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

1



Prepare

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

2



Fry the shrimp

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

3



Fry the vegetables

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

4



Serve

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

Pork Sausage with Brussels Sprouts 'Stamppot'

with bacon lardons, onion chutney & Belgian spices

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



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

SEASONAL INGREDIENT

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

NUTRI-SCORE A B C D E

Before you start

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

Ingredients for 1 - 6 servings

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

* *store in the fridge*

Nutritional values

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

Allergens

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

1



Prepare

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

2



Fry the bacon lardons

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

3



Make the jus

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

4



Fry the sausage

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

5



Finish

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

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

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

6



Serve

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

Classic Belgian Salmon in Sour Cream & Chive Sauce

over mashed potatoes with broccoli & gomashio

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




Potatoes


Salmon fillet


Garlic


Shallot


Broccoli


Fresh chives


Organic sour cream


Gomashio-herb mix

Before you start

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

Ingredients for 1 - 6 servings

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

** store in the fridge*

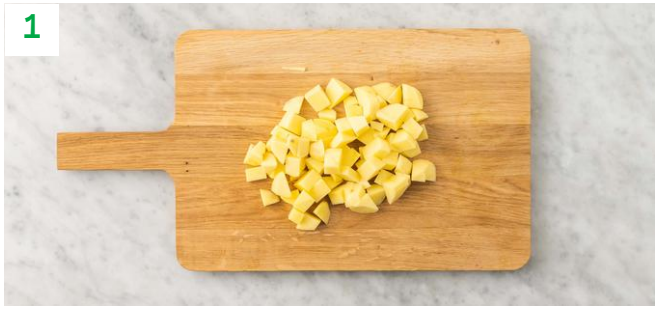
Nutritional values

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

Allergens

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

1



Prepare

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

2



Make the salad

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

3



Mash the potatoes

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

4



Serve

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

Lebanese-Style Arayes with Zingy Orange Slaw

bring the sensational food trend home!

Total time: 25 - 35 min. Quick




Wholewheat pita bread


Potatoes


Beef meatballs with kofta seasoning


Garlic


Onion


Carrot


Shredded red cabbage


Orange


Fresh flat leaf parsley & mint


Middle Eastern spice mix


Ground cumin

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 pita bread (unit(s))	2	4	6	8	10	12
Potatoes (g)	200	400	600	800	1000	1200
Beef meatballs with kofta seasoning* (unit(s))	4	8	12	16	20	24
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	2	2	3	3
Shredded red cabbage* (g)	50	100	100	200	200	300
Orange* (unit(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley & mint* (g)	10	20	30	40	50	60
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Ground cumin (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Water for the potatoes (ml)	50	100	150	200	250	300
Extra virgin olive oil	to taste					
[Plant-based] mayonnaise	to taste					
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3339 /798	470 /112
Total fat (g)	30	4
of which saturated(g)	8,8	1,2
Carbonhydrates (g)	95	13
of which sugars (g)	19,9	2,8
Fiber (g)	20	3
Protein (g)	34	5
Salt (g)	1,8	0,3

Allergens

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

1



Fry the potatoes

- Preheat the oven to 200°C.
- Peel or thoroughly wash the potatoes and dice into 2cm cubes.
- Heat a drizzle of olive oil in a deep frying pan over medium heat and fry the potatoes for 15 minutes, covered, tossing regularly.
- Add the water for the potatoes and cook for 5 minutes.

2



Make the filling

- Add the Middle Eastern spices and fry for 1 more minute, or until the liquid has evaporated. Season to taste with salt and pepper.
- Meanwhile, finely chop the onion, the garlic and the parsley.
- Transfer all three to a bowl, along with the meatballs and the cumin. Season with salt and pepper, then knead to combine.

3



Bake the pitas

- Halve the pitas and stuff with the filling.
- Transfer to a parchment-lined baking sheet and drizzle lightly with olive oil, then bake for 5 minutes per side.
- Meanwhile, grate the carrot and chop the mint.
- In a salad bowl, combine the white balsamic vinegar with some extra virgin olive oil as preferred. Season to taste with salt and pepper.

4



Serve

- Use a sharp knife to remove the skin and the white pith from the orange, then dice the flesh.
- Transfer the cabbage, the carrot, the orange and the mint to the salad bowl, then toss well to combine with the dressing.
- Serve everything on plates with some mayonnaise alongside as preferred.

Roasted Rainbow Roots Salad with Yogurt Sauce

with croutons, Greek-style cheese, almonds & fresh herbs

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



- Beetroot
- Candy cane beetroot
- Sweet potato
- Dill, mint & flat leaf parsley
- Red onion
- Garlic & herb seasoning
- Mixed leaves of radicchio, arugula & lettuce
- Italian seasoning
- Organic full-fat yogurt
- Salted almonds
- Wholegrain ciabatta
- Greek-style cheese

SPECIAL INGREDIENT

There is a special ingredient in your box! The Chioggia beetroot, also known as candycane beet, is a special variety of beetroot and originates from the Italian city of Chioggia.
Scan the QR code to let us know what you thought of the ingredient!

NUTRI-SCORE A B C D E

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
Beetroot* (unit(s))	½	1	1½	2	2½	3
Candy cane beetroot* (unit(s))	1	2	3	4	5	6
Sweet potato (g)	150	300	450	600	750	900
Dill, mint & flat leaf parsley* (g)	5	10	15	20	25	30
Red onion (unit(s))	1	2	3	4	5	6
Garlic & herb seasoning (sachet(s))	½	1	1½	2	2½	3
Mixed leaves of radicchio, arugula & lettuce* (g)	30	60	90	120	150	180
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Organic full-fat yogurt* (g)	50	100	150	200	250	300
Salted almonds (g)	10	20	30	40	50	60
Wholegrain ciabatta (unit(s))	½	1	1½	2	2½	3
Greek-style cheese* (g)	50	100	150	200	250	300
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Extra virgin olive oil	to taste					
Balsamic vinegar (tsp)	1	2	3	4	5	6
Mustard (tsp)	1	2	3	4	5	6
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2916 /697	502 /120
Total fat (g)	34	6
of which saturated(g)	12,1	2,1
Carbonhydrates (g)	69	12
of which sugars (g)	27,1	4,7
Fiber (g)	12	2
Protein (g)	24	4
Salt (g)	2,6	0,5

Allergens

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

1



Roast the vegetables

- Preheat the oven to 210°C.
- Peel or thoroughly wash the sweet potato and the beetroots, then dice them all into 1.5cm cubes.
- Transfer to a parchment-lined baking sheet, then drizzle with olive oil and scatter over the Italian seasoning.
- Season with salt and pepper, then toss well to coat. Roast for 25 - 30 minutes.

2



Fry the onion

- Slice the onion into half-rings.
- Heat a light drizzle of olive oil in a frying pan over medium heat. Fry the onion with a pinch of salt for 11 - 14 minutes, stirring occasionally, until soft and caramelised.
- Deglaze with half of the balsamic vinegar and fry for 1 more minute. Season to taste with pepper.

3



Make the croutons

- Finely dice the bread and transfer to a parchment-lined baking sheet.
- Drizzle lightly with olive oil and add the garlic & herb seasoning. Season with salt and pepper, then bake for 10 - 12 minutes or until golden-brown.
- Chop the almonds and the fresh herbs.
- In a small bowl, combine the yogurt with half of the herbs. Season to taste with salt and pepper.

4



Serve

- In a salad bowl, combine the mustard with the rest of the balsamic vinegar and some extra virgin olive oil as preferred.
- Add the lettuce, the roasted vegetables and the croutons, then toss well to combine and serve on deep plates.
- Crumble over the cheese, then top with the yogurt, the onion, the almonds and the rest of the herbs.

Crispy Chicken Bao Buns with Sweet Gochujang Drizzle

with red cabbage slaw, yellow carrot & black sesame seeds

Total time: 25 - 35 min. Quick




Bao buns


Panko breadcrumbs


Black sesame seeds


Shredded red cabbage


Gochujang


Yellow carrot


East Asian-style sauce


Korean-style spice mix


Chicken thigh strips with Mediterranean herbs

Before you start

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

Ingredients for 1 - 6 servings

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

** store in the fridge*

Nutritional values

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

Allergens

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

1



Prepare

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

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

2



Prepare the chicken

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

3



Make the slaw

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

4



Serve

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

SWICY EXPLOSION! Nduja, Pear & Honey Ricotta Topping

savour the sweet heat of this pizza

Total time: 35 - 45 min.




Nduja


Fennel


Pizza dough


Passata


Ricotta


Mozzarella


Pear


Crema di balsamico

Before you start

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

Ingredients for 1 - 6 servings

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

* *store in the fridge*

Nutritional values

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

Allergens

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

1



Prepare

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

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

2



Make the pizza

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

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

3



Make the honey ricotta topping

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

4



Serve

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

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

with min. 115g carbohydrates per person

Total time: 35 - 45 min. Plant-Based




Basmati rice


Sweet potato


Chickpeas


Garlic


Onion


Fresh ginger


Spinach


Chopped tomatoes


Fresh coriander & mint


Coconut milk


Mango chutney


Yellow curry spices

Before you start

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

Ingredients for 1 - 6 servings

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

** store in the fridge*

Nutritional values

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

Allergens

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

1



Prepare

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

2



Make the curry

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

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

3



Boil the rice

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

4



Serve

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

Athlete's Choice: XL Salmon with Noodles & Broccoli

with min. 50g protein per person

Total time: 30 - 40 min. Family




Salmon fillet


Garlic


Scallions


Broccoli


Teriyaki sauce


East Asian-style sauce


Sesame seeds


Black sesame seeds


Wholewheat noodles

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Salmon fillet* (unit(s))	1½	3	4½	6	7½	9
Garlic (unit(s))	½	1	1½	2	2½	3
Scallions* (g)	62½	125	187½	250	312½	375
Broccoli* (g)	180	360	500	720	860	1080
Teriyaki sauce (g)	25	50	75	100	125	150
East Asian-style sauce* (g)	35	70	105	140	175	210
Sesame seeds (g)	5	10	20	20	30	30
Black sesame seeds (sachet(s))	½	1	1	2	2	3
Wholewheat noodles (g)	75	150	200	300	350	450
Not included						
Sunflower oil (tbsp)	¾	1½	2¼	3	3¾	4½
White wine vinegar (tbsp)	½	1	1½	2	2½	3
[Reduced salt] soy sauce (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4017 /960	681 /163
Total fat (g)	45	8
of which saturated(g)	6,1	1
Carbonhydrates (g)	83	14
of which sugars (g)	14,5	2,5
Fiber (g)	12	2
Protein (g)	55	9
Salt (g)	3,9	0,7

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 large pot or saucepan.
- Cut the head of the broccoli into florets and dice the stem.
- Boil the broccoli for 2 - 3 minutes.
- Add the noodles and boil for 4 - 5 more minutes, then drain and set aside (see Tip).

Health Tip: *if you're watching your calorie intake, use just half of the noodles and keep the rest to use another time.*

2



Fry the fish

- Combine both types of sesame seeds on a deep plate.
- Pat the fish dry with kitchen paper, then cut it in half.
- Season with salt and pepper, then coat it with the sesame seeds.
- Heat a drizzle of sunflower oil in a frying pan over medium-high heat. Fry the fish for 2 - 5 minutes, turning regularly.

3



Fry the aromatics

- In the meantime, crush or mince the garlic.
- Finely chop the scallions and separate the white part from the greens.
- Heat a light drizzle of sunflower oil in a large wok or deep frying pan over medium-high heat.
- Fry the garlic with the white part of the scallions for 2 - 3 minutes.

4



Serve

- Transfer the noodles and the broccoli to the wok, along with the teriyaki sauce, the East Asian-style sauce, the white wine vinegar and the soy sauce.
- Toss well to combine, adding a splash of water as necessary if it seems too dry.
- Serve everything in bowls and garnish with the scallion greens.

Athlete's Choice: Double Cheeseburgers Marinara-Style

with min. 50g protein per person

Total time: 35 - 45 min. Family



- Beef mince with Italian seasoning
- Ricotta
- Garlic
- White ciabatta
- Passata
- Hello Buon Appetito
- Parsnip
- Carrot
- Shredded mozzarella
- Hello Provence
- Arugula & lamb's lettuce
- Potatoes
- Garlic & herb seasoning
- Greek-style cheese
- Panko breadcrumbs

Recipe Developer Chiara: "These double marinara-style burgers have extra flavour and juiciness thanks to the ricotta in the patties. Served with roasted root vegetable fries, this is delicious comfort food for the whole family to enjoy."

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 mince with Italian seasoning* (g)	150	300	450	600	750	900
Ricotta* (g)	50	100	150	200	250	300
Garlic (unit(s))	1	2	3	4	5	6
White ciabatta (unit(s))	1	2	3	4	5	6
Passata (g)	100	200	300	390	500	590
Hello Buon Appetito (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Parsnip* (unit(s))	½	1	2	2	3	3
Carrot* (unit(s))	½	1	1	2	2	3
Shredded mozzarella* (g)	25	50	75	100	125	150
Hello Provence (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Arugula & lamb's lettuce* (g)	20	40	60	80	100	120
Potatoes (g)	75	150	225	300	375	450
Garlic & herb seasoning (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Greek-style cheese* (g)	20	40	60	80	100	120
Panko breadcrumbs (g)	6¼	12½	18¾	25	31¼	37½
Not included						
Extra virgin olive oil	to taste					
Olive oil (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tsp)	1	2	3	4	5	6

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4176 /998	600 /143
Total fat (g)	47	7
of which saturated(g)	21,8	3,1
Carbonhydrates (g)	86	12
of which sugars (g)	17	2,4
Fiber (g)	12	2
Protein (g)	54	8
Salt (g)	4,8	0,7

Allergens

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

1



Prepare

- Preheat the oven to 210°C.
- Cut the potatoes, the carrot and the parsnip into fries of no more than 1cm thickness.
- Transfer to a parchment-lined baking sheet and drizzle lightly with olive oil, then scatter over the Hello Provence. Season with salt and pepper, then toss well to coat.
- Bake for 20 – 25 minutes until golden brown, tossing halfway.

2



Make the burgers

- Crush or mince the garlic.
- In a bowl, combine the mince with the panko, the ricotta and half of each of the fresh garlic and the garlic & herb seasoning. Season with salt and pepper.
- Shape the mixture into 2 burger patties per person.

3



Fry the burgers

- Heat a light drizzle of olive oil in a large frying pan over medium-high heat. Fry the burgers for 2 – 3 minutes per side (see Tip).
- Remove the burgers from the pan and set aside.
- Fry the rest of the garlic in the same pan for 1 minute.

Tip: *the burgers don't need to be fully cooked yet, as they will finish in the sauce later.*

4



Make the sauce

- Deglaze with half of the balsamic vinegar, then add the passata and the Hello Buon Appetito. Mix well and bring to a boil.
- Reduce the heat to low, then cover with the lid and simmer for 2 – 3 minutes.
- Transfer the burgers to the sauce and top with the mozzarella.
- Cover with the lid and simmer for 4 - 5 minutes, or until done.

5



Finish

- Cut open the bread roll and heat in the oven for 3 - 5 minutes.
- In a bowl, combine the lettuce with the rest of the balsamic vinegar and some extra virgin olive oil as preferred. Season to taste with salt and pepper.
- Scatter the rest of the garlic & herb seasoning over the fries and toss well to coat.

6



Serve

- Top the base of the bread roll with some of the salad.
- Top with the burgers and the sauce.
- Serve the burgers with the fries and the rest of the salad alongside.
- Crumble the Greek-style cheese over the salad.

Samphire & Cod over Creamy Parsnip Risotto

With tarragon & Parmigiano Reggiano

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




Samphire


Risotto rice


Leek


Shallot


Fresh tarragon


Lemon


Parsnip


Parmigiano Reggiano DOP


Organic sour cream


Cod fillet

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Samphire* (g)	25	50	75	100	125	150
Risotto rice (g)	75	150	225	300	375	450
Leek* (unit(s))	½	1	1½	2	2½	3
Shallot (unit(s))	½	1	1½	2	2½	3
Fresh tarragon* (g)	2½	5	7½	10	12½	15
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Parsnip* (unit(s))	½	1	1½	2	2½	3
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Organic sour cream* (g)	50	100	150	200	250	300
Cod fillet* (unit(s))	1	2	3	4	5	6
Not included						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
(Low sodium) vegetable stock **Low sodium) vegetable stock (ml)** (Low sodium)	350	700	1050	1400	1750	2100
Olive oil (tbsp)	1	2	3	4	5	6
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3205 /766	361 /86
Total fat (g)	31	3
of which saturated(g)	12,4	1,4
Carbonhydrates (g)	83	9
of which sugars (g)	10,1	1,1
Fiber (g)	10	1
Protein (g)	36	4
Salt (g)	3,5	0,4

Allergens

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

1



Prepare

- Prepare the stock. Slice the leek into thin crescents.
- Dice the parsnip and chop the shallot.
- Heat a drizzle of olive oil in a large frying pan over medium-high heat. Fry the leek, the shallot and the parsnip for 2 - 3 minutes.
- Add a knob of butter and the risotto rice, then toast the grains for 1 minute.

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

2



Make the risotto

- Gradually add the stock one ladle at a time. Allow the stock to slowly incorporate, stirring regularly.
- The risotto is done when the rice is soft but still al dente, which should take around 18 - 20 minutes.
- Add extra water and cook longer if you'd prefer the risotto to be less al dente.

3



Fry the fish

- Finely chop the tarragon. Zest the lemon and cut into wedges.
- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the fish with the samphire for 1 - 2 minutes per side. Season to taste with salt and pepper.
- When the risotto is done, stir in the sour cream, the lemon zest and the juice of 1 lemon wedge per person.

4



Serve

- Grate half of the cheese directly into the risotto. Mix well and season to taste with salt and pepper
- Serve the risotto on deep plates and grate the rest of the cheese directly over each portion.
- Top the risotto with the fish and the samphire.
- Garnish with the tarragon and serve the rest of the lemon wedges alongside.

Spicy Gochujang Steak Bowl with Kimchi Mayonnaise

over rice with mushrooms, pickled cucumber & crispy onions

Total time: 15 - 25 min. Quick Premium



- Steak
- White long grain rice
- Garlic
- Ginger paste
- Scallions
- Chestnut mushrooms
- Cucumber
- Sesame oil
- Kimchi sauce
- Gochujang
- 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
Steak* (unit(s))	1	2	3	4	5	6
White long grain rice (g)	75	150	225	300	375	450
Garlic (unit(s))	1	1	2	2	3	3
Ginger paste* (g)	5	10	15	20	25	30
Scallions* (g)	31¼	62½	93¾	125	156¼	187½
Chestnut mushrooms* (g)	62½	125	250	250	375	375
Cucumber* (unit(s))	½	1	2	2	3	3
Sesame oil (ml)	5	10	15	20	25	30
Kimchi sauce (g)	20	40	60	80	100	120
Gochujang* (g)	6¼	12½	18¾	25	31¼	37½
Crispy fried onions (g)	15	30	45	60	75	90
Not included						
[Plant-based] butter (tbsp)	2	4	6	8	10	12
[Reduced salt] soy sauce (tbsp)	¼	½	¾	1	1¼	1½
White wine vinegar (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tbsp)	¾	1½	2¼	3	3¾	4½
Low sodium beef or vegetable stock (ml)	175	350	525	675	875	1025
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6

* *store in the fridge*

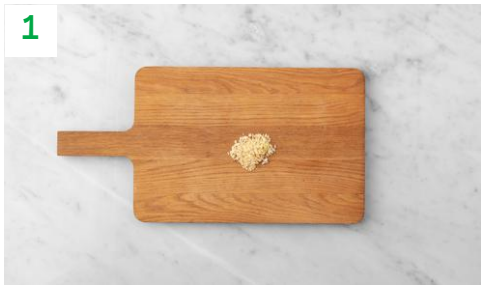
Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4230 /1011	568 /136
Total fat (g)	55	7
of which saturated(g)	23,5	3,2
Carbonhydrates (g)	90	12
of which sugars (g)	18,2	2,4
Fiber (g)	5	1
Protein (g)	39	5
Salt (g)	2,9	0,4

Allergens

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

1



Prepare

- Take the steak out of the fridge and allow it to reach room temperature (see Tip).
- Prepare the stock.
- Crush or mince the garlic.

Tip: *for the best result, do this 30 - 60 minutes before you start cooking.*

2



Cook the rice

- Melt a knob of butter in a pot or saucepan over low heat and fry the garlic with the ginger paste for 1 - 2 minutes.
- Add the rice and pour in the stock, then cook for 10 - 12 minutes, covered.
- Remove from the heat and set aside until serving, covered.

3



Pickle the cucumber

- Finely chop the scallions and separate the white part from the greens.
- Slice the cucumber into thin rounds.
- In a bowl, combine the white wine vinegar with a third of the honey, then add the cucumber and the scallion greens. Season to taste with salt and pepper.
- Set aside until serving, stirring occasionally.

4



Fry the steak

- Slice the mushrooms.
- Melt a knob of butter in a frying pan over medium-high heat and fry the mushrooms for 3 - 4 minutes.
- Add another knob of butter and allow to melt over high heat.
- When the butter is nice and hot, transfer the steak to the pan and fry for 1 - 3 minutes on one side.

5

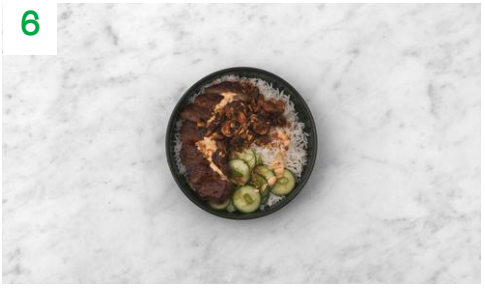


Finish

- Flip the steak, then add the white part of the scallions and fry for another 1 - 2 minutes.
- Deglaze with the soy sauce, then add the gochujang*, the rest of the honey and a knob of butter. Fry for 1 more minute.
- In a small bowl, combine the kimchi sauce* with the mayonnaise.

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

6



Serve

- Slice the steak against the grain.
- Serve the rice on deep plates and drizzle with the sesame oil.
- Top with the steak, then drizzle with the gochujang sauce and the kimchi mayonnaise. Garnish with the crispy fried onions.
- Serve the cucumber alongside.

Wild Boar Ragù Bolognese with Gnocchi & Grana Padano

with bacon, red wine & tomato-arugula side salad

Total time: 25 - 35 min. Quick Premium




Mix of carrot, onion and celery


Wild boar burger


Bacon


Red wine


Bay leaf


Passata


Garlic


Gnocchi


Arugula


Tomato


Crema di balsamico


Grana Padano flakes DOP

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
Mix of carrot, onion and celery* (g)	100	200	300	400	500	600
Wild boar burger* (unit(s))	1	2	3	4	5	6
Bacon* (slice(s))	1	2	3	4	5	6
Red wine (ml)	46¾	93½	140¼	187	233¾	280½
Bay leaf (unit(s))	1	1	2	2	3	3
Passata (g)	100	200	300	400	500	600
Garlic (unit(s))	1	1	2	2	3	3
Gnocchi (g)	200	400	600	800	1000	1200
Arugula* (g)	30	60	90	120	150	180
Tomato (unit(s))	1	2	3	4	5	6
Crema di balsamico (ml)	4	8	12	16	20	24
Grana Padano flakes DOP* (g)	10	20	30	40	50	60
Not included						
Low sodium beef stock (ml)	50	100	150	200	250	300
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3715 /888	490 /117
Total fat (g)	39	5
of which saturated(g)	12,1	1,6
Carbonhydrates (g)	87	11
of which sugars (g)	14,1	1,9
Fiber (g)	4	1
Protein (g)	36	5
Salt (g)	4,2	0,6

Allergens

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

1



Fry the vegetables

- Crush or mince the garlic.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the vegetable mix with the garlic for 3 - 4 minutes.

2



Prepare the stock

- Meanwhile, slice the bacon into thin strips.
- Add the burger and the bacon to the pan and fry for 3 - 4 minutes, separating the burger as you do so.
- Prepare the stock.

3



Make the sauce

- Deglaze the pan with the red wine and simmer for 1 - 2 minutes.
- Add the passata, the bay leaf and the stock.
- Simmer for at least 10 minutes (see Tip).

Tip: *if preferred, you can simmer the ragu up to 30 minutes longer to deepen the flavour. Add a splash of water as necessary if it seems too thick.*

4



Cook the gnocchi

- Boil plenty of salted water in a pot or saucepan and cook the gnocchi for 4 - 6 minutes.
- Reserve 50ml cooking liquid per person, then drain and set aside.

5



Make the salad

- Meawhile, dice the tomato.
- In a salad bowl, combine the white wine vinegar with the extra virgin olive oil and season to taste with salt and pepper.
- Transfer the tomato and the arugula to the salad bowl.
- Toss well to combine with the dressing.

6



Serve

- Remove the bay leaf from the sauce, then add the gnocchi and the reserved cooking liquid and mix well to combine.
- Serve the gnocchi on deep plates and garnish with the Grana Padano.
- Serve the salad alongside and drizzle over the crema di balsamico.

Hoisin Duck with Broccolini & Pak Choi

over ginger-scallion mash with Thai basil

Total time: 25 - 35 min. Quick Premium




Boneless duck thigh confit


Potatoes


Fresh ginger


Scallions


Garlic


Pak choi


Broccolini


Hoisin sauce


Sesame oil


Thai basil

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
Boneless duck thigh confit* (unit(s))	1	2	3	4	5	6
Potatoes (g)	250	500	750	1000	1250	1500
Fresh ginger* (tsp)	1	2	3	4	5	6
Scallions* (g)	62½	125	187½	250	312½	375
Garlic (unit(s))	½	1	1½	2	2½	3
Pak choi* (unit(s))	½	1	1½	2	2½	3
Broccolini* (g)	50	100	150	200	250	300
Hoisin sauce (g)	25	50	75	100	125	150
Sesame oil (ml)	10	20	30	40	50	60
Thai basil* (g)	5	10	15	20	25	30
Not included						
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] milk	splash					
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3498 /836	547 /131
Total fat (g)	50	8
of which saturated(g)	16	2,5
Carbonhydrates (g)	62	10
of which sugars (g)	12,9	2
Fiber (g)	10	2
Protein (g)	36	6
Salt (g)	1,4	0,2

Allergens

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

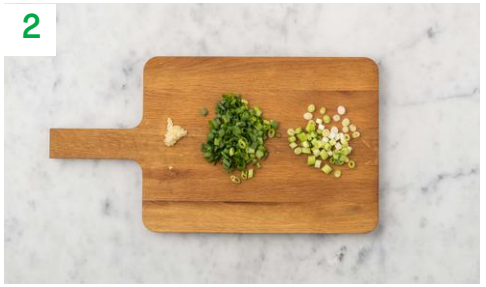
1



Prepare

- Preheat the oven to 200°C and boil plenty of water in a pot or saucepan.
- Parboil the broccolini for 3 - 5 minutes, then remove from the pot with a slotted spoon and set aside.
- Meanwhile, peel the potatoes and cut into rough chunks.
- Boil the potatoes in the same pot for 12 - 15 minutes, then drain and set aside.

2



Roast the duck

- Transfer the duck in its juices to an oven dish. Top the duck with the hoisin sauce.
- Roast in the oven for 15 - 20 minutes.
- Meanwhile, peel the ginger and then mince it or use a microplane as preferred.
- Finely chop the scallions, keeping the white part separate from the greens.

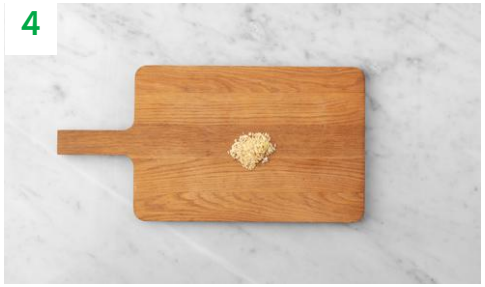
3



Fry the aromatics

- Melt a knob of butter in a frying pan over medium-high heat.
- Fry the ginger with the white part of the scallions and half of the scallion greens for 4 - 5 minutes, then remove from the pan and set aside.
- Meanwhile, discard the base of the pak choi and finely chop both the leaves and the stems, being sure to keep them separate.

4



Fry the vegetables

- Crush or mince the garlic.
- Heat a drizzle of sunflower oil in the same frying pan over medium-high heat. Fry the broccolini with the stems of the pak choi for 4 minutes.
- Add the garlic and the pak choi leaves, then fry for 1 more minute. Season with salt and pepper.
- Meanwhile, finely chop the Thai basil.

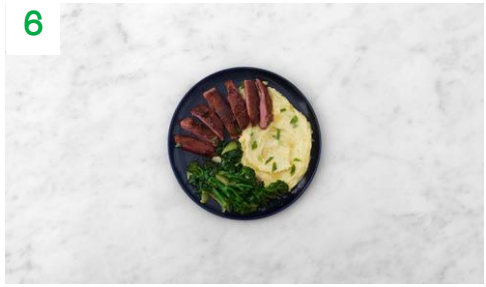
5



Mash the potatoes

- Mash the potatoes with a knob of butter and a splash of milk as preferred.
- Stir in the fried scallions, then season to taste with salt and pepper.

6



Serve

- Serve the mash on plates and top with the hoisin duck.
- Seve the fried vegetables alongside and drizzle with the sesame oil.
- Garnish with the Thai basil and the rest of the scallion greens.

Organic Salmon | with Teriyaki, Kimchi & Smashed Cucumber

with spicy gochujang potatoes, sweet chili mayonnaise & sesame seeds

Total time: 30 - 40 min.



- Gochujang
- Teriyaki sauce
- Cucumber
- Pre-cooked halved baby potatoes [skin-on]
- Sesame oil
- Sesame seeds
- Fresh coriander
- Garlic
- Scallions
- Sweet chili sauce
- Carrot
- Organic skin-on salmon fillet
- Kimchi

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
Gochujang* (g)	12½	25	37½	50	62½	75
Teriyaki sauce (g)	25	50	75	100	125	150
Cucumber* (unit(s))	½	1	2	2	3	3
Pre-cooked halved baby potatoes [skin-on]* (g)	200	400	600	800	1000	1200
Sesame oil (ml)	5	10	15	20	25	30
Sesame seeds (g)	5	10	15	20	25	30
Fresh coriander* (g)	5	10	15	20	25	30
Garlic (unit(s))	1	1	2	2	3	3
Scallions* (g)	31¼	62½	93¾	125	156¼	187½
Sweet chili sauce* (g)	17½	35	52½	70	87½	105
Carrot* (unit(s))	½	1	1	2	2	3
Organic skin-on salmon fillet* (unit(s))	1	2	3	4	5	6
Kimchi* (g)	25	50	75	100	125	150
Not included						
Sunflower oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tsp)	½	1	1½	2	2½	3
[Reduced salt] soy sauce (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3607 /862	522 /125
Total fat (g)	55	8
of which saturated(g)	7,2	1
Carbonhydrates (g)	59	8
of which sugars (g)	18,8	2,7
Fiber (g)	10	1
Protein (g)	34	5
Salt (g)	3,7	0,5

Allergens

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

1



Roast the vegetables

- Preheat the oven to 200°C.
- Slice the carrot into thin crescents.
- Transfer the potatoes and the carrot to a parchment-lined baking sheet. Add the gochujang* and drizzle with sunflower oil. Season with salt and pepper, then toss well to coat.
- Roast for 16 - 20 minutes, tossing halfway.

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

2



Roast the fish

- Finely chop the scallions and separate the white part from the greens.
- Grease an oven dish with a drizzle of sunflower oil. Pat the fish dry with kitchen paper, then place skin-side down in the oven dish.
- Top with the teriyaki sauce and the white part of the scallions, then roast for 10 - 12 minutes.

3



Smash the cucumber

- Halve the cucumber lengthways and place a cutting board over it, then press down firmly so as to 'smash' it.
- Cut the cucumber into 1cm chunks, then transfer to a bowl.
- Add a pinch of salt and toss well to combine, then set aside.
- Chop the coriander and crush or mince the garlic.
- In a small bowl, combine the mayonnaise with the sweet chili sauce.

4



Serve

- Drain the cucumber and return to the bowl.
- Add the garlic, the coriander, the sesame oil, the sesame seeds, the white wine vinegar and the soy sauce. Toss well to combine.
- Serve everything on plates with the kimchi* and the sweet chili mayonnaise alongside.
- Garnish with the scallion greens.

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

Chicken in Peanut Sauce with Udon Stir-Fry

with crispy onions & quick-pickled cucumber

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




Chicken thigh


Persian cucumber


Onion


Garlic


Fresh udon noodles


Peanut sauce


Crispy fried onions


Vegetable mix with cabbage


Beansprouts


Pak choi

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* (unit(s))	1	2	3	4	5	6
Persian cucumber* (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Fresh udon noodles (g)	110	220	330	440	550	660
Peanut sauce* (g)	60	120	180	240	300	360
Crispy fried onions (g)	15	30	45	60	75	90
Vegetable mix with cabbage* (g)	200	400	600	800	1000	1200
Beansprouts* (g)	25	50	75	100	125	150
Pak choi* (unit(s))	½	1	2	2	3	3
Not included						
Sunflower oil (tbsp)	1	2	3	4	5	6
[Reduced salt] ketjap manis (tbsp)	2	4	6	8	10	12
White wine vinegar (tbsp)	1	2	3	4	5	6
Sugar (tsp)	½	1	1½	2	2½	3
Sambal (tsp)	½	1	1½	2	2½	3
[Reduced salt] soy sauce			to taste			
Water for the sauce (tbsp)	1	2	3	4	5	6

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3276 /783	411 /98
Total fat (g)	35	4
of which saturated(g)	9,4	1,2
Carbonhydrates (g)	76	10
of which sugars (g)	38,1	4,8
Fiber (g)	14	2
Protein (g)	36	5
Salt (g)	3,3	0,4

Allergens

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

1



Prepare

- Dice the chicken and transfer to a bowl. Add half of the ketjap and toss well to coat.
- Slice the cucumber into rounds.
- In a bowl, combine the white wine vinegar with the sugar. Add the cucumber and toss well to combine, then set aside, stirring occasionally.
- Slice the onion into half-rings and crush or mince the garlic.

2



Fry the vegetables

- Discard the base of the pak choi and finely chop both the leaves and the stems.
- Heat a drizzle of sunflower oil in a large deep frying pan over medium-high heat. Fry the onion and the garlic for 1 - 2 minutes.
- Add the vegetable mix and the pak choi stems, then stir-fry for 5 - 7 minutes.
- Add the noodles and fry for 2 - 3 more minutes.

3



Fry the chicken

- Add the beansprouts, the pak choi leaves, the sambal, the rest of the ketjap and some soy sauce as preferred. Stir-fry for 1 more minute.
- In the meantime, heat a drizzle of sunflower oil in a frying pan over medium-high heat and fry the chicken for 7 minutes.
- Stir in the peanut sauce and the water for the sauce, then heat for 3 - 5 minutes.

4



Serve

- Serve the noodles on plates and drizzle with some soy sauce as preferred.
- Top with the chicken and the peanut sauce.
- Garnish with the crispy onions.
- Serve the quick-pickled cucumber alongside.

Steak Salad with Parmigiano Reggiano & Basil Crème

with pearl barley, arugula & tomatoes

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




Pearl barley


Red onion


Garlic


Bell pepper


Mini Roma tomatoes


Sicilian-style herb mix


Parmigiano Reggiano DOP


Arugula


Basil crème


Marinated steak strips

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pearl barley (g)	37½	75	112½	150	187½	225
Red onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Bell pepper* (unit(s))	½	1	1½	2	2½	3
Mini Roma tomatoes* (g)	125	250	375	500	625	750
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Arugula* (g)	20	40	60	80	100	120
Basil crème (ml)	7½	15	22½	30	37½	45
Marinated steak strips* (g)	120	240	360	480	600	720
Not included						
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2226 /532	478 /114
Total fat (g)	23	5
of which saturated(g)	5,6	1,2
Carbonhydrates (g)	41	9
of which sugars (g)	13,3	2,9
Fiber (g)	9	2
Protein (g)	38	8
Salt (g)	1,7	0,4

Allergens

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

1



Prepare

- Preheat the oven to 200°C. Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cook the pearl barley in the stock for 20 - 25 minutes, then drain and set aside.
- Slice the onion into wedges and crush or mince the garlic.
- Cut the bell pepper into large chunks.

Did you know... *the bell pepper in this recipe contains vitamin B6, a nutrient that supports the nervous system.*

2



Roast the vegetables

- Transfer the tomatoes, the bell pepper, the garlic and the onion to an oven dish, then drizzle with olive oil. Season with salt and pepper, then toss well to coat.
- Roast in the oven for 20 minutes.
- Grate the cheese in the meantime.
- Take the steak strips out of the fridge and allow to reach room temperature.

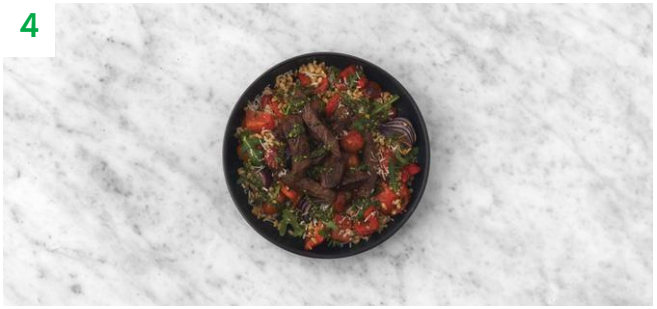
3



Fry the steak strips

- Heat a light drizzle of olive oil in a frying pan over medium-high heat and fry the steak strips for 1 minute.
- Season with salt and pepper, then deglaze with the balsamic vinegar.
- In a salad bowl, combine the pearl barley with the arugula, the roasted vegetables, the Sicilian-style herbs and half of the cheese.
- Season to taste with salt and pepper.

4



Serve

- Serve the pearl barley on deep plates and top with the steak strips.
- Drizzle with the basil crème and garnish with the rest of the cheese.

Philly-Style Cheesesteak with Potato Wedges

with mushrooms, cheddar & Romano pepper

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




Steak


Potatoes


Red onion


Romano pepper


Mushrooms


Worcestershire sauce


Grated cheddar


Garlic & herb seasoning

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Steak* (unit(s))	1	2	3	4	5	6
Potatoes (g)	250	500	750	1000	1250	1500
Red onion (unit(s))	1	2	3	4	5	6
Romano pepper* (unit(s))	½	1	1	2	2	3
Mushrooms* (g)	62½	125	187½	250	312½	375
Worcestershire sauce (g)	10	15	25	30	40	45
Grated cheddar* (g)	25	50	75	100	125	150
Garlic & herb seasoning (sachet(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2853 /682	441 /105
Total fat (g)	30	5
of which saturated(g)	12,3	1,9
Carbonhydrates (g)	64	10
of which sugars (g)	13,6	2,1
Fiber (g)	10	1
Protein (g)	43	7
Salt (g)	1,4	0,2

Allergens

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

1



Prepare

- Take the steak out of the fridge and allow it to reach room temperature.
- Peel or thoroughly wash the potatoes and cut them into wedges.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the potato wedges for 20 minutes, covered.
- Remove the lid and fry for 10 - 15 more minutes, tossing regularly.

2



Fry the steak

- Chop the onion and Romano pepper into half-rings. Slice the mushrooms.
- Heat a light drizzle of olive oil in a frying pan over medium-high heat.
- When the pan is nice and hot, sear the steak for 1 - 2 minutes per side.
- Remove from the pan and season with pepper, then allow to rest under aluminum foil.

3



Fry the vegetables

- Heat a light drizzle of olive oil in the same pan and fry the onion for 2 - 3 minutes.
- Add the Romano pepper and the mushrooms, then fry for 7 - 9 minutes.
- Slice the steak in the meantime.
- Turn the heat under the vegetables to high, then stir in a knob of butter and the Worcestershire sauce. Fry for 1 - 2 minutes, seasoning with salt and pepper.

4



Serve

- Place the steak on top of the vegetables, then top the steak with the cheese. Turn off the heat and cover with the lid, so as to allow the cheese to melt.
- Scatter the garlic & herb seasoning over the potato wedges, then season with salt and pepper.
- Serve the potato wedges on deep plates, topped with the vegetables and the cheesesteak.

Creamy Three Cheese Courgette Lasagne

with fresh pasta sheets & spinach

Total time: 55 - 65 min. Family Premium




Courgette


Onion


Garlic


Spinach


Grana Padano flakes DOP


Blue cheese cubes

Fresh lasagne sheets


Italian seasoning


Herbed cream 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
Courgette* (unit(s))	½	1	2	2	3	3
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Spinach* (g)	100	200	300	400	500	600
Grana Padano flakes DOP* (g)	20	40	60	80	100	120
Blue cheese cubes* (g)	25	50	75	100	125	150
Fresh lasagne sheets* (unit(s))	2	4	6	8	10	12
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Herbed cream cheese* (g)	40	75	114¾	150	189¾	225
Not included						
[Plant-based] butter (g)	20	40	60	80	100	120
Flour (g)	20	40	60	80	100	120
Olive oil (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	250	500	750	1000	1250	1500
Salt and pepper	to taste					

* *store in the fridge*

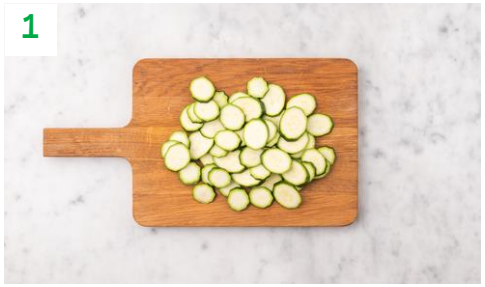
Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3937 /941	532 /127
Total fat (g)	58	8
of which saturated(g)	29,6	4
Carbonhydrates (g)	70	9
of which sugars (g)	9,6	1,3
Fiber (g)	8	1
Protein (g)	31	4
Salt (g)	2,4	0,3

Allergens

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

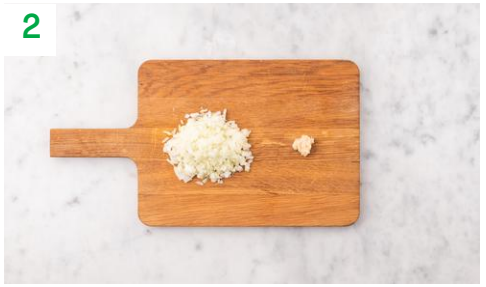
1



Prepare

- Preheat the oven to 220°C.
- Prepare the stock.
- Slice the courgette into rounds of no more than 0.5cm thickness.

2



Chop the vegetables

- Transfer the courgette to a bowl and drizzle generously with olive oil.
- Season with salt and pepper, then toss well to coat (see Tip).
- Transfer to a parchment-lined baking sheet and roast in the oven for 10 minutes.
- In the meantime, chop the onion and crush or mince the garlic.

Tip: *you can also do this directly on the baking sheet.*

3



Make the roux

- Melt the butter in a wok or deep frying pan over medium-high heat. Fry the onion and the garlic for 2 minutes, then whisk in the flour.
- Add a third of the stock and whisk continuously to incorporate.
- Repeat this twice more with the rest of the stock so as to make a smooth sauce.
- Bring to the boil and cook for 1 - 2 minutes. Season to taste with salt and pepper.

4



Finish the sauce

- Stir in the Italian seasoning and the spinach. Allow the spinach to wilt and reduce, then stir in the cream cheese and a third of the Grana Padano.
- Season to taste with salt and pepper, then continue cooking for 2 - 3 more minutes.
- Grease an oven dish with butter or olive oil.
- Cut the lasagne sheets according to the size of your oven dish.

5



Assemble

- Pour layer of the sauce into the oven dish.
- Top with some of the lasagne sheets and press down (see Tip).
- Top with another layer of sauce and some of the courgette slices
- Repeat so as to use all the ingredients, reserving enough sauce for the top.

Tip: *pressing the lasagne sheets gently allows the sauce to spread more evenly and the lasgne to cook more quickly.*

6



Serve

- Finish the lasagne with a final layer of sauce, then top with the blue cheese and the rest of the Grana Padano.
- Bake the lasagne in the oven for 30 - 35 minutes.
- Allow to stand for 3 minutes before serving.

Black Garlic Cod Loin & Gochujang Shrimp Udon

with spicy smashed cucumber salad & Thai basil

Total time: 25 - 35 min. Quick Premium



- Garlic
- Red chili pepper
- Fresh ginger
- Scallions
- Chestnut mushrooms
- Lime
- Cucumber
- Sesame oil
- Sesame seeds
- East Asian-style sauce
- Gochujang
- Shrimp
- Fresh udon noodles
- Thai basil
- Black garlic marinade
- Cod loin

CHEF'S FINEST

Chef's Finest is a selection of exclusive recipes just for HelloFresh Premium customers. This week, enjoy our premium cod loin: the thickest, most tender cut of the fillet with a rich, flaky texture.
Scan the QR code to let us know what you thought of the ingredient!

NUTRI-SCORE A B C D E

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	1	2	3	4	5	6
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Fresh ginger* (tsp)	2½	5	7½	10	12½	15
Scallions* (g)	62½	125	187½	250	312½	375
Chestnut mushrooms* (g)	125	250	375	500	625	750
Lime* (unit(s))	½	1	1½	2	2½	3
Cucumber* (unit(s))	½	1	1½	2	2½	3
Sesame oil (ml)	10	20	30	40	50	60
Sesame seeds (g)	5	10	15	20	25	30
East Asian-style sauce* (g)	18	35	55	70	90	105
Gochujang* (g)	12½	25	37½	50	62½	75
Shrimp* (g)	40	80	120	160	200	240
Fresh udon noodles (g)	110	220	330	440	550	660
Thai basil* (g)	5	10	15	20	25	30
Black garlic marinade* (g)	15	30	45	60	75	90
Cod loin* (unit(s))	1	2	3	4	5	6
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
[Reduced salt] soy sauce (tbsp)	½	1	1½	2	2½	3

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2619 /626	351 /84
Total fat (g)	23	3
of which saturated(g)	3,4	0,5
Carbonhydrates (g)	62	8
of which sugars (g)	15,9	2,1
Fiber (g)	10	1
Protein (g)	46	6
Salt (g)	3,7	0,5

Allergens

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

1

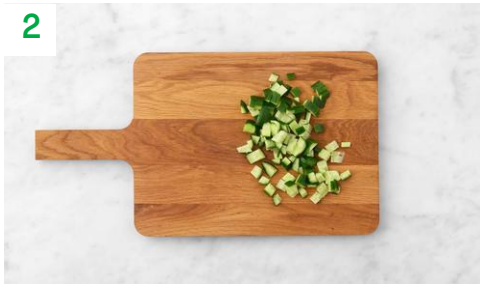


Prepare

- Deseed the red chili pepper* and slice into thin rings.
- Zest and quarter the lime.
- In a salad bowl, combine the sesame oil with the sesame seeds, the lime zest and the juice of a quarter lime per person.
- Add half each of the soy sauce, the gochujang* and the chili pepper.

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

2



Chop the vegetables

- Use the base of a pan to smash the cucumber, then cut it into rough chunks and transfer to the salad bowl.
- Drizzle with some honey as preferred, then toss well to combine with the dressing and set aside.
- Quarter the mushrooms and crush or mince the garlic.
- Peel the ginger and then mince it or use a microplane as preferred.

3



Fry the shrimp

- Finely chop the scallions and separate the white part from the greens.
- Heat a light drizzle of olive oil in a wok or deep frying pan over medium-high heat and fry the mushrooms for 3 - 5 minutes.
- Add the garlic, the ginger and the white part of the scallions, then fry for 2 - 3 more minutes.
- Add the shrimp and fry for 3 more minutes.

4



Make the sauce

- In a small bowl, combine the East Asian-style sauce with the rest of the gochujang and the soy sauce.
- Transfer this sauce to the wok, then add the noodles and fry for 2 - 4 minutes.
- Meanwhile, roughly chop or tear the Thai basil.
- Stir three quarters of the Thai basil into the noodles. Season to taste with salt and pepper.

5



Fry the fish

- Meanwhile, pat the fish dry with kitchen paper.
- Heat a light drizzle of olive oil in a frying pan over medium-high heat and fry the fish for 1 - 2 minutes per side. Season to taste with salt and pepper.
- Coat the fish with the black garlic marinade.

6



Serve

- Serve the noodles in bowls and top with the fish.
- Garnish with the scallion greens, along with the rest of the Thai basil and the chilli pepper.
- Serve the smashed cucumber salad and the rest of the lime wedges alongside.

Hoisin Duck Bao Buns with Tangy Orange Sauce

with broccolini, coriander & pickled vegetables

Total time: 30 - 40 min. Premium



- Bao buns
- Boneless duck thigh confit
- Garlic
- Red onion
- Persian cucumber
- Radish
- Ginger paste
- Hoisin sauce
- Reduced salt soy sauce
- Broccolini
- Orange
- Sesame seeds
- Fresh coriander

CHEF'S FINEST

Chef's Finest is a selection of exclusive recipes just for HelloFresh Premium customers. This week, enjoy delicious confit duck thigh. Exceptionally tender and full of rich, complex flavour, it's sure to be the star of the dinner table.
Scan the QR code to let us know what you thought of the ingredient!

NUTRI-SCORE A B C D E

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Bao buns (unit(s))	3	6	9	12	15	18
Boneless duck thigh confit* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1	2	2	3
Persian cucumber* (unit(s))	½	1	2	2	3	3
Radish* (bunch)	½	1	1½	2	2½	3
Ginger paste* (g)	5	10	15	20	25	30
Reduced salt soy sauce (ml)	10	20	30	40	50	60
Hoisin sauce (g)	25	50	75	100	125	150
Broccolini* (g)	50	100	200	200	300	300
Orange* (unit(s))	½	1	1½	2	2½	3
Sesame seeds (g)	2½	5	7½	10	12½	15
Fresh coriander* (g)	2½	5	7½	10	12½	15
Not included						
Sunflower oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4217 /1008	644 /154
Total fat (g)	45	7
of which saturated(g)	8,7	1,3
Carbonhydrates (g)	103	16
of which sugars (g)	31,2	4,8
Fiber (g)	9	1
Protein (g)	44	7
Salt (g)	3,5	0,5

Allergens

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

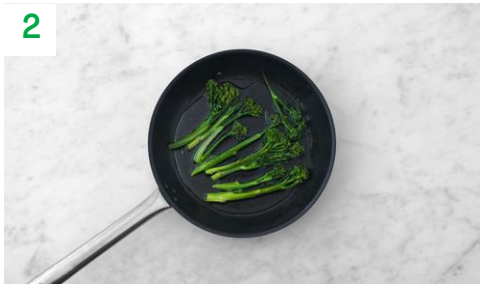
1



Prepare

- Discard the radish leaves. Quarter half of the radishes and set aside.
- In a bowl, combine the white wine vinegar with half of the honey and a pinch of salt.
- Slice the cucumber and the rest of the radishes into thin rounds.
- Transfer both to the bowl, then toss well to combine. Set aside until serving, stirring occasionally.

2



Fry the broccolini

- Halve the broccolini lengthways, or cut any thicker stems into quarters.
- Transfer to a deep frying pan and submerge with a shallow layer of water. Bring to the boil and cook for 4 - 6 minutes, covered, then drain and return to the pan.
- Juice the orange in the meantime.
- Chop the onion and crush or mince the garlic.

3



Make the sauce

- Drizzle the broccolini with sunflower oil, then add the radishes and fry for 2 - 3 minutes over high heat.
- Add the garlic, the ginger paste and half of the orange juice, then fry for 1 minute. Season to taste with salt and pepper.
- In a bowl, combine the hoisin sauce with half of the soy sauce and the rest of the orange juice and the honey.

4



Steam the bao buns

- Boil a shallow layer of water in a pot or saucepan.
- Line a sieve with a sheet of parchment paper and place it over the pan, taking care to ensure it doesn't touch the water (see Tip).
- Transfer the bao buns to the sieve and cover with the lid, then allow to steam for 5 - 7 minutes or until soft.

Tip: *if you have a steamer, use this instead of the sieve.*

5



Fry the duck

- Heat a drizzle of sunflower oil in a frying pan over medium-high heat and fry the duck with the onion for 2 - 3 minutes per side.
- Remove the duck from the pan and use two forks to shred the meat, then return to the pan.
- Stir in the hoisin mixture and heat for 1 minute. Season with salt and pepper.
- Meanwhile, roughly chop the coriander.

6



Serve

- In a small bowl, combine the mayonnaise with the rest of the soy sauce.
- Cut or gently pull the bao buns open and spread with the soy mayonnaise, then fill with the duck and the pickled vegetables.
- Serve the broccolini and the radishes alongside.
- Garnish with the sesame seeds and the coriander.

Cod & Chorizo with Fragrant Orzotto

with Kalamata olives, lemon & parsley

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



- Diced chorizo
- Romano pepper
- Tomato
- Onion
- Garlic
- Peruvian-style spice mix
- BBQ spice rub
- Orzo
- Passata
- Lemon
- Cod fillet
- Kalamata olives
- Fresh 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
Diced chorizo* (g)	30	60	90	120	150	180
Romano pepper* (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	½	1	2	2	3	3
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Peruvian-style spice mix (sachet(s))	½	1	1½	2	2½	3
BBQ spice rub (sachet(s))	½	1	1½	2	2½	3
Orzo (g)	75	150	225	300	375	450
Passata (g)	100	200	300	390	500	590
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Cod fillet* (unit(s))	1	2	3	4	5	6
Kalamata olives (g)	15	30	45	60	75	90
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Not included						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Low sodium chicken stock (ml)	160	320	480	640	800	960
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2799 /669	402 /96
Total fat (g)	21	3
of which saturated(g)	8,2	1,2
Carbonhydrates (g)	74	11
of which sugars (g)	15,8	2,3
Fiber (g)	9	1
Protein (g)	42	6
Salt (g)	3,1	0,4

Allergens

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

1



Prepare

- Chop the onion and crush or mince the garlic.
- Cut the Romano pepper into strips and dice the tomato.
- Heat a large clean deep frying pan over medium-high heat. Fry the chorizo for 2 - 3 minutes, then remove from the pan and set aside.
- Fry the onion and the garlic in the same pan for 1 - 2 minutes over medium-high heat.

2



Fry the vegetables

- Add the Romano pepper and the tomato, then fry for 3 more minutes over medium heat.
- Add the BBQ rub* and the Peruvian-style spices, then fry for 1 more minute.
- Meanwhile, prepare the stock.

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

3



Make the orzotto

- Stir in the orzo, then season generously with salt and pepper. Toast the grains for 1 minute, then deglaze with the white wine vinegar, the stock and the passata.
- Cook for 7 - 8 minutes over low heat, covered, stirring regularly.
- Remove the lid and cook for 5 more minutes.
- In the meantime, zest and juice the lemon.

4



Fry the fish

- Pat the fish dry with kitchen paper.
- Melt a knob of butter in a frying pan over medium-high heat and fry the fish for 1 - 2 minutes per side.
- Deglaze with half of the lemon juice, then season to taste with salt and pepper.
- Roughly chop the olives.

Did you know... *the fish in this recipe contains vitamin B6, a nutrient that that supports normal energy levels in the body.*

5



Finish

- Stir the olives and the lemon zest into the orzotto.
- Use a spatula to break the fish into thirds.
- Roughly chop the parsley.

6



Serve

- Serve the orzotto on deep plates and top with the fish.
- Scatter over the chorizo.
- Garnish with the parsley and drizzle with the rest of the lemon juice as preferred.

Burrata & Bacon Salad with Panko-Walnut Topping

with capers, pear, green beans & endive

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




Raisins


Green beans


Capers


Bacon


Panko breadcrumbs


Endive


Pear


Butter lettuce


Burrata


Crema di balsamico


Chopped walnuts

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
Raisins (g)	10	20	30	40	50	60
Green beans* (g)	100	200	300	400	500	600
Capers (g)	15	30	45	60	75	90
Bacon* (slice(s))	2	4	6	8	10	12
Panko breadcrumbs (g)	15	25	40	50	65	75
Endive* (unit(s))	½	1	1½	2	2½	3
Pear* (unit(s))	½	1	1½	2	2½	3
Butter lettuce* (head)	½	1	1½	2	2½	3
Burrata* (ball(s))	½	1	1½	2	2½	3
Crema di balsamico (ml)	4	8	12	16	20	24
Chopped walnuts (g)	10	20	30	40	50	60
Not included						
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Mustard (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3197 /764	617 /147
Total fat (g)	59	11
of which saturated(g)	17,1	3,3
Carbonhydrates (g)	35	7
of which sugars (g)	21,3	4,1
Fiber (g)	9	2
Protein (g)	20	4
Salt (g)	1,9	0,4

Allergens

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

1



Prepare

- Discard the tips of the green beans and transfer to a pot or saucepan, then add a pinch of salt and submerge with water.
- Bring to the boil and cook for 4 - 6 minutes, then drain and set aside.
- Heat a light drizzle of olive oil in a frying pan over medium-high heat.
- Fry the capers with the bacon until crispy, then remove from the pan and set aside.

Did you know... *the green beans in this recipe contain folate, a vitamin that supports your memory function.*

2



Make the topping

- Melt a knob of butter in the same pan over medium heat and toast the panko with the walnuts until golden-brown.
- Season to taste with salt and pepper, then remove from the pan and set aside.
- Soak the raisins in a small bowl of lukewarm water.
- Cut the bacon into strips.

3



Make the dressing

- Cut off the base of the endive and discard. Halve the endive lengthways and remove the tough core, then chop into thin strips.
- Core and slice the pear.
- Roughly shred the lettuce.
- In a large salad bowl, combine the mayonnaise with the mustard, the extra virgin olive oil and the white wine vinegar. Season to taste with salt and pepper.

4



Serve

- Transfer the green beans, the raisins, the endive, the pear and the lettuce to the salad bowl, then toss well to combine with the dressing.
- Serve the salad on plates and top with the burrata.
- Garnish with the panko-walnut topping, the capers and the bacon.
- Drizzle with the crema di balsamico to finish.

Venison Steak with Oyster Mushrooms & Creamy Tarragon Sauce

with Hasselback potatoes, green beans & salted almonds

Total time: 45 - 55 min. Premium




Venison steak


Fresh tarragon


Green beans


Waxy red potatoes


Oyster mushrooms


Cooking cream


Hello Provence


Salted almonds

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
Venison steak* (g)	120	240	360	480	600	720
Fresh tarragon* (g)	2½	5	7½	10	12½	15
Green beans* (g)	100	200	300	400	500	600
Waxy red potatoes (g)	250	500	750	1000	1250	1500
Oyster mushrooms* (g)	100	200	300	400	500	600
Cooking cream (g)	75	150	225	300	375	450
Hello Provence (sachet(s))	½	1	1½	2	2½	3
Salted almonds (g)	10	20	30	40	50	60
Not included						
Olive oil (tbsp)	1½	3	4½	6	7½	9
[Plant-based] butter (tbsp)	1	2	3	4	5	6
[Plant-based] milk (splash)	1	1	1	1	2	2
Low sodium mushroom or vegetable stock cube (unit(s))	⅓	⅔	1	1⅓	1⅔	2
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3879 /927	548 /131
Total fat (g)	59	8
of which saturated(g)	22,2	3,1
Carbonhydrates (g)	58	8
of which sugars (g)	8,5	1,2
Fiber (g)	11	2
Protein (g)	40	6
Salt (g)	2,3	0,3

Allergens

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

1



Prepare

- Preheat the oven to 220°C.
- Take the steak out of the fridge and allow it to reach room temperature.
- Place a potato between two spatulas or chopsticks and slice repeatedly across the entire potato in intervals of 0.5cm, being sure to keep the base intact.
- Transfer to a parchment-lined baking sheet, then repeat with the rest of the potatoes.

2



Roast the potatoes

- Drizzle the potatoes with olive oil and scatter over the Hello Provence.
- Season with salt and pepper, then toss well to coat.
- Roast the potatoes in the oven for 30 - 35 minutes until done.
- Meanwhile, discard the tips of the green beans.

3



Fry the vegetables

- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the green beans for 2 - 3 minutes.
- Add a splash of water and steam for 2 minutes, covered.
- Tear the mushrooms into rough pieces.
- Stir a knob of butter into the beans, then add the mushrooms and fry for 7 - 9 minutes, stirring occasionally.

4



Fry the steak

- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- When the oil is nice and hot, add a knob of butter and the steak.
- Fry the steak for 3 - 4 minutes per side, or until cooked as preferred (see Tip).
- Meanwhile, finely chop the tarragon.

Tip: *fry the steak for more or less time as preferred, depending on how rare you'd like it.*

5



Make the sauce

- Remove the steak from the pan and allow to rest under aluminum foil.
- Add the cream and a splash of milk to the same pan. Mix well, then bring to the boil and crumble in the stock cube (see pantry for amount).
- Allow to simmer for 2 - 3 minutes until thickened and reduced.
- Turn off the heat, then stir the tarragon into the sauce.

6



Serve

- Meanwhile, roughly chop the almonds.
- Serve the potatoes and the vegetables on plates with the steak alongside.
- Top the steak with the tarragon sauce.
- Garnish the vegetables with the almonds.