



# Fast Pasta with a Mexican-Inspired Twist

with pork, cheese & sour cream

Family Quick

Total time: 20 - 25 min.



Pork mince



Mexican-style spices



Red onion



Garlic



Courgette



Penne



Passata



Grated Gouda



Organic sour cream



Bell pepper



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

The Mexican-style spice mix in this dish includes dried chili, jalapeño and smoked paprika. These spices give this pasta dish a nice kick!



Tear me out!

Before you start

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

Equipment

Lidded deep frying pan, pot or saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pork mince* (g)	100	200	300	400	500	600
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Courgette* (unit(s))	½	1	2	2	3	3
Penne (g)	90	180	270	360	450	540
Passata (g)	100	200	300	400	500	600
Grated Gouda* (g)	25	50	75	100	125	150
Organic sour cream* (g)	25	50	75	100	125	150
Bell pepper* (unit(s))	½	1	2	2	3	3
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3489 /834	576 /138
Total fat (g)	36	6
of which saturated(g)	14,1	2,3
Carbonhydrates (g)	84	14
of which sugars (g)	17,3	2,9
Fiber (g)	9	1
Protein (g)	40	7
Salt (g)	2,4	0,4

Allergens

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



Fry the mince

- Boil plenty of salted water in a pot or saucepan for the pasta.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the mince with the **Mexican spices**\* for 4 - 5 minutes, then remove from the pan and set aside. Keep the cooking juices in the pan to use later.

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



Finish

- Add the pasta to the sauce, along with the mince and half of the grated cheese.
- Mix well to combine and season to taste with salt and pepper, then cook for 3 more minutes.



Boil the pasta

- Chop the onion and crush or mince the garlic. Dice the courgette and bell pepper.
- Boil the pasta for 10 - 12 minutes until done, then drain and set aside. Reheat the frying pan and fry the garlic and onion for 1 - 2 minutes over medium-high heat.
- Add the courgette and the bell pepper and fry for 4 more minutes, then stir in the passata. Cover with the lid and allow to reduce for 2 - 4 minutes.



Serve

- Serve the pasta on plates and top with a dollop of sour cream.
- Garnish with the rest of the cheese.

Enjoy!





# Vegetable Lasagne with Fresh Basil

with mascarpone sauce, courgette & carrot

Family Veggie

Total time: 50 - 60 min.



Fresh lasagne sheets



Onion



Courgette



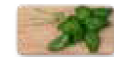
Carrot



Passata



Garlic



Fresh basil



Grated Gouda



Mascarpone



Sicilian-style herb mix



Shredded mozzarella



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

For even tastier lasagne, you can make this recipe the day before you intend to eat it. This way, the sauce will be less runny, and the flavours will be even more intense.

Tear me out!



Before you start

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

Equipment

Parchment-lined baking sheet, deep frying pan, oven dish

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Fresh lasagne sheets* (unit(s))	2½	5	7½	10	12½	15
Onion (unit(s))	½	1	1	2	2	3
Courgette* (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	1	1	2	2
Passata (g)	200	400	600	800	1000	1200
Garlic (unit(s))	1	2	3	4	5	6
Fresh basil* (g)	5	10	15	20	25	30
Grated Gouda* (g)	15	25	40	50	65	75
Mascarpone* (g)	25	50	75	100	125	150
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Shredded mozzarella* (g)	25	50	75	100	125	150
Not included						
Water for the sauce (ml)	50	100	150	200	250	300
Olive oil (tbsp)	1	2	3	4	5	6
Sugar (tsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2971 /710	466 /111
Total fat (g)	34	5
of which saturated(g)	16,4	2,6
Carbonhydrates (g)	76	12
of which sugars (g)	22,6	3,5
Fiber (g)	9	1
Protein (g)	24	4
Salt (g)	1,7	0,3

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Chop the onion and crush or mince the garlic.
- Thinly slice the courgette.



Make the sauce

- Stir in the passata, the sugar, the Sicilian-style herbs and the water for the sauce (see Tip).
- Allow to simmer for 3 - 4 minutes, then stir in the mascarpone.

**Tip:** after adding the passata, fill the empty pack with the water for the sauce. Shake well before pouring the water into the pan, so as to easily clean the pack and get all of the passata.



Roast the courgette

- Transfer the courgette to a parchment-lined baking sheet and drizzle with olive oil.
- Season with salt and pepper, then roast in the oven for 8 - 10 minutes.
- Be sure to keep the oven on to use again later for the lasagne.
- Finely dice the carrot in the meantime.



Make the lasagne

- Pour a shallow layer of sauce into an oven dish, then cover this with some of the lasagne sheets.
- Spread some sauce over the lasagne sheets, then place some courgette slices on top of that.
- Repeat so as to use all the ingredients, then finish with a layer of sauce.
- Scatter over the grated cheese and the mozzarella.



Fry the vegetables

- Heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the garlic, onion and carrot for 6 - 7 minutes, seasoning with salt and pepper.



Serve

- Bake the lasagne in the oven for 25 - 35 minutes.
- Finely chop the basil in the meantime.
- Let the lasagne rest for 3 minutes before serving. Garnish the lasagne with the basil.

Enjoy!





# Fiocchi Tricolore with Burrata & Basil Crème

in tomato-mushroom sauce with Sicilian-style herbs

Family Veggie Quick

Total time: 25 - 30 min.



Garlic



Onion



Carrot



Mushrooms



Passata



Sicilian-style herb mix



Basil crème



Burrata



Fiocchi tricolore



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Before you start

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

Equipment

Lidded pot or saucepan, large deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1	2	2	3
Carrot* (unit(s))	1	1	2	2	3	3
Mushrooms* (g)	65	125	250	250	375	375
Passata (g)	100	200	300	390	500	590
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Basil crème (ml)	15	24	39	48	63	72
Burrata* (ball(s))	½	1	1½	2	2½	3
Fiocchi tricolore (g)	90	180	270	360	450	540
Not included						
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tsp)	1	2	3	4	5	6
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3050 /729	624 /149
Total fat (g)	31	6
of which saturated(g)	9,4	1,9
Carbonhydrates (g)	84	17
of which sugars (g)	17,2	3,5
Fiber (g)	9	2
Protein (g)	25	5
Salt (g)	1,8	0,4

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan for the pasta and crumble in the stock cube (see pantry for amount).
- Chop the onion and crush or mince the garlic.
- Wash or peel the carrot, then quarter it lengthways and finely chop. Slice the mushrooms.



Make the sauce

- Stir in the garlic and Sicilian-style herbs and fry for 1 more minute, then deglaze with the balsamic vinegar.
- Add the passata and allow to reduce for 2 - 3 minutes, then add the pasta, as well as the reserved pasta water and cook for 2 more minutes.
- Season to taste with salt and pepper.



Fry the vegetables

- Boil the pasta for 8 - 10 minutes, then reserve 50ml pasta water per person. Drain and set aside, covered.
- Meanwhile, heat a generous drizzle of olive oil in a large deep frying pan over medium-high heat.
- Fry the mushrooms with the carrot for 2 - 3 minutes, then stir in the onion and fry for 3 - 4 minutes or until the onion is soft.



Serve

- Serve the pasta on deep plates.
- Halve the burrata and serve on top of the pasta.
- Drizzle with the basil crème to finish.

Enjoy!





# Chicken Bulgur Bowl with Orange Vinaigrette

with Greek-style cheese, roasted carrot & raisins

Quick Calorie Smart

Total time: 25 - 30 min.



Bulgur



Chicken breast



Greek-style cheese



Easy peel orange



Raisins



African-inspired  
spice mix



Spinach



Onion



Carrot



Persian cucumber



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

Vinaigrettes and dressings can be used much the same way, but vinaigrettes - made with oil and vinegar, or citrus juice - tend to be lighter and healthier. An easy and refreshing way to make your meal even tastier!



Tear me out!

Before you start

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

Equipment

Parchment-lined baking sheet, bowl, large bowl, pot or saucepan, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Bulgur (g)	75	150	225	300	375	450
Chicken breast* (unit(s))	1	2	3	4	5	6
Greek-style cheese* (g)	25	50	75	100	125	150
Easy peel orange* (unit(s))	½	1	1½	2	2½	3
Raisins (g)	10	20	30	40	50	60
African-inspired spice mix (sachet(s))	½	1	1½	2	2½	3
Spinach* (g)	50	100	200	200	300	300
Onion (unit(s))	½	1	1	2	2	3
Carrot* (unit(s))	½	1	1	2	2	3
Persian cucumber* (unit(s))	½	1	1½	2	2½	3
Not included						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Red wine vinegar (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Extra virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2816 /673	552 /132
Total fat (g)	22	4
of which saturated(g)	10,4	2
Carbonhydrates (g)	71	14
of which sugars (g)	19,8	3,9
Fiber (g)	13	3
Protein (g)	43	8
Salt (g)	1,8	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.
- Slice the carrot and transfer to a bowl, along with half of the African-inspired spices.
- Drizzle lightly 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, or until softened and lightly browned.

2



Cook the bulgur

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

3



Fry the chicken

- Dice the chicken into 2cm chunks.
- Melt a knob of butter in a frying pan over medium-high heat. Fry the chicken for 6 - 8 minutes until done.
- Season with salt and pepper, then remove from the pan and set aside.

4



Fry the spinach

- Fry the onion in the same pan for 2 - 3 minutes.
- Add half of the spinach and mix well, allowing the spinach to wilt and reduce.
- Season to taste with salt and pepper, then turn off the heat.
- Meanwhile, peel and dice half of the orange.

5



Make the vinaigrette

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

6



Serve

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

Enjoy!





# Stuffed Portobello with Goat's Cheese & Walnuts

with potato wedges, cherry tomatoes & roasted bell pepper

Veggie Calorie Smart

Total time: 45 - 55 min.



Potatoes



Fresh rosemary



Red onion



Red cherry tomatoes



Bell pepper



Portobello mushroom



Fresh goat's cheese



Chopped walnuts



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

The size and firmness of portobello mushrooms make them ideal for grilling and stuffing - or using as a hearty, plant-based alternative to meat!



Tear me out!

Before you start

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

Equipment

Parchment-lined baking sheet, bowl, oven dish

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	300	600	900	1200	1500	1800
Fresh rosemary* (sprig)	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1	2	2	3
Red cherry tomatoes (g)	125	250	375	500	625	750
Bell pepper* (unit(s))	½	1	2	2	3	3
Portobello mushroom* (unit(s))	1	2	3	4	5	6
Fresh goat's cheese* (g)	40	75	100	125	175	200
Chopped walnuts (g)	10	20	30	40	50	60
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (totaste)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2661 /636	367 /88
Total fat (g)	29	4
of which saturated(g)	9,3	1,3
Carbonhydrates (g)	71	10
of which sugars (g)	17,2	2,4
Fiber (g)	17	2
Protein (g)	20	3
Salt (g)	0,8	0,1

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Discard the rosemary stalk and finely chop the leaves.
- Thoroughly wash the potatoes and cut them into wedges.
- Transfer the potato wedges and the rosemary to a bowl and drizzle with olive oil. Season with salt and pepper, then toss well to coat.



Roast the vegetables

- Slice the onion into rings and dice the bell pepper.
- Halve the tomatoes.
- Transfer the onion and bell pepper to an oven dish and drizzle with olive oil. Add the balsamic vinegar and season with salt and pepper, then toss well to coat.
- Roast in the oven for 15 minutes, then add the tomatoes and roast for 10 more minutes.



Bake the wedges

- Transfer the wedges to a parchment-lined baking sheet, leaving enough space to add the portobello later.
- Bake in the oven for 30 - 40 minutes or until golden-brown, tossing halfway (see Tip).

**Tip:** you can alternatively fry the wedges for 15 - 20 minutes over medium-high heat, covered, then remove the lid and fry for another 15 - 20 minutes.



Serve

- Fill the portobellos with the goat's cheese and season with salt and pepper. Drizzle with the honey, then bake in the oven for 15 minutes.
- Top with the walnuts, then bake for 5 more minutes.
- Serve the potato wedges and portobello with the vegetables alongside. Drizzle with extra virgin olive oil as preferred.

Enjoy!





# Bang Bang Cauliflower with Chili Mayo

over garlic rice with crunchy vegetables

Veggie

Total time: 35 - 45 min.



Sweet chili sauce



Panko breadcrumbs



Cauliflower florets



Garlic



Jasmine rice



Spinach



Carrot



Red onion



Persian cucumber



Soy sauce



Sesame seeds



Mayonnaise



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

Bang bang! This recipe is normally made using chicken. The name comes from the utensil that is used to tenderise the meat.



Tear me out!

Before you start

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

Equipment

Parchment-lined baking sheet, 2x large bowl, lidded pot or saucepan, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Sweet chili sauce* (sachet(s))	1	2	3	4	5	6
Panko breadcrumbs (g)	25	50	50	75	100	125
Cauliflower florets* (g)	100	200	300	400	500	600
Garlic (unit(s))	½	1	1½	2	2½	3
Jasmine rice (g)	75	150	225	300	375	450
Spinach* (g)	75	150	200	300	350	450
Carrot* (unit(s))	½	1	1	1	2	2
Red onion (unit(s))	¼	½	¾	1	1¼	1½
Persian cucumber* (unit(s))	½	1	2	2	3	3
Soy sauce (ml)	10	20	30	40	50	60
Sesame seeds (sachet(s))	1	1	1	1	2	2
Mayonnaise* (g)	25	50	75	100	125	150
Not included						
Olive oil (tbsp)	1¼	2½	3¾	5	6¼	7½
Water for the rice (ml)	250	500	750	1000	1250	1500
White wine vinegar (tsp)	1	2	3	4	5	6
Salt (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3510 /839	460 /110
Total fat (g)	41	5
of which saturated(g)	5	0,7
Carbonhydrates (g)	101	13
of which sugars (g)	14,2	1,9
Fiber (g)	10	1
Protein (g)	20	3
Salt (g)	2,4	0,3

Allergens

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



Prepare

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



Chop the vegetables

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

Did you know... 🥬 spinach is full of nutrients but it is particularly rich in iron, which is essential for transporting oxygen throughout the body. This helps us feel energised.



Roast the cauliflower

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

Tip: use two baking sheets if necessary.



Fry the vegetables

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



Boil the rice

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



Serve

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

Enjoy!





# Sweet Potato Soup with Coconut Milk

with garam masala & kidney beans with a twist of lime

Plant-Based

Total time: 35 - 45 min.



Sweet potato



Scallions



Carrot



Red kidney beans



Coconut milk



Tomato



Dried thyme



Garlic



Lime



Garam Masala



Diced tomatoes with garlic & onion



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

Coconut milk actually doesn't come directly from the nut itself; the white flesh of the coconut is first mixed with water, and then the coconut milk is squeezed out.



Tear me out!

Before you start

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

Equipment

Parchment-lined baking sheet, microplane, small bowl, lidded soup pot, sieve

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Sweet potato (g)	150	300	450	600	750	900
Dried thyme (sachet(s))	¼	½	1	1½	1¾	2
Scallions* (bunch)	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	1	1	2	2	3	3
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Red kidney beans (pack)	½	1	1½	2	2½	3
Garam Masala (sachet(s))	¼	½	1	1½	1¾	2
Coconut milk (ml)	200	400	600	800	1000	1200
Diced tomatoes with garlic & onion (pack)	½	1	1½	2	2½	3
Tomato (unit(s))	1	2	3	4	5	6
Not included						
Low sodium vegetable stock (ml)	50	100	150	200	250	300
Olive oil (tbsp)	1	2	3	4	5	6
Sugar (tsp)	¼	½	¾	1	1¼	1½
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3515 /840	361 /86
Total fat (g)	50	5
of which saturated(g)	32,4	3,3
Carbonhydrates (g)	72	7
of which sugars (g)	34,3	3,5
Fiber (g)	20	2
Protein (g)	19	2
Salt (g)	2,5	0,3

Allergens

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



Roast the vegetables

- Preheat the oven to 220°C. Prepare the stock.
- Thoroughly wash the sweet potato, then dice it into 1cm chunks. Do the same with the carrot.
- Transfer both to a parchment-lined baking sheet, along with half of the thyme.
- Drizzle with olive oil and season with salt and pepper, then toss well to coat. Roast in the oven for 15 – 25 minutes, tossing halfway.



Make the soup

- Dice the tomato and add it to the soup, along with the chopped tomatoes, the coconut milk and the stock. Mix well to combine.
- Season to taste with salt and pepper, then bring to a boil. Allow the soup to simmer gently for 7 – 10 minutes over low heat, covered.
- Zest the lime and cut it into wedges. Drain the kidney beans.
- Stir in the kidney beans and then cook for a further 5 minutes.



Chop the vegetables

- Chop the scallions into thin rings and set aside some of the greens to use later as garnish.
- Crush or mince the garlic.
- Heat a drizzle of olive oil in soup pot over medium-high heat and fry the scallions for 1 – 2 minutes.
- Add the garlic, the sugar, the **garam masala**\* and the rest of the thyme, then fry for 30 seconds.
- *\*Take care, this ingredient is spicy! Add gradually as preferred.*



Serve

- Juice one lime wedge per person into a small bowl.
- Take the soup off the heat and stir in the roasted sweet potato and carrot, along with the lime juice.
- Garnish the soup with the lime zest and the reserved scallion greens.
- Add some more lime juice as preferred.

Enjoy!





# Cheesy Chili Sin Carne Tacos with Guacamole

on hard-shell tacos with sour cream & salsa

Veggie Quick

Total time: 25 - 30 min.



Lentils



Taco shells



Passata



Red onion



Mexican-style spices



Organic sour cream



Guacamole



Green Romano pepper



Tomato



Grated cheddar



Corn

**Our recipe developer Sarah says:**

"I love vegetarian food! I like to cook it in such a way that you don't miss the meat, so I chose lentils as a replacement for minced meat in this recipe. The Mexican-style spices add some heat to the dish and the two types of dips complete it."



Before you start

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

Equipment

Parchment-lined baking sheet, bowl, deep frying pan, sieve

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Lentils (pack)	½	1	1½	2	2½	3
Taco shells (unit(s))	4	8	12	16	20	24
Passata (g)	100	200	300	390	500	590
Red onion (unit(s))	½	1	1	2	2	3
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Organic sour cream* (g)	25	50	75	100	125	150
Guacamole* (g)	40	80	160	160	240	240
Green Romano pepper* (unit(s))	½	1	2	2	3	3
Tomato (unit(s))	½	1	1½	2	2½	3
Grated cheddar* (g)	25	50	75	100	125	150
Corn (g)	70	140	140	285	280	425
Not included						
White wine vinegar (tsp)	1	2	3	4	5	6
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (totaste)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3314 /792	561 /134
Total fat (g)	41	7
of which saturated(g)	15,4	2,6
Carbonhydrates (g)	76	13
of which sugars (g)	17,5	3
Fiber (g)	13	2
Protein (g)	20	3
Salt (g)	3,5	0,6

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Dice the Romano pepper and chop the onion.
- Drain and rinse the lentils and the corn.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry two thirds of the onion with half of the Romano pepper for 2 - 3 minutes (see Tip).

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



Make the salsa

- Dice the tomato and transfer to a bowl, along with the white wine vinegar.
- Add the rest of the onion and Romano pepper, then mix well to combine.
- Add extra virgin olive oil as preferred, then season to taste with salt and pepper.
- Transfer the taco shells to a parchment-lined baking sheet and heat in the oven for 4 - 5 minutes.



Make the chili sin carne

- Add the corn, the Mexican-style spices\* and the lentils, then fry for 3 - 4 minutes over high heat.
- Deglaze with the passata and then crumble in the stock cube (see pantry for amount).
- Allow to simmer gently until serving, adding a splash of water as necessary if the chili becomes too thick.

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



Serve

- Serve the chili sin carne, salsa, guacamole, cheese and sour cream in separate bowls.
- Serve the taco shells on plates and allow everyone to assemble their own tacos as preferred.

Enjoy!





# Black Bean Pork Stir-Fry with Peanuts & Thai Basil

over rice with mushrooms & lime

Quick Calorie Smart

Total time: 20 - 25 min.



Jasmine rice



Red onion



Carrot



Mushrooms



Ginger paste



Unsalted peanuts



Pork mince



Lime



Thai basil



Black bean paste



Reduced salt soy sauce



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

Basil comes in many different varieties, the most common being red, lemon and Thai. Thai basil has an anise-like aroma and gives your dish a more authentic flavour to what you'd find in many Asian cuisines.



Tear me out!

Before you start

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

Equipment

Deep frying pan, lidded pot or saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Jasmine rice (g)	75	150	225	300	375	450
Red onion (unit(s))	½	1	1	2	2	3
Carrot* (unit(s))	½	1	2	2	3	3
Mushrooms* (g)	125	250	400	400	650	650
Ginger paste* (g)	5	10	15	20	25	30
Unsalted peanuts (g)	5	10	15	20	25	30
Pork mince* (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
Black bean paste (g)	25	50	75	100	125	150
Reduced salt soy sauce (ml)	5	10	15	20	25	30
Not included						
Water for the rice (ml)	180	360	540	720	900	1080
Water for the sauce (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
Red wine vinegar (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2925 /699	423 /101
Total fat (g)	27	4
of which saturated(g)	7,5	1,1
Carbonhydrates (g)	87	13
of which sugars (g)	17,7	2,6
Fiber (g)	7	1
Protein (g)	34	5
Salt (g)	4,4	0,6

Allergens

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



Prepare

- Boil the water in a pot or saucepan (see pantry for amount).
- Add a generous pinch of salt, then boil the rice for 10 - 12 minutes over low heat, covered.
- Turn off the heat and allow to stand for 5 minutes, still covered.
- In the meantime, slice the carrot into thin crescents and quarter the mushrooms.



Make the sauce

- Add the soy sauce, the black bean paste, the red wine vinegar, the honey and the water for the sauce.
- Mix well and fry for 1 - 2 minutes, seasoning to taste with salt and pepper.
- Meanwhile, roughly chop the Thai basil and quarter the lime.



Fry the mince

- Heat a light drizzle of olive oil in a deep frying pan over medium-high heat. Fry the carrot and mushrooms for 5 - 6 minutes.
- In the meantime, slice the onion into half rings.
- Add the ginger paste, the onion and the mince, then stir-fry over high heat for 3 minutes, separating the mince as you do so.



Serve

- Serve the rice on deep plates and top with the stir-fry.
- Garnish with the Thai basil and the peanuts.
- Serve the lime wedges alongside.

Enjoy!





# Sweet Potato Stew with Sour Cream & Jalapeño

over coriander-lime rice with pumpkin seeds

Veggie Quick Calorie Smart

Total time: 25 - 30 min.



**Our recipe developer Fabienne says:**

*"The earthy lentil is a staple in many South American countries. Together with sweet potato and plenty of other vegetables, it becomes the base for this sweet and soul-warming stew."*



Basmati rice



Sweet potato



Red split lentils



Garlic



Red onion



Romano pepper



Tomato



Chopped dates



Peruvian-style spice mix



Ground cumin



Fresh coriander



Lime



Jalapeño



Organic sour cream



Pumpkin 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.

Equipment

Lidded saucepan, microplane, lidded pot or saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Basmati rice (g)	50	100	150	200	250	300
Sweet potato (g)	40	75	115	150	190	225
Red split lentils (g)	50	100	150	200	250	300
Garlic (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	1	1	2	2	3	3
Romano pepper* (unit(s))	1	2	3	4	5	6
Tomato (unit(s))	1½	3	4½	6	7½	9
Chopped dates (g)	20	40	60	80	100	120
Peruvian-style spice mix (sachet(s))	½	1	1½	2	2½	3
Ground cumin (sachet(s))	¼	½	¾	1	1¼	1½
Fresh coriander* (g)	5	10	15	20	25	30
Lime* (unit(s))	½	1	1½	2	2½	3
Jalapeño* (unit(s))	½	1	1½	2	2½	3
Organic sour cream* (g)	50	100	150	200	250	300
Pumpkin seeds (g)	5	10	15	20	25	30
Not included						
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Olive oil (tbsp)	½	1	1½	2	2½	3
Water for the rice (ml)	150	300	450	600	750	900
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2895 /692	331 /79
Total fat (g)	18	2
of which saturated(g)	5,2	0,6
Carbonhydrates (g)	107	12
of which sugars (g)	29,4	3,4
Fiber (g)	19	2
Protein (g)	24	3
Salt (g)	1,1	0,1

Allergens

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



Prepare

- Prepare the stock.
- Chop the onion and crush or mince the garlic.
- Deseed the **jalapeño**\* and slice into thin rings.
- Set aside two slices per person to use later as garnish.

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



Toast the pumpkin seeds

- Add the stock to the vegetables, along with the lentils and the cumin.
- Boil for 1 minute, then lower the heat and cover with the lid. Allow to simmer for 8 - 10 minutes, stirring occasionally.
- In the meantime, heat a clean frying pan over high heat and toast the pumpkin seeds until they start to pop. Remove from the pan and set aside.



Chop the vegetables

- Peel or thoroughly wash the sweet potato and cut into rough chunks of no more than 2cm.
- Dice the tomato and cut the Romano pepper into thin strips.
- Heat a drizzle of olive oil in a saucepan over medium-high heat. Fry the garlic, onion and dates for 1 - 2 minutes.



Prepare the garnishes

- Roughly chop the coriander.
- Zest and quarter the lime.
- To the rice, add the coriander and (per person) 1 tsp lime zest and the juice of a quarter lime. Mix well to combine.



Boil the rice

- Add the **jalapeño**, Romano pepper, tomato, sweet potato and Peruvian spices, then fry for 2 more minutes. Season to taste with salt and pepper.
- Transfer the rice to a pot or saucepan and pour in the water (see pantry for amount).
- Boil for 10 - 12 minutes, covered, then turn off the heat. Allow to stand for 5 minutes, still covered.



Serve

- Serve the rice and the stew in bowls or deep plates.
- Top with the sour cream, then garnish with the pumpkin seeds and the reserved **jalapeño**.
- Serve with the lime wedges.

Enjoy!





# Pumpkin Risotto with Brandt & Levie Sausage

with spinach & Gouda

Total time: 45 - 55 min.



Garlic



Diced pumpkin



Risotto rice



Spinach



Grated Gouda



Red onion



Pork sausage with marjoram & garlic



There is a special ingredient in your box! This pork sausage is from Brandt & Levie, where they prioritize quality. The pigs are reared with friendly farmers on Dutch soil. Scan the QR code to learn more about this supplier!



Before you start

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

Equipment

Parchment-lined baking sheet, deep frying pan, tall container, immersion blender, lidded pot or saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Diced pumpkin* (g)	75	150	225	300	375	450
Risotto rice (g)	75	150	225	300	375	450
Spinach* (g)	100	200	300	400	500	600
Grated Gouda* (g)	15	25	40	50	65	75
Red onion (unit(s))	½	1	1½	2	2½	3
Pork sausage with marjoram & garlic* (unit(s))	1	2	3	4	5	6
Not included						
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
White wine vinegar (tbsp)	1	2	3	4	5	6
Low sodium chicken stock (ml)	300	600	900	1200	1500	1800
[Plant-based] butter (tbsp)	¾	¾	¾	1	1¼	1½
Salt and pepper (totaste)	0	0	0	0	0	0
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3330 /796	460 /110
Total fat (g)	45	6
of which saturated(g)	17,9	2,5
Carbonhydrates (g)	74	10
of which sugars (g)	4,3	0,6
Fiber (g)	5	1
Protein (g)	27	4
Salt (g)	2,3	0,3

Allergens

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



Prepare

- Preheat the oven to 210°C.
- Transfer half of the pumpkin to a parchment-lined baking sheet and drizzle with olive oil (see Tip).
- Season with salt and pepper, then toss well to coat.
- Roast the pumpkin in the oven for 20 - 25 minutes.

Tip: the rest of the pumpkin will be puréed and added to the risotto, but if preferred you can just roast all of it here instead. In this case, skip step 4.



Boil the pumpkin

- In the meantime, boil plenty of water in a pot or saucepan. Cook the rest of the pumpkin for 6 - 8 minutes, covered.
- Reserve a small amount of the cooking liquid, then drain and transfer to a tall container.
- Process with an immersion blender until smooth, adding a splash of cooking liquid if necessary.
- Season to taste with salt and pepper.



Fry the aromatics

- Prepare the stock. Chop the onion and crush or mince the garlic.
- Cut open the sausage and squeeze the meat out of the skin.
- Melt the butter with a light drizzle of olive oil in a deep frying pan over medium-high heat. Fry the onion, garlic and sausage meat for 1 - 2 minutes.
- Add the risotto rice and toast the grains for 1 minute. Deglaze with the white wine vinegar and add a third of the stock.



Finish

- When the risotto is nearly done, gradually incorporate the spinach, allowing it to wilt and reduce.
- Stir in the pumpkin purée and two thirds of the cheese.
- Season to taste with salt and pepper.

Did you know... 🌱 spinach is full of nutrients but it is particularly rich in iron, which is essential for transporting oxygen throughout the body. This helps us feel energised.



Make the risotto

- Allow the stock to slowly incorporate, stirring regularly.
- When the stock has been incorporated, repeat with the rest of the stock, adding it in two more batches.
- The risotto is done when the grains are soft on the outside but still al dente. This should take around 25 - 30 minutes.
- Add extra water and cook the risotto longer if necessary.



Serve

- Serve the risotto on deep plates and top with the roasted pumpkin.
- Garnish with the rest of the cheese.

Enjoy!





# Spinach-Coconut Curry with Fried Egg

over golden rice with a cashew-coconut topping

Veggie Quick

Total time: 25 - 30 min.



Red onion



Garlic



White long grain rice



Roasted cashew nuts



Desiccated coconut



Coconut milk



Egg



Spinach



Red chili pepper



Fresh coriander



Yellow curry spices



Ground turmeric



Lime



Chopped tomatoes



Romano pepper



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

The turmeric plant grows beautiful flowers, but only the root is edible! Turmeric in Dutch is sometimes called "geelwortel", which means "yellow root".



Tear me out!

Before you start

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

Equipment

Lidded pot or saucepan, frying pan, wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red onion (unit(s))	½	1	2	2	3	3
Garlic (unit(s))	1	2	3	4	5	6
White long grain rice (g)	75	150	225	300	375	450
Roasted cashew nuts (g)	20	40	60	80	100	120
Desiccated coconut (g)	5	10	15	20	25	30
Coconut milk (ml)	50	100	150	200	250	300
Egg* (unit(s))	1	2	3	4	5	6
Spinach* (g)	100	200	300	400	500	600
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Fresh coriander* (g)	2½	5	7½	10	12½	15
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Ground turmeric (tsp)	1	2	3	4	5	6
Lime* (unit(s))	½	1	1½	2	2½	3
Chopped tomatoes (pack)	½	1	1½	2	2½	3
Romano pepper* (unit(s))	½	1	1	2	2	3
Not included						
Sunflower oil (tbsp)	1½	3	4½	6	7½	9
Water for the rice (ml)	200	400	600	800	1000	1200
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3899 /932	442 /106
Total fat (g)	50	6
of which saturated(g)	16,7	1,9
Carbonhydrates (g)	93	11
of which sugars (g)	16,8	1,9
Fiber (g)	11	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.



Prepare

- Chop the onion.
- Heat a drizzle of sunflower oil in a pot or saucepan over medium heat. Fry the onion for 2 minutes, then add the turmeric and fry for 1 minute.
- Add the rice and the water, then crumble in half of the stock cube (see pantry for amounts).
- Cover with the lid and cook for 12 - 15 minutes. Add some extra water if necessary, then set aside when finished.



Fry the egg

- In the meantime, heat a drizzle of sunflower oil in a frying pan over medium-high heat and fry the egg.
- Roughly chop the coriander.
- Cut the lime into wedges.
- Tear the spinach directly into the curry and mix well, allowing it to wilt and reduce.



Toast the cashews

- In the meantime, crush or mince the garlic. Dice the Romano pepper.
- Deseed the **red chili pepper**\* and finely chop a quarter of it per person.
- Heat a clean wok or deep frying pan over medium-high heat. Toast the cashews for 1 minute.
- Add the desiccated coconut and toast until golden-brown, then remove from the pan and set aside.

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



Finish

- Simmer gently for 1 - 2 minutes.
- Stir in the juice of 1 lime wedge per person.
- Season to taste with salt and pepper.

**Did you know...** 🌱 *spinach is a great source of iron, which helps us feel more energised. If you don't eat meat, it's important to be mindful of your iron intake. As well as spinach and other leafy greens, other good sources of iron include nuts, seeds, tofu and pulses.*



Make the curry

- Allow the pan to cool slightly, then heat a drizzle of sunflower oil over medium heat.
- Fry the garlic with the yellow curry spices, the Romano pepper and the **chili pepper** for 1 - 2 minutes.
- Stir in the chopped tomatoes and fry for 4 more minutes.
- Add the coconut milk and crumble in the rest of the stock cube, then bring to a boil.



Serve

- Serve the rice on plates. Top first with the spinach curry and then with the fried egg.
- Garnish with the coriander and the cashew-coconut topping.
- Serve with the rest of the lime wedges.

Enjoy!





# Sticky Tempeh Fusion Tacos with Guacamole & Garlic Sauce

with bell pepper, butter lettuce & Peruvian-style spices

Express Plant-Based

Total time: 15 - 20 min.



Diced tempeh



Peruvian-style spice mix



Red onion



Butter lettuce



Guacamole



Mini tortillas



Garlic



Tomato



Bell pepper



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

The Peruvian-style spice mix in this recipe includes spices like turmeric, cumin, coriander and paprika - a warm, toasty blend, perfectly suited to a comforting meal like this one!



Tear me out!

Before you start

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

Equipment

Aluminum foil, bowl, deep plate, small bowl, 2x frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Diced tempeh* (g)	80	160	240	320	400	480
Peruvian-style spice mix (sachet(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	2	2	3	3
Butter lettuce* (head)	½	1	1	2	2	3
Guacamole* (g)	40	80	160	160	240	240
Mini tortillas (unit(s))	4	8	12	16	20	24
Garlic (unit(s))	1	1	2	2	3	3
Tomato (unit(s))	½	1	2	2	3	3
Bell pepper* (unit(s))	½	1	1	2	2	3
Not included						
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Balsamic vinegar (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	2	4	6	8	10	12
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Cornstarch [or flour] (tbsp)	1	2	3	4	5	6
[Plant-based] butter (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4100 /980	744 /178
Total fat (g)	58	10
of which saturated(g)	7,5	1,4
Carbonhydrates (g)	84	15
of which sugars (g)	25,5	4,6
Fiber (g)	9	2
Protein (g)	29	5
Salt (g)	2,9	0,5

Allergens

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



Prepare

- Preheat the oven to 220°C (see Tip).
- Crush or mince the garlic.
- In a bowl, combine the honey and Peruvian-style spices with half of the garlic.

Tip: the oven will be used later to heat the tortillas, but you can also do this in the microwave instead.



Fry the tempeh

- Transfer the cornstarch to a deep plate and coat the tempeh with it.
- Heat a drizzle of sunflower oil in a frying pan over medium-high heat. When the oil is nice and hot, fry the tempeh for 4 minutes.
- Add the honey mixture, then lower the heat and fry for 1 more minute.
- Meanwhile, wrap the tortillas in aluminum foil and heat in the oven for 2 - 3 minutes.



Fry the vegetables

- Slice the onion into half rings and cut the bell pepper into strips.
- Heat a light drizzle of olive oil in a frying pan over medium-high heat.
- Fry the onion and bell pepper for 4 - 5 minutes.
- Stir in the balsamic vinegar and some butter as preferred, then fry for 3 more minutes.



Serve

- In a small bowl, combine the mayonnaise with the rest of the garlic.
- Roughly tear the lettuce and dice the tomato.
- Serve all the toppings separately at the table and allow everyone to assemble their own tacos as preferred.

Enjoy!





# Basa with Fragrant Green Curry

over rice with cashews, fresh herbs & lime

Express

Total time: 15 - 20 min.



Coconut milk



White long grain rice



Vegetable mix with cabbage



Fresh flat leaf parsley & coriander



Roasted cashew nuts



Lime



Green curry spices



Basa fillet



Yellow curry spices



Garlic



Ginger paste



Fish sauce



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

The green curry spice mix you'll use to season this dish is full of fragrant spices like ginger, star anise and lemongrass - the perfect blend of flavours for a delicious green curry!



Tear me out!

Before you start

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

Equipment

Lidded deep frying pan, pot or saucepan, kitchen paper, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Coconut milk (ml)	90	180	250	360	430	540
White long grain rice (g)	75	150	225	300	375	450
Vegetable mix with cabbage* (g)	200	400	600	800	1000	1200
Fresh flat leaf parsley & coriander* (g)	5	10	15	20	25	30
Roasted cashew nuts (g)	10	20	30	40	50	60
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Green curry spices (sachet(s))	½	1	1½	2	2½	3
Basa fillet* (unit(s))	1	2	3	4	5	6
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Ginger paste* (g)	5	10	15	20	25	30
Fish sauce (ml)	10	20	30	40	50	60
Not included						
Sunflower oil (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	50	100	150	200	250	300
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3318 /793	551 /132
Total fat (g)	36	6
of which saturated(g)	16,9	2,8
Carbonhydrates (g)	81	13
of which sugars (g)	10,4	1,7
Fiber (g)	9	1
Protein (g)	33	6
Salt (g)	4,5	0,8

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan and cook the rice for 12 - 14 minutes, then drain and set aside.
- Heat a clean deep frying pan over high heat. Toast the cashews until golden-brown, then remove from the pan and set aside.
- Meanwhile, prepare the stock (see Tip).

**Health Tip** 🍏 if you're watching your salt intake, substitute the stock with the same amount of water.



Prepare the garnishes

- Meanwhile, finely chop the fresh herbs.
- Cut the lime into six wedges.
- To the curry, add the fish sauce\* and the juice of one lime wedge per person.
- Taste and season as necessary with salt and pepper.

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



Make the curry

- Crush or mince the garlic.
- Heat a drizzle of sunflower oil in the same pan over medium-high heat. Fry the garlic with the ginger paste for 1 minute.
- Add the vegetable mix and fry for 4 - 5 minutes, then add the green curry spices and fry for 1 more minute.
- Add the coconut milk and the stock. Lower the heat and allow to cook for 2 - 3 minutes, covered.



Serve

- Pat the fish dry with kitchen paper and coat with the yellow curry spices.
- Heat a drizzle of sunflower oil in a frying pan over medium-high heat and fry the fish for 3 minutes per side.
- Serve the rice on plates and top with the curry and the fish.
- Garnish with the fresh herbs and the cashews. Serve the rest of the lime wedges alongside.

Enjoy!





# Chicken Orzo Bowl with Lemon Yogurt Sauce & Fresh Mint

with cherry tomato & cucumber salad

Family Quick

Total time: 15 - 20 min.



Orzo



Cucumber



Fresh mint



Lemon



Chopped red onion



Garlic



Ground paprika



Red cherry tomatoes



Organic full-fat yogurt



Chicken thigh strips with Mediterranean herbs



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

Orzo is a perfect canvas for flavours. As it's relatively small, it can easily absorb the delicious flavours of spices and sauces.



Tear me out!

Before you start

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

Equipment

Bowl, large bowl, lidded pot or saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Orzo (g)	75	150	225	300	375	450
Cucumber* (unit(s))	¼	½	¾	1	1¼	1½
Fresh mint* (g)	5	10	15	20	25	30
Lemon* (unit(s))	½	1	1½	2	2½	3
Chopped red onion* (g)	35	75	115	150	190	225
Garlic (unit(s))	1	1	2	2	3	3
Ground paprika (tsp)	1	2	3	4	5	6
Red cherry tomatoes (g)	100	200	300	375	500	575
Organic full-fat yogurt* (g)	75	150	225	300	375	450
Chicken thigh strips with Mediterranean herbs* (g)	100	200	300	400	500	600
Not included						
Low sodium vegetable stock (ml)	175	350	425	600	775	950
Balsamic vinegar (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2828 /676	400 /96
Total fat (g)	28	4
of which saturated(g)	9,9	1,4
Carbonhydrates (g)	70	10
of which sugars (g)	13,1	1,9
Fiber (g)	7	1
Protein (g)	33	5
Salt (g)	1,4	0,2

Allergens

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



Prepare

- Prepare the stock.
- Crush or mince the garlic.
- Heat a light drizzle of olive oil in a pot or saucepan over medium-high heat. Fry the onion with the garlic and paprika for 2 minutes, then stir in the orzo and fry for 1 more minute.
- Pour in the stock and cover with the lid, then allow to cook for 10 - 12 minutes over low heat until done. Stir regularly and add a splash of water as necessary if the orzo becomes too dry.



Make the sauce

- Finely chop the mint and cut the lemon into wedges.
- In a bowl, combine the yogurt with half of the mint and the juice of one lemon wedge per person.
- Season to taste with salt and pepper.



Make the salad

- Melt a knob of butter in a frying pan over medium-high heat and fry the chicken for 7 minutes until done.
- Dice the cucumber and halve the tomatoes, or cut any larger ones into quarters.
- In a large bowl, combine the cucumber with the tomatoes, the extra virgin olive oil and the balsamic vinegar. Season to taste with salt and pepper.



Serve

- Serve the orzo on deep plates and arrange everything on top.
- Drizzle with the yogurt sauce and garnish with the rest of the mint.
- Serve with any remaining lemon wedges.

Enjoy!





# Teriyaki Chicken Stir-Fry with Noodles

with mixed vegetables, cucumber & peanuts

Quick Calorie Smart

Total time: 15 - 20 min.



Marinated  
diced chicken



Wholewheat noodles



Garlic



Ginger paste



Vegetable mix  
with cabbage



Teriyaki sauce



Unsalted peanuts



Persian cucumber



Sesame oil



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

Sesame oil has been valued for thousands of years! Ancient Indian and African civilizations didn't just use it for culinary purposes – they believed it to have medicinal and cosmetic properties as well.



Tear me out!

Before you start

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

Equipment

Bowl, lidded pot or saucepan, wok

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Marinated diced chicken* (g)	100	200	300	400	500	600
Wholewheat noodles (g)	50	100	150	200	250	300
Garlic (unit(s))	½	1	1½	2	2½	3
Ginger paste* (g)	5	10	15	20	25	30
Vegetable mix with cabbage* (g)	200	400	600	800	1000	1200
Teriyaki sauce (g)	25	50	75	100	125	150
Unsalted peanuts (g)	5	10	15	20	25	30
Persian cucumber* (unit(s))	½	1	1½	2	2½	3
Sesame oil (ml)	5	10	15	20	25	30
Not included						
Low sodium chicken stock cube (unit(s))	¼	½	¾	1	1¼	1½
White wine vinegar (tsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	1	2	3	4	5	6
[Reduced salt] ketjap manis (tsp)	1	2	3	4	5	6
Water for the sauce (tbsp)	1	2	3	4	5	6
[Reduced salt] soy sauce (totaste)	0	0	0	0	0	0
Sambal (totaste)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2515 /601	503 /120
Total fat (g)	22	4
of which saturated(g)	3,3	0,7
Carbonhydrates (g)	63	13
of which sugars (g)	21,4	4,3
Fiber (g)	9	2
Protein (g)	33	7
Salt (g)	3,4	0,7

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Crush or mince the garlic and roughly chop the peanuts.
- Slice the cucumber and transfer to a bowl, with the white wine vinegar (or use rice vinegar if preferred).
- Season to taste with salt and pepper, then toss well to combine. Set aside until serving, stirring occasionally.



Stir-fry the vegetables

- Add the vegetable mix to the wok and stir-fry for 4 - 6 minutes.
- Add the noodles, the teriyaki sauce, the sesame oil, the ketjap and the water for the sauce.
- Stir-fry for 1 more minute, then add some sambal and soy sauce as preferred.
- Season to taste with salt and pepper.



Stir-fry the chicken

- Heat a generous drizzle of sunflower oil in a wok over medium-high heat.
- Stir-fry the chicken with the ginger paste and the garlic for 5 minutes.
- Meanwhile, boil the noodles for 3 - 4 minutes, covered, then drain and rinse under cold water.



Serve

- Serve the stir-fry on plates and garnish with the peanuts.
- Serve with the quick-pickled cucumber alongside.

Enjoy!





# Truffled Goat's Cheese Risotto

with pecorino, chives & mushrooms

Veggie Calorie Smart

Total time: 40 - 50 min.



Risotto rice



Mushrooms



Leek



Fresh goat's cheese



Grated Pecorino DOP



Truffle-style olive oil



Italian seasoning



Fresh chives



Courgette



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

Risotto rice grains contain more starch than other types of rice, providing an incredibly creamy texture. This makes them perfect for this dish!



Tear me out!

Before you start

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

Equipment

Deep frying pan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Risotto rice (g)	75	150	225	300	375	450
Mushrooms* (g)	125	250	400	400	650	650
Leek* (unit(s))	½	1	1	2	2	3
Fresh goat's cheese* (g)	25	50	75	100	125	150
Grated Pecorino DOP* (g)	20	40	60	80	100	120
Truffle-style olive oil (ml)	4	8	12	16	20	24
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Fresh chives* (g)	2½	5	7½	10	12½	15
Courgette* (unit(s))	¼	½	¾	1	1¼	1½
Not included						
Low sodium mushroom or vegetable stock (ml)	300	600	900	1200	1500	1800
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2715 /649	376 /90
Total fat (g)	31	4
of which saturated(g)	15,5	2,1
Carbonhydrates (g)	73	10
of which sugars (g)	6,7	0,9
Fiber (g)	7	1
Protein (g)	20	3
Salt (g)	2,3	0,3

Allergens

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



Make the risotto

- Prepare the stock. Finely chop the leek and dice the courgette.
- Melt a knob of butter in a deep frying pan over medium-high heat. Fry the leek and courgette for 5 minutes.
- Add the risotto rice and toast the grains for 1 minute, then reduce the heat and pour in a third of the stock. Allow the stock to slowly incorporate, stirring regularly.
- Repeat with the rest of the stock, adding it in two more batches.



Finish

- Meanwhile, finely chop the chives and crumble the goat's cheese.
- Stir the Italian herbs into the risotto, along with half each of the goat's cheese and the chives.
- Taste and season with salt and pepper as needed.



Fry the mushrooms

- The risotto is done when the rice is soft but still al dente. This should take around 25 - 30 minutes.
- Add extra water and cook longer if you'd prefer the risotto to be less al dente.
- Meanwhile, slice the mushrooms.
- Heat a drizzle of olive oil in a frying pan over high heat. Fry the mushrooms for 5 minutes. Season to taste with salt and pepper.



Serve

- Serve the risotto on plates and top with the mushrooms.
- Drizzle with the truffle-style oil, then garnish with the pecorino and the rest of the goat's cheese.
- Finish with the rest of the chives.

Enjoy!





# Yellow Curry Noodles with Mushrooms & Mangetout

with coconut milk, lime & bell pepper

Quick Calorie Smart Plant-Based

Total time: 25 - 30 min.



Garlic



Scallions



Chestnut mushrooms



Mangetout



Yellow curry spices



Lime



Coconut milk



Fresh udon noodles



Ginger paste



Bell pepper



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

Coconut milk adds a creamy and rich texture to curries with a little bit of natural sweetness. It balances spices, enhances flavours and gives the dish a smooth, luxurious consistency.



Tear me out!

Before you start

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

Equipment

Lidded deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Scallions* (bunch)	½	1	1	2	2	3
Chestnut mushrooms* (g)	125	250	400	400	650	650
Mangetout* (g)	50	100	150	200	250	300
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Coconut milk (ml)	75	150	225	300	375	450
Fresh udon noodles (g)	110	220	330	440	550	660
Ginger paste* (g)	5	10	15	20	25	30
Bell pepper* (unit(s))	½	1	1½	2	2½	3
Not included						
Low sodium vegetable stock (ml)	50	100	150	200	250	300
Sunflower oil (tbsp)	½	1	1½	2	2½	3

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	1770 /423	297 /71
Total fat (g)	21	4
of which saturated(g)	12,3	2,1
Carbonhydrates (g)	45	7
of which sugars (g)	10,4	1,7
Fiber (g)	12	2
Protein (g)	14	2
Salt (g)	1,1	0,2

Allergens

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



Prepare

- Prepare the stock (see Tip).
- Roughly chop the bell pepper and crush or mince the garlic.
- Finely chop the scallions and set aside some of the greens to use later as garnish.

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



Finish

- Meanwhile, cut the lime into wedges.
- Stir in the coconut milk and the stock, then bring to a boil and cover with the lid. Allow to simmer gently for 4 minutes.
- Add the udon noodles and simmer for 2 - 3 more minutes, still covered.



Fry the vegetables

- Slice the mushrooms and discard the tips of the mangetout (see Tip).
- Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat. Fry the garlic and scallions for 1 minute.
- Add the bell pepper, mushrooms and ginger paste and fry for 4 minutes.
- Add the mangetout and yellow curry spices and fry for 2 more minutes.

**Tip:** the tips of mangetout can sometimes be tough, so be sure to remove and discard these.



Serve

- Serve the noodles on deep plates.
- Garnish with the reserved scallion greens and serve the lime wedges alongside.

Enjoy!





# Sweet & Spicy Sesame-Seeded Stampptot

with bacon, pak choi & quick-pickled cucumber

Calorie Smart

Total time: 30 - 40 min.



Cucumber



Potatoes



Sweet potato



Red chili pepper



Fresh ginger



Garlic



Scallions



Pak choi



Lime



Soy sauce



Sesame seeds



Bacon lardons



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

Sesame seeds are one of the oldest cultivated crops. Although popular in East Asia, sesame seeds are actually native to Africa, with evidence of cultivation going back thousands of years!



Tear me out!

Before you start

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

Equipment

Deep frying pan, microplane, pot or saucepan, peeler or cheese slicer, potato masher, salad bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Cucumber* (unit(s))	½	1	1	2	2	3
Potatoes (g)	200	400	600	800	1000	1200
Sweet potato (g)	200	400	600	800	1000	1200
Red chili pepper* (unit(s))	½	1	1½	2	2½	3
Fresh ginger* (tsp)	1	2	3	4	5	6
Garlic (unit(s))	1	1	2	2	3	3
Scallions* (bunch)	¼	½	¾	1	1¼	1½
Pak choi* (unit(s))	½	1	2	2	3	3
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Soy sauce (ml)	5	10	15	20	25	30
Sesame seeds (sachet(s))	½	1	¾	1	1¼	2
Bacon lardons* (g)	50	100	150	200	250	300
Not included						
Sugar (tsp)	1	2	2	4	4	6
[Plant-based] milk (splash)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	1	2	2	4	4	6
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2883 /689	355 /85
Total fat (g)	23	3
of which saturated(g)	9,4	1,2
Carbonhydrates (g)	97	12
of which sugars (g)	25,2	3,1
Fiber (g)	16	2
Protein (g)	21	3
Salt (g)	2,9	0,4

Allergens

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



Prepare

- Shave the cucumber into thin ribbons using a peeler or cheese slicer.
- In a salad bowl, combine the sugar with the white wine vinegar, then add the cucumber and set aside.
- Boil plenty of water in a pot or saucepan for the potatoes. Peel all of the potatoes and cut them into uniform pieces.
- Boil for 12 - 15 minutes until done, then drain and set aside.



Fry the pak choi

- Heat a clean deep frying pan over medium-high heat. Fry the bacon lardons for 4 minutes, then remove from the pan and set aside.
- In the same pan, fry the garlic with the ginger, the white part of the scallions and the **chili pepper** for 1 - 2 minutes over medium-high heat.
- Add the white part of the pak choi and fry for 4 minutes.
- Add the green part of the pak choi and the soy sauce and fry for 1 more minute.



Chop the vegetables

- Deseed and finely chop the **red chili pepper**.\*
- Peel the ginger and finely grate or mince it as preferred. Crush or mince the garlic.
- Finely chop the scallions and set aside some of the greens to use later as garnish.
- Finely chop the pak choi, keeping the white and green parts separate. Cut the lime into wedges.

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



Serve

- Mash the potatoes with a knob of butter and a splash of milk. Season to taste with salt and pepper, then stir in the fried vegetables.
- Serve the ‘stampot’ on plates and top with the bacon lardons. Garnish with the scallion greens and the sesame seeds.
- Serve the lime wedges and the quick-pickled cucumber alongside.

Enjoy!





# Pasta Niçoise

with tuna, green beans & boiled egg

Family Quick

Total time: 25 - 30 min.



Green beans



Egg



Tomato



Fresh flat leaf parsley



Garlic



Red onion



Penne



Tuna packed in water



Lemon



Green olives



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

Niçoise is the French term for "in the style of Nice". Dishes that are Niçoise tend to include olives, tomatoes, boiled egg and green beans – a dish packed with bold, briny flavours!



Tear me out!

Before you start

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

Equipment

Large pot or saucepan, lid, salad bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Green beans* (g)	75	150	300	300	450	450
Egg* (unit(s))	1	2	3	4	5	6
Tomato (unit(s))	2	4	6	8	10	12
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Garlic (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1	2	2	3
Penne (g)	90	180	270	360	450	540
Tuna packed in water (can)	1	1	2	2	3	3
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Green olives (g)	15	30	45	60	75	90
Not included						
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
Mustard (tsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2807 /671	539 /129
Total fat (g)	23	4
of which saturated(g)	4,3	0,8
Carbonhydrates (g)	77	15
of which sugars (g)	11	2,1
Fiber (g)	9	2
Protein (g)	36	7
Salt (g)	1,2	0,2

Allergens

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



Prepare

- Boil plenty of salted water in a large pot or saucepan.
- Discard the tips of the green beans and then cut in half.
- Boil the pasta with the eggs for 4 - 6 minutes, covered. Add the green beans and boil for another 6 minutes.
- Drain and rinse under cold water, then set aside.



Make the salad

- In a salad bowl, combine the extra-virgin olive oil with the mustard and ½ tbsp lemon juice per person.
- Add the tuna, parsley, onion, garlic, tomatoes and olives, then toss well to combine, seasoning to taste with salt and pepper.
- Peel the eggs and cut them into wedges.
- Transfer the pasta and green beans to the salad bowl and mix well.



Chop the vegetables

- Cut the tomatoes into small wedges and finely chop the parsley.
- Chop the onion and crush or mince the garlic.
- Halve the olives.
- Juice half of the lemon and cut the rest into wedges.



Serve

- Serve the pasta Niçoise on plates and top with the egg.
- Serve with the lemon wedges.
- Drizzle with extra-virgin olive oil as preferred and season to taste with salt and pepper.

Enjoy!





# Turkey Piccata with Roasted Baby Potatoes

with carrot, beetroot & a twist of lemon

Calorie Smart

Total time: 45 - 55 min.



Beetroot



Carrot



Baby potatoes



Garlic



Dried thyme



Red onion



Lemon



Fresh curly parsley



Capers



Turkey breast



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

Piccata is an Italian dish, where sliced fish or meat is prepared in a sauce of lemon, butter and capers.



Tear me out!

Before you start

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

Equipment

Aluminum foil, parchment-lined baking sheet, deep plate, lidded frying pan, large bowl, microplane

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Beetroot* (unit(s))	1	2	3	4	5	6
Carrot* (unit(s))	1	2	3	4	5	6
Baby potatoes (g)	250	500	750	1000	1250	1500
Garlic (unit(s))	1	2	3	4	5	6
Dried thyme (sachet(s))	¼	½	¾	1	1¼	1½
Red onion (unit(s))	½	1	1½	2	2½	3
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Fresh curly parsley* (g)	2½	5	7½	10	12½	15
Capers (g)	10	20	30	40	50	60
Turkey breast* (unit(s))	1	2	3	4	5	6
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Flour (g)	20	40	60	80	100	120
[Plant-based] butter (tbsp)	¾	1½	2¼	3	3¾	4½
Low sodium vegetable stock (ml)	30	60	90	120	150	180
[Plant-based] mayonnaise (totaste)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2694 /644	376 /90
Total fat (g)	23	3
of which saturated(g)	8,3	1,2
Carbonhydrates (g)	67	9
of which sugars (g)	19,8	2,8
Fiber (g)	16	2
Protein (g)	36	5
Salt (g)	0,7	0,1

Allergens

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



Prepare

- Preheat the oven to 200°C and prepare the stock.
- Peel the beetroot and cut it in half, then into long, 1cm thick wedges.
- Quarter the carrots lengthways. Crush or mince the garlic.
- Cut the baby potatoes in half or any larger ones into quarters.



Fry the turkey

- Transfer the flour to a deep plate.
- Season the turkey with salt and pepper and then coat it with the flour.
- Melt a small knob of butter in a frying pan over medium-high heat and fry the turkey for 5 - 6 minutes per side.
- Remove from the pan and set aside under aluminum foil.



Roast the vegetables

- Transfer the beetroot, carrot, potatoes and half of the garlic to a large bowl and drizzle generously with olive oil.
- Add the thyme, then season with salt and pepper and toss well to coat.
- Transfer to a parchment-lined baking sheet.
- Roast in the oven for 30 - 40 minutes or until done, tossing halfway.



Make the sauce

- Melt a knob of butter in the same pan and fry the onion with the rest of the garlic for 1 - 2 minutes, then add the stock.
- Stir in the capers and (per person) the juice of a quarter lemon and 1 tsp lemon zest.
- Cover with the lid and cook gently for 3 - 4 minutes.
- Return the turkey to the pan and add the parsley, then cook for 1 - 2 more minutes.



Prepare the aromatics

- In the meantime, finely chop the onion.
- Zest the lemon and then cut it into quarters.
- Roughly chop the parsley.



Serve

- Serve the potatoes and vegetables on plates with the turkey in its sauce.
- Serve with some mayonnaise as preferred, along with any remaining lemon wedges.

Enjoy!





# Sticky Turkey over Hearty Vegetable Soup

with roasted bell pepper sauce, yogurt & chives

Family Quick Calorie Smart

Total time: 25 - 30 min.



Turkey breast



Onion



Potatoes



Bell pepper



Organic full-fat yogurt



Garlic



Ground paprika



Bay leaf



Carrot



Fresh chives



Roasted bell pepper sauce



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

When chopping chives, hold them against your chopping board in a tight bundle with one hand. With the other, chop them using your knife. This ensures even cuts and stops them from flying around the kitchen.

Tear me out!



Before you start

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

Equipment

Immersion blender, kitchen paper, small bowl, lidded soup pot, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Turkey breast* (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1½	2	2½	3
Potatoes (g)	200	400	600	800	1000	1200
Bell pepper* (unit(s))	½	1	1½	2	2½	3
Organic full-fat yogurt* (g)	25	50	75	100	125	150
Garlic (unit(s))	½	1	1½	2	2½	3
Ground paprika (tsp)	1½	3	4½	6	7½	9
Bay leaf (unit(s))	1	1	2	2	3	3
Carrot* (unit(s))	1	2	3	4	5	6
Fresh chives* (g)	2½	5	7½	10	12½	15
Roasted bell pepper sauce* (g)	40	80	120	160	200	240
Not included						
Low sodium vegetable stock (ml)	300	600	900	1200	1500	1800
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
[Reduced salt] ketjap manis (tsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	½	1	1½	2	2½	3
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2481 /593	267 /64
Total fat (g)	23	2
of which saturated(g)	7,3	0,8
Carbonhydrates (g)	62	7
of which sugars (g)	21,9	2,4
Fiber (g)	14	2
Protein (g)	34	4
Salt (g)	1,9	0,2

Allergens

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



Prepare

- Prepare the stock.
- Chop the onion into half rings and crush or mince the garlic.
- Cut the bell pepper into strips and the carrot into crescents.
- Melt a knob of butter in a soup pot over medium-high heat. Fry the garlic, onion and carrot with half of the bell pepper for 3 minutes, seasoning with salt.



Prepare the toppings

- Meanwhile, finely chop the chives and set aside.
- In a small bowl, combine the white wine vinegar with the yogurt.
- Take the soup off the heat, then remove the bay leaf and discard.



Make the soup

- Thoroughly wash or peel the potatoes, then cut them into rough chunks.
- Add the bay leaf and half of the paprika, then fry for 1 more minute.
- Deglaze with the white balsamic vinegar, then add the potatoes and the stock.
- Cover with the lid and boil for 12 - 15 minutes.



Finish the soup

- Add the roasted bell pepper sauce and the ketjap.
- Use an immersion blender to process into a smooth soup.
- Add a splash of water if you'd prefer the soup to be less thick.



Fry the turkey

- Pat the turkey dry, then coat it with the rest of the paprika. Season with salt and pepper.
- Heat a drizzle of sunflower oil in a frying pan over medium-high heat. Fry the turkey with the rest of the bell pepper for 10 - 12 minutes or until done.
- When the turkey is done, stir in the honey, then remove from the pan and slice into strips.



Serve

- Serve the soup in bowls and arrange everything on top.
- Drizzle with the yogurt and garnish with the chives to finish.

Enjoy!





# Homemade Sausage Rolls with Baby Potatoes

with crunchy apple-cucumber salad

Total time: 45 - 55 min.



Puff pastry



Pork sausage



Grated Gouda



Red onion



Baby potatoes



Apple



Lamb's lettuce



Pumpkin seeds



Persian cucumber



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

Make your homemade sausage rolls shine - brush the top of the pastry with beaten egg or milk before they go into the oven!



Tear me out!

Before you start

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

Equipment

Parchment-lined baking sheet, lidded deep frying pan, salad bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Puff pastry* (roll(s))	¼	½	¾	1	1¼	1½
Pork sausage* (unit(s))	1	2	3	4	5	6
Grated Gouda* (g)	15	25	40	50	65	75
Red onion (unit(s))	½	1	1½	2	2½	3
Baby potatoes (g)	125	250	375	500	625	750
Apple* (unit(s))	½	1	1½	2	2½	3
Lamb's lettuce* (g)	30	60	90	120	150	180
Pumpkin seeds (g)	5	10	15	20	25	30
Persian cucumber* (unit(s))	½	1	1½	2	2½	3
Not included						
White wine vinegar (tsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	75	150	225	300	375	450
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	¼	½	¾	1	1¼	1½
Mustard (tsp)	1	2	3	4	5	6
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3661 /875	572 /137
Total fat (g)	52	8
of which saturated(g)	22,3	3,5
Carbonhydrates (g)	66	10
of which sugars (g)	15,1	2,4
Fiber (g)	11	2
Protein (g)	32	5
Salt (g)	2,1	0,3

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Halve the necessary amount of pastry lengthways.
- Squeeze the sausage meat out of the skin, then spread it over the middle of the pastry.
- Scatter over the cheese and then dab one edge of the pastry with some water.



Toast the pumpkin seeds

- Heat a clean frying pan over high heat and toast the pumpkin seeds until they start to pop.
- Remove from the pan and set aside.
- Meanwhile, core and slice the apple.
- Dice the cucumber.



Make the sausage rolls

- Roll the dry side of the pastry towards the wet side and press well so as to seal it.
- Transfer the sausage rolls to a parchment-lined baking sheet with the seam facing down.
- Score the top of the sausage rolls diagonally and season with salt and pepper.
- Bake for 25 - 30 minutes or until the pastry turns golden-brown.



Make the vinaigrette

- In a salad bowl, combine the rest of the onion with the extra virgin olive oil, the mustard and the white wine vinegar.
- Season to taste with salt and pepper.
- Shortly before serving, add the cucumber, baby potatoes, lettuce and apple to the salad bowl.
- Toss well to combine with the dressing.



Fry the vegetables

- Prepare the stock. Chop the onion and halve the baby potatoes.
- Melt a small knob of butter in a deep frying pan over medium-high heat. Fry half of the onion for 2 minutes.
- Deglaze with the stock, then add the baby potatoes and cover with the lid.
- Allow to cook for 12 - 15 minutes, or until the potatoes are done. Drain and then rinse under cold water.



Serve

- Serve the sausage rolls with the salad and garnish with the pumpkin seeds.

Enjoy!





# Garlic Shrimp Orzo with Fresh Herbs

with lemon, shaved almonds & courgette

Family Calorie Smart

Total time: 35 - 45 min.



Garlic



Red onion



Shaved almonds



Fresh basil, chives  
& flat leaf parsley



Courgette



Diced tomatoes  
with garlic & onion



Orzo



Lemon



Shrimp



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

Did you know that the courgette is related to the squash? In fact, if a courgette is left to grow for longer, it is known as a marrow squash.



Tear me out!

Before you start

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

Equipment

Pot or saucepan, frying pan, wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	½	1	1	2	2	3
Shaved almonds (g)	5	10	15	20	25	30
Fresh basil, chives & flat leaf parsley* (g)	5	10	15	20	25	30
Courgette* (unit(s))	½	1	2	2	3	3
Diced tomatoes with garlic & onion (pack)	½	1	1½	2	2½	3
Orzo (g)	75	150	225	300	375	450
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Shrimp* (g)	80	160	240	320	400	480
Not included						
Sugar (tsp)	½	1	1½	2	2½	3
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 (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2536 /606	447 /107
Total fat (g)	18	3
of which saturated(g)	3	0,5
Carbonhydrates (g)	80	14
of which sugars (g)	22,7	4
Fiber (g)	10	2
Protein (g)	27	5
Salt (g)	2,9	0,5

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan and cook the orzo for 10 - 12 minutes, then drain and set aside.
- Slice the onion into half rings and crush or mince the garlic.
- Tear the basil and parsley leaves from their stems, then finely chop these, along with the chives.
- Dice the courgette and cut the lemon into wedges.



Fry the shrimp

- In the meantime, heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the garlic and onion for 1 - 2 minutes, then add the shrimp and half each of the shaved almonds and fresh herbs. Season with salt and pepper.
- Mix well and fry for 3 minutes, then transfer to the sauce.
- Stir in the orzo and cook for 1 minute over high heat.



Make the sauce

- Heat a drizzle of olive oil in a wok or deep frying pan over medium-high heat. Fry the courgette for 2 - 3 minutes.
- Add the chopped tomatoes and the sugar, then crumble in the stock cube (see pantry for amount). Season to taste with salt and pepper.
- Allow to cook for 5 - 6 minutes over medium-low heat, or until the courgette is done.



Serve

- Squeeze one lemon wedge per person into the sauce. Season to taste with salt and pepper.
- Serve the orzo on plates. Garnish with the rest of the shaved almonds and fresh herbs.
- Serve the rest of the lemon wedges alongside.

Enjoy!





# Sausage Linguine with Harissa

with Parmigiano Reggiano, Romano pepper & fresh basil

Family

Total time: 35 - 45 min.



Romano pepper



Garlic



Red onion



Tomato



Fresh basil



Parmigiano Reggiano DOP



Pork sausage



Linguine



Passata



Dried oregano



Harissa



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Before you start

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

Equipment

Lidded frying pan, microplane, pot or saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Romano pepper* (unit(s))	½	1	2	2	3	3
Garlic (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	½	1	1	2	2	3
Tomato (unit(s))	½	1	1	2	2	3
Fresh basil* (g)	2½	5	7½	10	12½	15
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Pork sausage* (unit(s))	1	2	3	4	5	6
Linguine (g)	90	180	270	360	450	540
Passata (g)	100	200	300	400	500	600
Dried oregano (sachet(s))	¼	½	¾	1	1¼	1½
Harissa* (g)	10	15	25	30	40	45
Not included						
Red wine vinegar (tsp)	¼	½	¾	1	1¼	1½
Sugar (tsp)	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (totaste)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3305 /790	700 /167
Total fat (g)	35	7
of which saturated(g)	10,3	2,2
Carbonhydrates (g)	82	17
of which sugars (g)	15,7	3,3
Fiber (g)	7	2
Protein (g)	36	8
Salt (g)	1,7	0,4

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan.
- Cut the Romano pepper into rings. Chop the onion and crush or mince the garlic.
- Finely dice the tomato. Cut the basil leaves into thin ribbons.
- Cook the linguine for 9 - 11 minutes, then drain and set aside.



Make the sauce

- Cut open the sausage and squeeze the meat out of the skin directly into the pan.
- Fry for 2 minutes, using a spatula to break up the sausage meat as you do so.
- Lower the heat and add the passata, the tomato, the oregano, the harissa, the red wine vinegar and the sugar. Cover with the lid and allow to simmer for 6 - 8 minutes.
- Grate the Parmigiano Reggiano in the meantime.



Fry the Romano pepper

- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the Romano pepper for 6 - 7 minutes.
- Season to taste with salt and pepper, then remove from the pan and set aside.
- Heat a drizzle of olive oil in the same pan over medium-high heat. Fry the garlic and onion for 2 minutes.



Serve

- Transfer the linguine and half of the Romano pepper to the sauce and mix well to combine. Drizzle with extra virgin olive oil as preferred, then season to taste with salt and pepper.
- Serve the linguine on plates and top with the rest of the Romano pepper. Garnish with the basil and the Parmigiano Reggiano to finish.

Enjoy!





# Pork Meatballs in Sweet Soy Sauce

with udon salad & sesame seeds

Quick

Total time: 25 - 30 min.



Pork mince



Fresh ginger



Soy sauce



Fresh udon noodles



Sesame seeds



Mesclun



Persian cucumber



Garlic



East Asian-style sauce



Lemon



Rainbow slaw mix



Tomato



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

Scan the QR-code on your recipe card for a chance to win a SMEG fridge.



Tear me out!

Before you start

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

Equipment

Bowl, lidded frying pan, microplane, pot or saucepan, salad bowl, small bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pork mince* (g)	100	200	300	400	500	600
Fresh ginger* (tsp)	1¼	2½	3¾	5	6¼	7½
Soy sauce (ml)	10	20	30	40	50	60
Fresh udon noodles (g)	110	220	330	440	550	660
Sesame seeds (sachet(s))	½	1	¾	1	1¼	2
Mesclun* (g)	40	60	90	120	150	180
Persian cucumber* (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
East Asian-style sauce* (g)	20	35	55	70	90	105
Lemon* (unit(s))	½	1	1½	2	2½	3
Rainbow slaw mix* (g)	100	200	300	400	500	600
Tomato (unit(s))	½	1	1½	2	2½	3
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1½	3	4½	6	7½	9
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3414 /816	590 /141
Total fat (g)	49	9
of which saturated(g)	9,9	1,7
Carbonhydrates (g)	62	11
of which sugars (g)	23,2	4
Fiber (g)	9	2
Protein (g)	30	5
Salt (g)	4,2	0,7

Allergens

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



Make the meatballs

- Grate the ginger and crush or mince the garlic.
- In a bowl, combine the mince with the ginger and a third of the mayonnaise.
- Shape the mince into four or five meatballs per person (see Tip).

Tip: pack the mince tightly so as to prevent the meatballs from falling apart.



Make the salad

- Meanwhile, boil plenty of water in a pot or saucepan and cook the noodles for 1 - 2 minutes until al dente.
- Drain and rinse under cold water, then set aside.
- Juice the lemon into a small bowl.
- Slice the cucumber into crescents and cut the tomato into wedges.



Fry the meatballs

- Heat a drizzle of sunflower oil in a frying pan over medium-high heat and fry the meatballs for 5 minutes until done.
- Add the soy sauce, the garlic, the East Asian-style sauce and the honey (see Tip).
- Mix well and fry for 2 more minutes, then take the pan off the heat and set aside, covered.

Health Tip 🌱 if you're watching your salt intake, omit the soy sauce and add some later while serving as preferred.



Serve

- In a salad bowl, combine the rest of the mayonnaise with 1½ tbsp lemon juice per person. Season to taste with salt and pepper.
- Add the mesclun, cucumber, tomato, slaw mix and noodles, then toss well to combine.
- Serve the salad on plates and top with the meatballs in their sauce. Garnish with the sesame seeds.

Enjoy!





# Salmon with Dill Mayo & Potato Wedges

with courgette & bell pepper

Family

Total time: 40 - 50 min.



Potatoes



Red onion



Garlic



Bell pepper



Courgette



Fresh dill



Salmon fillet



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

Garlic has had many uses throughout history besides cooking; in ancient Egypt, for example, it was believed to have medicinal and magical properties – and was even used as a form of currency!



Tear me out!

Before you start

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

Equipment

Parchment-lined baking sheet, lidded pot or saucepan, kitchen paper, small bowl, frying pan, wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Red onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Courgette* (unit(s))	½	1	1	2	2	3
Fresh dill* (g)	2½	5	7½	10	12½	15
Salmon fillet* (unit(s))	1	2	3	4	5	6
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3088 /738	534 /128
Total fat (g)	50	9
of which saturated(g)	7,2	1,2
Carbonhydrates (g)	45	8
of which sugars (g)	9,4	1,6
Fiber (g)	10	2
Protein (g)	26	4
Salt (g)	0,8	0,1

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Thoroughly wash the potatoes and cut them into wedges.
- Transfer to a pot or saucepan and cover with a shallow layer of water, then bring to the boil.
- Cover with the lid and parboil the potato wedges for 6 - 8 minutes, then drain and set aside.



Fry the vegetables

- Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat.
- Fry the onion for 1 - 2 minutes.
- Add the bell pepper, courgette and garlic. Mix well and fry for 10 - 12 minutes, seasoning with salt and pepper.
- Meanwhile, in a small bowl combine the mayonnaise with the dill.



Chop the vegetables

- Meanwhile, chop the onion and crush or mince the garlic.
- Dice the bell pepper and courgette. Finely chop the dill.
- Transfer the potato wedges to a parchment-lined baking sheet. Drizzle with olive oil and season with salt and pepper, then toss well to coat.
- Roast in the oven for 15 - 20 minutes, tossing halfway.



Serve

- Pat the fish dry with kitchen paper and season with salt and pepper. Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the fish for 2 - 3 minutes on its skin, then flip and fry for 2 minutes on the other side.
- Serve the fish with the potato wedges, vegetables and dill mayo alongside.

Enjoy!





# Steak & Potato Salad with Dill Dressing

with fried onion, radishes & green beans

Quick Calorie Smart

Total time: 25 - 30 min.



Potatoes



Green beans



Radish



Red onion



Fresh dill



Marinated steak



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

Dill is a great addition to any garden! This fragrant herb is relatively easy to grow, dual-purpose (both the seeds and leaves are edible), and it attracts pollinators – to keep your garden thriving!



Tear me out!

Before you start

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

Equipment

Aluminum foil, lidded pot or saucepan, salad bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Green beans* (g)	100	200	300	400	500	600
Radish* (bunch)	¼	½	1	1½	1½	2
Red onion (unit(s))	½	1	1½	2	2½	3
Fresh dill* (g)	2½	5	7½	10	12½	15
Marinated steak* (unit(s))	1	2	3	4	5	6
Not included						
White balsamic vinegar (tsp)	1	2	3	4	5	6
Mustard (tsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2464 /589	445 /106
Total fat (g)	30	6
of which saturated(g)	7,9	1,4
Carbonhydrates (g)	46	8
of which sugars (g)	9,7	1,8
Fiber (g)	12	2
Protein (g)	32	6
Salt (g)	1,2	0,2

Allergens

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



Prepare

- Take the steak out of the fridge and allow it to reach room temperature (see Tip).

Tip: for the best results, take the steak out of the fridge 30 - 60 minutes before you start cooking. This way, the steak will be at room temperature when you eventually fry it.



Make the salad

- Transfer the potatoes, the green beans, the radishes and their leaves to the salad bowl.
- Toss well to combine with the dressing and season to taste with salt and pepper.
- Slice the onion into half rings.



Boil the potatoes

- Wash or peel the potatoes and cut into rough pieces.
- Transfer the potatoes to a pot or saucepan and submerge with water, then boil for 7 minutes, covered.
- Discard the tips of the green beans and then cut in half.
- Transfer to the potatoes and cook for 6 - 8 minutes, then drain and set aside.



Fry the steak

- Melt a knob of butter in a frying pan over medium-high heat.
- When the pan is nice and hot, fry the steak with the onion for 1 - 3 minutes per side.
- Remove the steak from the pan and season with pepper, then allow to rest under aluminum foil.



Make the dressing

- Thinly slice the radishes.
- Finely chop half of the radish leaves and discard the rest.
- Finely chop the dill.
- In a salad bowl, combine the extra virgin olive oil with the mustard, the mayonnaise, the honey, the white balsamic vinegar and half of the dill. Season to taste with salt and pepper.



Serve

- Serve the steak and onion with the potato salad alongside.
- Garnish with the rest of the dill to finish.

Enjoy!





# Tex Mex Hake Bowl with Guacamole

over rice with zesty corn salsa & BBQ rub

Family Quick

Total time: 25 - 30 min.



White long grain rice



Garlic



Skin-on hake fillet



BBQ spice rub



Corn



Roma tomato



Red onion



Fresh flat leaf parsley



Guacamole



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

Roma tomatoes are also called pomodoro tomatoes, literally meaning "golden apples". The name is an excellent description of their delicious, full flavour!



Tear me out!

Before you start

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

Equipment

Bowl, lidded pot or saucepan, kitchen paper, sieve, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
White long grain rice (g)	75	150	225	300	375	450
Garlic (unit(s))	1	2	3	4	5	6
Skin-on hake fillet* (unit(s))	1	2	3	4	5	6
BBQ spice rub (sachet(s))	½	1	1½	2	2½	3
Corn (g)	70	140	215	285	355	425
Roma tomato (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Guacamole* (g)	40	80	120	160	200	240
Not included						
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½
Low sodium vegetable stock (ml)	180	360	540	720	900	1080
White wine vinegar (tsp)	1	2	3	4	5	6
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3004 /718	476 /114
Total fat (g)	29	5
of which saturated(g)	11	1,7
Carbonhydrates (g)	82	13
of which sugars (g)	10,9	1,7
Fiber (g)	7	1
Protein (g)	29	5
Salt (g)	2	0,3

Allergens

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



Boil the rice

- Prepare the stock and crush or mince the garlic.
- Melt a knob of butter in a pot or saucepan over medium-high heat and fry the garlic for 1 - 2 minutes.
- Add the rice and the stock. Bring to the boil, then reduce the heat and cover with the lid.
- Cook the rice for 10 minutes, then remove from the heat and allow to stand for 10 minutes, still covered.



Make the salsa

- Chop the onion and dice the tomato. Finely chop the parsley.
- In a bowl, combine the extra virgin olive oil with the white wine vinegar, then season to taste with salt and pepper.
- Add the onion, the tomato, the corn and the parsley. Mix well to combine.



Fry the fish

- Pat the fish dry with kitchen paper and season with the **BBQ rub**\* and some salt and pepper.
- Melt a knob of butter in a frying pan over medium-high heat and fry the fish for 3 minutes per side.
- Drain the corn in the meantime.

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



Serve

- Serve the rice in bowls and arrange everything on top.
- Finish with the guacamole.

Enjoy!





# Tortelloni in Tomato Sauce with Parmigiano Reggiano

with fresh basil & arugula side salad

Veggie Quick

Total time: 10 - 15 min.



Tortelloni with ricotta & spinach



Passata



Onion



Spinach



Fresh basil



Arugula



Parmigiano Reggiano DOP



Sunflower seeds



Sicilian-style herb mix



Garlic



Tomato



Dried oregano



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Before you start

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

Equipment

Lidded deep frying pan, microplane, pot or saucepan, salad bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Tortelloni with ricotta & spinach* (g)	150	300	450	600	750	900
Passata (g)	100	200	300	390	500	590
Onion (unit(s))	½	1	1½	2	2½	3
Spinach* (g)	100	200	300	400	500	600
Fresh basil* (g)	5	10	15	20	25	30
Arugula* (g)	20	40	60	80	100	120
Parmigiano Reggiano DOP* (g)	20	40	60	80	100	120
Sunflower seeds (g)	10	20	30	40	50	60
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	1	2	3	4	5	6
Dried oregano (sachet(s))	¼	½	¾	1	1¼	1½
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Sugar (tsp)	1	2	3	4	5	6
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
Water for the sauce (ml)	75	150	225	300	375	450
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3757 /898	575 /137
Total fat (g)	47	7
of which saturated(g)	11,7	1,8
Carbonhydrates (g)	85	13
of which sugars (g)	22,4	3,4
Fiber (g)	10	1
Protein (g)	30	5
Salt (g)	3,1	0,5

Allergens

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



Boil the tortelloni

- Boil plenty of water in a pot or saucepan and crumble in half of the stock cube (see pantry for amount).
- Carefully separate the tortelloni and boil for 2 - 3 minutes. Drain and set aside when finished.
- Chop the onion and crush or mince the garlic.



Finish

- Gradually add the spinach, tearing it directly into the pan. Cook for another minute, seasoning to taste with salt and pepper.
- Add the tortelloni to the pan and mix well to combine with the sauce.
- Tear or roughly chop the basil. Finely grate the cheese.
- In a salad bowl, combine the extra virgin olive oil with the rest of the balsamic vinegar. Season to taste with salt and pepper.



Make the sauce

- Heat a drizzle of olive oil in a deep frying pan over medium heat. Fry the onion and garlic for 3 - 4 minutes, then deglaze with half of the balsamic vinegar.
- Add the passata, water for the sauce, sugar, oregano, and Sicilian-style herbs to the pan. Crumble in the rest of the stock cube and season to taste with salt and pepper.
- Bring to a boil, then reduce the heat to low and cover with the lid. Simmer for 3 - 4 minutes.



Serve

- Cut the tomato into wedges and transfer to the salad bowl. Add the arugula and toss well to combine with the dressing.
- Serve the tortelloni in deep plates or bowls with the salad alongside.
- Garnish the tortelloni with the grated cheese and basil. Garnish the salad with the sunflower seeds.

Enjoy!





# Shrimp Poké Bowl with Ponzu Mayo

with mango, gomashio, slaw & cucumber

Family Quick Calorie Smart

Total time: 15 - 20 min.



Ponzu



Sushi rice



Shrimp



Persian cucumber



Slaw mix



Sesame oil



Garlic



Mango



Gomashio



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

Ponzu is the Japanese name for a sauce made by simmering mirin (Japanese rice wine) together with rice vinegar and seaweed over low heat.



Tear me out!

Before you start

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

Equipment

Lidded pot or saucepan, small bowl, frying pan, two bowls

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
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)	1	2	3	4	5	6
[Reduced salt] soy sauce (tbsp)	¾	1½	2¼	3	3¾	4½
Salt and pepper (totaste)	0	0	0	0	0	0
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2895 /692	456 /109
Total fat (g)	30	5
of which saturated(g)	7,1	1,1
Carbonhydrates (g)	84	13
of which sugars (g)	22,6	3,6
Fiber (g)	4	1
Protein (g)	20	3
Salt (g)	3,3	0,5

Allergens

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



Boil the rice

- Boil the water in a pot or saucepan (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.



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.



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.



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.

Enjoy!





# Smoky Shrimp Flatbread Pizzas

with Greek-style cheese, arugula salad & green Romano pepper

Calorie Smart Express

Total time: 15 - 20 min.



Shrimp



Red onion



Green Romano pepper



Passata



Greek-style spice mix



Wholewheat  
Lebanese flatbread



Greek-style cheese



Tomato



Arugula



Smoked paprika



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

Green Romano peppers are harvested earlier than their red, orange or yellow counterparts. This means they're slightly less sweet, but they also have a more firm, crisp texture.

Tear me out!



Before you start

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

Equipment

Parchment-lined baking sheet, kitchen paper, salad bowl, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Shrimp* (g)	80	160	240	320	400	480
Red onion (unit(s))	½	1	1	2	2	3
Green Romano pepper* (unit(s))	½	1	2	2	3	3
Passata (g)	100	200	300	390	500	590
Greek-style spice mix (sachet(s))	½	1	1½	2	2½	3
Wholewheat Lebanese flatbread (unit(s))	2	4	6	8	10	12
Greek-style cheese* (g)	25	50	75	100	125	150
Tomato (unit(s))	1	2	3	4	5	6
Arugula* (g)	20	40	60	80	100	120
Smoked paprika (tsp)	¾	1½	2¼	3	3¾	4½
Not included						
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tsp)	1	2	3	4	5	6
Sugar (tsp)	1	2	3	4	5	6
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2774 /663	523 /125
Total fat (g)	23	4
of which saturated(g)	7,1	1,3
Carbonhydrates (g)	80	15
of which sugars (g)	18,5	3,5
Fiber (g)	10	2
Protein (g)	29	5
Salt (g)	2,3	0,4

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Slice the onion into half rings and cut the Romano pepper into strips.
- In a small bowl, combine the passata with the Greek-style spices, along with half of each of the balsamic vinegar and sugar.
- Season to taste with salt and pepper.



Make the salad

- Meanwhile, dice the tomato.
- In a salad bowl, combine the extra virgin olive oil with the rest of the sugar and balsamic vinegar.
- Add the tomato and the arugula and toss well to combine with the dressing.
- Season to taste with salt and pepper.



Bake the flatbreads

- Transfer the flatbreads to a parchment-lined baking sheet and spread with the tomato sauce.
- Top with the onion and the Romano pepper. Drizzle lightly with olive oil and season to taste with salt and pepper.
- Bake the flatbreads in the oven for 6 - 8 minutes.



Serve

- Pat the shrimp dry with kitchen paper. Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the shrimp with the smoked paprika for 3 minutes.
- Top the flatbread pizzas with the salad and the shrimp.
- Crumble over the Greek-style cheese to finish.

Enjoy!