



# Ghentish 'Waterzooi' with Chicken Thigh

classic Belgian stew with carrot, celery & leek

Family Calorie Smart

Total time: 45 - 55 min.



Chicken thigh



Fresh thyme



Bay leaf



Onion



Garlic



Celery



Fresh curly parsley



Potatoes



Carrot



Leek



Cooking cream



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

Waterzooi was originally prepared with freshwater fish from Ghent's rivers and canals, and was rumoured to be a favourite dish of Emperor Charles V - a Ghent native himself!



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 saucepan, lidded soup pot

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken thigh* (unit(s))	1	2	3	4	5	6
Fresh thyme* (g)	2½	5	7½	10	12½	15
Bay leaf (unit(s))	1	1	1	1	2	2
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Celery* (sprig)	1½	3	4½	6	7½	9
Fresh curly parsley* (g)	2½	5	7½	10	12½	15
Potatoes (g)	200	400	600	800	1000	1200
Carrot* (unit(s))	½	1	1	1	2	2
Leek* (unit(s))	½	¾	1	1½	1½	2
Cooking cream (g)	75	150	225	300	375	450
Not included						
[Plant-based] butter (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	350	700	1050	1400	1750	2100
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2678 /640	272 /65
Total fat (g)	34	3
of which saturated(g)	19,2	1,9
Carbonhydrates (g)	53	5
of which sugars (g)	12,6	1,3
Fiber (g)	12	1
Protein (g)	31	3
Salt (g)	1,8	0,2

## Allergens

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

1



## Poach the chicken

- Prepare the stock in a saucepan.
- Make two incisions into the chicken and transfer to the stock, along with the thyme and bay leaf.
- Cover with the lid and boil for 10 – 12 minutes or until done.
- Use a slotted spoon to remove the chicken from the stock and set aside to cool. Reserve the stock to use again later.

3



## Make the 'waterzooi'

- Cut the carrot and leek into long matchsticks.
- Melt a generous knob of butter in a soup pot over medium-high heat. Fry the onion and garlic for 1 – 2 minutes.
- Add the leek, the carrot, the celery, the potatoes, the white wine vinegar and the stock.
- Cover with the lid and bring to a boil, then allow to cook for 5 minutes.

2



## Chop the vegetables

- In the meantime, chop the onion and crush or mince the garlic.
- Slice the celery into crescents and finely chop the parsley.
- Thoroughly wash the potatoes and cut into rough chunks.

**Did you know...** 🌱 celery is very nutrient-dense; it's rich in calcium as well as vitamins A and C. It's a great addition to soups and risottos, or it can also be enjoyed raw with dips. The carrot in this recipe also provides even more vitamin A.

4



## Serve

- Use two forks to shred the chicken, then transfer to the soup pot. Allow to simmer for 8 – 10 minutes, or until the potatoes are done.
- Stir in the cream and season to taste with salt and pepper. Shortly before serving, remove the bay leaf and the thyme.
- Serve the 'waterzooi' in bowls or deep plates and garnish with the parsley to finish.

## Enjoy!



# Baked Mac & Cheese with Pumpkin Seed Topping

with hidden veggies for kids: carrot, pumpkin & onion

Family Veggie Calorie Smart

Total time: 40 - 50 min.



Penne



Onion



Garlic



Ground paprika



Diced pumpkin



Dried thyme



Cream cheese



Grated aged Gouda



Pumpkin seeds



Carrot



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

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



Tear me out!

## Before you start

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

## Equipment

Lidded frying pan, tall container, oven dish, pot or saucepan, immersion blender, frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Penne (g)	90	180	270	360	450	540
Onion (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	½	1	1½	2	2½	3
Ground paprika (tsp)	1	2	3	4	5	6
Diced pumpkin* (g)	150	300	450	600	750	900
Dried thyme (sachet(s))	½	1	1½	2	2½	3
Cream cheese* (g)	25	50	75	100	125	150
Grated aged Gouda* (g)	35	75	110	150	185	225
Pumpkin seeds (g)	5	10	15	20	25	30
Carrot* (unit(s))	½	1	1½	2	2½	3
Not included						
Low sodium vegetable stock (ml)	75	150	225	300	375	450
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)	2803 /670	546 /131
Total fat (g)	26	5
of which saturated(g)	13	2,5
Carbonhydrates (g)	79	15
of which sugars (g)	13,6	2,7
Fiber (g)	9	2
Protein (g)	27	5
Salt (g)	1,3	0,3

## Allergens

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

1



## Prepare

- Preheat the oven to 220°C and prepare the stock.
- Boil plenty of water in a pot or saucepan and cook the pasta for 10 - 12 minutes.
- Reserve some of the pasta water, then drain and set aside.
- Slice the onion into half rings and crush or mince the garlic. Dice the carrot.

3



## Make the sauce

- Transfer the carrot and pumpkin to a tall container.
- Add the cream cheese and then use an immersion blender to process into a smooth sauce.
- Return the sauce to the pan. Add the pasta and two thirds of the cheese, then mix well to combine.
- Transfer to an oven dish and scatter over the rest of the cheese, then bake for 10 - 15 minutes or until golden-brown.

2



## Fry the vegetables

- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the onion, garlic and paprika for 2 - 3 minutes.
- Stir in the pumpkin, carrot and thyme and fry for 4 - 6 minutes.
- Deglaze with the stock, then cover with the lid and allow to stew for 8 -11 minutes, or until the pumpkin is soft. Season to taste with salt and pepper.

4



## Serve

- Meanwhile, heat a clean frying pan over medium-high heat and toast the pumpkin seeds until they start to pop, then remove from the pan and set aside.
- Serve the pasta on plates and garnish with the pumpkin seeds to finish.

## Enjoy!



# Family Pasta Night: Tex-Mex Fusilli with Avocado & Cheddar

build your own bowl & enjoy together!

Family Veggie Quick

Total time: 25 - 30 min.



Wholewheat fusilli



Courgette



Garlic



Diced tomatoes with garlic & onion



Grated cheddar



Fresh flat leaf parsley



Avocado



Lime



Organic sour cream



Corn



Peruvian-style spice mix



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

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



Tear me out!

## Before you start

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

## Equipment

Large deep frying pan with lid, pot or saucepan, sieve, 2x frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Wholewheat fusilli (g)	90	180	270	360	450	540
Courgette* (unit(s))	¼	½	¾	1	1¼	1½
Garlic (unit(s))	½	1	1½	2	2½	3
Diced tomatoes with garlic & onion (pack)	½	1	1½	2	2½	3
Grated cheddar* (g)	25	50	75	100	125	150
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Avocado (unit(s))	½	1	1½	2	2½	3
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Organic sour cream* (g)	25	50	75	100	125	150
Corn (g)	70	140	210	280	350	420
Peruvian-style spice mix (sachet(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tsp)	1	2	3	4	5	6
Sugar (tsp)	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)	3694 /883	651 /156
Total fat (g)	44	8
of which saturated(g)	14,5	2,6
Carbonhydrates (g)	88	15
of which sugars (g)	25,6	4,5
Fiber (g)	17	3
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.

1



## Prepare

- Boil plenty of water in a pot or saucepan and cook the pasta for 10 - 12 minutes.
- Reserve some of the pasta water, then drain and set aside.
- Heat a drizzle of olive oil in a large deep frying pan over medium-high heat. Fry the Peruvian-style spices for 1 minute.
- Add the tomatoes and bring to a boil, then add the sugar and the balsamic vinegar.

3



## Prepare the toppings

- Drain the corn. Melt a knob of butter in another frying pan over medium-high heat and fry the corn for 1 - 2 minutes. Season to taste with salt and pepper.
- Halve and pit the avocado, then remove the skin and slice the flesh.
- Roughly chop the parsley.
- Cut the lime into wedges.

2



## Fry the courgette

- Lower the heat and cover with the lid, then allow to simmer for 8 - 10 minutes. Turn off the heat and stir in the pasta.
- Slice the courgette into crescents. Crush or mince the garlic.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the courgette for 1 - 2 minutes.
- Add the garlic and fry for 1 - 2 more minutes. Season to taste with salt and pepper.

4



## Serve

- Serve the pasta in bowls or on deep plates.
- Serve all the elements separately at the table and allow everyone to build their own pasta bowl (or if preferred, just plate it directly).

## Enjoy!



# Silky Broccoli Soup with Garlic Ciabatta

one simple recipe with extra flavours for parents!

Family Veggie Quick

Total time: 25 - 30 min.



Onion



Garlic



Broccoli



Potatoes



Sunflower seeds



Dried thyme



Herbed cream cheese



Blue cheese cubes



White ciabatta



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

Easily adapt this recipe to suit younger palates without compromising on flavour on your own plate. Keep it simple for the kids and enjoy the special ingredients that we've added just for you!



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 soup pot, immersion blender, frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	2	2	3	3
Garlic (unit(s))	1	2	3	4	5	6
Broccoli* (g)	200	400	600	800	1000	1200
Potatoes (g)	125	250	375	500	625	750
Sunflower seeds (g)	10	20	30	40	50	60
Dried thyme (sachet(s))	⅓	⅔	1	1½	1¾	2
Herbed cream cheese* (g)	25	50	75	100	125	150
Blue cheese cubes* (g)	25	50	75	100	125	150
White ciabatta (unit(s))	1	2	3	4	5	6
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	500	1000	1500	2000	2500	3000
[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)	3259 / 779	314 / 75
Total fat (g)	40	4
of which saturated(g)	16,9	1,6
Carbonhydrates (g)	73	7
of which sugars (g)	7,8	0,8
Fiber (g)	24	2
Protein (g)	26	3
Salt (g)	3,8	0,4

## Allergens

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



## Prepare

- Preheat the oven to 210°C and prepare the stock (see Tip).
- Chop the onion and crush or mince the garlic.
- Weigh the broccoli, then cut the head into small florets and then finely dice the stem.
- Wash or peel the potatoes and dice them into 1cm cubes.

**Health Tip** 🌱 if you're watching your salt intake, substitute half of the stock with boiling water.



## Toast the sunflower seeds

- Heat a clean frying pan over medium-low heat and toast the sunflower seeds until golden-brown.
- Remove from the pan and set aside.



## Boil the vegetables

- Melt a knob of butter in a soup pot over medium-high heat. Fry the onion with the thyme and half of the garlic for 1 - 2 minutes.
- Add the broccoli, the potatoes and the stock, then bring to the boil and cover with the lid.
- Allow to cook for 13 - 15 minutes over medium heat.



## Finish the soup

- Take the pot off the heat and then use an immersion blender to process into a smooth soup.
- Stir in the herbed cream cheese and season to taste with salt and pepper.
- Add extra water as necessary if you would prefer the soup to be less thick.



## Make the garlic bread

- In the meantime, cut open the bread roll.
- Drizzle with olive oil and rub with the rest of the garlic.
- Bake in the oven for 6 - 8 minutes or until golden-brown.



## Serve

- Serve the soup in bowls or on deep plates with the garlic bread alongside.
- For parents: garnish with the sunflower seeds and the blue cheese.

## Enjoy!



# Chicken Breast with Baby Potato Salad

with mini Roma tomatoes, cucumber & corn

Family Quick Calorie Smart

Total time: 20 - 25 min.



Baby potatoes



Chicken breast with Mediterranean herbs



Red onion



Cucumber



Italian seasoning



Corn



Mini Roma tomatoes



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

Mini Roma tomatoes might look similar to cherry tomatoes, but they actually have fewer seeds and are not as sweet. Perfect for smaller bites, with the same, classic tomato 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

Large salad bowl, pot or saucepan, sieve, frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Baby potatoes (g)	200	400	600	800	1000	1200
Chicken breast with Mediterranean herbs* (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	¼	½	1	1	1½	1½
Cucumber* (unit(s))	½	1	1	2	2	3
Italian seasoning (sachet(s))	¼	¾	1	1½	1¾	2
Corn (g)	40	80	140	155	220	235
Mini Roma tomatoes (g)	50	100	200	200	300	300
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tsp)	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)	2619 /626	436 /104
Total fat (g)	33	5
of which saturated(g)	4,5	0,7
Carbonhydrates (g)	47	8
of which sugars (g)	11,5	1,9
Fiber (g)	10	2
Protein (g)	31	5
Salt (g)	1,8	0,3

## Allergens

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

1



## Boil the potatoes

- Boil plenty of salted water in a pot or saucepan for the baby potatoes.
- Wash the baby potatoes and cut them in half, or any larger ones into quarters.
- Cook the baby potatoes for 12 - 14 minutes until done, then drain and rinse under cold water.
- Set aside and allow to cool (see Tip).

**Tip:** allow the baby potatoes to cool completely, otherwise they will absorb all of the dressing later.

3



## Make the salad

- Transfer the potatoes, cucumber, tomatoes, onion and corn to the salad bowl.
- Toss well to combine with the dressing.
- Season to taste with salt and pepper.

2



## Chop the vegetables

- Meanwhile, finely chop the onion (see Tip).
- Drain the corn and halve the tomatoes.
- Finely dice the cucumber.
- In a large salad bowl, combine the mayonnaise with the white balsamic vinegar and the Italian seasoning.

**Tip:** the onion will be served raw, but you can also fry it in step 4 instead if preferred.

4



## Serve

- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the chicken for 2 minutes per side.
- Reduce the heat and fry the chicken for 4 more minutes per side, or until done.
- Slice the chicken into strips.
- Serve the baby potato salad on plates and top with the chicken.

## Enjoy!



# Peanut-Tastic Pork Tenderloin Traybake

with potato wedges, nasi-bami spices & courgette

Total time: 35 - 45 min.



Pork tenderloin tips



Potatoes



Red onion



Bell pepper



Courgette



Nasi-bami spice mix



Peanut sauce



Salted peanuts



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

The nasi-bami spice mix used in this recipe is a perfect balance of toasty, vibrant and somewhat citrusy flavours – including ginger, cumin, lemongrass, coriander and galangal.



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, small saucepan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pork tenderloin tips* (g)	100	200	300	400	500	600
Potatoes (g)	250	500	750	1000	1250	1500
Red onion (unit(s))	½	1	1½	2	2½	3
Bell pepper* (unit(s))	½	1	1	2	2	3
Nasi-bami spice mix (sachet(s))	½	1	1½	2	2½	3
Peanut sauce* (g)	60	120	180	240	300	360
Salted peanuts (g)	10	20	30	40	50	60
Courgette* (unit(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
[Reduced salt] ketjap manis (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
Water for the sauce (tbsp)	1	2	3	4	5	6
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)	3046 /728	431 /103
Total fat (g)	30	4
of which saturated(g)	6	0,8
Carbonhydrates (g)	74	11
of which sugars (g)	28,6	4
Fiber (g)	14	2
Protein (g)	39	5
Salt (g)	2,5	0,3

## Allergens

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

1



## Prepare

- Preheat the oven to 210°C.
- Peel or thoroughly wash the potatoes and then cut them into wedges.
- Transfer to a bowl and drizzle with olive oil. Season with salt and pepper, then toss well to coat.
- Transfer to one side of a parchment-lined baking sheet and bake in the oven for 30 - 40 minutes or until golden-brown, tossing halfway.

3



## Roast the vegetables

- In a large bowl, combine the ketjap with the honey and some sambal as preferred.
- Add the pork and mix well to combine.
- When the potatoes have 20 minutes left, transfer the vegetables to the other side of the baking sheet and return to the oven for 5 more minutes.
- Top the vegetables with the pork and return to the oven for 15 more minutes.

2



## Chop the vegetables

- Transfer to one side of a parchment-lined baking sheet and bake in the oven for 30 - 40 minutes or until golden-brown, tossing halfway.
- Roughly dice the bell pepper and then courgette. Cut the onion into wedges.
- Transfer the vegetables to the same bowl you used for the potatoes.
- Add the nasi-bami spice mix and drizzle with olive oil. Season with salt and pepper, then toss well to coat.

4



## Serve

- Shortly before serving, transfer the peanut sauce to a small saucepan over low heat.
- Add the water for the sauce and heat for 2 - 3 minutes.
- Serve the traybake on plates. Drizzle with the peanut sauce and then garnish with the peanuts to finish.

## Enjoy!



# Courgette Soup with Toasted Pumpkin Seeds

with wild mushroom pesto on toasted ciabatta

Family Veggie

Total time: 35 - 45 min.



Red onion



Potatoes



Courgette



Pumpkin seeds



Wholegrain ciabatta



Wild mushroom pesto



Grated Gouda



Truffle-style olive oil



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

Gouda is one of the most popular cheeses in the world! This mild, creamy cheese develops a nuttier flavour and more crumbly texture as it ages, and it's perfect for melting!



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, immersion blender, peeler or cheese slicer, lidded soup pot, frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red onion (unit(s))	½	1	1	2	2	3
Potatoes (g)	100	200	300	400	500	600
Courgette* (unit(s))	1	2	3	4	5	6
Pumpkin seeds (g)	5	10	15	20	25	30
Wholegrain ciabatta (unit(s))	1	2	3	4	5	6
Wild mushroom pesto* (g)	40	80	120	160	200	240
Grated Gouda* (g)	25	50	75	100	125	150
Truffle-style olive oil (ml)	4	8	12	16	20	24
Not included						
Low sodium vegetable stock (ml)	300	600	900	1200	1500	1800
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)	3669 /877	436 /104
Total fat (g)	56	7
of which saturated(g)	13,7	1,6
Carbonhydrates (g)	59	7
of which sugars (g)	10,7	1,3
Fiber (g)	19	2
Protein (g)	27	3
Salt (g)	2,6	0,3

## Allergens

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

1



## Prepare

- Preheat the oven to 180°C and prepare the stock.
- Finely chop the onion.
- Thoroughly wash or peel the potatoes, then finely dice them.
- Use a peeler or cheese slicer to shave three courgette ribbons per person, then dice the rest of the courgette.

4



## Bake the bread

- Cut open the bread roll and transfer to a parchment lined baking sheet.
- Top with half each of the mushroom pesto and the grated cheese.
- Bake in the oven for 8 minutes.

2



## Toast the pumpkin seeds

- Heat a clean frying pan over high heat and toast the pumpkin seeds until they start to pop, then remove from the pan and set aside.
- Heat a drizzle of olive oil in a soup pot over low heat and fry the onion for 2 minutes.
- Stir in the diced courgette, then turn the heat to medium-low and fry for 3 minutes.

5



## Finish

- Take the soup off the heat and use an immersion blender to process until smooth.
- Add a splash of hot water as necessary if it's too thick.
- Stir the rest of the pesto and cheese into the soup, then season to taste with salt and pepper.

3



## Make the soup

- Add the potatoes and the stock, then cover with the lid and boil for 10 minutes over low heat.
- In the meantime, heat a drizzle of olive oil in the same pan you used for the pumpkin seeds.
- Fry the courgette ribbons for 5 minutes over medium-low heat, turning halfway.

6



## Serve

- Serve the soup in bowls and top with the courgette ribbons.
- Garnish with the pumpkin seeds, then drizzle over the truffle-style oil as preferred.
- Serve the bread alongside.

## Enjoy!



# Smoky Chickpeas with Tropical Avocado-Mango Salsa

over golden bulgur with green sauce & pumpkin seeds

Veggie Quick Calorie Smart

Total time: 25 - 30 min.



Bulgur



Chickpeas



Avocado



Mango



Persian cucumber



Lime



Fresh coriander & mint



Jalapeño



Yogurt dressing



Ground turmeric



Smoked paprika



Pumpkin seeds



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

Mangos have been grown in South Asia since ancient times. In fact, the mango tree is the national tree of Bangladesh!



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, blender or an immersion blender with a tall container, pot or saucepan, kitchen paper, salad bowl, sieve

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Bulgur (g)	75	150	225	300	375	450
Chickpeas (pack)	½	¾	1	1½	1¾	2
Avocado (unit(s))	½	1	1½	2	2½	3
Mango* (unit(s))	½	1	1	2	2	3
Persian cucumber* (unit(s))	½	1	2	2	3	3
Lime* (unit(s))	½	1	1½	2	2½	3
Fresh coriander & mint* (g)	10	20	30	40	50	60
Jalapeño* (unit(s))	¼	½	¾	1	1¼	1½
Yogurt dressing* (g)	20	40	60	80	100	120
Ground turmeric (tsp)	1	2	3	4	5	6
Smoked paprika (tsp)	1½	3	4½	6	7½	9
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 sauce (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)	2895 /692	443 /106
Total fat (g)	28	4
of which saturated(g)	3,9	0,6
Carbonhydrates (g)	81	12
of which sugars (g)	20,6	3,2
Fiber (g)	19	3
Protein (g)	19	3
Salt (g)	1,1	0,2

## Allergens

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



## Prepare

- Preheat the oven to 180°C.
- Rinse the chickpeas under cold water and allow to drain, then pat dry with kitchen paper.
- Transfer the chickpeas to a parchment-lined baking sheet and drizzle with olive oil. Scatter over the smoked paprika and season with salt and pepper.
- Toss well to coat, then roast in the oven for 15 - 20 minutes.



## Make the sauce

- Transfer the mango, cucumber, avocado to a salad bowl, along with some **jalapeño** as preferred.
- Quarter the lime and squeeze a quarter per person into the salad bowl. Season with salt and pepper, then toss well to combine.
- Transfer the yogurt dressing, the water for the sauce and half of the fresh herbs to a tall container.
- Use an immersion blender to process until smooth. Season with salt and pepper.



## Make the bulgur

- Prepare the stock in a pot or saucepan. Add the bulgur and the turmeric, then bring to a boil and cook for 10 minutes until done.
- Drain and drizzle with extra virgin olive oil as preferred. Season with pepper, then set aside.
- Halve and pit the avocado, then remove the skin. Peel the mango.
- Finely dice the avocado, mango and cucumber. Deseed and finely chop the **jalapeño**.\*

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



## Serve

- Finely chop the rest of the fresh herbs.
- Serve the bulgur in bowls and top with the salsa and the chickpeas.
- Drizzle with the green sauce, then garnish with the pumpkin seeds and the rest of the fresh herbs.
- Serve with the rest of the lime wedges.

## Enjoy!



# 'Stamppot' with an Asian-Inspired Twist

with sweetheart cabbage, coconut milk & a jammy egg

Veggie Calorie Smart

Total time: 35 - 45 min.



Potatoes



Green curry spices



Egg



East Asian-style sauce



Coconut milk



Soy sauce



Crispy fried onions



White miso paste



Chopped sweetheart cabbage



Scallions



**Our recipe developer Selma says:**

*"These kinds of fusion recipes are my favourite recipes to come up with! I myself am not really a fan of stampot, but I am a lover of Asian cuisine, so I thought it would be fun to combine the two."*



## 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, potato masher, frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Green curry spices (sachet(s))	½	¾	1	1½	1¾	2
Egg* (unit(s))	1	2	3	4	5	6
East Asian-style sauce* (g)	20	35	55	70	90	105
Coconut milk (ml)	15	30	45	60	75	90
Soy sauce (ml)	5	10	15	20	25	30
Crispy fried onions (g)	10	20	30	40	50	60
White miso paste (g)	10	15	25	30	40	45
Chopped sweetheart cabbage* (g)	200	400	600	800	1000	1200
Scallions* (bunch)	½	1	1½	2	2½	3
Not included						
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Water for the sauce (ml)	30	60	90	120	150	180
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	404 /97
Total fat (g)	28	4
of which saturated(g)	14,7	2,2
Carbonhydrates (g)	71	11
of which sugars (g)	17,1	2,5
Fiber (g)	15	2
Protein (g)	23	3
Salt (g)	3,4	0,5

## Allergens

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

1



## Prepare

- Boil plenty of water in a pot or saucepan. Peel the potatoes and cut into rough chunks, then boil for 12 - 15 minutes until done, covered.
- Boil the eggs alongside for 4 - 8 minutes (see Tip).
- Meanwhile, finely chop the scallions and separate the white part from the greens.

**Tip:** adjust the cooking time if necessary so as to boil the eggs to your liking.

3



## Mash the potatoes

- Meanwhile, drain the eggs and potatoes. Rinse the eggs under cold water to stop them from cooking further, then set aside.
- Mash the potatoes with the coconut milk, being sure to add it gradually.
- Stir the cabbage, miso paste\* and soy sauce into the mash. Season to taste with salt and pepper.

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

2



## Fry the cabbage

- Melt a knob of butter in a frying pan over medium-high heat. Fry the cabbage with the green curry spices for 6 - 7 minutes, then remove from the pan and set aside.
- Melt another knob of butter in the same pan and fry the white part of the scallions for 4 - 5 minutes over medium-low heat.
- Add the East Asian-style sauce and the water (see pantry for amount).
- Allow the sauce to reduce gently for 4 - 5 minutes.

4



## Serve

- Peel the eggs and cut them in half.
- Serve the stampot on plates and top with the sauce. Serve the egg alongside.
- Shortly before serving, garnish with the crispy onions and the scallion greens.

## Enjoy!



# Sweet & Sticky Orange Chicken Noodles with Peanuts & Kohlrabi

with coriander, radish & chili pepper

Quick Calorie Smart

Total time: 25 - 30 min.



Wholewheat noodles



Chicken thigh strips



East Asian-style sauce



Garlic



Red chili pepper



Kohlrabi



Radish



Easy peel orange



Fresh coriander



Unsalted peanuts



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

Humans have been eating garlic for almost 4000 years! No wonder it's a staple in so many dishes and cuisines from around the world.



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, deep frying pan, lidded frying pan, pot or saucepan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Wholewheat noodles (g)	50	100	150	200	250	300
Chicken thigh strips* (g)	100	200	300	400	500	600
East Asian-style sauce* (g)	35	70	105	140	175	210
Garlic (unit(s))	½	1	1½	2	2½	3
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Kohlrabi* (unit(s))	½	1	2	2	3	3
Radish* (bunch)	½	1	1	2	2	3
Easy peel orange* (unit(s))	½	1	1½	2	2½	3
Fresh coriander* (g)	5	10	15	20	25	30
Unsalted peanuts (g)	10	20	30	40	50	60
Not included						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	½	1	1½	2	2½	3
[Reduced salt] soy sauce (tbsp)	½	1	1½	2	2½	3
White wine vinegar (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)	2741 /655	571 /136
Total fat (g)	28	6
of which saturated(g)	9,6	2
Carbonhydrates (g)	65	14
of which sugars (g)	19,3	4
Fiber (g)	8	2
Protein (g)	31	6
Salt (g)	2,7	0,6

## Allergens

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

1



## Prepare

- Discard the top of the kohlrabi, then peel and dice it into 1cm cubes.
- Melt a knob of butter in a frying pan over medium-high heat. Fry the kohlrabi for 4 minutes.
- Deglaze with a splash of water, then cover with the lid and allow to stew gently for 8 minutes, adding more water if necessary.
- Remove the lid and cook for 2 more minutes.

4



## Fry the chicken

- Meanwhile, crush or mince the garlic.
- Deseed and finely chop the **red chili pepper**.\*
- Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat. Fry the chicken with the garlic and **chili pepper** for 7 minutes.
- Add the orange sauce and mix well to combine.

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

2



## Boil the noodles

- Boil plenty of water in a pot or saucepan.
- Cook the noodles for 4 - 5 minutes until al dente. Reserve some of the cooking liquid, then drain and set aside.
- Meanwhile, cut the radishes into wedges.
- Roughly chop the coriander.

5



## Finish

- Add the noodles, the kohlrabi, the diced orange and the radishes.
- Mix well to combine, adding a splash of cooking liquid as necessary (see Tip).
- Season to taste with salt and pepper.

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

3



## Make the sauce

- Juice half of the orange into a bowl.
- Use a sharp knife to remove the skin and the white pith from the rest of the orange and then dice the flesh.
- Transfer any excess orange juice from the cutting board to the bowl.
- To the orange juice, add the East Asian-style sauce, the soy sauce and the white wine vinegar. Mix well to combine.

6



## Serve

- Serve the noodles in bowls.
- Garnish with the coriander and the peanuts.

## Enjoy!



# Indulgent Chicken Caesar Salad with Bacon

with homemade dressing, Parmesan & croutons

Premium

Total time: 30 - 40 min.



Chicken breast



Bacon



Green beans



Egg



Garlic



Lemon



White ciabatta



Romaine lettuce



Parmigiano Reggiano DOP



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

The Caesar salad actually originated in Mexico! It was created by Caesar Cardini at his restaurant in Tijuana, when the kitchen was overwhelmed and short on ingredients.



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, microplane, pot or saucepan, small bowl, frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken breast* (unit(s))	1	2	3	4	5	6
Bacon* (slice(s))	2	4	6	8	10	12
Green beans* (g)	90	180	200	360	380	540
Egg* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	1	2	2	3	3
Lemon* (unit(s))	½	1	1½	2	2½	3
White ciabatta (unit(s))	½	1	1½	2	2½	3
Romaine lettuce* (head)	½	1	2	2	3	3
Parmigiano Reggiano DOP* (g)	20	40	60	80	100	120
Not included						
Olive oil (tbsp)	1½	3	4½	6	7½	9
[Plant-based] mayonnaise (tbsp)	3	6	9	12	15	18
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4464 / 1067	785 / 188
Total fat (g)	82	15
of which saturated(g)	16,5	2,9
Carbonhydrates (g)	30	5
of which sugars (g)	6,4	1,1
Fiber (g)	7	1
Protein (g)	50	9
Salt (g)	2,9	0,5

## Allergens

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

1



## Fry the chicken and bacon

- Heat a generous drizzle of olive oil in a frying pan over medium heat.
- Fry the chicken for 5 - 6 minutes on one side.
- Flip the chicken, then add the bacon and fry for 5 more minutes.
- Remove from the pan and allow the chicken to rest under aluminum foil. Set the bacon aside.

2



## Make the croutons

- Dice the ciabatta.
- Heat a drizzle of olive oil in the same pan over medium-high heat.
- Toast the ciabatta for around 5 minutes until golden-brown, so as to make croutons.
- Toss regularly so as to ensure the croutons don't burn.

3



## Boil the green beans

- Meanwhile, boil a shallow layer of water in a pot or saucepan.
- Discard the tips of the green beans and thoroughly wash the egg, then transfer everything to the pan and boil for 5 - 6 minutes (see Tip).

**Tip:** if you'd prefer a hard-boiled egg, use a separate pan and boil for 8 - 12 minutes. Rinse the eggs under cold water so as to peel them more easily.

4



## Make the dressing

- In the meantime, grate the Parmigiano Reggiano and crush or mince the garlic.
- Juice half of the lemon and cut the rest into wedges.
- In a small bowl, combine the mayonnaise with the garlic, a third of the Parmigiano Reggiano and a splash of lemon juice as preferred.
- Season to taste with pepper.

5



## Finish

- Meanwhile, roughly chop the lettuce.
- Slice the chicken and cut the egg into wedges.

6



## Serve

- In a serving bowl, combine the lettuce with the green beans and croutons.
- Top with the egg and garnish with the rest of the Parmigiano Reggiano. Drizzle with the dressing as preferred.
- Top with the bacon and chicken. Season to taste with salt and pepper, then serve with the lemon wedges.

## Enjoy!



# Pork Tenderloin with Bacon & Gnocchi

in creamy mushroom sauce with Parmigiano Reggiano

Quick Premium

Total time: 15 - 20 min.



Gnocchi



Pork tenderloin



Garlic



Onion



Chestnut mushrooms



Cooking cream



Parmigiano Reggiano DOP



Dried oregano



Bacon lardons



Cook along and win a SMEG fridge

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Scan the QR code for a chance to win a SMEG fridge.



## 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, large wok or deep frying pan, microplane, frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Gnocchi (g)	200	400	600	800	1000	1200
Pork tenderloin* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Chestnut mushrooms* (g)	190	375	525	650	900	1025
Cooking cream (g)	75	150	225	300	375	450
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Dried oregano (sachet(s))	½	1	1½	2	2½	3
Bacon lardons* (g)	25	50	80	100	130	150
Not included						
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium beef 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)	3648 /872	516 /123
Total fat (g)	42	6
of which saturated(g)	22,2	3,1
Carbonhydrates (g)	76	11
of which sugars (g)	5,6	0,8
Fiber (g)	7	1
Protein (g)	47	7
Salt (g)	3,9	0,6

## Allergens

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



## Prepare

- Melt a generous knob of butter in a large wok or deep frying pan over medium-high heat.
- Season the pork with salt and pepper, then fry for 6 - 8 minutes until evenly browned.



## Prepare the stock

- Prepare the stock (see Tip).
- Finely grate the Parmigiano Reggiano.
- Deglaze the vegetables with the stock, then stir in the cream and allow to reduce for 2 minutes.

**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.



## Fry the gnocchi

- Quarter the mushrooms in the meantime.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the gnocchi for 6 - 8 minutes until golden-brown.
- Add the mushrooms to the pork and fry for 3 - 4 minutes (see Tip).

**Tip:** if you're cooking for more than two people, fry the mushrooms in a separate pan.



## Finish the sauce

- Shortly before serving, stir half of the Parmigiano Reggiano into the creamy mushroom sauce.
- Add some oregano as preferred, then taste and season with salt and pepper as needed.
- Thinly slice the pork.



## Add the aromatics

- Meanwhile, slice the onion into thin half-rings and crush or mince the garlic.
- Stir the garlic, onion and bacon lardons into the mushrooms and fry for 4 - 5 minutes.
- When the pork is done, remove from the pan and allow to rest under aluminum foil until serving.



## Serve

- Serve the gnocchi and creamy mushroom sauce on plates.
- Top with the pork and garnish with the rest of the Parmigiano Reggiano.

## Enjoy!



# Beet-iful Bacon Burger on a Black Charcoal Bun

with smoky sauce, fries & tomato-cucumber salad

Premium

Total time: 30 - 40 min.



Charcoal burger bun



Bacon



Butter lettuce



Persian cucumber



Red onion



Tomato



Beetroot tortilla chips



Smoky tomato ketchup



Wild boar burger



French fries



There is a new ingredient in your box! This charcoal burger bun is slightly sweet in flavour, and a real eye-catcher on your plate.

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



## Before you start

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

## Equipment

2x parchment-lined baking sheet, salad bowl, 2x small bowl, frying pan, two bowls

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Charcoal burger bun (unit(s))	1	2	3	4	5	6
Bacon* (slice(s))	2	4	6	8	10	12
Butter lettuce* (head)	½	¾	1	1½	1¾	2
Persian cucumber* (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	1	2	3	4	5	6
Beetroot tortilla chips (g)	25	50	75	100	125	150
Smoky tomato ketchup* (g)	30	60	90	120	150	180
Wild boar burger* (unit(s))	1	2	3	4	5	6
French fries* (g)	250	500	750	1000	1250	1500
Not included						
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
Mustard (tbsp)	½	1	1½	2	2½	3
Flour (g)	25	50	75	100	125	150
Water (ml)	30	60	90	120	150	180
Sunflower oil (ml)	30	60	90	120	150	180
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	5883 /1406	699 /167
Total fat (g)	76	9
of which saturated(g)	16	1,9
Carbonhydrates (g)	136	16
of which sugars (g)	22,3	2,6
Fiber (g)	13	2
Protein (g)	39	5
Salt (g)	3,1	0,4

## Allergens

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

1



## Make the fries

- Preheat the oven to 200°C.
- Transfer the fries to a parchment-lined baking sheet and bake in the oven for 20 - 25 minutes or until golden-brown, tossing halfway.

4



## Fry the burger

- Crush the tortilla chips inside the packet, then transfer to a bowl.
- In another bowl, combine the water with the flour (see pantry for amounts).
- Coat the burger first with the batter and then with the crushed chips.
- Heat the sunflower oil in a frying pan over medium-high heat. Fry the burger for 4 - 5 minutes per side.

2



## Make the salad

- Slice half of the tomato and dice the rest. Slice the cucumber into crescents.
- Set aside some lettuce leaves to use later, then roughly chop the rest.
- Transfer the lettuce, diced tomato and cucumber to a salad bowl.
- In a small bowl, combine the honey with the white balsamic vinegar and half each of the mustard and mayonnaise. Season to taste with salt and pepper.

5



## Make the sauce

- Finely chop the onion and transfer to a small bowl.
- Add the smoky ketchup and the rest of the mustard and mayonnaise, then mix well to combine.

3



## Prepare the bacon

- Separate the bacon slices and transfer to another parchment-lined baking sheet.
- Bake in the oven for 5 minutes.
- Add the charcoal bun alongside and return the baking sheet to the oven for 3 more minutes.

6



## Serve

- Serve the fries on plates.
- Cut open the charcoal bun and spread both sides with the smoky sauce. Top with the burger, the bacon, the sliced tomato and the reserved lettuce leaves.
- Serve the salad alongside and drizzle with the honey-mustard dressing.

## Enjoy!



# Salmon Poké Bowl with Wakame & Avocado

with sriracha mayo, black sesame seeds & pickled radish

Quick Premium

Total time: 20 - 25 min.



Salmon fillet



Sushi rice



Radish



Wakame



Avocado



Sriracha mayo



Black sesame seeds



Cucumber



Ginger stir-fry sauce



There is a special ingredient in your box! This crunchy seaweed salad also contains sesame seeds, chili and soy sauce. In Japan, it's called "chuka wakame". It's a delicious addition to your bowl!  
Scan the QR code to let us know what you thought of the ingredient!



## Before you start

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

## Equipment

Bowl, lidded pot or saucepan, frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Salmon fillet* (unit(s))	1	2	3	4	5	6
Sushi rice (g)	75	150	225	300	375	450
Radish* (bunch)	½	1	1½	2	2½	3
Wakame* (g)	25	50	75	100	125	150
Avocado (unit(s))	½	1	1½	2	2½	3
Sriracha mayo* (g)	25	50	75	100	125	150
Black sesame seeds (sachet(s))	½	1	1½	2	2½	3
Cucumber* (unit(s))	½	¾	1	1½	1¾	2
Ginger stir-fry sauce (g)	20	35	55	70	90	105
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Water for the rice (ml)	175	350	525	700	875	1050
White wine vinegar (tbsp)	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)	3745 /895	730 /174
Total fat (g)	49	10
of which saturated(g)	6,6	1,3
Carbonhydrates (g)	78	15
of which sugars (g)	17,5	3,4
Fiber (g)	3	1
Protein (g)	30	6
Salt (g)	1,8	0,3

## Allergens

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

1



## Prepare

- Boil the water in a pot or saucepan (see pantry for amount) and cook the sushi rice for 12 - 15 minutes.
- Turn off the heat and set aside until ready to serve, covered.

3



## Fry the fish

- Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the fish on its skin for 2 - 3 minutes, then flip and fry for 2 minutes on the other side.
- Turn off the heat, then flip and add the ginger stir-fry sauce to the pan, making sure to coat the fish with it.
- Halve and pit the avocado, then remove the skin and slice the flesh.
- Dice the cucumber.

2



## Quick-pickle the radish

- Discard the radish leaves and thinly slice the radish.
- In a bowl, combine half of the white wine vinegar with half of the sugar.
- Transfer the radish to the bowl and season with salt, then mix well to combine.
- Set aside until serving, stirring occasionally.

4



## Serve

- Before serving, stir the remaining white wine vinegar and sugar through the sushi rice.
- Serve the sushi rice on deep plates. Top with the fish, wakame, quick-pickled radish, cucumber and avocado.
- Drizzle over the sriracha mayo and garnish with the sesame seeds.

## Enjoy!



# Shrimp Bao Buns with 'Swicy' Sauce

with sugar snaps & quick-pickled vegetables

Quick Premium

Total time: 25 - 30 min.



Shrimp



East Asian-style sauce



Bao buns



Garlic



Cucumber



Carrot



Sweet chili sauce



Korean-style spice mix



Sugar snap peas



There is a special ingredient in your box! Sugar snap peas are the perfect combination of crunchy texture and sweet taste - ideal as a snack, in salads or stir-fries. Scan the QR code to let us know what you thought of the ingredient!



## Before you start

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

## Equipment

Bowl, lidded frying pan, grater, kitchen paper, small bowl, frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Shrimp* (g)	120	240	360	480	600	720
East Asian-style sauce* (g)	20	35	55	70	90	105
Bao buns (unit(s))	3	6	9	12	15	18
Garlic (unit(s))	½	1	1½	2	2½	3
Cucumber* (unit(s))	¼	½	¾	1	1¼	1½
Carrot* (unit(s))	½	1	1	2	2	3
Sweet chili sauce* (sachet(s))	½	1	1½	2	2½	3
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
Sugar snap peas* (g)	50	100	150	200	250	300
Not included						
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
Sambal (tsp)	½	1	1½	2	2½	3
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)	3481 /832	601 /144
Total fat (g)	30	5
of which saturated(g)	3,6	0,6
Carbonhydrates (g)	105	18
of which sugars (g)	30,9	5,3
Fiber (g)	9	2
Protein (g)	32	6
Salt (g)	3,7	0,6

## Allergens

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

1



## Prepare

- Preheat the oven to 180°C.
- Cut the cucumber into matchsticks.
- Grate the carrot.
- In a bowl, combine the white wine vinegar with the sugar. Add the cucumber and carrot, then toss well to combine. Season to taste with salt and pepper, then set aside until serving, stirring occasionally.

3



## Bake the bao buns

- Bake the bao buns in the oven for 4 - 5 minutes.
- Pat the shrimp dry with kitchen paper. Heat a drizzle of sunflower oil in a frying pan over medium-high heat.
- When the oil is nice and hot, fry the shrimp for 3 minutes, or until done.
- Stir in the sambal and the honey, then season to taste with salt and pepper.

2



## Fry the sugar snaps

- Crush or mince the garlic.
- Heat a drizzle of sunflower oil in a frying pan over medium-high heat. Fry the garlic with the sugar snaps for 3 - 4 minutes.
- Stir in the East Asian-style sauce and then season to taste with salt and pepper. Turn off the heat and set aside until serving, covered.
- In a small bowl, combine the sweet chili sauce with the Korean-style spices and the mayonnaise.

4



## Serve

- Fill the bao buns with the shrimp and some of the quick-pickled vegetables.
- Drizzle over some of the 'swicy' sauce.
- Serve the sugar snaps alongside, as well as the rest of the quick-pickled vegetables and 'swicy' sauce.

## Enjoy!



# Steak with Celeriac Fries & Parmigiano Reggiano

with zesty green beans, lemon wedges & homemade jus

Calorie Smart Premium -30% Carbs

Total time: 30 - 40 min.



Steak



Celeriac



Green beans



Mexican-style spices



Lemon



Parmigiano Reggiano DOP



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

Parmigiano Reggiano gets its name from where it is produced - namely the Italian provinces of Parma and Reggio Emilia.



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, lidded frying pan, large bowl, microplane, frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Steak* (unit(s))	1	2	3	4	5	6
Celeriac* (unit(s))	¼	¾	1	1½	1¾	2
Green beans* (g)	100	200	300	400	500	600
Mexican-style spices (sachet(s))	¼	½	¾	1	1¼	1½
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Low sodium beef stock (ml)	50	100	150	200	250	300
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
[Reduced salt] soy sauce (tbsp)	¼	½	¾	1	1¼	1½
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)	2289 /547	456 /109
Total fat (g)	36	7
of which saturated(g)	17	3,4
Carbonhydrates (g)	12	2
of which sugars (g)	1,9	0,4
Fiber (g)	10	2
Protein (g)	37	7
Salt (g)	1,1	0,2

## Allergens

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

1



## Prepare

- Take the steak out of the fridge and allow it to reach room temperature (see Tip).
- Preheat the oven to 220°C.
- Peel the celeriac and cut into fries of 0.5cm thickness.
- Discard the tips of the green beans.

**Tip:** for the best result, do this 30 - 60 minutes before you start cooking. Remove from the packaging and pat dry with kitchen paper.

4



## Fry the steak

- Melt a generous knob of butter in a frying pan over medium-high heat.
- When the butter is nice and hot, fry the steak for 1 – 3 minutes per side or until cooked as preferred.
- Remove from the pan and allow to rest under aluminum foil.
- Melt a knob of butter in the same pan, then deglaze with the soy sauce and the stock. Bring to a boil and allow to reduce over medium heat.

2



## Make the celeriac fries

- Transfer the celeriac fries to a large bowl and drizzle with olive oil.
- Scatter over the **Mexican-style spices\*** and season with salt and pepper, then toss well to coat.
- Transfer to a parchment-lined baking sheet and bake in the oven for 20 – 25 minutes.
- Meanwhile, prepare the stock.

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

5



## Finish the green beans

- Zest the lemon and then cut it into wedges.
- Add some lemon zest to the green beans as preferred, then drizzle with extra virgin olive oil as preferred. Season to taste with salt and pepper.
- Shortly before serving, slice the steak.
- Finely grate the Parmigiano Reggiano.

3



## Fry the green beans

- Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the green beans for 2 minutes
- Add a generous splash of water, then cover with the lid and cook for 5 – 6 minutes over medium heat.
- Remove the lid and fry for another 5 – 6 minutes.
- Stir regularly, adding some more water as necessary if the beans seem too dry.

6



## Serve

- Serve the steak on plates and top with the jus.
- Serve the green beans and celeriac fries alongside.
- Garnish the green beans and celeriac fries with the Parmigiano Reggiano. Serve with the lemon wedges.

## Enjoy!



# Cod in Pesto Butter with Salted Almonds

with cheesy parsnip-potato mash & Romano pepper

Quick Premium -30% Carbs

Total time: 25 - 30 min.



Parsnip



Potatoes



Romano pepper



Onion



Salted almonds



Sicilian-style herb mix



Cod fillet



Green pesto



Cream cheese



Cook along and win a SMEG fridge

La cucina tastes even better with a touch of SMEG: Italian design, premium quality, and cooking pleasure.

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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

Pot or saucepan, potato masher, 2x frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Parsnip* (unit(s))	½	1	1½	2	2½	3
Potatoes (g)	100	200	300	400	500	600
Romano pepper* (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1½	2	2½	3
Salted almonds (g)	10	20	30	40	50	60
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Cod fillet* (unit(s))	1	2	3	4	5	6
Green pesto* (g)	20	40	60	80	100	120
Cream cheese* (g)	25	50	75	100	125	150
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	1	2	3	4	5	6
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	546 /130
Total fat (g)	47	8
of which saturated(g)	15,4	2,8
Carbonhydrates (g)	40	7
of which sugars (g)	15,4	2,8
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.

1



## Prepare

- Boil plenty of salted water in a pot or saucepan.
- Peel the parsnip and potatoes, then cut into rough chunks.
- Boil for 12 - 15 minutes or until soft, then drain and set aside.
- Halve the Romano pepper lengthways and slice the onion into half rings.

3



## Fry the fish

- Heat a drizzle of olive oil in another frying pan over medium-high heat. Fry the fish for 1 - 2 minutes per side.
- Add the pesto and a knob of butter, then baste the fish continuously. Season to taste with salt and pepper.
- Mash the parsnip and potatoes with the cream cheese and a knob of butter. Season to taste with salt and pepper.

2



## Fry the vegetables

- Heat a clean frying pan over high heat and toast the almonds until golden-brown. Remove from the pan and roughly chop, then set aside.
- Heat a drizzle of olive oil in the same pan over medium-high heat. Fry the onion and the Romano pepper for 4 - 6 minutes, then flip the Romano pepper and fry for another 4 - 6 minutes.
- Add the Sicilian-style herbs and season to taste with salt and pepper.

4



## Serve

- Serve the mash on plates with the Romano pepper and onion alongside.
- Top with the fish and then pour over the rest of the pesto butter as preferred.
- Garnish with the almonds to finish.

## Enjoy!