



# Cheesy Beef Taquitos

on wholewheat tortillas with tomato salsa & yogurt

Family Quick

Total time: 25 - 30 min.



Sarah's favorite

**Our recipe developer Sarah says:**

"The word 'taquito' translates to 'small taco'. In Mexico, they are also called 'flautas', which means 'flute' and refers to their thin, rolled shape. They can be filled with different types of meat - in this case, seasoned ground beef!"



Wholewheat mini tortilla



Red onion



Roma tomato



Organic full-fat yogurt



Fresh coriander



Bell Pepper



Passata



Smoked paprika



Shredded mozzarella



Mexican-style spices



Seasoned beef mince



Before you start

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

Equipment

Parchment-lined baking sheet, bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Wholewheat mini tortilla (unit(s))	4	8	12	16%	20	24%
Red onion (unit(s))	½	1	2	2	3	3
Roma tomato (unit(s))	½	1	2	2	3	3
Organic full-fat yogurt* (g)	25	50	75	100	125	150
Fresh coriander* (g)	5	10	15	20	25	30
Bell Pepper* (unit(s))	½	1	1	2	2	3
Passata (g)	100	200	300	400	500	600
Smoked paprika (tsp)	1½	3	4½	6	7½	9
Shredded mozzarella* (g)	25	50	75	100	125	150
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Seasoned beef mince* (g)	100	200	300	400	500	600
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (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)	3142 /751	591 /141
Total fat (g)	36	7
of which saturated(g)	13,3	2,5
Carbonhydrates (g)	60	11
of which sugars (g)	15,9	3
Fiber (g)	16	3
Protein (g)	37	7
Salt (g)	3	0,6

Allergens

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



Prepare

- Preheat the oven to 220°C.
- Chop the onion and dice the bell pepper.
- Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the bell pepper with two thirds of the onion for 3 - 5 minutes.
- Add the mince and the **Mexican-style spices**\* and fry for another 3 minutes, separating it as you do so.

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



Make the salsa

- Bake the taquitos in the oven for 8 - 10 minutes.
- In the meantime, dice the tomato and chop the coriander.
- In a bowl, combine the tomato and the coriander with the rest of the onion.
- Add the white wine vinegar and season to taste with salt and pepper.

Did you know... 🌱 onion is a good source of vitamin C, which aids with iron absorption.



Make the sauce

- Add the smoked paprika, sugar and passata, then bring to a boil and cook for 2 - 3 minutes. Season to taste with salt and pepper.
- Top the tortillas with the sauce and the cheese.
- Roll up the tortillas into thin, tight taquitos and transfer to a parchment-lined baking sheet with the open side facing downwards.



Serve

- Serve the taquitos on plates.
- Top with the yogurt and the tomato salsa.

Enjoy!





# Roasted Pepper Risotto with Honeyed Goat's Cheese

with walnuts & tomato-basil salsa

Family Veggie

Total time: 35 - 45 min.



Risotto rice



Romano pepper



Grana Padano flakes DOP



Onion



Garlic



Fresh goat's cheese



Chopped walnuts



Roma tomato



Smoked paprika



Fresh basil



Chiara's favorite

## Our recipe developer Chiara says:

"You can always count me in for risotto! A good risotto is creamy and al dente. This version has a lot of flavour thanks to the oven-roasted peppers, the smoked paprika powder and the fresh goat's cheese."



Before you start

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

Equipment

Parchment-lined baking sheet, bowl, tall container, immersion blender, pot or saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Risotto rice (g)	75	150	225	300	375	450
Romano pepper* (unit(s))	1	2	3	4	5	6
Grana Padano flakes DOP* (g)	20	40	60	80	100	120
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Fresh goat's cheese* (g)	25	50	75	100	125	150
Chopped walnuts (g)	10	20	30	40	50	60
Roma tomato (unit(s))	1½	3	4½	6	7½	9
Smoked paprika (tsp)	¼	¾	1¼	1½	2	2½
Fresh basil* (g)	5	10	15	20	25	30
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	300	600	900	1200	1500	1800
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3310 /791	446 /107
Total fat (g)	39	5
of which saturated(g)	15,1	2
Carbonhydrates (g)	92	12
of which sugars (g)	23,5	3,2
Fiber (g)	12	2
Protein (g)	21	3
Salt (g)	1,6	0,2

Allergens

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



Prepare

- Preheat the oven to 220°C and prepare the stock.
- Deseed the Romano pepper and then cut into rough pieces.
- Transfer to a parchment-lined baking sheet, along with half of the garlic. Drizzle with olive oil and toss well to combine, seasoning generously with salt.
- Roast in the oven for 10 - 15 minutes or until lightly browned, tossing halfway.



Bake the goat's cheese

- Peel the roasted garlic and transfer to a tall container. Add the roasted Romano pepper and set aside.
- Transfer the goat's cheese to the same baking sheet and season with salt and pepper.
- Drizzle with the honey and top with the walnuts, then bake in the oven for 5 - 10 minutes or until golden-brown.



Fry the aromatics

- Chop the onion and crush or mince the rest of the garlic.
- Melt a knob of butter in a pot or saucepan over low heat.
- Fry the garlic and onion for 1 - 2 minutes
- Stir in the risotto rice and toast the grains for 1 minute, then pour in a third of the stock.



Finish

- To the tall container, add the Grana Padano, the extra virgin olive oil and a pinch of smoked paprika. Use an immersion blender to process into a thick paste.
- When the risotto is done, add the paste and mix well to combine.
- Meanwhile, dice the tomato and roughly chop the basil.



Make the risotto

- Allow the stock to slowly incorporate, stirring regularly.
- Repeat with the rest of the stock, adding it in two more batches.
- The risotto is done when the rice is soft but still al dente. This should take around 20 - 25 minutes.
- Add extra water and cook longer if you'd prefer the risotto to be less al dente.



Serve

- In a bowl, combine the tomato with half of the basil. Drizzle with extra virgin olive oil as preferred and season to taste with salt and pepper.
- Serve the risotto on deep plates and top with the baked goat's cheese and walnuts.
- Garnish with the rest of the basil and serve with the tomato-basil salsa.

Enjoy!





# Creamy Eggplant Conchiglie

with goat's cheese, fresh herbs & Romano pepper

Veggie

Total time: 30 - 40 min.



Onion



Garlic



Tomato paste



Sicilian-style herb mix



Roma tomato



Fresh goat's cheese



Conchiglie



Cooking cream



Eggplant



Fresh flat leaf parsley & basil



Romano pepper



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

Eggplant is low in calories but high in fiber, making it great for digestion. It's also rich in antioxidants, and contains vitamins and minerals such as vitamin C and potassium.



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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Tomato paste (can)	¼	½	1	1½	1½	2
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Roma tomato (unit(s))	1	2	3	4	5	6
Fresh goat's cheese* (g)	50	75	125	150	200	225
Conchiglie (g)	90	180	270	360	450	540
Cooking cream (g)	75	150	225	300	375	450
Eggplant* (unit(s))	½	1	2	2	3	3
Fresh flat leaf parsley & basil* (g)	5	10	15	20	25	30
Romano pepper* (unit(s))	½	1	1	2	2	3
Not included						
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
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)	3109 /743	572 /137
Total fat (g)	29	5
of which saturated(g)	15,9	2,9
Carbonhydrates (g)	92	17
of which sugars (g)	25,5	4,7
Fiber (g)	15	3
Protein (g)	26	5
Salt (g)	1,8	0,3

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 conchiglie, then crumble in half of the stock cube (see pantry for amount).
- Chop the onion and crush or mince the garlic.



Chop the vegetables

- Deseed the Romano pepper and slice it into thin strips.
- Chop the eggplant into 1cm chunks and then dice the tomato.



Boil the conchiglie

- Boil the conchiglie for 9 - 11 minutes.
- Reserve at least 45ml pasta water per person, then drain and set aside.



Fry the vegetables

- Heat a drizzle of olive oil in a large deep frying pan over medium-high heat.
- Fry the onion with the Romano pepper and eggplant for 5 - 7 minutes, or until the eggplant is golden-brown.
- Stir in the garlic, Sicilian herbs and tomato paste and fry for 2 - 3 more minutes.
- Season to taste with salt and pepper.



Make the sauce

- Crumble in the rest of the stock cube, then add the tomato, cream, sugar and pasta water.
- Cover with the lid and allow to simmer for 6 - 8 minutes.
- Finely chop the fresh herbs in the meantime.



Serve

- Stir the conchiglie into the vegetables and mix well to combine, then serve.
- Crumble over the goat's cheese and garnish with the fresh herbs.

Enjoy!





# 'Tunacado' Bowl with Edamame & Avocado Dip

over brown rice with tomato & furikake

Quick Calorie Smart

Total time: 25 - 30 min.



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



Tuna packed in water



Quick-cook brown rice



Cucumber



Sesame oil



Furikake



Sweet chili sauce



Tomato



Gomashio



Edamame



Red onion



Guacamole



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

You'll season this dish with furikake, a Japanese topping made of dried fish and vegetables with seaweed, sesame seeds and salt.



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, pot or saucepan, sieve, two bowls

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Tuna packed in water (can)	1	1	2	2	3	3
Quick-cook brown rice (g)	75	150	225	300	375	450
Cucumber* (unit(s))	¼	½	1	1½	1½	2
Sesame oil (ml)	5	10	15	20	25	30
Furikake (sachet(s))	½	1	1½	2	2½	3
Sweet chili sauce* (sachet(s))	½	1	1½	2	2½	3
Tomato (unit(s))	½	1	2	2	3	3
Gomashio (sachet(s))	½	1	1½	2	2½	3
Edamame* (g)	25	50	100	100	150	150
Red onion (unit(s))	½	1	1	2	2	3
Guacamole* (g)	40	80	120	160	200	240
Not included						
Sugar (tsp)	1	2	3	4	5	6
White wine vinegar (tsp)	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)	2900 /693	681 /163
Total fat (g)	32	8
of which saturated(g)	4,2	1
Carbonhydrates (g)	74	17
of which sugars (g)	15	3,5
Fiber (g)	7	2
Protein (g)	25	6
Salt (g)	1,8	0,4

Allergens

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



Boil the rice

- Boil plenty of water in a pot or saucepan.
- Cook the rice for 12 - 15 minutes, then drain and set aside.
- In the meantime, slice the onion into thin half rings and dice the tomato.



Make the tuna salad

- Drain the tuna and transfer to a bowl.
- Add the mayonnaise and the sweet chili sauce and mix well to combine.
- Season to taste with salt and pepper.



Prepare the vegetables

- In a bowl, combine the onion with the white wine vinegar and the sugar.
- Set aside until serving, stirring occasionally.
- Halve the cucumber lengthways and remove the seeds, then slice into crescents.
- Transfer to a bowl, along with the sesame oil and gomashio. Mix well to combine, seasoning to taste with salt and pepper.



Serve

- Serve the rice in bowls or deep plates and then arrange everything on top.
- Garnish with the furikake to finish.

Enjoy!





# Tofu Noodles in Black Bean Sauce with Lime & Fresh Herbs

with eggplant, crispy onions & East Asian-style sauce

Quick Calorie Smart Plant-Based

Total time: 25 - 30 min.



Wholewheat noodles



Tofu



Black bean paste



East Asian-style sauce



Eggplant



Carrot



Red onion



Garlic



Fresh flat leaf parsley & chives



Lime



Cornstarch



Korean-style spice mix



Crispy fried onions



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

Black bean paste is a rich, savoury condiment made from fermented black soybeans. Some varieties can also be sweet, but the one in this recipe adds a delicious, deep umami flavour to your dish instead!



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, large wok or deep frying pan with lid, pot or saucepan, kitchen paper, plate

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Wholewheat noodles (g)	50	100	150	200	250	300
Tofu* (g)	100	200	300	400	500	600
Black bean paste (g)	15	25	40	50	65	75
East Asian-style sauce* (g)	35	70	105	140	175	210
Eggplant* (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley & chives* (g)	5	10	15	20	25	30
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Cornstarch (sachet(s))	½	1	1½	2	2½	3
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
Crispy fried onions (g)	15	30	45	60	75	90
Not included						
Sunflower oil (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (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)	2653 /634	509 /122
Total fat (g)	23	4
of which saturated(g)	5,1	1
Carbonhydrates (g)	86	16
of which sugars (g)	23,2	4,5
Fiber (g)	11	2
Protein (g)	18	3
Salt (g)	3	0,6

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.
- Slice the carrot into thin crescents and finely dice the eggplant.
- Heat a drizzle of sunflower oil in a large wok or deep frying pan over medium-high heat. Fry the carrot and eggplant for 7 minutes, covered.
- Meanwhile, slice the onion into half rings and crush or mince the garlic.



Fry the tofu

- Wrap the tofu in kitchen paper and squeeze out the excess liquid, then tear into chunks.
- Coat the tofu with the cornstarch mixture.
- Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat.
- Fry the tofu for 5 - 8 minutes or until golden-brown, then transfer to the wok.



Chop the herbs

- Remove the lid from the wok, then add the garlic and onion.
- Fry for 3 - 5 minutes, seasoning with salt and pepper.
- In the meantime, roughly chop the fresh herbs.
- On a plate, combine the cornstarch with the Korean-style spices. Season with salt and pepper.



Combine

- Quarter the lime.
- To the wok, add the noodles, the black bean paste, the East Asian-style sauce, the honey and the juice of a quarter lime per person (see Tip).
- Stir-fry for 1 - 2 minutes, adding a splash of cooking liquid as necessary if it seems too dry. Season to taste with salt and pepper.

Tip: if preferred, add some sambal from your pantry.



Boil the noodles

- Cook the noodles for 3 - 4 minutes until al dente.
- Reserve some of the cooking liquid, then drain and rinse under cold water.
- Set aside until further use.



Serve

- Serve the stir-fry in bowls, garnished with the fresh herbs and the crispy onions.
- Serve the rest of the lime wedges alongside.

Enjoy!





# Tahini Noodle Stir-Fry with Courgetti

with cashews, Thai basil & sesame seeds

Quick Calorie Smart Plant-Based

Total time: 10 - 15 min.



Courgetti



Wholewheat noodles



Romano pepper



Sugar snap peas



Garlic



Onion



Tahini



Sesame oil



Carrot



East Asian-style sauce



Lime



Ginger paste



Thai basil



Sesame seeds



Roasted cashew nuts



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

Supplement the noodles in this dish with courgetti! The texture is similar to regular noodles, but courgetti is nutrient-dense and low in carbohydrates. It's also an easy way to increase your vegetable intake!



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, small bowl, wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Courgetti* (g)	100	200	400	400	600	600
Wholewheat noodles (g)	50	100	150	200	250	300
Romano pepper* (unit(s))	½	1	1	2	2	3
Sugar snap peas* (g)	50	100	200	200	300	300
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Tahini (g)	15	25	40	50	65	75
Sesame oil (ml)	5	10	15	20	25	30
Carrot* (unit(s))	½	1	1	2	2	3
East Asian-style sauce* (g)	20	35	50	70	85	105
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Ginger paste* (g)	5	10	15	20	25	30
Thai basil* (g)	5	10	15	20	25	30
Sesame seeds (sachet(s))	½	1	¾	1	1¼	2
Roasted cashew nuts (g)	10	20	30	40	50	60

Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
[Reduced salt] soy sauce (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2540 /607	546 /131
Total fat (g)	27	6
of which saturated(g)	3,8	0,8
Carbonhydrates (g)	73	16
of which sugars (g)	24,2	5,2
Fiber (g)	11	2
Protein (g)	18	4
Salt (g)	2,9	0,6

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 strips. Chop the carrot into thin crescents.
- Slice the onion into half rings. Crush or mince the garlic.
- Cook the noodles for 2 - 3 minutes, then add the courgetti and cook for 1 more minute. Drain and return to the pot.



Make the sauce

- Cut the lime into six wedges.
- In a small bowl, combine the tahini with the East-Asian style sauce, the soy sauce, the honey and some sambal as preferred.
- Squeeze one lime wedge per person directly into the bowl.
- Add the noodles and the sauce to the stir-fried vegetables and mix well to combine. Season to taste with salt and pepper.



Stir-fry the vegetables

- Heat a drizzle of sunflower oil in a wok or deep-frying pan over medium-high heat. When the oil is nice and hot, stir-fry the carrot, Romano pepper and onion for 2 - 3 minutes. Add the sugar snap peas and stir-fry for another 3 minutes.
- Add the ginger paste and garlic and cook for 1 minute, seasoning to taste with salt and pepper.
- Chop the Thai basil.



Serve

- Serve the noodle stir-fry on deep plates.
- Drizzle over the sesame oil and some ketjap as preferred.
- Garnish with the cashews, Thai basil and sesame seeds.
- Serve with the rest of the lime wedges.

Enjoy!





# Feta in Rosemary-Panko Coating

with onion chutney, baby potatoes & courgette salad

Veggie

Total time: 45 - 55 min.



Feta



Panko breadcrumbs



Baby potatoes



Dried rosemary



Garlic



Tomato



Onion chutney



Onion



Arugula & lamb's lettuce



Courgette



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

Did you know that rosemary originates from around the Mediterranean Sea? The plant naturally grows close to the coast, hence its name means "sea dew"!



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, kitchen paper, peeler, salad bowl, saucepan, frying pan, two deep plates

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Feta* (g)	100	200	300	400	500	600
Panko breadcrumbs (g)	15	25	40	50	65	75
Baby potatoes (g)	200	400	600	800	1000	1200
Dried rosemary (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
Onion chutney* (g)	40	80	120	160	200	240
Onion (unit(s))	½	1	1	2	2	3
Arugula & lamb's lettuce* (g)	30	60	90	120	150	180
Courgette* (unit(s))	½	1	2	2	3	3
Not included						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
Water (ml)	30	60	90	120	150	180
Flour (g)	25	50	75	100	125	150
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3966 /948	574 /137
Total fat (g)	49	7
of which saturated(g)	24,1	3,5
Carbonhydrates (g)	93	13
of which sugars (g)	17,8	2,6
Fiber (g)	12	2
Protein (g)	29	4
Salt (g)	2,9	0,4

Allergens

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



Roast the potatoes

- Preheat the oven to 210°C.
- Crush or mince the garlic. Wash the baby potatoes and cut them in half, or any larger ones into quarters.
- Transfer both to a bowl and drizzle with olive oil. Add half of the rosemary and season with salt and pepper, then toss well to coat.
- Transfer to a parchment-lined baking sheet and roast in the oven for 30 - 40 minutes or until golden-brown, tossing halfway.



Prepare the cheese

- On a deep plate, combine the flour with the water (see pantry for amounts).
- On another deep plate, combine the panko with the rest of the rosemary.
- Pat the cheese dry with kitchen paper. Coat it first with the batter and then with the panko.
- Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the cheese for 2 - 3 minutes per side or until golden-brown.



Make the salad

- Slice the onion into half rings.
- Dice the tomato. Use a peeler to shave the courgette into thin ribbons.
- In a salad bowl, combine the white wine vinegar with the honey and extra virgin olive oil.
- Add the courgette, tomato and lettuce, then toss well to combine. Season to taste with salt and pepper.

Did you know... 🧅 onion is a good source of vitamin C, which aids with iron absorption.



Serve

- Melt a knob of butter in a saucepan over medium-high heat and fry the onion for 6 - 8 minutes.
- Stir in the onion chutney and cook for 2 - 3 more minutes.
- Serve the salad and the baby potatoes on plates. Top with the cheese and the onion chutney.

Enjoy!





# Fusilli in Pesto Rosso Sauce

with roasted vegetables & Grana Padano

Family Veggie Quick

Total time: 25 - 30 min.



Red onion



Courgette



Carrot



Sicilian-style herb mix



Garlic



Fresh basil



Chopped tomatoes with basil



Pesto rosso



Grana Padano flakes DOP



Wholewheat fusilli



Tomato



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

Pesto rosso originates from Sicily, Italy, and can also be called "pesto alla siciliana".



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, pot or saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red onion (unit(s))	½	1	1½	2	2½	3
Courgette* (unit(s))	½	1	1	2	2	3
Carrot* (unit(s))	½	1	1	1	2	2
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Fresh basil* (g)	5	10	15	20	25	30
Chopped tomatoes with basil (pack)	½	1	1½	2	2½	3
Pesto rosso* (g)	40	80	120	160	200	240
Grana Padano flakes DOP* (g)	20	40	60	80	100	120
Wholewheat fusilli (g)	90	180	270	360	450	540
Tomato (unit(s))	1	2	3	4	5	6
Not included						
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1½	1½
Sugar (tsp)	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)	3711 /887	557 /133
Total fat (g)	42	6
of which saturated(g)	8	1,2
Carbonhydrates (g)	94	14
of which sugars (g)	31,4	4,7
Fiber (g)	21	3
Protein (g)	27	4
Salt (g)	3,5	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.
- Boil plenty of salted water in a pot or saucepan for the pasta.
- Slice the onion into half rings. Cut the carrot and courgette into crescents.
- Transfer all three to a bowl, along with the Sicilian-style herbs. Drizzle with olive oil and season with salt and pepper, then toss well to coat.



Make the sauce

- Crush or mince the garlic and dice the tomato.
- Heat a light drizzle of olive oil in a frying pan over medium-high heat. Fry the garlic for 1 minute.
- Add the fresh tomatoes and the chopped tomatoes from the pack, along with 30ml pasta water per person.
- Add the balsamic vinegar and the sugar, then crumble in the stock cube (see pantry for amount).



Cook the pasta

- Transfer the vegetables to a parchment-lined baking sheet and roast in the oven for 12 - 15 minutes.
- Boil the pasta for 10 - 12 minutes.
- Reserve some of the pasta water, then drain and set aside.



Serve

- Mix well to combine, then lower the heat and allow to reduce for 5 - 6 minutes.
- Meanwhile, chop the basil into ribbons.
- Stir the pesto rosso, roasted vegetables and pasta into the sauce.
- Serve the pasta on plates. Garnish with the Grana Padano and the basil.

Enjoy!





# Pork Sausages with Chive Mash

with onion chutney, spinach & garlic tomatoes

Family Quick

Total time: 25 - 30 min.



Pork sausage with tomato & rosemary



Potatoes



Sicilian-style herb mix



Garlic



Onion



Tomato



Spinach



Fresh chives



Onion chutney



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

Chutney, originating from India, comes in many varieties and can be sweet, sour, or spicy. The onion chutney in this dish, made from caramelised onions, spices, and vinegar, has a sweet and tangy 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

Lidded frying pan, pot or saucepan, potato masher, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pork sausage with tomato & rosemary* (unit(s))	2	4	6	8	10	12
Potatoes (g)	300	600	900	1200	1500	1800
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	1	2	3	4	5	6
Spinach* (g)	100	200	300	400	500	600
Fresh chives* (g)	2½	5	7½	10	12½	15
Onion chutney* (g)	40	80	120	160	200	240
Not included						
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Mustard (tsp)	½	1	1½	2	2½	3
Water for the sauce (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)	3360 /803	490 /117
Total fat (g)	39	6
of which saturated(g)	16	2,3
Carbonhydrates (g)	80	12
of which sugars (g)	8,6	1,3
Fiber (g)	16	2
Protein (g)	30	4
Salt (g)	2,7	0,4

Allergens

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



Prepare

- Peel or thoroughly wash the potatoes and then cut them into rough pieces.
- Transfer to a pot or saucepan and submerge with water, then crumble in the stock cube (see pantry for amount).
- Boil the potatoes for 12 - 15 minutes, then reserve a small amount of the cooking liquid before draining and setting aside.



Fry the sausages

- Melt a knob of butter in a frying pan over medium-high heat and fry the sausages for 2 - 3 minutes until evenly browned.
- Add the onion, then cover with the lid and fry for 4 - 6 minutes over medium heat, turning frequently.
- Serve the sausages on plates.



Chop the vegetables

- In the meantime, crush or mince the garlic and cut the tomato into wedges.
- Finely chop the chives or use scissors if preferred.
- Slice the onion into half rings.

Did you know... 🍎 onion is a good source of vitamin C, which aids with iron absorption.



Mash the potatoes

- To the onion in the frying pan, add the onion chutney and the water for the sauce.
- Mix well and allow to simmer for 1 minute.
- Mash the potatoes with a knob of butter and a splash of cooking liquid as preferred.
- Stir in the mustard and the chives, then season to taste with salt and pepper.



Fry the vegetables

- Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the garlic with the tomato for 2 - 3 minutes.
- Gradually add the spinach to the tomatoes and mix well, allowing it to wilt and reduce.
- Add the Sicilian-style herbs. Mix well and season to taste with salt and pepper.



Serve

- Transfer the mashed potatoes and vegetables to the plates.
- Drizzle with the onion sauce to finish.

Enjoy!





# Veggie No-Chicken in Sticky Orange Sauce

over garlic-ginger rice with Thai basil, gomashio & cashews

Quick Plant-Based

Total time: 20 - 25 min.



Vegan chicken pieces



Easy peel orange



Sweet chili sauce



Scallions



Garlic



Basmati rice



Ginger paste



Broccoli



Gomashio-herb mix



Roasted cashew nuts



Thai basil



Carrot



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

This dish contains 200g of broccoli per serving. That means one plate provides you with more than the daily recommended amount of vitamin C!



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, 2x lidded pot or saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Vegan chicken pieces* (g)	80	160	240	320	400	480
Easy peel orange* (unit(s))	½	1	1½	2	2½	3
Sweet chili sauce* (sachet(s))	½	1	1½	2	2½	3
Scallions* (bunch)	¼	½	¾	1	1¼	1½
Garlic (unit(s))	½	1	1½	2	2½	3
Basmati rice (g)	75	150	225	300	375	450
Ginger paste* (g)	5	10	15	20	25	30
Broccoli* (g)	200	360	500	720	860	1080
Gomashio-herb mix (sachet(s))	½	1	1½	2	2½	3
Roasted cashew nuts (g)	10	20	30	40	50	60
Thai basil* (g)	5	10	15	20	25	30
Carrot* (unit(s))	½	1	1½	2	2½	3
Not included						
Low sodium vegetable stock (ml)	180	360	540	720	900	1080
Sunflower oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
[Reduced salt] ketjap manis (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)	3159 /755	421 /101
Total fat (g)	29	4
of which saturated(g)	7,3	1
Carbonhydrates (g)	94	12
of which sugars (g)	20,1	2,7
Fiber (g)	16	2
Protein (g)	29	4
Salt (g)	2,5	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. Crush or mince the garlic.
- Melt the butter in a pot or saucepan over medium-high heat. Fry the garlic with the ginger paste for 1 minute.
- Add the rice, then pour in the stock.
- Boil the rice for 10 - 12 minutes, then set aside until serving, covered.



Make the sauce

- Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat. Fry the veggie chicken with the scallions for 7 - 8 minutes.
- Add the orange juice, the ketjap and the sweet chili sauce.
- Mix well and heat for 1 minute, then season to taste with salt and pepper.



Boil the vegetables

- Boil plenty of salted water in a pot or saucepan.
- Slice the carrot into thin crescents. Cut the head of the broccoli into florets and dice the stem.
- Boil the carrots and broccoli for 5 - 7 minutes, covered, then drain and set aside.
- Meanwhile, juice the orange. Finely chop the Thai basil and cut the scallions into 2cm chunks.



Serve

- Serve the rice on deep plates and arrange everything on top.
- Drizzle over the orange sauce.
- Garnish the vegetables with the gomashio.
- Garnish the rest of the dish with the Thai basil and the cashews.

Enjoy!





# Teriyaki Steak Stir-Fry

over noodles with quick-pickled cucumber

Calorie Smart

Total time: 30 - 40 min.



Steak strips



Leek



Carrot



Garlic



Fresh ginger



Teriyaki sauce



Wholewheat noodles



East Asian-style sauce



Persian cucumber



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

Compared to other cucumber varieties, Persian cucumbers have a thinner skin, are shorter, nearly seedless and extra crisp. Their flavour is mild and slightly sweet.



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

2x bowl, microplane, pot or saucepan, frying pan, wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Steak strips* (g)	100	200	300	400	500	600
Leek* (unit(s))	½	1	1	2	2	3
Carrot* (unit(s))	1	1	2	2	3	3
Garlic (unit(s))	½	1	1½	2	2½	3
Fresh ginger* (tsp)	1	2	3	4	5	6
Teriyaki sauce (g)	15	30	50	60	80	90
Wholewheat noodles (g)	50	100	150	200	250	300
East Asian-style sauce* (g)	20	35	55	70	90	105
Persian cucumber* (unit(s))	½	1	1½	2	2½	3
Not included						
Sugar (tsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	1½	3	4½	6	7½	9
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)	2272 /543	470 /112
Total fat (g)	15	3
of which saturated(g)	2,3	0,5
Carbonhydrates (g)	66	14
of which sugars (g)	23,5	4,9
Fiber (g)	9	2
Protein (g)	33	7
Salt (g)	2	0,4

Allergens

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



Prepare

- Crush or mince the garlic and finely grate the ginger.
- In a bowl, combine the teriyaki sauce with the garlic, the ginger and a third of the white wine vinegar. Season with salt and pepper.
- Transfer the steak strips to the bowl and mix well to combine.
- Set aside to marinate.



Fry the steak strips

- Heat another drizzle of sunflower oil in a frying pan over medium-high heat.
- When the pan is nice and hot, fry the steak strips in their marinade for 1 minute until evenly browned, leaving them slightly rare if preferred (see Tip).

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



Prepare the cucumber

- Thinly slice the cucumber.
- Transfer to a bowl, along with the sugar and the rest of the white wine vinegar.
- Add a pinch of salt, then mix well to combine and set aside.



Finish the stir-fry

- In the meantime, boil the noodles for 3 - 4 minutes, then drain and transfer to the vegetables.
- Stir in the East Asian-style sauce and cook for 1 more minute, then drizzle with extra virgin olive oil as preferred.



Fry the vegetables

- Boil plenty of water in a pot or saucepan for the noodles.
- Slice the leek into thin half rings and finely dice the carrot.
- Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat.
- Fry the carrot and leek for 6 - 8 minutes, seasoning with salt and pepper.



Serve

- Serve the stir-fry on plates and top with the steak strips.
- Serve the quick-pickled cucumber on the side.

Enjoy!





# No-Chicken Nuggets with Beetroot Salad

with baby potatoes, walnuts & onion chutney

Quick Plant-Based

Total time: 25 - 30 min.



Onion



Plant-based nuggets



Pre-cooked beetroot



Apple



Onion chutney



Pre-cooked halved baby potatoes [skin-on]



Arugula & lamb's lettuce



Chopped walnuts



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

Did you know that walnuts are the only nuts that contains ALA? ALA is a plant-based omega-3 fatty acid that is good for your heart, blood vessels, and brain.

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, lidded frying pan, salad bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Plant-based nuggets* (unit(s))	5	10	15	20	25	30
Pre-cooked beetroot* (g)	125	250	375	500	625	750
Apple* (unit(s))	½	1	2	2	3	3
Onion chutney* (g)	20	40	60	80	100	120
Pre-cooked halved baby potatoes [skin-on]* (g)	200	400	600	800	1000	1200
Arugula & lamb's lettuce* (g)	20	40	60	90	100	130
Chopped walnuts (g)	20	40	60	80	100	120

Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Mustard (tsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tsp)	1	2	3	4	5	6
[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)	3891 /930	588 /140
Total fat (g)	50	8
of which saturated(g)	15,5	2,3
Carbonhydrates (g)	94	14
of which sugars (g)	27	4,1
Fiber (g)	18	3
Protein (g)	20	3
Salt (g)	1,7	0,3

Allergens

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



Prepare the baby potatoes

- Preheat the oven to 200°C.
- Transfer the baby potatoes to a bowl and drizzle with sunflower oil.
- Season with salt and pepper, then toss well to coat and transfer to a parchment-lined baking sheet.
- Roast in the oven for 16 - 20 minutes or until golden-brown, tossing halfway.



Fry the apple

- Melt another knob of butter in the same pan over medium-high heat.
- Fry the apple for 1 - 2 minutes per side (see Tip).

**Tip:** don't fry the apple too long and be sure to use plenty of butter so as to prevent it from sticking.



Fry the onion

- Slice the onion into half rings.
- Melt a knob of butter in a frying pan and fry the onion for 2 - 3 minutes over medium-high heat.
- Cover with the lid and fry for another 2 - 3 minutes over medium heat, or until the onion is soft.
- Stir in the onion chutney and allow to reduce for 1 minute.



Make the salad

- In a salad bowl, combine the mustard with the honey, the white wine vinegar and the extra virgin olive oil. Season to taste with salt and pepper.
- Add the lettuce and the beetroot and toss well to combine.
- Season with more salt and pepper as needed.



Fry the nuggets

- Melt another knob of butter in a frying pan over medium-high heat. Fry the nuggets for 3 minutes per side or until golden-brown.
- Remove the nuggets from the pan and serve on plates.
- Meanwhile, dice the beetroot into 2cm chunks.
- Core the apple and then cut it into wedges.



Serve

- Transfer the salad and potatoes to the plates.
- Top the salad with the apple and garnish with the walnuts.
- Serve the caramelised onion and some mayonnaise as preferred alongside.

Enjoy!





# Goat's Cheese Salad with Balsamic Strawberry Dressing

with apple, beetroot & toasted walnuts

Veggie Express

Total time: 15 - 20 min.



Fresh goat's cheese



Pre-cooked beetroot



Chopped walnuts



Apple



Persian cucumber



Red onion



Radicchio & iceberg lettuce



Strawberry sauce



Wholegrain ciabatta



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

The balsamic-strawberry dressing in this dish is sweet, tangy and super easy to make at home! Versatile as it is, it can be served with a range of dishes, from meats and salads to breakfast or dessert.



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, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Fresh goat's cheese* (g)	60	125	200	250	325	375
Pre-cooked beetroot* (g)	125	250	375	500	625	750
Chopped walnuts (g)	10	20	30	40	50	60
Apple* (unit(s))	½	1	1	2	2	3
Persian cucumber* (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	2	2	3	3
Radicchio & iceberg lettuce* (g)	50	100	150	200	250	300
Strawberry sauce (ml)	15	30	45	60	75	90
Wholegrain ciabatta (unit(s))	1	2	3	4	5	6
Not included						
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Extra virgin 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)	3389 /810	614 /147
Total fat (g)	48	9
of which saturated(g)	21,6	3,9
Carbonhydrates (g)	63	11
of which sugars (g)	30,2	5,5
Fiber (g)	13	2
Protein (g)	25	5
Salt (g)	1,9	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.
- Weigh the beetroot and then dice it (see Tip).
- Slice the onion into thin half rings. Dice the cucumber.
- Core and dice the apple.

Tip: beetroot can stain, so wear gloves or use a sandwich bag to hold it.



Fry the apple

- In a large salad bowl, combine the strawberry sauce with the balsamic vinegar and the extra virgin olive oil. Season to taste with salt and pepper.
- Melt a generous knob of butter in the same pan over medium-high heat. Fry the onion with the apple for 3 - 4 minutes (see Tip).

Tip: keep an eye on the pan and add extra butter if necessary to prevent the apple from sticking to the pan.



Toast the walnuts

- Bake the bread roll in the oven for 6 - 8 minutes.
- Heat a clean frying pan over medium-high heat and toast the walnuts for 1 - 2 minutes or until golden-brown.
- Remove from the pan and set aside.

Did you know... 🍏 if you enjoy seasonal vegetables, then you can't go wrong with beetroot. Grown locally throughout the year, it's an excellent source of potassium and folic acid, making it a healthy choice as well as a sustainable one.



Serve

- Shortly before serving, add the lettuce and cucumber to the salad bowl and toss well to combine with the dressing.
- Serve the salad on plates and top with the beetroot, apple and onion.
- Crumble over the goat's cheese and garnish with the walnuts. Serve the bread alongside.

Enjoy!





# Pasta Caprese with Serrano Ham

with pesto rosso & pumpkin seeds

Family Express

Total time: 15 - 20 min.



Pesto rosso



Mozzarella



Pumpkin seeds



Fresh basil



Red onion



Roma tomato



Serrano ham



Trottole tricolore



**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

Pot or saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pesto rosso* (g)	40	80	120	160	200	240
Mozzarella* (ball(s))	½	1	1½	2	2½	3
Pumpkin seeds (g)	5	10	15	20	25	30
Fresh basil* (g)	5	10	15	20	25	30
Red onion (unit(s))	½	1	1½	2	2½	3
Roma tomato (unit(s))	2	4	6	8	10	12
Serrano ham* (g)	20	40	60	80	100	120
Trottole tricolore (g)	90	180	270	360	450	540
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)	3653 /873	843 /201
Total fat (g)	46	10
of which saturated(g)	12,1	2,8
Carbonhydrates (g)	78	18
of which sugars (g)	12,8	3
Fiber (g)	9	2
Protein (g)	34	8
Salt (g)	1,9	0,4

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 pot or saucepan for the pasta (see Tip).
- Boil the pasta for 13 - 15 minutes, then reserve some of the pasta water before draining and setting aside.
- Dice the tomato and slice the onion into half rings.
- Roughly tear the Serrano ham and mozzarella into smaller pieces.

Tip: use a kettle to save time.



Finish the pasta

- Heat a drizzle of olive oil in the same frying pan over medium-high heat.
- Fry the onion with the tomato and pesto rosso for 3 - 5 minutes.
- Add the pasta and 1 tbsp pasta water per person, then mix well to combine.
- Season to taste with salt and pepper.



Prepare the toppings

- 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.
- Meanwhile, finely chop the fresh basil.



Serve

- Serve the pasta on plates and top with the Serrano ham and mozzarella.
- Garnish with the basil and the toasted pumpkin seeds.

Enjoy!





# Shrimp Fusilli in Creamy Curry Sauce

with goat's cheese, courgette & lamb's lettuce

Quick

Total time: 15 - 20 min.



Shrimp



Wholewheat fusilli



Onion



Lamb's lettuce



Curry powder



Sunflower seeds



Cooking cream



Fresh goat's cheese



Courgette



Romano pepper



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

Toasting sunflower seeds brings out their rich, nutty flavour and adds a satisfying crunch to 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

Pot or saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Shrimp* (g)	80	160	240	320	400	480
Wholewheat fusilli (g)	90	180	270	360	450	540
Onion (unit(s))	½	1	1	2	2	3
Lamb's lettuce* (g)	20	40	60	80	100	120
Curry powder (sachet(s))	¼	½	¾	1	1¼	1½
Sunflower seeds (g)	10	20	30	40	50	60
Cooking cream (g)	75	150	225	300	375	450
Fresh goat's cheese* (g)	25	50	75	100	125	150
Courgette* (unit(s))	½	1	2	2	3	3
Romano pepper* (unit(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	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)	3096 /740	588 /140
Total fat (g)	32	6
of which saturated(g)	14,3	2,7
Carbonhydrates (g)	72	14
of which sugars (g)	14,1	2,7
Fiber (g)	14	3
Protein (g)	35	7
Salt (g)	1,5	0,3

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).
- Cook the pasta for 10 - 12 minutes, then reserve some of the pasta water before draining and setting aside.
- Meanwhile, slice the onion into half rings.
- Slice the courgette into crescents and cut the Romano pepper into strips.



Finish

- Add the shrimp to the pan and fry for 3 minutes.
- When the shrimp are done, stir in the cream and the curry powder.
- Season to taste with salt and pepper, then add the pasta and mix well to combine.
- Add a splash of the reserved pasta water as necessary if the sauce is too thick.



Fry the vegetables

- Toast the sunflower seeds in a frying pan until lightly golden-brown, then remove from the pan and set aside.
- Heat a drizzle of olive oil in the same pan over medium-high heat.
- Fry the courgette, Romano pepper and onion for 3 - 4 minutes.

Did you know... 🥒 courgettes are technically classified as a fruit, as are cucumbers, pumpkins and tomatoes. Courgettes are high in iron, vitamin C and calcium.



Serve

- Serve the lamb's lettuce on plates and top with the pasta.
- Crumble over the goat's cheese and garnish with the sunflower seeds.

Enjoy!





# Basa with Creamy Coconut Curry

over fresh udon noodles with vegetables

Quick Calorie Smart

Total time: 10 - 15 min.



Basa fillet



Fresh udon noodles



Garlic-ginger-chili mix



Vegetable mix with cabbage



Lime



Coconut milk



Green curry spices



Peruvian-style spice mix



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

Kitchen paper, frying pan, wok

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Basa fillet* (unit(s))	1	2	3	4	5	6
Fresh udon noodles (g)	110	220	330	440	550	660
Garlic-ginger-chili mix* (g)	10	20	30	40	50	60
Vegetable mix with cabbage* (g)	200	400	600	800	1000	1200
Lime* (unit(s))	½	1	1½	2	2½	3
Coconut milk (ml)	90	180	270	360	450	540
Green curry spices (sachet(s))	½	1	1½	2	2½	3
Peruvian-style spice mix (sachet(s))	½	1	1½	2	2½	3
Not included						
Sunflower oil (tbsp)	¼	½	¾	1	1¼	1½
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
[Reduced salt] soy sauce (tbsp)	½	1	1½	2	2½	3
[Reduced salt] ketjap manis (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)	2866 /685	480 /115
Total fat (g)	29	5
of which saturated(g)	19	3,2
Carbonhydrates (g)	51	8
of which sugars (g)	14,9	2,5
Fiber (g)	10	2
Protein (g)	33	6
Salt (g)	3,3	0,5

Allergens

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



Fry the vegetables

- Heat a light drizzle of sunflower oil in a wok over medium-high heat.
- Fry the **garlic-ginger-chili mix**\* with the vegetable mix for 5 minutes.
- Stir in the soy sauce and the ketjap.

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



Make the curry

- Meanwhile, cut the lime into six wedges.
- To the vegetables, add the noodles, the coconut milk and the green curry spices.
- Mix well and fry for 2 minutes, separating the noodles as you do so.
- Squeeze one lime wedge per person directly into the pan, then season to taste with salt and pepper.



Fry the fish

- Meanwhile, pat the fish dry with kitchen paper.
- Coat it with the Peruvian spices and then season with 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.



Serve

- Serve the noodle curry in bowls, then top with the fish.
- Serve the rest of the lime wedges alongside.

Enjoy!





# Orzotto with Courgette & Goat's Cheese

with mini Roma tomatoes & rosemary

Veggie Calorie Smart

Total time: 35 - 45 min.



Garlic



Fresh rosemary



Shaved almonds



Italian seasoning



Grated mature goat's cheese



Red onion



Courgette



Mini Roma tomatoes



Wholewheat orzo



There is a new ingredient in your box! This wholewheat orzo is both delicious and nutritious. Rich in fibre, it promotes healthy digestion. 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

Lidded pot or saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	1	2	3	4	5	6
Fresh rosemary* (sprig)	¼	½	¾	1	1¼	1½
Shaved almonds (g)	5	10	15	20	25	30
Italian seasoning (sachet(s))	¼	½	¾	1	1¼	1½
Grated mature goat's cheese* (g)	25	50	75	100	125	150
Red onion (unit(s))	½	1	1	2	2	3
Courgette* (unit(s))	½	1	2	2	3	3
Mini Roma tomatoes (g)	150	300	450	600	750	900
Wholewheat orzo (g)	75	150	225	300	375	450
Not included						
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2510 /600	421 /101
Total fat (g)	27	4
of which saturated(g)	11,8	2
Carbonhydrates (g)	64	11
of which sugars (g)	14,7	2,5
Fiber (g)	14	2
Protein (g)	21	3
Salt (g)	1	0,2

Allergens

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



Chop the vegetables

- Prepare the stock.
- Chop the onion and crush or mince the garlic.
- Slice the courgette into crescents and halve the tomatoes.
- Discard the rosemary stalk and finely chop the leaves.

Did you know... 🌱 thanks to the vegetables, almonds and cheese, this recipe provides around a quarter of the RDA of calcium.



Fry the vegetables

- Heat a drizzle of olive oil in the same frying pan over medium-high heat.
- Fry the courgette with the garlic and the rest of the rosemary for 3 - 4 minutes.



Make the orzotto

- Melt a knob of butter in pot or saucepan and fry the onion for 2 minutes over medium-low heat.
- Stir in the orzo and toast the grains for 1 minute, then pour in the stock and cover with the lid.
- Boil the orzo for 8 – 10 minutes, stirring well so as to prevent the orzo from sticking to the bottom of the pan.
- Add a splash of water as necessary if it seems too dry.



Season the orzotto

- Add the tomatoes and fry for another 3 - 4 minutes (see Tip).
- Stir the Italian seasoning into the orzotto, along with the vegetables and half of the cheese.
- Season to taste with salt and pepper.

Tip: if you have time, transfer the tomatoes to an oven dish and drizzle with olive oil. Season with salt and pepper, then roast in the oven at 200°C for 15 minutes. Top the orzotto with the roasted tomatos when serving.



Toast the almonds

- In the meantime, heat a clean frying pan over high heat.
- Toast the shaved almonds with half of the rosemary until lightly browned, then remove from the pan and set aside.



Serve

- Serve the orzotto on plates.
- Garnish with the rosemary almonds and the rest of the cheese.

Enjoy!





# 'Waterzooi': Classic Belgian Fish Stew

with pollock, vegetables & potatoes

Calorie Smart

Total time: 45 - 55 min.



Bay leaf



Onion



Garlic



Potatoes



Leek



Carrot



Fresh curly parsley



Pollock



Cooking cream



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

A Ghent classic today! Did you know that waterzooi was originally prepared with freshwater fish from Ghent's rivers and canals?

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Bay leaf (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Potatoes (g)	200	400	600	800	1000	1200
Leek* (unit(s))	½	1	2	2	3	3
Carrot* (unit(s))	1	1	2	2	3	3
Fresh curly parsley* (g)	2½	5	7½	10	12½	15
Pollock* (unit(s))	1	2	3	4	5	6
Cooking cream (g)	50	100	150	200	250	300
Not included						
Low sodium fish or vegetable stock (ml)	300	600	900	1200	1500	1800
[Plant-based] butter (tbsp)	1	2	3	4	5	6
White wine vinegar (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)	2264 /541	246 /59
Total fat (g)	24	3
of which saturated(g)	14,6	1,6
Carbonhydrates (g)	54	6
of which sugars (g)	14,3	1,6
Fiber (g)	20	2
Protein (g)	29	3
Salt (g)	1,6	0,2

Allergens

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



Prepare

- Prepare the stock and add the bay leaf.
- Chop the onion and crush or mince the garlic.
- Thoroughly wash or peel the potatoes, then cut into rough pieces.
- Cut the leek into rings and then wash thoroughly. Wash the carrot and slice into thin crescents.



Chop the parsley

- In the meantime, finely chop the parsley.
- When the potatoes are done, reduce the heat so that the stew is no longer boiling.
- Stir in the cream and half of the parsley, then season to taste with salt and pepper.



Make the waterzooi

- Melt a generous knob of butter in a soup pot over medium-high heat.
- Fry the garlic and onion for 1 - 2 minutes, then add the leek, carrot and potatoes. Mix well and fry for 3 - 4 more minutes.
- Deglaze with the white wine vinegar and the stock.
- Bring to the boil, then cover with the lid and allow to cook for 15 - 20 minutes, or until the potatoes are done.



Serve

- Meanwhile, cut the fish into 2cm chunks and season with salt and pepper.
- Add the fish to the stew and allow to poach for 3 - 5 minutes over low heat, covered.
- Serve the waterzooi in bowls or deep plates. Garnish with the rest of the parsley.

Enjoy!





# Wholewheat Veggie Quesadillas

with pico de gallo & chili mayo

Veggie Quick Calorie Smart

Total time: 25 - 30 min.



Wholewheat tortilla



Red onion



Courgette



Bell pepper



Green Romano pepper



Tomato



Fresh coriander



Lime



Mexican-style spices



Sweet chili sauce



Herbed cheese cubes



Ground paprika



Grated aged Gouda



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

Pico de gallo in Spanish means “rooster’s beak”; it’s named so because it was originally eaten by pinching the small pieces between the thumb and finger - a shape that somewhat resembles a rooster’s beak!

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 bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Wholewheat tortilla (unit(s))	2	4	6	8	10	12
Red onion (unit(s))	½	1	1½	2	2½	3
Courgette* (unit(s))	½	1	1	2	2	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Green Romano pepper* (unit(s))	½	1	2	2	3	3
Tomato (unit(s))	1	2	3	4	5	6
Fresh coriander* (g)	5	10	15	20	25	30
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Mexican-style spices (sachet(s))	¼	½	¾	1	1¼	1½
Sweet chili sauce* (sachet(s))	¼	½	¾	1	1¼	1½
Herbed cheese cubes* (g)	25	50	75	100	125	150
Ground paprika (tsp)	1½	3	4½	6	7½	9
Grated aged Gouda* (g)	25	50	75	100	125	150
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	¾	1½	2¼	3	3¾	4½
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)	2858 /683	525 /126
Total fat (g)	40	7
of which saturated(g)	14,5	2,7
Carbonhydrates (g)	52	10
of which sugars (g)	16,1	3
Fiber (g)	16	3
Protein (g)	24	4
Salt (g)	2,4	0,4

Allergens

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



Prepare

- Preheat the oven to 220°C.
- Finely chop the onion and slice the courgette into crescents. Cut the bell pepper and Romano pepper into strips.
- Transfer the bell pepper, Romano pepper and courgette to a large bowl and drizzle lightly with olive oil.
- Add the **Mexican-style spices**\* and the paprika. Season with salt and pepper, then toss well to coat.

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



Make the quesadillas

- Heat a light drizzle of olive oil in a frying pan over medium-high heat and fry the vegetables for 4 - 5 minutes.
- Transfer the tortillas to a parchment-lined baking sheet. Top with the fried vegetables, leaving half of each tortilla empty.
- Add both cheeses, then fold the tortillas over and press down so as to seal the quesadillas.
- Bake the quesadillas on the top shelf of the oven for 6 - 8 minutes.



Make the pico de gallo

- Quarter the lime.
- Dice the tomato and finely chop the coriander.
- In a bowl, combine the tomato with the coriander and the onion (see Tip).
- Add the juice of 1 lime wedge per person and extra virgin olive oil as preferred. Season to taste with salt and pepper, then mix well to combine.

*Tip: if preferred, you can also fry the onion in the next step instead.*



Serve

- In a small bowl, combine the mayonnaise with the sweet chili sauce.
- Serve the quesadillas with any remaining lime wedges.
- Serve the pico de gallo and the chili mayo alongside.

Enjoy!





# Chicken Sausages with Carrot Mash

with broccoli, ketjap jus & gomashio

Family Calorie Smart

Total time: 35 - 45 min.



Potatoes



Carrot



Red onion



Chicken sausage



Broccoli



Ketjap manis



Gomashio-herb mix



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

Carrots are rich in vitamin A, so your immune system and eyes will receive an extra boost from 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

Lidded frying pan, 2x pot or saucepan, potato masher

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Carrot* (unit(s))	1	1	2	2	3	3
Red onion (unit(s))	½	1	1½	2	2½	3
Chicken sausage* (unit(s))	2	4	6	8	10	12
Broccoli* (g)	100	200	360	500	560	700
Ketjap manis (ml)	10	20	30	40	50	60
Gomashio-herb mix (sachet(s))	¼	½	¾	1	1¼	1½
Not included						
Low sodium chicken stock (ml)	60	120	180	240	300	360
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Mustard (tbsp)	1	2	3	4	5	6
[Plant-based] milk (splash)	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)	2473 /591	381 /91
Total fat (g)	27	4
of which saturated(g)	11,6	1,8
Carbonhydrates (g)	57	9
of which sugars (g)	17,1	2,6
Fiber (g)	17	3
Protein (g)	27	4
Salt (g)	3	0,5

Allergens

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



Boil the vegetables

- Prepare the stock.
- Wash or peel the potatoes and carrots, then cut into rough pieces.
- Transfer to a pot or saucepan and cover with water, then boil for 12 - 15 minutes.
- Reserve some of the cooking liquid when finished, then drain and set aside.



Make the jus

- Add a knob of butter to the sausages, along with the ketjap and half of the mustard.
- Mix well, then deglaze with the stock.
- Set the heat to low and allow to reduce until serving.



Fry the sausages

- Slice the onion into half rings.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the sausages for 3 - 4 minutes until evenly browned.
- Add the onion, then cover with the lid and reduce the heat to medium. Fry for 6 - 7 minutes or until the sausages are done, turning regularly.



Mash the vegetables

- Mash the potatoes and carrots with the rest of the mustard and a splash of milk or cooking liquid as preferred.
- Season to taste with salt and pepper.



Boil the broccoli

- Boil plenty of salted water in a pot or saucepan.
- Cut the head of the broccoli into florets and dice the stem.
- Boil the broccoli for 5 - 7 minutes.
- Drain and season with salt and pepper, then set aside.

Did you know... 🥦 broccoli is considered a superfood, and for good reason; it's not only high in vitamins B, C and E but also calcium, potassium and iron.



Serve

- Serve the carrot mash and the broccoli on plates.
- Garnish with the gomashio-herb mix and serve the sausages alongside.
- Pour over the jus to finish.

Enjoy!





# Stuffed Pepper with Chili Con Carne

over basmati rice with labneh

Calorie Smart

Total time: 35 - 45 min.



Bell Pepper



Basmati rice



Onion



Tomato



Mexican-style spices



Red kidney beans



Pork mince



Labneh



Romano pepper



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

Chili con carne, contrary to what you might think, actually originated in Texas! It was popularized in the late 1800s and quickly became a staple of Tex-Mex cuisine. It's even the official state dish of Texas!



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, lidded wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Bell Pepper* (unit(s))	1	2	3	4	5	6
Basmati rice (g)	60	120	180	240	300	360
Onion (unit(s))	½	1	1	2	2	3
Tomato (unit(s))	½	1	2	2	3	3
Mexican-style spices (sachet(s))	¼	¾	1	1½	1½	2
Red kidney beans (pack)	½	1	1½	2	2½	3
Pork mince* (g)	100	200	300	400	500	600
Labneh* (g)	20	40	60	80	100	120
Romano pepper* (unit(s))	½	1	1	2	2	3
Not included						
[Plant-based] butter (tbsp)	¼	½	¾	1	1¼	1½
Balsamic vinegar (tsp)	1	2	3	4	5	6
Low sodium vegetable stock cube (unit(s))	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)	2887 /690	458 /110
Total fat (g)	27	4
of which saturated(g)	9,2	1,5
Carbonhydrates (g)	73	12
of which sugars (g)	12,7	2
Fiber (g)	16	3
Protein (g)	34	5
Salt (g)	2	0,3

Allergens

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



Roast the bell pepper

- Preheat the oven to 200°C.
- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Halve the bell pepper lengthways and remove the seeds, then transfer face-down to a parchment-lined baking sheet.
- Roast in the oven for 20 - 25 minutes or until lightly browned.



Fry the mince

- Melt a small knob of butter in a wok or deep frying pan.
- Fry the onion for 2 minutes over medium-low heat.
- Add the **Mexican-style spices\*** and the mince.
- Fry for 1 - 2 minutes over medium-high heat, separating the mince as you do so.

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



Boil the rice

- Meanwhile, chop the onion.
- Dice the Romano pepper and the tomato.
- Weigh the rice and boil it for 10 - 12 minutes, covered.
- Drain and season with salt and pepper, then set aside.



Serve

- Stir in the tomato, Romano pepper, kidney beans and balsamic vinegar. Allow to stew for 6 minutes, covered.
- Remove the lid and cook for another 6 minutes. Season to taste with salt and pepper.
- Serve the rice on plates and top with the roasted bell pepper. Fill the bell pepper with the chili and then garnish with the labneh.

Enjoy!





# Teriyaki Chicken Burger

with potato wedges & crunchy salad

Family

Total time: 35 - 45 min.



Potatoes



Onion



Teriyaki sauce



Butter lettuce



Yellow carrot



Hamburger bun  
with sesame seeds



Chicken burger from  
Oranjehoe



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

Onions do more than add flavour - they bring vitamin C, B6, folate, and antioxidants to the table, making them a tasty way to boost your nutrient intake!

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, grater, salad bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	175	350	525	700	875	1050
Onion (unit(s))	½	1	2	2	3	3
Teriyaki sauce (g)	25	50	75	100	125	150
Butter lettuce* (head)	½	1	2	2	3	3
Yellow carrot* (unit(s))	¾	1	1	2	2	3
Hamburger bun with sesame seeds (unit(s))	1	2	3	4	5	6
Chicken burger from Oranjehoen* (unit(s))	1	2	3	4	5	6
Not included						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (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)	3636 /869	576 /138
Total fat (g)	42	7
of which saturated(g)	9,3	1,5
Carbonhydrates (g)	91	14
of which sugars (g)	21,7	3,4
Fiber (g)	14	2
Protein (g)	31	5
Salt (g)	3,9	0,6

Allergens

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



Prepare

- Preheat the oven to 220°C.
- Cut the potatoes into wedges, then transfer to a bowl and drizzle with olive oil. Season with salt and pepper, then toss well to coat.
- Transfer to a parchment-lined baking sheet and bake in the oven for 25 - 35 minutes, or until golden-brown.



Make the salad

- In a salad bowl, combine the white wine vinegar and the extra virgin olive oil with half of the mayonnaise. Season to taste with salt and pepper.
- Finely chop the lettuce and grate the carrot.
- Transfer both to the bowl and toss well to combine with the dressing.



Fry the burger

- Slice the onion into thin half rings.
- Melt a knob of butter in a frying pan over medium-high heat and fry the onion for 1 minute.
- Add the burger and fry for 7 minutes, turning regularly.
- Add the teriyaki sauce and the honey and cook for 1 more minute.



Serve

- Cut open the burger bun and top with some of the salad, the burger and some of the fried onion.
- Serve the burger with the salad alongside.
- Serve with the potato wedges and the rest of the mayonnaise.

Enjoy!





# Sticky Chicken Drumsticks with Sweet Chili Cucumber

over rice with coriander, lime & pickled onion

Total time: 30 - 40 min.



Chicken drumsticks  
in Baharat marinade



East Asian-style sauce



Gomashio



Lime



White long grain rice



Cucumber



Sweet chili sauce



Fresh coriander



Red onion



Garlic



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

Short grain and long grain rice differ in shape, texture and starch content.  
Short grain rice is thicker and tends to be stickier once cooked, whereas  
long grain rice comes out more separated and fluffier in 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

Bowl, lidded frying pan, microplane, pot or saucepan, plate, two bowls

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken drumsticks in Baharat marinade* (unit(s))	2	4	6	8	10	12
East Asian-style sauce* (g)	35	70	105	140	175	210
Gomashio (sachet(s))	½	1	1½	2	2½	3
Lime* (unit(s))	½	1	1½	2	2½	3
White long grain rice (g)	75	150	225	300	375	450
Cucumber* (unit(s))	½	1	1½	2	2½	3
Sweet chili sauce* (sachet(s))	½	1	1½	2	2½	3
Fresh coriander* (g)	5	10	15	20	25	30
Red onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Not included						
Low sodium chicken stock (ml)	50	100	150	200	250	300
Flour (tbsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
[Reduced salt] soy sauce (tbsp)	1	2	3	4	5	6
Sugar (tsp)	1	2	3	4	5	6

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3364 /804	506 /121
Total fat (g)	22	3
of which saturated(g)	4,2	0,6
Carbonhydrates (g)	105	16
of which sugars (g)	20,2	3
Fiber (g)	7	1
Protein (g)	46	7
Salt (g)	5,5	0,8

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. Zest the lime and then cut it into wedges.
- In a bowl, combine the East Asian-style sauce with the soy sauce, the gomashio, the garlic and half of the sugar.
- Squeeze 1 lime wedge per person directly into the bowl.
- Transfer the flour to a plate.



Cook the rice

- Boil plenty of water in a pot or saucepan. Cook the rice for 12 - 15 minutes, then drain and set aside.
- Slice the onion into half rings. Slice the cucumber.
- In a bowl, combine the onion with the white balsamic vinegar and the rest of the sugar.
- In another bowl, combine the cucumber with the sweet chili sauce.



Fry the drumsticks

- Make two incisions into the chicken drumsticks, making sure to cut to the bone.
- Coat the drumsticks first with the flour and then with the sauce.
- Heat a drizzle of sunflower oil in a frying pan over high heat. Fry the drumsticks for 5 - 6 minutes until evenly browned, then add the stock.
- Cook for 15 - 18 minutes over medium-low heat, covered, turning regularly.



Serve

- Roughly chop the coriander.
- Serve the rice on deep plates and arrange everything on top. Drizzle with any residual sauce from the frying pan.
- Garnish with the lime zest and the coriander to finish.

Enjoy!





# Pork Sausage with Curry Sauce

with potato wedges, cucumber slaw & fried onion

Family Quick

Total time: 25 - 30 min.



Pork sausage



Curry sauce



Onion



Slaw mix



Persian cucumber



Apple



Oven-ready potato wedges



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

Today, you'll prepare a dish inspired by the German currywurst. You'll serve the sausage with potato wedges and a fresh salad. Guten Appetit!



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 frying pan, salad bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pork sausage* (unit(s))	1	2	3	4	5	6
Curry sauce* (ml)	20	40	60	80	100	120
Onion (unit(s))	1	2	3	4	5	6
Slaw mix* (g)	50	100	150	200	250	300
Persian cucumber* (unit(s))	½	1	2	2	3	3
Apple* (unit(s))	½	1	1	2	2	3
Oven-ready potato wedges* (g)	250	500	750	1000	1250	1500
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1¼	2½	3¾	5	6¼	7½
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	528 /126
Total fat (g)	52	8
of which saturated(g)	10,4	1,6
Carbonhydrates (g)	64	10
of which sugars (g)	16,3	2,4
Fiber (g)	11	2
Protein (g)	25	4
Salt (g)	1,9	0,3

Allergens

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



Roast the potatoes

- Preheat the oven to 180°C.
- Transfer the potato wedges to a parchment-lined baking sheet and roast in the oven for 20 minutes or until golden-brown, tossing halfway.



Fry the sausage

- Slice the onion into half rings.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the sausage for 2 minutes until evenly browned.
- Add the onion and cover with the lid, then reduce the heat to medium.
- Fry for 8 minutes, turning the sausage regularly.



Make the slaw

- Core and dice the apple.
- Slice the cucumber into crescents.
- In a salad bowl, combine the mayonnaise with the white wine vinegar and season to taste with salt and pepper.
- Add the cucumber, apple and slaw mix to the dressing and toss well to combine.



Serve

- Cut open the sausage and top with the onion and the curry sauce.
- Serve the sausage with the potato wedges and the salad.

Enjoy!





# Creamy Beef Penne

with tomato salsa, spinach & Gouda

Family Quick

Total time: 25 - 30 min.



Penne



Red onion



Garlic



Dried oregano



Spinach



Tomato



Herbed cream cheese



Grated Gouda



Beef mince with Italian seasoning



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

Oregano is indispensable in any Italian herb mix. Did you know that the flavour of oregano intensifies when it is dried?



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 pot or saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Penne (g)	90	180	270	360	450	540
Red onion (unit(s))	½	1	2	2	3	3
Garlic (unit(s))	1	2	3	4	5	6
Dried oregano (sachet(s))	¼	½	¾	1	1¼	1½
Spinach* (g)	75	150	200	300	350	450
Tomato (unit(s))	1	2	3	4	5	6
Herbed cream cheese* (g)	25	50	75	100	125	150
Grated Gouda* (g)	15	25	40	50	65	75
Beef mince with Italian seasoning* (g)	100	200	300	400	500	600
Not included						
Low sodium chicken stock cube (unit(s))	¼	½	¾	1	1¼	1½
Extra virgin olive oil (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
White 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)	3431 /820	757 /181
Total fat (g)	39	9
of which saturated(g)	16	3,5
Carbonhydrates (g)	76	17
of which sugars (g)	10,4	2,3
Fiber (g)	10	2
Protein (g)	39	9
Salt (g)	1,9	0,4

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 pot or saucepan for the pasta.
- Chop the onion and crush or mince the garlic.
- Cook the pasta for 10 - 12 minutes, covered, then reserve some of the pasta water before draining and setting aside.



Make the sauce

- Meanwhile, dice the tomato and transfer to a bowl.
- Add the extra virgin olive oil and white balsamic vinegar, then mix well to combine. Season to taste with salt and pepper.

Did you know... 🍅 tomatoes are high in vitamins A, C and E, as well as lycopene, an antioxidant which protects our cells against damage. The riper the tomato, the richer it is in lycopene!



Fry the mince

- Heat a light drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the onion and garlic for 2 minutes, then add the mince and the oregano.
- Fry for 3 minutes, separating it as you do so, then tear the spinach directly into the pan and allow to wilt and reduce.
- Add the cream cheese, then crumble in the stock cube (see pantry for amount). Mix well and season to taste with salt and pepper.



Serve

- Stir the pasta into the creamy spinach sauce and cook for 1 more minute, adding a splash of pasta water as necessary if the sauce is too thick.
- Serve the pasta on plates.
- Garnish with the tomato salsa and the grated cheese.

Enjoy!





# Vegetable Lasagne with Fresh Pasta Sheets

with creamy sauce, Gouda & Sicilian-style herbs

Family Veggie

Total time: 50 - 60 min.



Garlic



Bell pepper



Courgette



Sicilian-style herb mix



Passata



Fresh lasagne sheets



Grated Gouda



Cooking cream



Red onion



**Cook along and win a SMEG fridge**

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

*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

Lidded deep frying pan, oven dish, saucepan, whisk

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Bell pepper* (unit(s))	½	1	1	2	2	3
Courgette* (unit(s))	½	1	2	2	3	3
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Passata (g)	200	400	600	800	1000	1200
Fresh lasagne sheets* (g)	100	200	300	400	500	600
Grated Gouda* (g)	50	100	150	200	250	300
Cooking cream (g)	75	150	225	300	375	450
Red onion (unit(s))	½	1	1	2	2	3
Not included						
Low sodium vegetable stock (ml)	25	50	75	100	125	150
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Water for the sauce (ml)	30	60	90	120	150	180
Sugar (tbsp)	¼	½	¾	1	1¼	1½
[Plant-based] butter (g)	20	40	60	80	100	120
Flour (g)	20	40	60	80	100	120
Salt and pepper (totaste)	0	0	0	0	0	0
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4075 /974	554 /133
Total fat (g)	49	7
of which saturated(g)	30,1	4,1
Carbonhydrates (g)	101	14
of which sugars (g)	24,7	3,4
Fiber (g)	10	1
Protein (g)	31	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 220°C and prepare the stock (see Tip).
- Chop the onion and crush or mince the garlic.
- Dice the courgette and the bell pepper.

**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.



Make the cream sauce

- When the sauce reaches a gentle boil, repeat with the rest of the cream, gradually adding it in two more batches.
- Whisk continuously to ensure there are no lumps (see Tip).
- Add the stock and allow to reduce for 3 minutes over high heat.
- Season to taste with salt and pepper.

**Tip:** if there are still lumps after whisking, strain the sauce through a sieve.



Make the tomato sauce

- Heat a light drizzle of olive oil in a deep frying pan over medium-high heat. Fry the garlic and onion for 2 minutes, then add the courgette, the bell pepper and the Sicilian-style herbs.
- Fry for 4 - 5 minutes, then add the passata, the sugar and the water for the sauce.
- Cover with the lid and allow to cook gently for 5 minutes or until done.
- Season to taste with salt and pepper.



Assemble the lasagne

- If necessary, cut the lasagne sheets into smaller pieces so as to fit your oven dish.
- Transfer a shallow layer of the tomato sauce to an oven dish, then top with a layer of the lasagne sheets.
- Top with a thin layer of the creamy sauce and then another thin layer of tomato sauce.
- Repeat until all of the lasagne sheets have been used, then finish the lasagne with the rest of the creamy sauce.



Make the roux

- Weigh the flour and the butter.
- Melt the butter in a saucepan over medium-high heat.
- Add the flour and fry until golden, stirring continuously.
- Add a third of the cream and whisk until fully incorporated.



Serve

- Scatter the cheese over the lasagne, then bake in the oven for 30 - 35 minutes or until the top is golden-brown.
- Allow the lasagne to rest for 3 minutes, then serve.

Enjoy!





# Hoisin Salmon with Sticky Soy Vegetables

over furikake rice with gomashio, lime & sesame dressing

Total time: 30 - 40 min.



Salmon fillet



Hoisin sauce



Jasmine rice



Onion



Courgette



Furikake



Sesame oil



Gomashio



Lime



Garlic



Romano pepper



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

Jasmine rice is similar to basmati rice in texture, appearance and nutritional value. However, jasmine rice has a slightly stronger 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

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Salmon fillet* (unit(s))	1	2	3	4	5	6
Hoisin sauce (g)	15	25	40	50	65	75
Jasmine rice (g)	75	150	225	300	375	450
Onion (unit(s))	½	1	1	2	2	3
Courgette* (unit(s))	½	1	2	2	3	3
Furikake (sachet(s))	½	1	1½	2	2½	3
Sesame oil (ml)	5	10	15	20	25	30
Gomashio (sachet(s))	½	1	1½	2	2½	3
Lime* (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Romano pepper* (unit(s))	½	1	1½	2	2½	3
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tsp)	2	4	6	8	10	12
Sambal (tsp)	½	1	1½	2	2½	3
[Reduced salt] soy sauce (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)	3113 /744	641 /153
Total fat (g)	32	7
of which saturated(g)	4,7	1
Carbonhydrates (g)	89	18
of which sugars (g)	21,4	4,4
Fiber (g)	6	1
Protein (g)	31	6
Salt (g)	3,2	0,7

Allergens

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



Prepare

- Preheat the oven to 200°C. Boil plenty of water in a pot or saucepan.
- Cut the onion into wedges.
- Slice the courgette into crescents. Cut the Romano pepper into strips.
- Transfer the vegetables to a large bowl and drizzle with sunflower oil. Season to taste with salt and pepper, then toss well to coat.



Boil the rice

- Boil the rice for 12 - 15 minutes, then drain and set aside.
- Meanwhile, crush or mince the garlic.
- In a small bowl, combine the garlic with the soy sauce, the sambal and half of the honey.
- Pour this over the roasted vegetables and toss well to combine, then return to the oven until done.



Roast the vegetables

- Transfer the vegetables to a parchment-lined baking sheet and roast in the oven for 7 minutes.
- Meanwhile, spread two thirds of the hoisin sauce over the fish.
- Place the fish skin-side down among the vegetables, then return the baking sheet to the oven for a further 10 - 15 minutes.



Serve

- Cut the lime into six wedges. In a small bowl, combine the sesame oil with the rest of the honey and hoisin sauce, along with the juice of one lime wedge per person.
- Stir the furikake into the rice. Serve the rice on plates and arrange everything on top.
- Drizzle with the hoisin dressing and garnish with the gomashio. Serve the rest of the lime wedges alongside.

Enjoy!





# Steak & Mashed Potatoes

with creamy spinach sauce

Quick Calorie Smart

Total time: 20 - 25 min.



Marinated steak



Potatoes



Spinach



Onion



Fresh rosemary



Garlic



Cooking cream



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

Bringing the steak to room temperature before cooking helps the heat to distribute evenly throughout the meat, resulting in a more tender and juicy steak.



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 deep frying pan, large frying pan, lidded pot or saucepan, potato masher

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Marinated steak* (unit(s))	1	2	3	4	5	6
Potatoes (g)	250	500	750	1000	1250	1500
Spinach* (g)	100	200	300	400	500	600
Onion (unit(s))	1	2	3	4	5	6
Fresh rosemary* (sprig)	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Cooking cream (g)	75	150	225	300	375	450
Not included						
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	½	1	1½	2	2½	3
Low sodium beef stock (ml)	50	100	150	200	250	300
[Plant-based] milk (splash)	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)	2853 /682	398 /95
Total fat (g)	31	4
of which saturated(g)	17,8	2,5
Carbonhydrates (g)	63	9
of which sugars (g)	13,2	1,8
Fiber (g)	14	2
Protein (g)	36	5
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. Prepare the stock.
- Peel or thoroughly wash the potatoes and then cut them into rough chunks.
- Transfer to a pot or saucepan and submerge with water. Add a pinch of salt and then boil the potatoes for 12 - 15 minutes, covered.
- Reserve some of the cooking liquid, then drain and set aside.



Prepare the spinach

- Heat a light drizzle of olive oil in a deep frying pan over medium-high heat and fry the garlic with the rosemary and the rest of onion for 1 minute.
- Add the spinach and the rest of the cream, then mix well and fry for 1 - 2 minutes or until the spinach has wilted and reduced.
- Season to taste with salt and pepper, then reduce the heat to low and cover with the lid.
- Allow to simmer gently until serving.



Fry the steak

- Meanwhile, slice the onion into half rings.
- Melt a knob of butter in a large frying pan over medium-high heat.
- When the pan is nice and hot, fry the steak with half of the onion for 1 - 3 minutes per side (see Tip).
- Reduce the heat to medium-low, then remove the steak from the pan and allow to rest under aluminum foil.

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



Mash the potatoes

- Mash the potatoes with a knob of butter and a splash of milk or cooking liquid as preferred.
- Stir in the mustard and season to taste with salt and pepper.



Make the sauce

- Deglaze the onions with the white wine vinegar and cook for 1 minute, then add the stock and half of the cream.
- Mix well and allow to simmer for 2 - 3 minutes, seasoning to taste with salt and pepper.
- Meanwhile, crush or mince the garlic.
- Discard the rosemary stalk and finely chop the leaves.



Serve

- Serve the mashed potatoes on plates.
- Slice the steak against the grain and serve on top of the potatoes.
- Top with the creamy sauce and serve with the spinach alongside.

Enjoy!





# Spicy Kimchi Fried Rice

with fish sauce, fried egg, furikake & sesame seeds

Total time: 30 - 40 min.



Basmati rice



Egg



Onion



Scallions



Carrot



Mushrooms



Sesame oil



Kimchi



Garlic



Furikake



Sesame seeds



Red chili pepper



Fish sauce



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

For deliciously crispy fried rice, let the rice dry and cool down thoroughly by spreading it out on a plate or cutting board after cooking.



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

Grater, lidded pot or saucepan, small bowl, frying pan, wok

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Basmati rice (g)	75	150	225	300	375	450
Egg* (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1	2	2	3
Scallions* (bunch)	½	1	1	2	2	3
Carrot* (unit(s))	½	1	2	2	3	3
Mushrooms* (g)	65	125	250	250	375	375
Sesame oil (ml)	5	10	15	20	25	30
Kimchi* (g)	25	50	75	100	125	150
Garlic (unit(s))	1	2	3	4	5	6
Furikake (sachet(s))	½	1	1½	2	2½	3
Sesame seeds (sachet(s))	½	1	¾	1	1¾	2
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Fish sauce (ml)	10	20	30	40	50	60

Not included						
Water for the rice (ml)	180	360	540	720	900	1080
Low sodium vegetable stock cube (unit(s))	⅓	⅔	1¼	1½	2	2¼
Sunflower oil (tbsp)	1½	3	4½	6	7½	9
White wine vinegar (tbsp)	½	1	1½	2	2½	3
[Reduced salt] ketjap manis (tbsp)	½	1	1½	2	2½	3

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2891 /691	667 /159
Total fat (g)	34	8
of which saturated(g)	5,1	1,2
Carbonhydrates (g)	80	19
of which sugars (g)	13	3
Fiber (g)	9	2
Protein (g)	20	5
Salt (g)	4,2	1

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 and crumble in two thirds of the stock cube (see pantry for amounts).
- Cook the rice for 8 minutes, covered, then turn off the heat and allow to stand for 10 minutes.
- Finely chop the scallions and separate the white part from the greens.
- Grate the carrot and slice the mushrooms.



Make the sauce

- In a small bowl, combine the garlic with the **kimchi**, white wine vinegar, ketjap and fish sauce (see Tip).
- Add the rest of the stock cube, then set aside.

**Health Tip** 🌱 if you're watching your salt intake, use just half of the fish sauce and then add more later as preferred when serving.



Prepare the aromatics

- Chop the onion and crush or mince the garlic.
- Deseed and finely chop the the **chili pepper**, then set some aside to use later as garnish.

**Did you know...** 🧅 onion is a good source of vitamin C, which aids with iron absorption.



Fry the rice

- Heat a drizzle of sunflower oil in a frying pan over medium-high heat and fry the egg.
- Heat the sesame oil with a drizzle of sunflower oil in the same wok over high heat. When the oil is nice and hot, fry the rice for 2 - 3 minutes, leaving it mostly undisturbed.
- Add the sauce and fry for 1 minute, allowing it to caramelise slightly, then stir in the vegetables.



Fry the vegetables

- Heat a drizzle of sunflower oil in a wok over high heat.
- When the wok is nice and hot, fry the white part of the scallions with the onion, mushrooms, carrot and **chili pepper**\* for 4 - 6 minutes.
- Remove everything from the pan and set aside.
- Roughly chop the **kimchi**\* in the meantime.

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



Serve

- Serve the fried rice in bowls and top with the egg.
- Garnish with the scallion greens, the reserved **chili pepper**, the sesame seeds and the furikake.

Enjoy!





# Giant Couscous with Guacamole & Greek-Style Cheese

with tomato, fresh herbs & pumpkin seeds

Veggie Quick Calorie Smart

Total time: 15 - 20 min.



Red onion



Tomato



Giant couscous



Lemon-flavoured olive oil



Pumpkin seeds



Lamb's lettuce



Greek-style cheese



Guacamole



Fresh flat leaf parsley & chives



Persian cucumber



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

Giant couscous originated in the 1950s to replace rice, which was a scarce product at the time.



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, salad bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red onion (unit(s))	½	1	1	2	2	3
Tomato (unit(s))	1½	3	5	6	8	9
Giant couscous (g)	75	150	225	300	375	450
Lemon-flavoured olive oil (ml)	4	8	12	16	20	24
Pumpkin seeds (g)	10	20	30	40	50	60
Lamb's lettuce* (g)	40	60	80	100	140	160
Greek-style cheese* (g)	40	75	100	150	175	225
Guacamole* (g)	40	80	120	160	200	240
Fresh flat leaf parsley & chives* (g)	5	10	15	20	25	30
Persian cucumber* (unit(s))	½	1	1½	2	2½	3
Not included						
Low sodium vegetable stock (ml)	300	600	900	1200	1500	1800
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
White balsamic vinegar (tsp)	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)	2682 /641	370 /88
Total fat (g)	31	4
of which saturated(g)	10,2	1,4
Carbonhydrates (g)	66	9
of which sugars (g)	13,1	1,8
Fiber (g)	14	2
Protein (g)	23	3
Salt (g)	2,3	0,3

Allergens

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



Prepare

- Prepare the stock in a pot or saucepan.
- Cook the giant couscous for 12 - 14 minutes, covered, stirring occasionally so as to prevent it from sticking.
- Drain when finished and rinse under cold water.



Combine

- Heat a light drizzle of olive oil in the same frying pan over medium-high heat. Fry the onion for 3 - 4 minutes.
- In a salad bowl, combine the white balsamic vinegar with the honey and the lemon-infused olive oil.
- Transfer the giant couscous and the onion to the bowl and mix well to combine with the vinaigrette.
- Drizzle with extra virgin olive oil as preferred.



Toast the pumpkin seeds

- Mince the onion.
- Dice the tomato and the cucumber.
- Finely chop the fresh herbs.
- 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.



Serve

- Transfer the tomato, the cucumber, the fresh herbs and the lamb's lettuce to the giant couscous and mix well to combine. Season to taste with salt and pepper.
- Serve the giant couscous salad on plates and top with the guacamole.
- Crumble over the Greek-style cheese and garnish with the pumpkin seeds.

Enjoy!





# Sweet & Sticky Chicken with Gomashio Broccoli

over garlic-ginger rice with crispy onions

Quick

Total time: 15 - 20 min.



Garlic



Broccoli



Onion



Gomashio



Onion chutney



Jasmine rice



Ginger paste



Crispy fried onions



Chicken thigh strips



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

Ginger paste offers the bold, aromatic flavour of fresh ginger with the ease of ready-to-use convenience. Perfect for quick meals!



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

2x pot or saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Broccoli* (g)	200	360	500	720	860	1080
Onion (unit(s))	½	1	2	2	3	3
Gomashio (sachet(s))	½	1	1½	2	2½	3
Onion chutney* (g)	80	160	240	320	400	480
Jasmine rice (g)	75	150	225	300	375	450
Ginger paste* (g)	5	10	15	20	25	30
Crispy fried onions (g)	10	20	30	40	50	60
Chicken thigh strips* (g)	100	200	300	400	500	600
Not included						
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Water for the rice (ml)	250	500	750	1000	1250	1500
[Reduced salt] ketjap manis (tbsp)	2	4	6	8	10	12
Water for the sauce (ml)	30	60	90	120	150	180
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)	3674 /878	662 /158
Total fat (g)	31	6
of which saturated(g)	14,7	2,6
Carbonhydrates (g)	120	22
of which sugars (g)	23	4,1
Fiber (g)	9	2
Protein (g)	34	6
Salt (g)	2,9	0,5

Allergens

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



Boil the rice

- Crush or mince the garlic.
- Melt a knob of butter in a pot or saucepan over low heat.
- Fry the garlic with the ginger paste for 1 - 2 minutes.
- Add the rice and the water (see pantry for amount). Boil for 10 - 12 minutes, then drain and set aside.



Fry the chicken

- Slice the onion into half rings.
- Melt a knob of butter in a frying pan over medium-high heat and fry the onion with the chicken for 7 minutes.
- Add the onion chutney, the ketjap and the water for the sauce, along with some sambal as preferred.
- Season to taste with pepper, then fry for 1 more minute.



Cook the broccoli

- Boil plenty of salted water in a pot or saucepan.
- Cut the head of the broccoli into florets and dice the stem.
- Boil the broccoli for 5 - 7 minutes, then drain.
- Stir in the gomashio and season to taste with salt and pepper, then set aside.



Serve

- Serve the rice in bowls and arrange everything on top.
- Drizzle over the sauce and garnish with the crispy onions to finish.

Enjoy!





# Venison Meatballs in Orange Sauce with Shaved Almonds

over bulgur with bell pepper & Romano beans

Calorie Smart Express

Total time: 15 - 20 min.



Provençal  
venison meatballs



Bell pepper



Ginger paste



Pre-cut Romano beans



Shaved almonds



Peruvian-style spice  
mix



Bulgur



Garlic



Mango chutney



Red onion



Easy peel orange



## Our recipe developer Fabienne says:

"This recipe is inspired by both Southeast Asian and Scandinavian cuisines. In Northern Europe, a sweet element like jam is often served with meatballs. In this dish, the orange glaze adds freshness and a hint of acidity, which pairs beautifully with the earthiness of the Romano beans."



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, small bowl, frying pan, wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Provençal venison meatballs* (unit(s))	6	12	18	24	30	36
Bulgur (g)	75	150	225	300	375	450
Bell pepper* (unit(s))	½	1	2	2	3	3
Garlic (unit(s))	½	1	1½	2	2½	3
Ginger paste* (g)	2½	5	7½	10	12½	15
Mango chutney* (g)	20	40	60	80	100	120
Pre-cut Romano beans* (g)	50	100	150	200	250	300
Red onion (unit(s))	½	1	1	2	2	3
Shaved almonds (g)	10	20	30	40	50	60
Easy peel orange* (unit(s))	½	1	1½	2	2½	3
Peruvian-style spice mix (sachet(s))	½	1	1½	2	2½	3
Not included						
Low sodium chicken stock cube (unit(s))	¼	½	¾	1	1¼	1½
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Water (ml)	20	40	60	80	100	120
Salt and pepper (totaste)	0	0	0	0	0	0
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2657 /635	562 /134
Total fat (g)	18	4
of which saturated(g)	2,3	0,5
Carbonhydrates (g)	76	16
of which sugars (g)	19	4
Fiber (g)	18	4
Protein (g)	32	7
Salt (g)	1,2	0,3

Allergens

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



Prepare

- Transfer the bulgur to a pot or saucepan and cover with water.
- Crumble in the stock cube (see pantry for amount) and bring to a boil.
- Cook for 10 minutes or until done, then drain and set aside.
- In the meantime, heat a light drizzle of olive oil in a frying pan over medium-high heat and fry the meatballs for 8 - 9 minutes or until evenly browned.



Make the sauce

- Juice the orange into a small bowl (see Tip).
- Add the mango chutney, orange juice, white wine vinegar and ginger paste to the meatballs. Stir and allow to reduce over high heat for 1 minute.
- Add the bulgur and Peruvian-style spice mix to the vegetables and mix well to combine. Season to taste with salt and pepper.

Tip: for a more intense orange flavour, you can zest the orange before juicing it and add some of the zest to the bulgur.



Fry the vegetables

- Chop the onion and crush or mince the garlic.
- Cut the bell pepper into strips.
- Heat a light drizzle of olive oil in a wok or deep frying pan over medium-high heat. Fry the bell pepper with the Romano beans for 2 - 3 minutes.
- Add the onion, the garlic and the water (see pantry for amount). Cook for 3 - 4 more minutes.



Serve

- Serve the bulgur and vegetables on deep plates.
- Top with the meatballs in their sauce.
- Garnish with the shaved almonds.

Enjoy!