Creamy Chorizo Casarecce

with guacamole & tomatoes

Total time: 15 - 25 min. Family Quick




Casarecce


Diced chorizo


Onion


Mini Roma tomatoes


Guacamole


Herbed cream cheese


Grated Gouda


Romano pepper

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Casarecce (g)	90	180	270	360	450	540
Diced chorizo* (g)	45	90	135	180	225	270
Onion (unit(s))	½	1	1	2	2	3
Mini Roma tomatoes* (g)	125	250	375	500	625	750
Guacamole* (g)	40	80	120	160	200	240
Herbed cream cheese* (g)	25	50	75	100	125	150
Grated Gouda* (g)	25	50	75	100	125	150
Romano pepper* (unit(s))	½	1	2	2	3	3
Not included						
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)	3548 /848	770 /184
Total fat (g)	43	9
of which saturated(g)	16,7	3,6
Carbonhydrates (g)	78	17
of which sugars (g)	14,2	3,1
Fiber (g)	9	2
Protein (g)	34	7
Salt (g)	2,3	0,5

Allergens

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

1



Boil the pasta

- Boil plenty of salted water in a pot or saucepan and cook the pasta for 11 - 13 minutes, then drain and set aside.
- Chop the onion in the meantime.
- Cut the Romano pepper into strips.

2



Fry the chorizo and vegetables

- Heat a drizzle of sunflower oil in a large deep frying pan over medium-high heat.
- Fry the onion with the chorizo for 2 - 3 minutes.
- Halve the tomatoes and transfer to the frying pan, along with the Romano pepper.
- Fry for 4 - 5 minutes, seasoning to taste with salt and pepper.

3



Finish the sauce

- Stir in the herbed cream cheese and half of the grated cheese.
- Allow to melt, then add the pasta and mix well to combine.
- Cook for 1 more minute over high heat, seasoning to taste with salt and pepper.

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

4



Serve

- Serve the pasta on plates.
- Garnish with the rest of the cheese.
- Finish with the guacamole.

Sticky No-Chicken & Gochujang Noodle Salad

with edamame, peanuts & lime

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

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



- Wholewheat noodles
- Plant-based chicken pieces
- Carrot
- Edamame
- Shredded red cabbage
- Bell pepper
- Lime
- East Asian-style sauce
- Gochujang
- Sesame oil
- Sesame seeds
- Salted peanuts

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Wholewheat noodles (g)	50	100	150	200	250	300
Plant-based chicken pieces* (g)	80	160	240	320	400	480
Carrot* (unit(s))	½	1	1	2	2	3
Edamame* (g)	25	50	75	100	125	150
Shredded red cabbage* (g)	100	200	300	400	500	600
Bell pepper* (unit(s))	½	1	2	2	3	3
Lime* (unit(s))	½	1	1½	2	2½	3
East Asian-style sauce* (g)	20	35	55	70	90	105
Gochujang* (g)	15	25	40	50	65	75
Sesame oil (ml)	5	10	15	20	25	30
Sesame seeds (g)	5	10	15	20	25	30
Salted peanuts (g)	15	30	40	60	70	90
Not included						
Sunflower oil (tbsp)	¼	½	¾	1	1¼	1½
[Reduced salt] ketjap manis (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)	2937 /702	546 /130
Total fat (g)	31	6
of which saturated(g)	3,9	0,7
Carbonhydrates (g)	76	14
of which sugars (g)	23,5	4,4
Fiber (g)	16	3
Protein (g)	30	6
Salt (g)	3,1	0,6

Allergens

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

1



Prepare

- Boil plenty of water in a pot or saucepan for the noodles.
- Cook the noodles for 3 minutes or until al dente, then drain and rinse under cold water.
- Meanwhile, grate the carrot.
- Cut the bell pepper into thin strips.

Did you know... *the carrot in this recipe contains vitamin A, a nutrient that supports the maintenance of normal vision.*

3



Make the salad

- In a large salad bowl, combine the gochujang* with the East Asian-style sauce, the sesame oil and the juice of 1 lime wedge per person.
- Transfer the carrot, the bell pepper, the red cabbage and the noodles to the bowl, then toss well to combine with the dressing.

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

2



Fry the veggie chicken

- Heat a light drizzle of sunflower oil in a deep frying pan over medium-high heat.
- Fry the veggie chicken pieces for 7 - 8 minutes.
- Season with salt and pepper, then turn off the heat and stir in the ketjap.
- In the meantime, quarter the lime.

4



Serve

- Roughly chop the peanuts.
- Serve everything on deep plates and drizzle over any remaining ketjap from the frying pan.
- Scatter over the edamame, the peanuts and the sesame seeds.
- Serve with the rest of the lime wedges.

Bulgur Bowl with Fried Egg & Avocado

with corn salsa & beetroot tortilla chips

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



- Egg
- Beetroot tortilla chips
- Bulgur
- Corn
- Radicchio & iceberg lettuce
- Organic full-fat yogurt
- Fresh coriander
- Tomato
- Avocado
- Red onion
- Lime
- Greek-style cheese
- Garlic
- African-inspired spice mix

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Egg* (unit(s))	1	2	3	4	5	6
Beetroot tortilla chips (g)	25	50	75	100	125	150
Bulgur (g)	40	75	115	150	190	225
Corn (g)	70	140	140	285	280	425
Radicchio & iceberg lettuce* (g)	50	100	150	200	250	300
Organic full-fat yogurt* (g)	50	100	150	200	250	300
Fresh coriander* (g)	5	10	15	20	25	30
Tomato (unit(s))	1	2	3	4	5	6
Avocado (unit(s))	½	1	2	2	3	3
Red onion (unit(s))	½	1	2	2	3	3
Lime* (unit(s))	½	1	1½	2	2½	3
Greek-style cheese* (g)	25	50	75	100	125	150
Garlic (unit(s))	½	1	1½	2	2½	3
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
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)	3117 /745	555 /133
Total fat (g)	42	8
of which saturated(g)	11,9	2,1
Carbonhydrates (g)	66	12
of which sugars (g)	13,4	2,4
Fiber (g)	15	3
Protein (g)	25	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



Prepare

- Transfer the bulgur to a pot or saucepan and submerge with water.
- Crumble in the stock cube (see pantry for amount).
- Bring to a boil and cook for 10 minutes, or until done.
- Drain, then stir in the African-inspired spice mix and set aside.

2



Make the salsa

- Finely chop the onion and dice the tomato. Drain the corn.
- Roughly chop the coriander. Cut the lime into 6 wedges.
- In a bowl, combine the onion with the tomato, the coriander, the corn and the juice of 1 lime wedge per person. Season to taste with salt and pepper.
- Halve and pit the avocado, then remove the skin and slice the flesh.

3



Make the yogurt sauce

- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the egg as preferred.
- Finely grate the garlic.
- In a small bowl, combine the yogurt with the garlic and the juice of 1 lime wedge per person.
- Season to taste with salt and pepper.

Did you know... *the eggs in this recipe contain phosphorus, a mineral that helps to keep bones and teeth strong.*

4



Serve

- Serve the bulgur in bowls or deep plates.
- Top with the corn salsa, the lettuce, the avocado and the fried egg.
- Drizzle with the yogurt sauce and crumble over the Greek-style cheese.
- Serve the tortilla chips and any remaining lime wedges alongside.

Panko Shrimp Wraps

with rainbow apple slaw & tomato

Total time: 15 - 25 min. Quick




Shrimp


Tomato


Rainbow slaw mix


Apple


Mini tortillas


Panko breadcrumbs


Mayonnaise


Peruvian-style spice mix

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Shrimp* (g)	120	240	360	480	600	720
Tomato (unit(s))	1½	3	4½	6	7½	9
Rainbow slaw mix* (g)	100	200	300	400	500	600
Apple* (unit(s))	½	1	1½	2	2½	3
Mini tortillas (unit(s))	4	8	12	16	20	24
Panko breadcrumbs (g)	25	50	75	100	125	150
Mayonnaise (g)	35	75	100	150	175	225
Peruvian-style spice mix (sachet(s))	½	1	1½	2	2½	3
Not included						
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Sunflower oil (ml)	25	50	75	100	125	150
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4092 /978	659 /158
Total fat (g)	50	8
of which saturated(g)	5,4	0,9
Carbonhydrates (g)	94	15
of which sugars (g)	20,1	3,2
Fiber (g)	10	2
Protein (g)	34	5
Salt (g)	3,1	0,5

Allergens

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

1



Prepare

- Preheat the oven to 200°C (see Tip).
- Transfer the panko to a large bowl and half of the mayonnaise to a small bowl. Season both with salt and pepper.
- Prepare a plate lined with kitchen paper.

Tip: *the oven will be used later to heat the tortillas, but you can also do this in the microwave if preferred. In this case, skip preheating the oven.*

2



Fry the shrimp

- Coat the shrimp with the Peruvian-style spices and then with the mayonnaise, then finally with the panko.
- Heat the sunflower oil in a frying pan over medium-high heat.
- When the oil is nice and hot, carefully fry the shrimp for 3 - 4 minutes or until golden-brown.
- Transfer to the plate and set aside.

3



Heat the tortillas

- Wrap the tortillas in aluminum foil and heat in the oven for 3 - 4 minutes (see Tip).
- In the meantime, core and dice the apple.
- Dice the tomato.

Tip: *if using the microwave, transfer the tortillas to a microwave-safe plate and heat for 30 second intervals until done.*

4



Serve

- In a salad bowl, combine the honey with the white balsamic vinegar and the rest of the mayonnaise.
- Add the apple and the slaw mix, then toss well to combine. Season to taste with salt and pepper.
- Serve all the toppings separately and allow everyone to assemble their own tortillas as preferred.

Chicken Wraps with Kiwi & Smashed Avocado

with rainbow slaw, lamb's lettuce, coriander & lime

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




Flour tortillas


Marinated diced chicken


Kiwi


Avocado


Rainbow slaw mix


Lamb's lettuce


Fresh coriander


Lime


Peruvian-style spice mix

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Flour tortillas (unit(s))	2	4	6	8	10	12
Marinated diced chicken* (g)	100	200	300	400	500	600
Kiwi* (unit(s))	½	1	1½	2	2½	3
Avocado (unit(s))	½	1	1½	2	2½	3
Rainbow slaw mix* (g)	100	200	300	400	500	600
Lamb's lettuce* (g)	20	40	60	80	100	120
Fresh coriander* (g)	5	10	15	20	25	30
Lime* (unit(s))	½	1	1½	2	2½	3
Peruvian-style spice mix (sachet(s))	½	1	1½	2	2½	3
Not included						
Sunflower oil (tbsp)	¼	½	¾	1	1¼	1½
White wine vinegar (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Extra virgin olive oil	to taste					
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3063 /732	629 /150
Total fat (g)	39	8
of which saturated(g)	6,8	1,4
Carbonhydrates (g)	59	12
of which sugars (g)	10,7	2,2
Fiber (g)	10	2
Protein (g)	33	7
Salt (g)	2,7	0,5

Allergens

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

1



Fry the chicken

- Preheat the oven to 200°C.
- Cut any larger pieces of chicken smaller as needed.
- Heat a light drizzle of sunflower oil in a frying pan over medium-high heat.
- Fry the chicken with the Peruvian-style spice mix for 6 minutes, or until done. Season with salt and pepper.

2



Make the slaw

- Roughly chop the coriander.
- In a bowl, combine the mayonnaise with the white wine vinegar, the slaw mix and half of the coriander. Season to taste with salt and pepper.
- Peel and dice the kiwi.
- Wrap the tortillas in aluminum foil and heat in the oven for 2 - 3 minutes.

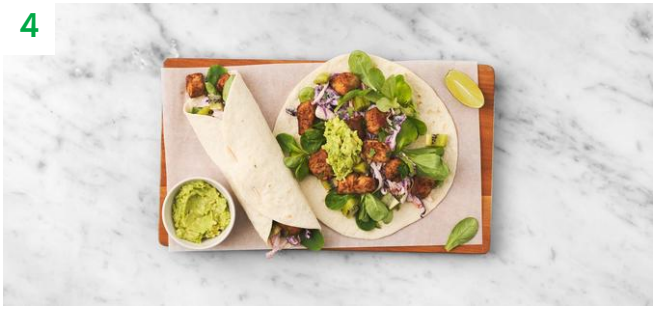
3



Smash the avocado

- Juice half of the lime and cut the rest into wedges.
- Halve and pit the avocado, then remove the skin and transfer the flesh to a small bowl.
- Add the lime juice and some extra virgin olive oil as preferred, then mash with a fork to combine.
- Season to taste with salt and pepper.

4



Serve

- Serve all the elements separately at the table and allow everyone to assemble their own wraps as preferred.
- Garnish with the rest of the coriander and serve with the lime wedges.

Gnocchi with Creamy Blue Cheese Sauce

with pear, courgette & walnuts

Total time: 15 - 25 min. Quick Vegetarian




Gnocchi


Blue cheese cubes


Chopped walnuts


Courgette


Pear


Onion


Spinach


Cooking cream

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
Gnocchi (g)	200	400	600	800	1000	1200
Blue cheese cubes* (g)	40	75	115	150	190	225
Chopped walnuts (g)	10	20	30	40	50	60
Courgette* (unit(s))	½	1	1½	2	2½	3
Pear* (unit(s))	½	1	2	2	3	3
Onion (unit(s))	½	1	1	2	2	3
Spinach* (g)	100	200	300	400	500	600
Cooking cream (g)	75	150	225	300	375	450
Not included						
[Plant-based] butter (tbsp)	1	2	3	4	5	6
White balsamic vinegar (tsp)	1	2	3	4	5	6
Mustard (tsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative]	to taste					
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3569 /853	540 /129
Total fat (g)	44	7
of which saturated(g)	23,8	3,6
Carbonhydrates (g)	86	13
of which sugars (g)	17,3	2,6
Fiber (g)	6	1
Protein (g)	26	4
Salt (g)	3,7	0,6

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 slice the pear.
- Cut the courgette into crescents.

2



Fry the vegetables

- Melt a knob of butter in a large frying pan over medium-high heat.
- Fry the onion with the courgette and the pear for 5 - 7 minutes.
- Meanwhile, heat a clean frying pan over high heat and toast the walnuts for 1 - 2 minutes, then remove from the pan and set aside.
- Melt a knob of butter in the same pan and fry the gnocchi for 6 - 8 minutes until golden-brown.

3



Make the sauce

- Deglaze the vegetables with the white balsamic vinegar.
- Stir in the cream, the blue cheese and the mustard, along with some honey as preferred. Allow the cheese to melt.
- Season the sauce to taste with salt and pepper.

4



Serve

- Reduce the heat and gradually add the spinach, tearing it directly into the pan. Mix well, allowing it to wilt and reduce.
- Serve the sauce on plates and top with the gnocchi.
- Garnish with the walnuts to finish.

Hot Smoked Salmon Wraps

with avocado, corn salsa & red cabbage slaw

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




Wholewheat mini tortilla


Hot smoked salmon flakes


Shredded red cabbage


Corn


Avocado


Tomato


Lamb's lettuce


Lime


Scallions

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 mini tortilla (unit(s))	4	8	12	16	20	24
Hot smoked salmon flakes* (g)	75	150	225	300	375	450
Shredded red cabbage* (g)	50	100	150	200	250	300
Corn (g)	70	140	210	285	350	425
Avocado (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	1	2	3	4	5	6
Lamb's lettuce* (g)	20	40	60	80	100	120
Lime* (unit(s))	½	1	1½	2	2½	3
Scallions* (g)	41¼	82½	125	166¼	207½	248¾
Not included						
Sugar (tsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	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)	3151 /753	561 /134
Total fat (g)	38	7
of which saturated(g)	7,1	1,3
Carbonhydrates (g)	63	11
of which sugars (g)	15,8	2,8
Fiber (g)	19	3
Protein (g)	33	6
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

- Preheat the oven to 200°C (see Tip).
- In a salad bowl, combine the sugar with the mayonnaise and the red cabbage.
- Set aside, stirring occasionally.

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

2



Heat the tortillas

- Halve and pit the avocado, then remove the skin and slice the flesh.
- Wrap the tortillas in aluminum foil and heat in the oven for 3 - 4 minutes.

3



Make the salsa

- Finely chop the scallions and separate the white part from the greens.
- Juice half of the lime and cut the rest into wedges.
- Drain the corn and dice the tomatoes, then transfer both to a bowl.
- Add the white part of the scallions and the lime juice, then mix well to combine. Season to taste with salt and pepper.

4



Serve

- In a bowl, combine the lettuce with some extra virgin olive oil as preferred. Season to taste with salt and pepper.
- Serve all of the toppings separately at the table and allow everyone to assemble their own wraps as preferred.
- Garnish with the scallion greens and serve the lime wedges alongside.

Creamy Eggplant Farfalle with Chicken Breast

& for parents: parsley & Kalamata olives

Total time: 15 - 25 min. Family Quick




Farfalle


Kalamata olives


Italian seasoning


Cooking cream


Garlic


Tomato paste


Eggplant


Onion


Grated Gouda


Fresh flat leaf parsley


Chicken breast 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
Farfalle (g)	90	180	270	360	450	540
Kalamata olives (g)	15	30	55	70	85	100
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Cooking cream (g)	75	150	225	300	375	450
Garlic (unit(s))	½	1	1½	2	2½	3
Tomato paste (can)	½	1	1½	2	2½	3
Eggplant* (unit(s))	½	1	2	2	3	3
Onion (unit(s))	½	1	1	2	2	3
Grated Gouda* (g)	15	25	40	50	65	75
Fresh flat leaf parsley* (g)	2½	5	7½	10	12½	15
Chicken breast with Mediterranean herbs* (unit(s))	1	2	3	4	5	6
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Low sodium chicken stock (ml)	50	100	150	200	250	300
Flour (tbsp)	2	4	6	8	10	12
Honey [or plant-based alternative] (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)	3724 /890	620 /148
Total fat (g)	34	6
of which saturated(g)	13,6	2,3
Carbonhydrates (g)	92	15
of which sugars (g)	23,6	3,9
Fiber (g)	9	1
Protein (g)	50	8
Salt (g)	2	0,3

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 pasta for 9 - 11 minutes, then drain and set aside.
- Dice the eggplant and season with salt and pepper.
- Slice the onion into half-rings.
- Transfer the flour to a deep plate. Halve the chicken lengthways, then coat it with the flour. Season with salt and pepper.

2



Fry the eggplant and chicken

- Heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the eggplant with the onion for 4 - 5 minutes or until done, tossing regularly.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the chicken for 2 - 3 minutes per side.
- Reduce the heat and fry for 4 - 5 more minutes, or until done.

3



Finish the sauce

- Prepare the stock. Crush or mince the garlic.
- Deglaze the eggplant with the white balsamic vinegar, then add the tomato paste and the garlic. Fry for 1 more minute.
- Add the cream, the stock, the honey and the Italian seasoning, then allow to simmer for 1 - 2 minutes.
- Transfer the pasta to the sauce and toss well to combine.

4



Serve

- Finely chop the parsley.
- Serve the pasta on plates.
- For kids: slice the chicken into strips and serve on top of the pasta. Garnish with the cheese.
- For parents: serve the whole piece of chicken on top of the pasta. Garnish with the cheese, the olives and the parsley.

Bulgogi Pork Noodles with Stir-Fried Vegetables

with coriander, tahini & sesame seeds

Total time: 10 - 20 min. Quick



- Pork mince
- Garlic
- Vegetable mix with cabbage
- Tahini
- Ginger stir-fry sauce
- Fresh coriander
- Bulgogi sauce
- Sesame seeds
- Crispy fried onions
- Wholewheat noodles

KITCHEN STORIES

Recipe Developer Babette: "Combining tahini with the ginger stir-fry sauce and the bulgogi sauce makes this noodle dish deliciously creamy!"

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 mince* (g)	100	200	300	400	500	600
Garlic (unit(s))	½	1	1½	2	2½	3
Vegetable mix with cabbage* (g)	200	400	600	800	1000	1200
Tahini (g)	15	25	40	50	65	75
Ginger stir-fry sauce (g)	35	70	105	140	175	210
Fresh coriander* (g)	5	10	15	20	25	30
Bulgogi sauce (g)	20	35	55	70	90	105
Sesame seeds (g)	5	10	15	20	25	30
Crispy fried onions (g)	15	30	45	60	75	90
Wholewheat noodles (g)	100	200	300	400	500	600
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	½	1	1½	2	2½	3
Sambal	to taste					
Salt and pepper	to taste					
[Reduced salt] ketjap manis (tbsp)	½	1	1½	2	2½	3

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4171 /997	820 /196
Total fat (g)	43	8
of which saturated(g)	11,8	2,3
Carbonhydrates (g)	114	22
of which sugars (g)	25,2	5
Fiber (g)	13	3
Protein (g)	38	7
Salt (g)	4,2	0,8

Allergens

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

1



Boil the noodles

- Boil plenty of salted water in a pot or saucepan.
- Cook the noodles for 4 - 5 minutes until al dente.
- Reserve 50ml cooking liquid per person, then drain and return to the pot.

2



Stir-fry the vegetables

- Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat. Crush or mince the garlic.
- When the oil is nice and hot, fry the mince with the garlic for 2 minutes.
- Add the vegetable mix and stir-fry for 4 - 6 minutes. Season to taste with salt and pepper.

3



Make the sauce

- In a bowl, combine the tahini with the ginger stir-fry sauce, the bulgogi sauce, the white wine vinegar, the reserved cooking liquid, some sambal as preferred and the ketjap.
- Transfer the sauce to the noodles and mix well to combine.

4



Serve

- Finely chop the coriander.
- Serve the noodles in bowls. Top with the stir-fry.
- Garnish with the coriander, the sesame seeds and the crispy onions.

Steak Strips with Wholewheat Noodles

with stir-fried vegetables & gomashio

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




Marinated steak strips


Garlic-ginger-chili mix


Vegetable mix with cabbage


Wholewheat noodles


East Asian-style sauce


Gomashio


Ginger stir-fry 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
Marinated steak strips* (g)	100	200	300	400	500	600
Garlic-ginger-chili mix* (g)	10	20	30	40	50	60
Vegetable mix with cabbage* (g)	200	400	600	800	1000	1200
Wholewheat noodles (g)	50	100	150	200	250	300
East Asian-style sauce* (g)	20	35	55	70	90	105
Gomashio (sachet(s))	½	1	1½	2	2½	3
Ginger stir-fry sauce (g)	20	35	55	70	90	105
Not included						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
[Reduced salt] ketjap manis (tbsp)	½	1	1½	2	2½	3
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)	2339 /559	559 /134
Total fat (g)	18	4
of which saturated(g)	5,9	1,4
Carbonhydrates (g)	65	16
of which sugars (g)	18,7	4,5
Fiber (g)	9	2
Protein (g)	33	8
Salt (g)	2,7	0,6

Allergens

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

1



Prepare

- Take the steak strips out of the fridge and allow to reach room temperature.
- In a bowl, combine the steak strips with the ginger stir-fry sauce and the ketjap.
- Cover with aluminum foil and set aside until step 3.
- Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat and fry the garlic-ginger-chili mix* for 1 minute.

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

2



Fry the vegetables

- Stir in the vegetable mix and fry for 4 - 6 minutes.
- Meanwhile, boil plenty of water in a pot or saucepan.
- Cook the noodles for 3 - 4 minutes, then drain and transfer to the vegetables.
- Add the East Asian-style sauce and mix well to combine, then fry for 2 more minutes.

3



Fry the steak strips

- Melt a knob of butter in a frying pan over high heat.
- Fry the steak strips for 1 minute until evenly browned, seasoning to taste with salt and pepper.

4



Serve

- Serve everything on deep plates and drizzle with any residual juices from the pan.
- Garnish with the gomashio to finish.

5-Minute Chicken Meatballs with Mash & Sauerkraut

fresh & tasty in a flash!

Total time: 5 - 15 min. Quick

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

Happy cooking!




Sauerkraut


Microwavable mashed potatoes


Chicken meatballs with Mediterranean herbs


East Asian-style sauce


Crispy fried onions


Potato seasoning mix


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
Sauerkraut* (g)	125	250	375	500	625	750
Microwavable mashed potatoes* (g)	250	500	750	1000	1250	1500
Chicken meatballs with Mediterranean herbs* (unit(s))	3	6	9	12	15	18
East Asian-style sauce* (g)	17½	35	52½	70	87½	105
Crispy fried onions (g)	15	30	45	60	75	90
Potato seasoning mix (sachet(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium beef stock (ml)	75	150	225	300	375	450
Mustard	to taste					
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2506 /599	417 /100
Total fat (g)	27	5
of which saturated(g)	9,3	1,5
Carbonhydrates (g)	53	9
of which sugars (g)	6,4	1,1
Fiber (g)	12	2
Protein (g)	28	5
Salt (g)	5,6	0,9

Allergens

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

1



Microwave the mash

- Get started by boiling a full kettle of water for the sauerkraut.
- Use a knife to pierce several holes across the surface of the packaging, then microwave the mashed potatoes for 4 minutes at 900W.

2



Boil the sauerkraut

- Heat a drizzle of olive oil in a frying pan over high heat.
- Transfer the meatballs to the pan and break them into quarters using a spatula, then cover with the lid and fry for 4 minutes.
- Meanwhile, transfer the boiled water to a saucepan and cook the sauerkraut for 4 minutes.
- Drain and stir in the potato seasoning mix, then set aside.

3



Finish

- Prepare the stock directly in the frying pan, then add the East Asian-style sauce and some mustard as preferred.
- Mix well and simmer for 1 minute.
- Season to taste with salt and pepper.

4



Serve

- Serve the mashed potatoes on deep plates with everything else alongside.
- Pour over the gravy and tear the parsley directly over each portion.
- Garnish with the crispy onions to finish.

5-Minute Pork Tagliatelle in Creamy Red Wine Sauce

fresh & tasty in a flash!

Total time: 5 - 15 min. Quick

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

Happy cooking!



- Pork tenderloin tips
- Fresh tagliatelle
- Mix of carrot, onion and celery
- Red wine jus
- Cooking cream
- Garlic & herb seasoning
- Grana Padano flakes DOP
- Fresh basil
- Hello Buon Appetito
- Veal jus

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 tenderloin tips* (g)	100	200	300	400	500	600
Fresh tagliatelle* (g)	125	250	375	500	625	750
Mix of carrot, onion and celery* (g)	100	200	300	400	500	600
Red wine jus (g)	30	60	90	120	150	180
Cooking cream (g)	75	150	225	300	375	450
Garlic & herb seasoning (sachet(s))	½	1	1½	2	2½	3
Grana Padano flakes DOP* (g)	10	20	30	40	50	60
Fresh basil* (g)	5	10	15	20	25	30
Hello Buon Appetito (sachet(s))	½	1	1½	2	2½	3
Veal jus* (g)	30	60	90	120	150	180
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)	3130 /748	645 /154
Total fat (g)	27	6
of which saturated(g)	12,8	2,6
Carbonhydrates (g)	81	17
of which sugars (g)	9,6	2
Fiber (g)	4	1
Protein (g)	43	9
Salt (g)	2,4	0,5

Allergens

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

1



Cook the tagliatelle

- Get started by boiling a full kettle of water.
- Transfer the boiled water to a pot or saucepan and cook the vegetable mix for 1 minute.
- Add the tagliatelle and boil for 3 - 4 more minutes. Reserve some of the pasta water, then drain and set aside.
- Meanwhile, heat a drizzle of olive oil in a frying pan over high heat. Fry the pork tenderloin tips for 2 minutes.

2



Fry the pork

- Add the cream, the veal jus, the Hello Buon Appetito and the red wine jus to the frying pan.
- Mix well to combine and cook for 1 more minute.

3



Finish

- Transfer the tagliatelle and the vegetables to the sauce.
- Add the garlic & herb seasoning and toss well to combine, adding a splash of pasta water as necessary if it seems too thick.
- Season to taste with salt and pepper.

4



Serve

- Serve the tagliatelle on plates.
- Tear the basil directly over each portion.
- Garnish with the cheese to finish.

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 beef 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. | Quick | Family



Miljuschka:

"Bolognese has been a firm family favourite in our house for years. And we're not the only ones — it's one of the recipes you've made the most from me. That's why I created an easy one-pan version of my tried-and-truerecipe just for HelloFresh. Just as delicious, with a lot less washing up. Win-win!"

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
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
Hello Buon Appetito (sachet(s))	½	1	1½	2	2½	3
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)	16,8	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 Hello Buon Appetito, 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 Fusion Chicken Traybake with Herb Dressing

with potato wedges, yogurt & coconut green beans

Total time: 40 - 50 min.

Health Conscious



Miljuschka:

"This is meat, potatoes and veg the way I like it: easy, generous, and without three pans on the stove. Chicken thighs, green beans and baby potatoes all go into the oven together and come out beautifully golden and absolutely delicious. It's one of those easy meals that secretly looks like you've gone to loads of effort, and we love that."

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
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Yellow mustard seeds (sachet(s))	½	1	1½	2	2½	3
Green beans* (g)	150	300	450	600	750	900
Red onion (unit(s))	½	1	1½	2	2½	3
Chicken thigh strips with kebab spices* (g)	100	200	300	400	500	600
Desiccated coconut (g)	10	20	30	40	50	60
Organic full-fat yogurt* (g)	25	50	75	100	125	150
Garlic (unit(s))	½	1	1½	2	2½	3
Fresh coriander & mint* (g)	5	10	15	20	25	30
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Not included						
White wine vinegar (tbsp)	1	2	3	4	5	6
Sugar (tbsp)	½	1	1½	2	2½	3
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)	2632 /629	415 /99
Total fat (g)	27	4
of which saturated(g)	10,7	1,7
Carbonhydrates (g)	66	10
of which sugars (g)	14,7	2,3
Fiber (g)	14	2
Protein (g)	30	5
Salt (g)	1,5	0,2

Allergens

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

1



Prepare

- Preheat the oven to 220°C.
- Cut the potatoes into wedges.
- Transfer to a parchment-lined baking sheet and drizzle with olive oil. Season with salt and pepper, then toss well to coat. Parbake in the oven for 10 minutes.
- In the meantime, discard the tips of the green beans and then cut in half.

2



Assemble

- In a bowl, combine the green beans with the chicken, the curry spices, the dessicated coconut, the mustard seeds and a drizzle of olive oil.
- Move the wedges to one side of the baking sheet, then place the green beans and the chicken alongside (or use a second baking sheet if necessary).
- Roast in the oven for 18 - 23 minutes, or until done.

3



Make the dressing

- Meanwhile, chop the onion and crush or mince the garlic.
- Finely chop the fresh herbs.
- Deseed and finely chop the red chili pepper*.
- Transfer all four to a bowl, then add the white wine vinegar, the sugar and a pinch of salt. Mix well to combine.

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

4



Serve

- Serve the traybake on plates.
- Dollop over the yogurt and drizzle with the herb dressing.

Miljuschka's Spicy Nduja Pasta with Crispy Sage

with pumpkin & mascarpone

Total time: 25 - 35 min.

Quick



Miljuschka:

"One-pan pasta is always a good idea, especially when pumpkin and 'nduja are involved. The pumpkin makes the sauce creamy and silky, while the Italian sausage adds a little kick. Everything cooks together in one pan, the flavours come together effortlessly, and you'll have more time for more important things than washing up."

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	1½	2	2½	3
Garlic (unit(s))	1	2	3	4	5	6
Hello Buon Appetito (sachet(s))	½	1	1½	2	2½	3
Diced pumpkin* (g)	150	300	450	600	750	900
Nduja* (g)	20	40	60	80	100	120
Farfalle (g)	90	180	270	360	450	540
Mascarpone* (g)	25	50	75	100	125	150
Fresh sage* (g)	5	10	15	20	25	30
Tomato paste (can)	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Low sodium chicken stock (ml)	250	500	750	1000	1250	1500
[Plant-based] butter (tbsp)	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)	3389 /810	514 /123
Total fat (g)	43	7
of which saturated(g)	18,6	2,8
Carbonhydrates (g)	82	12
of which sugars (g)	15,9	2,4
Fiber (g)	7	1
Protein (g)	20	3
Salt (g)	1,7	0,3

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.
- Prepare the stock.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat and fry the onion for 1 - 2 minutes.
- Add the nduja* and fry for 2 more minutes.

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

2



Cook the pasta

- Increase the heat, then add the pumpkin, the garlic, the tomato paste, the balsamic vinegar and the Hello Buon Appetito. Mix well and fry for 3 - 5 minutes.
- Transfer the pasta to the pan, then pour in the stock.
- Bring to the boil and simmer for 15 minutes, covered.
- Remove the lid and simmer for 5 more minutes, or until the liquid has evaporated.

3



Fry the sage

- Prepare a plate lined with kitchen paper.
- Tear the sage leaves off of the stalks.
- Heat a drizzle of olive oil with a knob of butter in a small frying pan over medium-high heat. Fry the sage leaves until crispy, then transfer to the plate. Season to taste with salt.
- Stir the residual sage butter from the frying pan into the pasta.

4



Serve

- Transfer the mascarpone to the pasta.
- Season to taste with salt and pepper, then mix well to combine.
- Serve the pasta on deep plates and garnish with the crispy sage to finish.

Creamy Hot Smoked Salmon Gratin

with cheese, leek, courgette & dill

Total time: 55 - 65 min. Family




Potatoes


Courgette


Leek


Fresh dill


Grated Gouda


Hot smoked salmon flakes


Cooking cream

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
Courgette* (unit(s))	½	1	2	2	3	3
Leek* (unit(s))	½	1	1	2	2	3
Fresh dill* (g)	2½	5	7½	10	12½	15
Grated Gouda* (g)	15	25	40	50	65	75
Hot smoked salmon flakes* (g)	75	150	225	300	375	450
Cooking cream (g)	75	150	225	300	375	450
Not included						
Low sodium vegetable stock (ml)	125	250	375	500	625	750
Flour (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
[Plant-based] butter (tbsp)	2	4	6	8	10	12
Water (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)	3410 /815	450 /108
Total fat (g)	52	7
of which saturated(g)	28,8	3,8
Carbonhydrates (g)	57	8
of which sugars (g)	10,5	1,4
Fiber (g)	8	1
Protein (g)	30	4
Salt (g)	1,5	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 prepare the stock.
- Boil plenty of salted water in a pot or saucepan. Peel or wash the potatoes and cut into 2cm chunks.
- Boil the potatoes for 10 - 13 minutes, then drain and set aside.
- Meanwhile, dice the courgette and thinly slice the leek.

2



Fry the vegetables

- Melt a generous knob of butter in a frying pan over medium-high heat.
- Fry the leek with the courgette for 3 - 4 minutes, then add the water (see pantry for amount).
- Cover with the lid and allow to stew for 6 - 8 minutes, stirring regularly. Season to taste with salt and pepper.
- Meanwhile, roughly chop the dill.

3



Make the sauce

- Melt a generous knob of butter in a saucepan over medium heat. Fry the flour for 2 - 3 minutes, stirring continuously.
- Lower the heat, then pour in the cream and whisk continuously to incorporate.
- Repeat with the stock, then turn up the heat. Allow to simmer gently for 3 - 4 minutes until thickened and reduced.
- Stir in two thirds of the dill and season to taste with salt and pepper.

4



Serve

- Grease an oven dish with a light drizzle of olive oil. Transfer the leek and courgette to the oven dish, then top with the fish and cover with the potatoes.
- Scatter over the cheese and then pour over the sauce. Bake the gratin for 15 - 25 minutes, or until golden-brown.
- Serve the gratin on plates and garnish with the rest of the dill.

Classic Belgian Quiche Lorraine

with Gouda, bacon & tomato-arugula salad

Total time: 50 - 60 min. Family




Bacon lardons


Egg


Puff pastry


Cooking cream


Grated Gouda


Nutmeg


Onion


Arugula & lamb's lettuce


Tomato

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Bacon lardons* (g)	50	100	150	200	250	300
Egg* (unit(s))	1½	3	4½	6	7½	9
Puff pastry* (roll(s))	⅓	⅔	1	1⅓	1⅔	2
Cooking cream (g)	75	150	225	300	375	450
Grated Gouda* (g)	25	50	75	100	125	150
Nutmeg (pinch)	1	1	2	2	3	3
Onion (unit(s))	1	2	3	4	5	6
Arugula & lamb's lettuce* (g)	20	40	60	90	100	130
Tomato (unit(s))	1	2	3	4	5	6
Not included						
Extra virgin olive oil (tbsp)	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)	4159 /994	743 /178
Total fat (g)	70	12
of which saturated(g)	33,7	6
Carbonhydrates (g)	54	10
of which sugars (g)	14,7	2,6
Fiber (g)	8	1
Protein (g)	36	6
Salt (g)	2,9	0,5

Allergens

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

1



Prepare

- Preheat the oven to 200°C.
- Heat a clean frying pan over medium-high heat and fry the bacon lardons for 4 minutes. Remove from the pan and set aside.
- Fry the onion in the same pan for 5 - 10 minutes over medium-high heat.
- In a large bowl, whisk the eggs with the cream. Season with salt and pepper, then grate in a pinch of nutmeg as preferred.

2



Prepare the pastry

- Transfer the puff pastry in its the paper to a baking tin or oven dish (see Tip).
- Cut off any excess, then use a fork to pierce the surface of the pastry several times.

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

3



Bake the quiche

- Pour the egg mixture into the pastry, then top with the bacon lardons and the onion.
- Scatter over the cheese.
- Bake the quiche in the oven for 30 - 35 minutes, or until it is fully cooked and the top has started to turn golden-brown.
- In a salad bowl, combine the extra virgin olive oil with the balsamic vinegar. Season to taste with salt and pepper.

4



Serve

- Slice the tomato into wedges.
- Shortly before serving, transfer the lettuce and the tomato to the salad bowl. Toss well to combine with the dressing.
- Slice the quiche and serve on plates with the salad alongside.

Hot Honey Squeaky Cheese Flatbreads

bring the sensational food trend home!

Total time: 10 - 20 min. Quick Vegetarian




Lebanese flatbread with beetroot


Cypriot-style cheese


Piri piri seasoning


Red onion


Sweet chili sauce


Shredded red cabbage


Ground paprika


Cucumber


Dill, mint & flat leaf parsley


Lamb's lettuce


Za'atar

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
Lebanese flatbread with beetroot (unit(s))	2	4	6	8	10	12
Cypriot-style cheese* (g)	100	200	300	400	500	600
Piri piri seasoning (tsp)	1½	3	4½	6	7½	9
Red onion (unit(s))	½	1	1½	2	2½	3
Sweet chili sauce* (g)	17½	35	52½	70	87½	105
Shredded red cabbage* (g)	100	200	300	400	500	600
Ground paprika (tsp)	1½	3	4½	6	7½	9
Cucumber* (unit(s))	½	1	1½	2	2½	3
Dill, mint & flat leaf parsley* (g)	5	10	15	20	25	30
Lamb's lettuce* (g)	20	40	60	80	100	120
Za'atar (sachet(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
Water for the sauce (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3795 /907	625 /149
Total fat (g)	48	8
of which saturated(g)	25,3	4,2
Carbonhydrates (g)	75	12
of which sugars (g)	23,2	3,8
Fiber (g)	15	2
Protein (g)	39	6
Salt (g)	3,7	0,6

Allergens

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

1



Prepare

- Slice the cheese into slabs of 0.5cm thickness.
- Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the cheese with the piri piri spices* for 2 minutes per side.
- Slice the onion into half rings, then add it to the pan and fry alongside until the cheese is done.

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

3



Heat the flatbread

- Heat a clean frying pan over medium-high heat. Warm the flatbread for 30 seconds per side.
- Slice the cucumber into crescents.
- Roughly chop the fresh herbs.
- In a small bowl, combine the mayonnaise with the paprika and the water for the sauce (see pantry for amount).

2



Make the slaw

- Stir in the honey, the sweet chili sauce and half of the white wine vinegar.
- Season to taste with salt and pepper, then fry for 1 more minute per side.
- In a large bowl, combine the red cabbage with the rest of the white wine vinegar. Season to taste with salt and pepper.

4



Serve

- Fill the flatbreads with the lettuce, red cabbage, cucumber, cheese and onion.
- Drizzle with the paprika mayonnaise.
- Garnish with the fresh herbs and the za'atar to finish.

Bulgur Salad with Feta & Sundried Tomatoes

with raisins, fresh herbs, sweet potato & pumpkin seeds

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




Carrot


Onion


Sweet potato


Bulgur


Ground cumin


Middle Eastern spice mix


Pumpkin seeds


Sundried tomatoes


Fresh flat leaf parsley & mint


Raisins


Baby spinach


Feta

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Carrot* (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	1	2	3	4	5	6
Sweet potato (g)	150	300	450	600	750	900
Bulgur (g)	50	100	150	200	250	300
Ground cumin (sachet(s))	½	1	1½	2	2½	3
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Pumpkin seeds (g)	10	20	30	40	50	60
Sundried tomatoes (g)	25	50	75	100	125	150
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
Raisins (g)	10	20	30	40	50	60
Baby spinach* (g)	62½	125	187½	250	312½	375
Feta* (g)	50	100	150	200	250	300
Not included						
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Olive oil (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Mustard (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)	3084 /737	408 /98
Total fat (g)	27	4
of which saturated(g)	11,3	1,5
Carbonhydrates (g)	100	13
of which sugars (g)	33,3	4,4
Fiber (g)	18	2
Protein (g)	25	3
Salt (g)	3	0,4

Allergens

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

1



Prepare

- Preheat the oven to 220°C.
- Slice the carrot into crescents and the onion into half-rings. Peel the sweet potato and dice into 1cm cubes.
- Transfer all three to a parchment-lined baking sheet, along with the Middle Eastern spices.
- Drizzle with olive oil, then season with salt and pepper. Toss well to coat, then roast for 30 - 40 minutes, tossing halfway.

2



Cook the bulgur

- Prepare the stock.
- Heat a clean pot or saucepan over medium-high heat and toast the pumpkin seeds until they start to pop, then remove from the pan and set aside.
- Toast the bulgur and the cumin in the same pan for 1 minute, stirring continuously.
- Add the stock and bring to the boil, then lower the heat. Simmer for 10 - 12 minutes, covered.

3



Make the salad

- Meanwhile, finely chop the fresh herbs.
- Roughly chop the raisins and the sundried tomatoes.
- In a salad bowl, combine the balsamic vinegar with the mustard and some extra virgin olive oil as preferred. Season to taste with salt and pepper.
- Transfer everything except the cheese and the pumpkin seeds to the bowl, then toss well to combine.

4



Serve

- Serve the salad on deep plates.
- Crumble over the cheese and garnish with the pumpkin seeds to finish.

Fusion Paneer Masala Bao Buns

with yogurt, pickled onion & coriander

Total time: 25 - 35 min. Quick Vegetarian




Bao buns


Paneer


Tikka masala paste


Red onion


Persian cucumber


Tomato


Fresh coriander


Organic full-fat yogurt

NEW INGREDIENT

There is a new ingredient in your box! Paneer is a cheese with Indian roots. It has a mild flavour and holds its shape perfectly while cooking, adding great texture to any dish.
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
Paneer* (g)	100	200	300	400	500	600
Tikka masala paste (g)	40	75	115	150	190	225
Red onion (unit(s))	½	1	1	2	2	3
Persian cucumber* (unit(s))	½	1	2	2	3	3
Tomato (unit(s))	1½	3	4	6	7	9
Fresh coriander* (g)	5	10	15	20	25	30
Organic full-fat yogurt* (g)	25	50	75	100	125	150
Not included						
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3874 /926	659 /157
Total fat (g)	44	7
of which saturated(g)	17,6	3
Carbonhydrates (g)	91	16
of which sugars (g)	24,1	4,1
Fiber (g)	9	2
Protein (g)	39	7
Salt (g)	3,8	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 half of the onion and slice the rest into half-rings.
- In a bowl, combine the white wine vinegar with the sugar, the onion rings and a pinch of salt. Set aside, stirring occasionally.
- Dice the tomato. Cut the paneer into cubes of no more than 2cm.

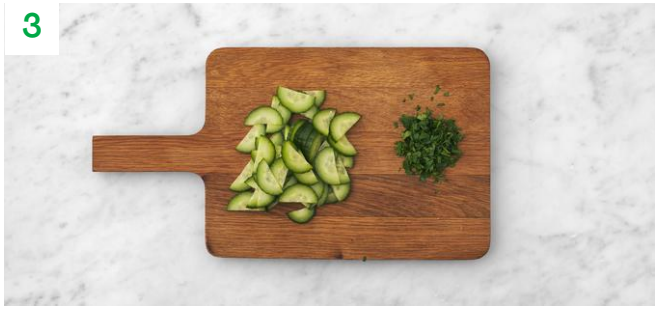
2



Fry the paneer

- Heat a drizzle of sunflower oil in a frying pan over medium-high heat. Fry the paneer with the rest of the onion for 6 - 8 minutes, or until crispy and evenly browned.
- Add the tikka masala paste, half of the tomato and a splash of water. Mix well to coat the paneer and fry for 2 more minutes.
- Remove from the heat, then stir in half of the yogurt.

3



Make the salad

- Heat the bao buns in the oven for 4 - 5 minutes.
- Slice the cucumber into crescents and finely chop the coriander.
- Set aside some of the cucumber to use later when serving, then transfer the rest to a bowl.
- Add the extra virgin olive oil, the rest of tomato and half of the coriander. Season to taste with salt and pepper, then toss well to combine.

4



Serve

- Stuff the bao buns with the paneer, the pickled onion, the reserved cucumber and the rest of the coriander.
- Drizzle with the rest of the yogurt.
- Add any remaning pickled onion to the salad and toss well to combine, then serve alongside the bao buns.

Moroccan-Inspired Chicken Harira

with orzo, lentils & coriander

Total time: 40 - 50 min. Health Conscious Choice




Chicken breast


Fresh coriander


Garlic


Chopped tomatoes


Tomato paste


Ras el hanout


Red split lentils


Orzo


Onion


Carrot

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken breast* (unit(s))	1	2	3	4	5	6
Fresh coriander* (g)	5	10	15	20	25	30
Garlic (unit(s))	1	1	2	2	3	3
Chopped tomatoes (pack)	½	1	1½	2	2½	3
Tomato paste (can)	½	1	1½	2	2½	3
Ras el hanout (sachet(s))	½	1	1½	2	2½	3
Red split lentils (g)	40	80	120	160	200	240
Orzo (g)	50	100	150	200	250	300
Onion (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Low sodium chicken stock (ml)	250	500	750	1000	1250	1500
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)	2954 /706	360 /86
Total fat (g)	18	2
of which saturated(g)	3,7	0,5
Carbonhydrates (g)	81	10
of which sugars (g)	23,5	2,9
Fiber (g)	17	2
Protein (g)	50	6
Salt (g)	1,6	0,2

Allergens

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

1



Prepare

- Prepare the stock.
- Heat a drizzle of olive oil in a soup pot over medium-high heat. Fry the chicken for 3 - 4 minutes per side, or until evenly browned.
- Season with salt and pepper, then remove from the pot and set aside (it will finish cooking later).
- Meanwhile, slice the carrot into crescents. Chop the onion and crush or mince the garlic.

2



Fry the vegetables

- Heat a drizzle of olive oil in the same pot and fry the garlic, the onion, the carrot, the tomato paste and the ras el hanout for 2 - 3 minutes.
- Add the chopped tomatoes and enough water so as to barely submerge the vegetables, then bring to the boil.
- Cook for 10 - 15 minutes, or until the vegetables are done. Season to taste with salt and pepper.

3



Blend the vegetables

- Add the stock and most of the coriander, being sure to reserve some of the leaves for garnish.
- Process with an immersion blender until smooth.
- Stir in the lentils, the chicken and the sugar. Simmer over low heat for 20 - 25 minutes.
- Boil plenty of water in a pot or saucepan and cook the orzo for 10 - 12 minutes, then drain and set aside.

4



Serve

- Remove the chicken from the soup and use two forks to shred it, then return it to the pot.
- Add the orzo and mix well, seasoning to taste with salt and pepper.
- Serve the soup in bowls and garnish with the reserved coriander leaves.

Athlete's Choice: XL Spaghetti in Spicy Tomato Sauce

with min. 115g carbohydrates per person

Total time: 30 - 40 min. Vegetarian



- Spaghetti
- Garlic
- Onion
- Diced pumpkin
- Tomato
- Tomato paste
- Cooking cream
- Cypriot-style cheese
- Peruvian-style spice mix
- Fresh curly parsley & thyme
- BBQ spice rub

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
Spaghetti (g)	130	260	390	520	650	780
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	1	2	3	4	5	6
Diced pumpkin* (g)	75	150	225	300	375	450
Tomato (unit(s))	1	2	3	4	5	6
Tomato paste (can)	½	1	1½	2	2½	3
Cooking cream (g)	50	100	150	200	250	300
Cypriot-style cheese* (g)	100	200	300	400	500	600
Peruvian-style spice mix (sachet(s))	½	1	1	2	2	3
Fresh curly parsley & thyme* (g)	5	10	15	20	25	30
BBQ spice rub (sachet(s))	½	1	2	2	3	3
Not included						
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative]	to taste					
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4167 /996	738 /176
Total fat (g)	38	7
of which saturated(g)	27,9	4,9
Carbonhydrates (g)	115	20
of which sugars (g)	21,9	3,9
Fiber (g)	10	2
Protein (g)	48	8
Salt (g)	3,7	0,6

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.
- Heat a light drizzle of olive oil in a frying pan over medium-high heat. Fry the pumpkin, the onion and the garlic for 2 - 3 minutes.
- Deglaze with a splash of water, then add a pinch of salt.
- Cover with the lid and steam for 8 - 10 minutes.

2



Boil the spaghetti

- Meanwhile, boil plenty of salted water in a pot or saucepan and cook the spaghetti for 10 - 12 minutes. Reserve 100ml pasta water per person, then drain and set aside.
- Meanwhile, roughly chop the parsley. Dice the tomato.
- Discard the thyme sprigs and finely chop the leaves.
- Dice the cheese into cubes of no more than 2cm, then pat dry with kitchen paper.

3



Fry the cheese

- Heat a clean non-stick frying pan over medium-high heat and fry the cheese for 6 - 8 minutes until evenly golden-brown.
- Lower the heat, then add the thyme and some honey as preferred.
- Toss well to coat, then keep warm until serving.
- Deglaze the pumpkin with the balsamic vinegar, then stir in the tomato paste and the tomato. Fry for 2 minutes.

4



Serve

- Stir in the cream, both spice mixes and the pasta water. Season generously with salt and pepper, then simmer for 3 minutes.
- Transfer the spaghetti to the sauce and toss well to combine.
- Serve the spaghetti on deep plates and top with the fried cheese.
- Garnish with the parsley to finish.

Athlete's Choice: Chicken & Bacon Orzotto

with min. 50g protein per person

Total time: 25 - 35 min. Family Quick




Chicken breast


Bacon


Wholewheat orzo


Onion


Spinach


Chestnut mushrooms


Fresh flat leaf parsley


Wild mushroom pesto


Hello Umami


Pumpkin seeds


Fresco spalmabile - 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
Chicken breast* (unit(s))	1	2	3	4	5	6
Bacon* (slice(s))	2	4	6	8	10	12
Wholewheat orzo (g)	75	150	225	300	375	450
Onion (unit(s))	½	1	2	2	3	3
Spinach* (g)	50	100	100	200	200	300
Chestnut mushrooms* (g)	125	250	400	500	650	750
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Wild mushroom pesto* (g)	20	40	60	80	100	120
Hello Umami (sachet(s))	½	1	1½	2	2½	3
Pumpkin seeds (g)	10	20	30	40	50	60
Fresco spalmabile - cream cheese* (g)	25	50	75	100	125	150
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
White wine vinegar (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)	3682 /880	537 /128
Total fat (g)	44	6
of which saturated(g)	11	1,6
Carbonhydrates (g)	62	9
of which sugars (g)	7,8	1,1
Fiber (g)	11	2
Protein (g)	56	8
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. Chop the onion and quarter the mushrooms.
- Heat a drizzle of olive oil in a frying pan over high heat and fry the mushrooms for 3 - 4 minutes.
- Reduce the heat to medium-high and add the onion, then fry for 2 - 3 more minutes.
- Deglaze with the white wine vinegar, then stir in the orzo and the Hello Umami.

2



Make the orzotto

- Pour in the stock and bring to the boil, then cover with the lid.
- Cook for 10 - 12 minutes over a low heat. Stir regularly and add a splash of water as necessary if the orzo seems too dry.
- Meanwhile, chop the parsley.
- Heat a clean frying pan over high heat. Toast the pumpkin seeds until they start to pop, then remove from the pan and set aside.

3



Fry the chicken

- Heat a drizzle of olive oil in the same pan over medium-high heat and fry the chicken for 2 minutes per side.
- Reduce the heat, then flip and fry for 5 more minutes.
- Flip again, then add the bacon and fry for 5 minutes until both are done.
- Tear the spinach directly into the orzotto, then allow to wilt and reduce.

4



Serve

- Stir the cream cheese and half of the parsley into the orzotto. Season to taste with salt and pepper.
- Serve everything on deep plates and drizzle with the mushroom pesto.
- Garnish with the pumpkin seeds and the rest of the parsley.

Athlete's Choice: XL Salmon with Brown Rice

with min. 50g protein per person

Total time: 25 - 35 min. Family Quick




Salmon fillet


Quick-cook brown rice


Tikka masala paste


Garlic


Onion


Carrot


Chopped tomatoes


Organic full-fat yogurt


Roasted cashew nuts


Fresh flat leaf parsley & coriander


Ground 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
Salmon fillet* (unit(s))	1½	3	4½	6	7½	9
Quick-cook brown rice (g)	75	150	225	300	375	450
Tikka masala paste (g)	37½	75	112½	150	187½	225
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1	2	2	3
Carrot* (unit(s))	½	1	2	2	3	3
Chopped tomatoes (pack)	½	1	1½	2	2½	3
Organic full-fat yogurt* (g)	50	100	150	200	250	300
Roasted cashew nuts (g)	10	20	30	40	50	60
Fresh flat leaf parsley & coriander* (g)	5	10	15	20	25	30
Ground paprika (tsp)	1	2	3	4	5	6
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (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)	4343 /1038	627 /150
Total fat (g)	51	7
of which saturated(g)	8,4	1,2
Carbonhydrates (g)	90	13
of which sugars (g)	22,1	3,2
Fiber (g)	12	2
Protein (g)	50	7
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

- Boil plenty of salted water in a pot or saucepan for the rice.
- Cook the rice for 10 minutes, then drain and set aside.
- In the meantime, slice the carrot into crescents.
- Chop the onion and crush or mince the garlic.

2



Make the sauce

- Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat and fry the carrot with the onion for 7 minutes.
- Add the garlic and the tikka masala paste, then fry for 1 more minute.
- Add the chopped tomatoes and the honey, then mix well to combine.
- Allow to simmer gently over medium heat until serving.

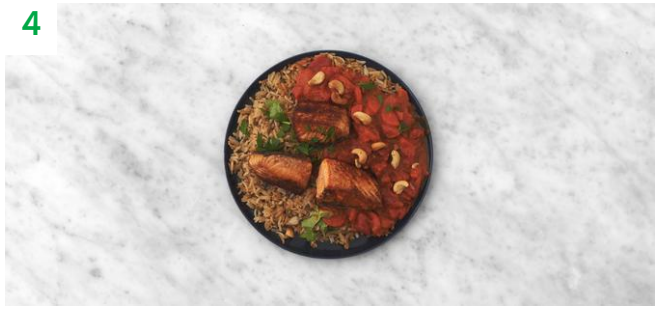
3



Fry the fish

- Pat the fish dry with kitchen paper and cut it in half. Coat it with the paprika, then season with salt and pepper.
- Heat a drizzle of sunflower oil in a frying pan over medium-high heat.
- Fry the fish on its skin for 2 - 3 minutes, then flip and fry for 2 more minutes.
- Meanwhile, finely chop the fresh herbs.

4



Serve

- Stir the yogurt into the tomato sauce, along with a splash of water as necessary if it seems too thick.
- Cook for 1 more minute, then season to taste with salt and pepper.
- Serve the rice on deep plates with everything else on top.
- Garnish with the cashews and the fresh herbs to finish.

Shrimp Mafaldine in Creamy Pesto Sauce

with mushrooms, dill & arugula salad

Total time: 30 - 40 min. Premium

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!



- Shrimp
- Fresh dill
- Arugula
- Pre-cut mushroom mix
- Crème fraîche
- Garlic
- Red onion
- Mafaldine
- 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
Shrimp* (g)	120	240	360	480	600	720
Fresh dill* (g)	5	10	15	20	25	30
Arugula* (g)	20	40	60	80	100	120
Pre-cut mushroom mix* (g)	175	350	525	700	875	1050
Crème fraîche* (g)	25	50	75	100	125	150
Garlic (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	½	1	1½	2	2½	3
Mafaldine (g)	90	180	270	360	450	540
Green pesto (g)	20	40	60	80	100	120
Not included						
White wine vinegar (tsp)	2	4	6	8	10	12
Olive oil (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tsp)	¼	½	¾	1	1¼	1½
Mustard (tsp)	¼	½	¾	1	1¼	1½
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3761 /899	704 /168
Total fat (g)	49	9
of which saturated(g)	16,8	3,1
Carbonhydrates (g)	76	14
of which sugars (g)	6,8	1,3
Fiber (g)	9	2
Protein (g)	38	7
Salt (g)	1,9	0,4

Allergens

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

1



Fry the shrimp

- Boil plenty of salted water in a pot or saucepan for the mafaldine.
- Chop the onion and crush or mince the garlic.
- Melt a knob of butter with a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the shrimp for 2 minutes, then add half of the garlic and fry for 1 more minute.
- Season to taste with salt and pepper, then remove from the pan and set aside.

2



Make the sauce

- Melt a knob of butter in the same pan over medium-high heat and fry the onion with the rest of the garlic for 2 minutes.
- Add the mushrooms and fry for 4 - 6 more minutes.
- Stir in the crème fraîche and half of the white wine vinegar, then allow to simmer over low heat.
- Meanwhile, boil the mafaldine for 7 - 9 minutes or until done. Reserve some of the pasta water, then drain and set aside.

3



Make the salad

- Finely chop the dill.
- In a salad bowl, combine the extra virgin olive oil with the honey, the mustard and the rest of the white wine vinegar. Season to taste with salt and pepper.
- Add the arugula and the majority of the dill, then toss well to combine with the dressing.

4



Serve

- Transfer the mafaldine to the mushrooms, along with the shrimp and the pesto.
- Toss well to combine, adding a splash of pasta water as needed. Cook for 1 minute over medium-high heat.
- Serve the mafaldine on deep plates and garnish with the rest of the dill.
- Serve the salad alongside.

Cod with Prosciutto, Parmigiano Reggiano & Sage

over creamy butternut squash risotto with cress

Total time: 45 - 55 min. Premium




Butternut squash


Cod fillet


Risotto rice


Fresh sage


Garlic


Onion


Parmigiano Reggiano DOP


Cooking cream


BBQ spice rub


Cress


Prosciutto crudo

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Butternut squash* (unit(s))	¼	½	¾	1	1¼	1½
Cod fillet* (unit(s))	1	2	3	4	5	6
Risotto rice (g)	75	150	225	300	375	450
Fresh sage* (g)	5	10	15	20	25	30
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Cooking cream (g)	75	150	225	300	375	450
BBQ spice rub (sachet(s))	½	1	1½	2	2½	3
Cress* (g)	10	20	30	40	50	60
Prosciutto crudo* (g)	25	50	75	100	125	150
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	300	600	900	1200	1500	1800
[Plant-based] butter (tbsp)	2	4	6	8	10	12
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (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)	4581 /1095	503 /120
Total fat (g)	58	6
of which saturated(g)	29,9	3,3
Carbonhydrates (g)	101	11
of which sugars (g)	13,4	1,5
Fiber (g)	7	1
Protein (g)	43	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



Roast the butternut squash

- Preheat the oven to 200°C and prepare the stock.
- Halve the butternut squash lengthways.
- Scoop out the seeds and the stringy part of the flesh, then finely dice the neck and cut the base into thin crescents.
- Transfer all of the squash to a parchment-lined baking sheet and drizzle with olive oil. Scatter over the BBQ rub* and then roast in the oven for 18 - 20 minutes.

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

2



Make the risotto

- Crush or mince the garlic.
- Melt a knob of butter in a deep frying pan over medium-high heat and fry the garlic for 1 minute.
- Stir in the risotto rice and toast the grains for 1 minute, then gradually add the stock one ladle at a time and allow to slowly incorporate, stirring regularly.
- Meanwhile, tear the prosciutto into pieces and discard the sage stalks.

3



Fry the Prosciutto

- 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.
- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the prosciutto with the sage leaves for 5 - 7 minutes, then remove from the pan and set aside.

4



Fry the fish

- Pat the fish dry with kitchen paper and season both sides with salt and pepper.
- Melt a generous knob of butter in the same pan over medium-high heat and fry the fish for 1 - 2 minutes per side
- In the meantime, chop the onion and grate the Parmigiano Reggiano.
- Tear off the cress or use scissors if preferred.

5



Finish

- Melt a knob of butter in a saucepan over medium-high heat and fry the onion for 2 minutes.
- Deglaze with the white balsamic vinegar.
- Add the cream, the honey and the diced butternut squash, then use an immersion blender to process until smooth.
- Transfer this to the risotto, along with half each of the Parmigiano Reggiano and the cress. Season to taste with pepper.

6



Serve

- Serve the risotto on deep plates. Top first with the rest of the butternut squash and then with the fish.
- Drizzle the fish with any residual cooking juices from the pan.
- Garnish with the prosciutto and the sage, along with the rest of the cress and Parmigiano Reggiano.

Chicken Burger with a Mexican-Inspired Twist

on brioche with bacon, guacamole, cheddar & potato wedges

Total time: 25 - 35 min. Quick Premium




Potato wedges


Brioche bun


Chicken burger from Oranjehoen


Grated cheddar


Guacamole


Red onion


Little gem


Romano pepper


Tomato


Green chili pepper


Fresh coriander


Bacon

Before you start

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

Ingredients for 1 - 6 servings

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

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4138 /989	580 /139
Total fat (g)	51	7
of which saturated(g)	21,2	3
Carbonhydrates (g)	86	12
of which sugars (g)	19,1	2,7
Fiber (g)	13	2
Protein (g)	43	6
Salt (g)	3,2	0,5

Allergens

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

1

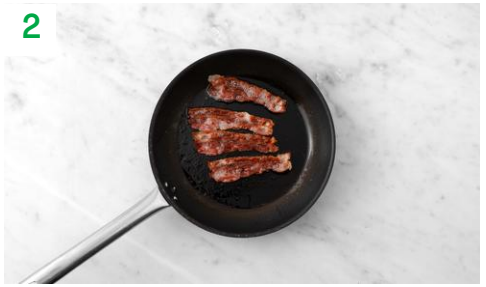


Prepare

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

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

2



Fry the bacon

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

3



Fry the burger

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

4



Make the salsa

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

5



Assemble

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

6



Serve

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

Duck Confit in Smoky Sauce with Bacon-Fried Corn

soul food-inspired, with cheesy mash & parsley

Total time: 20 - 30 min. Quick Premium




Chipotle paste


Boneless duck thigh confit


Potatoes


Corn


Red onion


Grated aged Gouda


Fresh flat leaf parsley


Garlic


Romano pepper


Bacon lardons


Mini Roma tomatoes


Mexican-style 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
Chipotle paste (g)	10	20	30	40	50	60
Boneless duck thigh confit* (unit(s))	1	2	3	4	5	6
Potatoes (g)	250	500	750	1000	1250	1500
Corn (g)	70	140	210	280	350	420
Red onion (unit(s))	½	1	1½	2	2½	3
Grated aged Gouda* (g)	25	50	75	100	125	150
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Garlic (unit(s))	½	1	1½	2	2½	3
Romano pepper* (unit(s))	½	1	1	2	2	3
Bacon lardons* (g)	25	50	75	100	125	150
Mini Roma tomatoes* (g)	65	125	250	250	375	375
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Not included						
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Mustard (tsp)	1	2	3	4	5	6
Low sodium beef stock (ml)	50	100	150	200	250	300
Red wine vinegar (tbsp)	½	1	1½	2	2½	3
[Plant-based] milk (splash)	1	2	3	4	5	6
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4121 /985	525 /125
Total fat (g)	57	7
of which saturated(g)	26,5	3,4
Carbonhydrates (g)	72	9
of which sugars (g)	17,3	2,2
Fiber (g)	12	2
Protein (g)	47	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

- Peel or thoroughly wash the potatoes and cut them into rough pieces.
- Transfer to a pot or saucepan and submerge with water.
- Boil the potatoes for 12 - 15 minutes, then drain and set aside.

2



Fry the vegetables

- Chop the onion and crush or mince the garlic.
- Dice the Romano pepper and halve the tomatoes.
- Melt a knob of butter in a frying pan over medium-high heat.
- Fry the bacon lardons, the Romano pepper, the tomatoes, the garlic and the onion for 4 - 5 minutes.

3



Fry the duck

- Meanwhile, drain the corn. Prepare the stock.
- Add the corn and the Mexican-style spices* to the bacon lardons and vegetables. Mix well and fry for 1 - 2 more minutes.
- Melt a knob of butter in a frying pan over medium-high heat.
- Fry the duck in its juices for 2 - 3 minutes per side, covered.

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

4



Make the sauce

- Remove the duck from the pan and set aside under aluminum foil.
- Deglaze the pan with the red wine vinegar, then add the chipotle paste* and the stock.
- Bring to a boil, then turn off the heat.

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

5



Mash the potatoes

- Mash the potatoes with a knob of butter and a splash of milk.
- Stir in the mustard and the cheese, then season to taste with salt and pepper.
- Meanwhile, roughly chop the parsley.

6



Serve

- Serve the mash on plates and top with the duck.
- Drizzle with the smoky sauce and top with the bacon-fried corn.
- Garnish with the parsley to finish.

Organic Salmon | with Teriyaki Sauce & Edamame

over garlic rice with broccolini & furikake

Total time: 25 - 35 min. Quick Premium



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

- Garlic
- White long grain rice
- Carrot
- Broccolini
- Teriyaki sauce
- Furikake
- Edamame
- Organic skin-on salmon fillet

Before you start

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

Ingredients for 1 - 6 servings

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

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3669 /877	502 /120
Total fat (g)	42	6
of which saturated(g)	5,9	0,8
Carbonhydrates (g)	86	12
of which sugars (g)	17,8	2,4
Fiber (g)	8	1
Protein (g)	37	5
Salt (g)	2,1	0,3

Allergens

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

1



Boil the rice

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

2



Prepare the broccolini

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

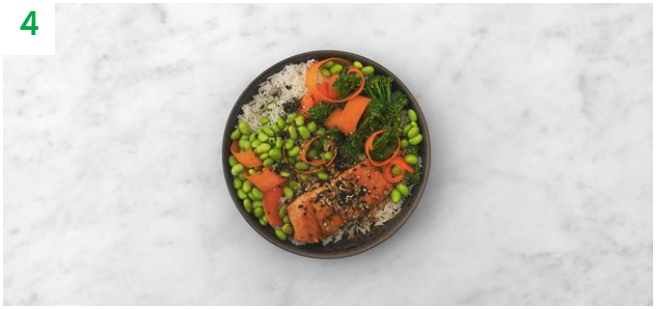
3



Fry the fish

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

4



Serve

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

Pork Saté with Peanut Sauce & Fries

with cucumber salad, chili pepper & fried onion

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



- Pork tenderloin
- Ketjap manis
- Potatoes
- Red onion
- Purple carrot
- Butter lettuce
- Cucumber
- Peanut sauce
- Red chili pepper
- Salted peanuts

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pork tenderloin* (unit(s))	1	2	3	4	5	6
Ketjap manis (g)	10	20	30	40	50	60
Potatoes (g)	200	400	600	800	1000	1200
Red onion (unit(s))	½	1	1	2	2	3
Purple carrot* (unit(s))	½	1	2	2	3	3
Butter lettuce* (head)	½	1	1½	2	2½	3
Cucumber* (unit(s))	¼	½	¾	1	1¼	1½
Peanut sauce* (g)	60	120	180	240	300	360
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Salted peanuts (g)	10	20	30	40	50	60
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise	to taste					
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3117 /745	452 /108
Total fat (g)	37	5
of which saturated(g)	6,8	1
Carbonhydrates (g)	64	9
of which sugars (g)	19,3	2,8
Fiber (g)	11	2
Protein (g)	41	6
Salt (g)	1,8	0,3

Allergens

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

1



Prepare

- Preheat the oven to 220°C. Dice the pork.
- In a bowl, combine the pork with the ketjap.
- Peel or thoroughly wash the potatoes and then cut into fries of no more than 1cm thickness.
- Transfer to a bowl and drizzle with olive oil. Season with salt and pepper, then toss well to coat. Transfer to a parchment-lined baking sheet and bake in the oven for 25 - 30 minutes or until golden-brown, tossing halfway.

2



Fry the onion

- Dice the onion.
- Heat a light drizzle of olive oil in a frying pan over low heat. Fry the onion for 1 - 2 minutes. Deglaze with the balsamic vinegar, then remove from the pan and set aside.
- Chop the lettuce. Grate the carrot. Halve the cucumber lengthways and scoop out the seeds, then slice into crescents.
- In a salad bowl, combine the extra virgin olive oil with the mustard. Season to taste with salt and pepper.

3



Fry the pork

- To the salad bowl, add the carrot, lettuce and cucumber. Toss well to combine with the dressing.
- Thread the pork onto the skewers, using a zigzag motion.
- Heat a light drizzle of olive oil in a frying pan over medium heat. Fry the skewers for 5 - 7 minutes or until done, then move to one side of the pan.
- Heat the peanut sauce on the other side of the pan for 30 - 60 seconds.

4



Serve

- Deseed and finely chop the red chilli pepper*.
- Roughly chop the peanuts.
- Serve the skewers on plates and top with the peanut sauce. Garnish with the chili pepper, peanuts and fried onion.
- Serve with the salad and fries, along with mayonnaise as preferred.

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

Crispy Shrimp Caesar with Parmigiano Reggiano

with a jammy egg, green beans & tomatoes

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




Green beans


Egg


Garlic


Parmigiano Reggiano DOP


Worcestershire sauce


Shrimp


Panko breadcrumbs


Mini Roma tomatoes


Little gem

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
Green beans* (g)	100	200	300	400	500	600
Egg* (unit(s))	2	3	4	6	7	9
Garlic (unit(s))	½	1	1½	2	2½	3
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Worcestershire sauce (g)	7½	15	22½	30	37½	45
Shrimp* (g)	120	240	360	480	600	720
Panko breadcrumbs (g)	12½	25	37½	50	62½	75
Mini Roma tomatoes* (g)	62½	125	187½	250	312½	375
Little gem* (unit(s))	1	2	3	4	5	6
Not included						
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1½	3	4½	6	7½	9
Flour (tbsp)	1	2	3	4	5	6
Sunflower 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)	3000 /717	536 /128
Total fat (g)	48	9
of which saturated(g)	8,7	1,6
Carbonhydrates (g)	26	5
of which sugars (g)	8,4	1,5
Fiber (g)	7	1
Protein (g)	41	7
Salt (g)	2,6	0,5

Allergens

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

1



Prepare

- Boil plenty of water in a pot or saucepan. Discard the tips of the green beans.
- Cook the green beans with half of the eggs for 5 - 6 minutes. Drain and rinse under cold water, then set aside.
- In the meantime, halve the tomatoes and roughly chop the lettuce.
- Grate the cheese and crush or mince the garlic. Beat the rest of the eggs on a deep plate.

2



Fry the shrimp

- Transfer the flour and the panko to separate deep plates. Season both with salt and pepper.
- Pat the shrimp dry with kitchen paper.
- Coat them first with the flour, then with the egg and finally with the panko.
- Heat a generous drizzle of sunflower oil in a large frying pan over high heat and fry the shrimp for 3 - 4 minutes, or until golden-brown.

3



Make the dressing

- In a salad bowl, combine the Worcestershire sauce with the garlic, the white balsamic vinegar, the mayonnaise and half of the cheese.
- Season to taste with salt and pepper.
- Peel and halve the boiled eggs.

4



Serve

- Transfer the lettuce, the green beans and the tomatoes to the salad bowl. Toss well to combine with the dressing.
- Serve the salad on plates, topped with the shrimp and the boiled egg.
- Garnish with the rest of the cheese to finish.

Tex-Mex Beef Bowl with Guacamole, Salsa & Cheese

with red cabbage slaw, sweet potato & corn

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




Sweet potato


Onion


Tomato


Lime


Fresh flat leaf parsley


Seasoned beef mince


BBQ spice rub


Shredded red cabbage


Corn


Guacamole


Grated Gouda


Ground cumin


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
Sweet potato (g)	100	200	300	400	500	600
Onion (unit(s))	½	1	1	2	2	3
Tomato (unit(s))	1	2	3	4	5	6
Lime* (unit(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Seasoned beef mince* (g)	120	240	360	480	600	720
BBQ spice rub (sachet(s))	½	1	1	2	2	3
Shredded red cabbage* (g)	50	100	100	200	200	300
Corn (g)	35	70	140	140	210	210
Guacamole* (g)	40	80	160	160	240	240
Grated Gouda* (g)	25	50	75	100	125	150
Ground cumin (sachet(s))	¼	½	¾	1	1¼	1½
Smoked paprika (sachet(s))	¼	½	¾	1	1¼	1½
Not included						
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
[Plant-based] mayonnaise (tbsp)	½	1	1	2	2	3
Salt and pepper			to taste			

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3251 /777	565 /135
Total fat (g)	52	9
of which saturated(g)	16,9	2,9
Carbonhydrates (g)	41	7
of which sugars (g)	17,9	3,1
Fiber (g)	12	2
Protein (g)	34	6
Salt (g)	2,8	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.
- Dice the sweet potato into 2cm cubes and boil for 4 - 6 minutes, then drain and transfer to a frying pan.
- Drizzle with olive oil and fry for 6 - 7 minutes over high heat.
- Add the smoked paprika and fry for 30 seconds.

2

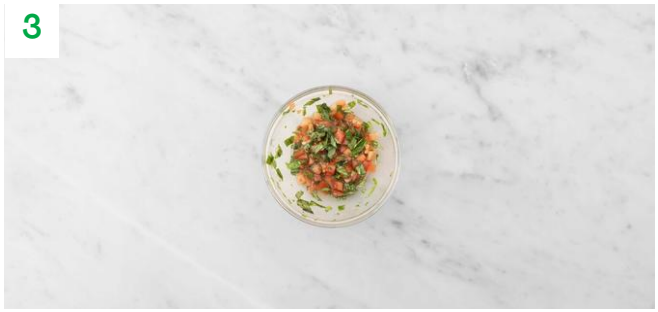


Fry the mince

- Meanwhile, slice the onion into half-rings.
- Heat a light drizzle of olive oil in a frying pan over medium-high heat and fry the onion for 2 - 3 minutes.
- Add the mince, BBQ rub* and cumin.
- Fry for 2 more minutes, separating the mince as you do so.

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

3



Make the salsa

- Dice the tomato and transfer half of it to the mince, then fry for 3 - 4 more minutes.
- Scatter over the cheese and cook for 1 more minute, covered.
- Finely chop the parsley and quarter the lime.
- In a bowl, combine the rest of the tomato with half of the parsley and the juice of a quarter lime per person. Season to taste with salt and pepper.

4



Serve

- Drain the corn.
- In a bowl, combine the cabbage with the mayonnaise. Season to taste with salt and pepper.
- Serve everything on deep plates and top with the guacamole.
- Garnish with the rest of the parsley and serve the rest of the lime wedges alongside.

Fusion Miso Risotto with Parmigiano Reggiano

with edamame-broccolini salad, mushrooms & sesame seeds

Total time: 35 - 45 min. Premium Vegetarian

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



- Egg
- Scallions
- Chestnut mushrooms
- Garlic
- White miso paste
- Risotto rice
- Broccolini
- Lime
- Thai basil
- Edamame
- Mascarpone
- Parmigiano Reggiano DOP
- Chili oil
- Sesame seeds

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Egg* (unit(s))	1	2	3	4	5	6
Scallions* (g)	62½	125	187½	250	312½	375
Chestnut mushrooms* (g)	125	250	400	400	650	650
Garlic (unit(s))	1	2	3	4	5	6
White miso paste (g)	15	25	40	50	65	75
Risotto rice (g)	75	150	225	300	375	450
Broccolini* (g)	100	200	300	400	500	600
Lime* (unit(s))	½	1	1½	2	2½	3
Thai basil* (g)	5	10	15	20	25	30
Edamame* (g)	25	50	75	100	125	150
Mascarpone* (g)	25	50	75	100	125	150
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Chili oil (ml)	4	8	12	16	20	24
Sesame seeds (g)	2½	5	7½	10	12½	15
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Water (ml)	350	700	1050	1400	1750	2100
[Reduced salt] soy sauce (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3602 /861	391 /93
Total fat (g)	47	5
of which saturated(g)	14,9	1,6
Carbonhydrates (g)	82	9
of which sugars (g)	7,4	0,8
Fiber (g)	10	1
Protein (g)	30	3
Salt (g)	2,8	0,3

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 saucepan.
- Carefully transfer the eggs to the water and boil for 6 - 8 minutes, then rinse under cold water.
- Boil the water in the same pan (see pantry for amount). Add the miso paste* and the soy sauce.
- Slice the mushrooms and crush or mince the garlic.

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

2



Fry the mushrooms

- Finely chop the scallions and separate the white part from the greens.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the mushrooms with the white part of the scallions and half of the garlic for 5 - 7 minutes.
- Add the risotto rice and toast the grains for 1 minute, then gradually add the miso stock one ladle at a time.

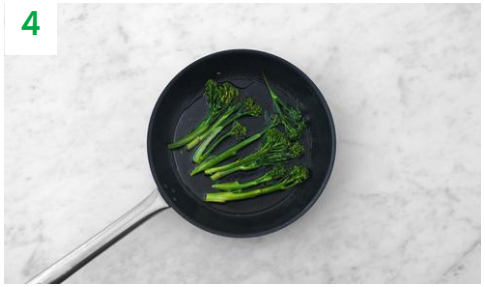
3



Make the risotto

- 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.

4



Fry the broccolini

- Halve the broccolini lengthways, or cut any thicker stems into quarters.
- Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the broccolini with the rest of the garlic for 4 - 6 minutes.
- Deglaze with a splash of water, then cook for 4 - 5 more minutes over medium-low heat.
- Roughly chop or tear the Thai basil.

5



Finish

- Zest the lime and cut it into wedges.
- In a salad bowl, combine the extra virgin olive oil with the lime zest, the juice of 1 lime wedge per person, the scallion greens, the edamame, the broccolini, the Thai basil and half of the sesame seeds. Season with salt and pepper.
- Peel the eggs and cut them in half.
- Grate the Parmigiano Reggiano.

6



Serve

- Stir the mascarpone and the Parmigiano Reggiano in the risotto. Season to taste with salt and pepper.
- Serve the risotto on deep plates with the salad alongside.
- Top the risotto with the egg.
- Drizzle with the chili oil* and garnish with the rest of the sesame seeds.

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

Venison Steak with Olive Salsa & Butternut Squash

with Greek-style cheese, arugula salad & veal jus with raisins

Total time: 30 - 40 min. Premium



- Venison steak
- Butternut squash
- Pumpkin seeds
- Red onion
- Green olives
- Fresh flat leaf parsley & mint
- Fresh dill & chives
- Raisins
- Veal jus
- Lemon
- Arugula & lamb's lettuce
- Greek-style cheese

CHEF'S FINEST

Chef's Finest is a selection of exclusive recipes just for HelloFresh Premium customers. This week, enjoy delicious venison steak: a tender cut of meat with unique gamey flavour.
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
Venison steak* (g)	120	240	360	480	600	720
Butternut squash* (unit(s))	¼	½	¾	1	1¼	1½
Pumpkin seeds (g)	10	20	30	40	50	60
Red onion (unit(s))	½	1	1½	2	2½	3
Green olives (g)	15	30	45	70	75	100
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
Fresh dill & chives* (g)	5	10	15	20	25	30
Raisins (g)	10	20	30	40	50	60
Veal jus* (g)	30	60	90	120	150	180
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Arugula & lamb's lettuce* (g)	20	40	60	90	100	130
Greek-style cheese* (g)	25	50	75	100	125	150
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative]	to taste					
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3577 /855	646 /154
Total fat (g)	60	11
of which saturated(g)	20,3	3,7
Carbonhydrates (g)	38	7
of which sugars (g)	15,7	2,8
Fiber (g)	8	1
Protein (g)	37	7
Salt (g)	3,1	0,6

Allergens

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

1



Prepare

- Preheat the oven to 200°C.
- Take the steak out of the fridge and allow it to reach room temperature.
- Halve the butternut squash lengthways. Scoop out the seeds and the stringy part of the flesh.
- Slice into thin crescents, then transfer to a parchment-lined baking sheet and drizzle with olive oil. Season with salt and pepper, then roast for 25 - 30 minutes.

2



Fry the steak

- Chop the onion.
- Heat a clean frying pan over high heat and toast the pumpkin seeds until they start to pop. Transfer to a bowl and set aside.
- Heat a drizzle of olive oil with a knob of butter in the same pan over medium-high heat. Fry the steak for 3 - 4 minutes per side, or until cooked as preferred.
- Remove from the pan and allow to rest under aluminum foil.

3



Make the jus

- Melt a knob of butter in the same pan and fry the onion for 1 - 2 minutes.
- Add the raisins and the veal jus, then allow to reduce for 1 - 2 minutes.
- Roughly chop the dill and the chives.
- Zest the lemon and juice it into a salad bowl. Add the chopped herbs, half of the extra virgin olive oil and some honey as preferred. Season with salt and pepper.

4



Serve

- Finely chop the olives, the parsley and the mint, then transfer all three to the pumpkin seeds.
- Add the lemon zest and the rest of the extra virgin olive oil, then mix well.
- Transfer the lettuce to the salad bowl and toss well to combine.
- Serve everything on plates with the jus alongside. Garnish with the olive salsa and crumble over the cheese.

Cod Loin with Samphire & Bell Pepper Sauce

over fragrant giant couscous with rainbow carrots & harissa

Total time: 35 - 45 min. Premium



- Giant couscous
- Garlic
- Shallot
- Carrot
- Purple carrot
- Yellow carrot
- Samphire
- Broccolini
- Hello Harissa
- Roasted bell pepper sauce
- Ground cumin
- Shaved almonds
- Fresh chives
- 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
Giant couscous (g)	75	150	225	300	375	450
Garlic (unit(s))	½	1	1½	2	2½	3
Shallot (unit(s))	½	1	1	2	2	3
Carrot* (unit(s))	½	1	1½	2	2½	3
Purple carrot* (unit(s))	½	1	2	2	3	3
Yellow carrot* (unit(s))	½	1	1	2	2	3
Samphire* (g)	25	50	75	100	125	150
Broccolini* (g)	100	200	300	400	500	600
Hello Harissa (sachet(s))	½	1	1½	2	2½	3
Roasted bell pepper sauce* (g)	40	80	120	160	200	240
Ground cumin (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Shaved almonds (g)	10	20	30	40	50	60
Fresh chives* (g)	2½	5	7½	10	12½	15
Cod loin* (unit(s))	1	2	3	4	5	6
Not included						
Olive oil (tbsp)	1½	3	4½	6	7½	9
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3456 /826	455 /109
Total fat (g)	40	5
of which saturated(g)	9	1,2
Carbonhydrates (g)	70	9
of which sugars (g)	10,2	1,3
Fiber (g)	13	2
Protein (g)	41	5
Salt (g)	2,3	0,3

Allergens

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

1



Roast the carrots

- Preheat the oven to 220°C.
- Quarter the carrots lengthways and then transfer to a parchment-lined baking sheet.
- Scatter over the Hello Harissa* and drizzle with olive oil. Season with salt and pepper, then toss well to coat.
- Roast for 10 - 15 minutes.

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

2



Roast the broccolini

- Halve any thicker pieces of broccolini lengthways, then transfer to a bowl and drizzle with olive oil.
- Season with salt and pepper, then toss well to coat.
- Transfer to the other side of the same baking sheet (see Tip).
- Roast for 10 - 12 minutes, or until done and lightly browned.

Tip: *use another baking sheet if necessary.*

3



Boil the giant couscous

- Prepare the stock.
- Chop the shallot and crush or mince the garlic.
- Heat a drizzle of olive oil in a pot or saucepan over medium-high heat. Fry the shallot with the giant couscous and the garlic for 3 minutes.
- Stir in the cumin and the stock, then reduce the heat and boil gently for 12 - 14 minutes, covered.

4



Fry the fish

- Heat a clean frying pan over high heat and toast the almonds until golden-brown. Remove from the pan and set aside.
- Melt a knob of butter in the same pan over medium-high heat and fry the fish with the samphire for 2 minutes per side.
- Season to taste with salt and pepper, then remove from the pan and set aside, covered.

5



Finish

- Heat the roasted bell pepper sauce in the same frying pan over medium heat for 1 - 2 minutes.
- Meanwhile, finely chop the chives.
- Fluff through the couscous with a fork, then season to taste with salt and pepper.

6



Serve

- Serve the giant couscous on plates, topped with the roasted vegetables, the fish and the samphire.
- Drizzle with the roasted bell pepper sauce.
- Garnish with the chives and the almonds to finish.

Chicken with Basil Crème, Olives & Green Beans

over creamy carrot purée with shaved almonds

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




Carrot


Parsnip


Garlic


Red onion


Green beans


Dried thyme


Shaved almonds


Apple


Kalamata olives


Mascarpone


Basil crème


Chicken breast

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Carrot* (unit(s))	1	2	3	4	5	6
Parsnip* (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1½	2	2½	3
Green beans* (g)	100	200	300	400	500	600
Dried thyme (sachet(s))	¼	½	¾	1	1¼	1½
Shaved almonds (g)	5	10	15	20	25	30
Apple* (unit(s))	¼	½	¾	1	1¼	1½
Kalamata olives (g)	15	30	50	70	80	100
Mascarpone* (g)	25	50	75	100	125	150
Basil crème (ml)	7½	15	24	30	39	45
Chicken breast* (unit(s))	1	2	3	4	5	6
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Water (tbsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Mustard (tsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3100 /741	506 /121
Total fat (g)	49	8
of which saturated(g)	20,3	3,3
Carbonhydrates (g)	32	5
of which sugars (g)	21,6	3,5
Fiber (g)	15	2
Protein (g)	39	6
Salt (g)	1,2	0,2

Allergens

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

1



Prepare

- Peel or thoroughly wash the parsnip and the carrot, then roughly chop both.
- Heat a drizzle of olive oil with a knob of butter in a pot or saucepan over medium-high heat. Fry the carrot and the parsnip for 3 - 4 minutes.
- Submerge with water and add a pinch of salt.
- Bring to the boil and cook for 12 - 15 minutes until done, then drain and set aside.

2



Fry the green beans

- Meanwhile, crush or mince the garlic.
- Discard the tips of the green beans.
- Heat a drizzle of olive oil in a large deep frying pan over medium-high heat. Fry the green beans with the garlic and the thyme for 2 - 3 minutes.

3



Finish the green beans

- Add the water and cover with the lid (see pantry for amount).
- Cook the green beans for 4 - 6 more minutes, then season to taste with salt and pepper.
- Meanwhile, slice the onion into half-rings.
- Season the chicken with salt and pepper.

4



Fry the chicken

- Heat a clean frying pan over high heat and toast the almonds until golden-brown. Remove from the pan and set aside.
- Melt a knob of butter in the same pan over medium-high heat.
- Fry the chicken with the onion for 2 - 3 minutes per side, or until done.

5

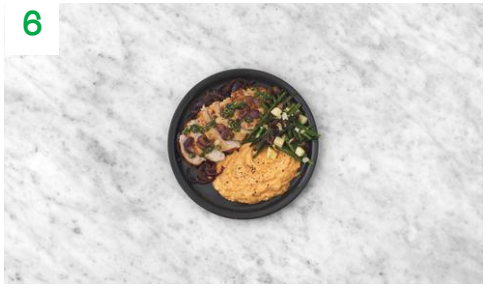


Finish

- Core and dice the apple.
- Roughly chop the olives.
- Mash the carrot and the parsnip with the mascarpone until smooth.
- Stir in the mustard, then season to taste with salt and pepper.

Did you know... *the parsnip in this recipe contains potassium, a mineral that contributes to the maintenance of normal blood pressure.*

6



Serve

- Serve the carrot purée on plates.
- Serve the chicken and the green beans alongside.
- Garnish the green beans with the apple, the shaved almonds and the olives.
- Drizzle the chicken with the basil crème to finish.

Guinea Fowl with Pistachio-Parm Clusters

over creamy aglio e olio orzotto with roasted tomatoes

Total time: 30 - 40 min. Premium




Guinea fowl breast


Aglio e olio


Orzo


Pistachio nuts


Mini Roma tomatoes


Onion


Fennel


Mascarpone


Parmigiano Reggiano DOP


Fresh rosemary

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
Guinea fowl breast* (unit(s))	1	2	3	4	5	6
Aglio e olio* (g)	25	50	75	100	125	150
Orzo (g)	75	150	225	300	375	450
Pistachio nuts (g)	10	20	30	40	50	60
Mini Roma tomatoes* (g)	125	250	375	500	625	750
Onion (unit(s))	½	1	1	2	2	3
Fennel* (unit(s))	½	1	2	2	3	3
Mascarpone* (g)	25	50	75	100	125	150
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Fresh rosemary* (sprig)	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Low sodium chicken stock (ml)	160	320	480	640	800	960
[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)	4238 /1013	608 /145
Total fat (g)	60	9
of which saturated(g)	20,4	2,9
Carbonhydrates (g)	68	10
of which sugars (g)	13,8	2
Fiber (g)	9	1
Protein (g)	45	6
Salt (g)	1,1	0,2

Allergens

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

1



Prepare

- Preheat the oven to 220°C and prepare the stock.
- Take the guinea fowl out of the fridge and allow it to reach room temperature.
- Quarter the fennel and halve the tomatoes, then transfer both to an oven dish and drizzle with olive oil.
- Season with salt and pepper, then toss well to coat. Roast in the oven for 25 - 30 minutes.

2



Roast the vegetables

- When the vegetables are done, deglaze the oven dish with half of the balsamic vinegar.
- Chop the onion in the meantime.
- Heat a drizzle of olive oil in a deep frying pan over low heat and fry the onion for 2 minutes.
- Stir in the orzo and fry for 1 minute over medium heat, then deglaze with the rest of the balsamic vinegar.

3



Make the orzotto

- Pour in the stock and cover with the lid, then allow to cook for 10 - 12 minutes over low heat, stirring regularly.
- Add more water as necessary if it seems too dry.
- Stir in the aglio e olio* and the mascarpone, then season to taste with salt and pepper.

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

4



Fry the guinea fowl

- Pat the guinea fowl dry with kitchen paper, then season with salt and pepper.
- Melt a knob of butter in a frying pan over medium-high heat.
- Fry the guinea fowl on its skin for 4 - 5 minutes, then flip and fry for another 4 - 5 minutes.
- Remove from the pan and allow to rest under aluminum foil.

5



Toast the pistachios

- Discard the rosemary sprig and finely chop the leaves.
- Grate the cheese and finely chop the pistachios.
- Heat a clean frying pan over medium-high heat and toast the pistachios for 2 - 3 minutes.
- Add the rosemary and half of the cheese. Fry for 1 - 2 minutes, stirring regularly, until the cheese is partially melted and clusters have begun to form.

6



Serve

- Slice the guinea fowl.
- Serve the orzotto on deep plates, then top with guinea fowl and the roasted vegetables.
- Garnish with the pistachio-parm clusters.
- Finish with the rest of the cheese.

Salmon with Miso-Coconut Soup & Pak Choi

with garlicky ciabatta crostini & lime

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




Red onion


Garlic


Pak choi


Carrot


Wholegrain ciabatta


White miso paste


Coconut milk


Korean-style spice mix


Salmon fillet


Lime

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red onion (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	½	1	1½	2	2½	3
Pak choi* (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	1	1	2	2	3	3
Wholegrain ciabatta (unit(s))	½	1	1½	2	2½	3
White miso paste (g)	12½	25	37½	50	62½	75
Coconut milk (ml)	90	180	250	360	430	540
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
Salmon fillet* (unit(s))	1	2	3	4	5	6
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
[Reduced salt] soy sauce (tbsp)	¼	½	¾	1	1¼	1½
Low sodium vegetable stock (ml)	100	200	300	400	500	600
Sambal	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3059 /731	471 /113
Total fat (g)	50	8
of which saturated(g)	18,6	2,9
Carbonhydrates (g)	35	5
of which sugars (g)	15	2,3
Fiber (g)	10	2
Protein (g)	34	5
Salt (g)	3,2	0,5

Allergens

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

1



Prepare

- Preheat the oven to 200°C and prepare the stock.
- Crush or mince the garlic and thinly slice the bread roll.
- Transfer the bread to a parchment-lined baking sheet and drizzle lightly with olive oil. Scatter over half of the garlic, then heat in the oven for 6 - 8 minutes.
- Meanwhile, chop the onion and slice the carrot into crescents.

2



Fry the vegetables

- Discard the base of the pak choi and finely chop both the leaves and the stems, being sure to keep them separate.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the onion with the rest of the garlic for 1 - 2 minutes.
- Add the carrot and the white part of the pak choi, then fry for 8 - 10 minutes.

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

3



Fry the fish

- Stir in the stock, the coconut milk, the Korean-style spices, the miso paste* and the soy sauce.
- Simmer for 5 minutes over a low heat.
- Heat a light drizzle of olive oil in a frying pan over medium-high heat.
- Fry the fish on its skin for 2 - 3 minutes, then flip and fry for 2 more minutes.

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

4



Serve

- Zest the lime and cut it into wedges.
- To the soup, add the lime zest, the green part of the pak choi and some sambal as preferred.
- Serve the soup on deep plates and top with the fish.
- Serve the crostini and the lime wedges alongside.