



Chickpea & Sweet Potato Curry

over rice with mango chutney & fresh herbs

Total time: 35 - 45 min.

Plant-Based



Basmati rice



Sweet potato



Chickpeas



Garlic



Onion



Fresh ginger



Spinach



Chopped tomatoes



Fresh coriander & mint



Coconut milk



Mango chutney



Yellow curry spices



Before you start

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

Ingredients for 1 - 6 servings

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

Nutritional values

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

Allergens

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



Prepare

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



Boil the rice

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



Make the curry

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

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



Serve

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



Creamy Lemon Tagliatelle with Walnut-Basil Topping

with tomatoes & courgette

Total time: 25 - 35 min.

Veggie

Quick

Health Conscious Choice



Red onion



Garlic



Courgette



Mini Roma tomatoes



Grated Gouda



Fresh basil



Chopped walnuts



Lemon



Fresh tagliatelle



Fresco spalmabile - cream cheese



Italian seasoning



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Courgette* (unit(s))	½	1	2	2	3	3
Mini Roma tomatoes* (g)	125	250	375	500	625	750
Grated Gouda* (g)	25	50	75	100	125	150
Fresh basil* (g)	5	10	15	20	25	30
Chopped walnuts (g)	10	20	30	40	50	60
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Fresh tagliatelle* (g)	125	250	375	500	625	750
Fresco spalmabile - cream cheese* (g)	50	100	150	200	250	300
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Not included						
Balsamic vinegar (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Salt and pepper	to taste					
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3105 /742	571 /137
Total fat (g)	32	6
of which saturated(g)	13,2	2,4
Carbonhydrates (g)	84	15
of which sugars (g)	14,1	2,6
Fiber (g)	9	2
Protein (g)	27	5
Salt (g)	1,4	0,2

Allergens

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



Prepare

- Boil plenty of salted water in a pot or saucepan for the tagliatelle.
- Chop the onion and crush or mince the garlic.
- Grate the courgette and halve the tomatoes.



Prepare the topping

- Juice the lemon into a small bowl. Add the cream cheese, the Italian seasoning and half of the cheese, then mix well to combine.
- Finely chop the basil and transfer to another small bowl.
- Add the walnuts and the rest of the cheese, then mix well to combine.
- Set aside to use later as garnish.



Fry the vegetables

- Heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the garlic and the onion for 2 - 3 minutes, then add the tomatoes and fry for 3 - 4 minutes.
- Add the courgette and fry for another 3 - 4 minutes, then crumble in the stock cube (see pantry for amount).
- Boil the tagliatelle for 4 - 6 minutes. Reserve some of the pasta water, then drain and set aside.



Serve

- Transfer the tagliatelle to the vegetables, along with the cream cheese mixture, the balsamic vinegar and a splash of pasta water as needed.
- Mix well to combine and season to taste with salt and pepper.
- Serve on deep plates and garnish with the walnut-basil topping.



Chicken Meatballs over Carrot-Lentil Purée

with Romano pepper, olives & lemon-herb sauce

Total time: 35 - 45 min.

Health Conscious Choice



Chicken meatballs with Mediterranean herbs



Carrot



Red split lentils



Onion



Bell pepper



Dill, mint & flat leaf parsley



Lemon



Kalamata olives



Sunflower seeds



Dried oregano



Garlic



Romano pepper



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken meatballs with Mediterranean herbs* (unit(s))	3	6	9	12	15	18
Carrot* (unit(s))	1	2	3	4	5	6
Red split lentils (g)	50	100	150	200	250	300
Onion (unit(s))	½	1	1½	2	2½	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Dill, mint & flat leaf parsley* (g)	5	10	15	20	25	30
Lemon* (unit(s))	⅓	⅔	1	1½	1¾	2
Kalamata olives (g)	15	30	45	60	75	90
Sunflower seeds (g)	10	20	30	40	50	60
Dried oregano (sachet(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Romano pepper* (unit(s))	½	1	1	2	2	3
Not included						
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Olive oil (tbsp)	⅓	1	1½	2	2½	3
[Plant-based] butter (tbsp)	⅓	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
Salt and pepper	to taste					
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3184 /761	410 /98
Total fat (g)	42	5
of which saturated(g)	10,6	1,4
Carbonhydrates (g)	54	7
of which sugars (g)	25,4	3,3
Fiber (g)	22	3
Protein (g)	35	5
Salt (g)	2,5	0,3

Allergens

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



Prepare

- Prepare the stock.
- Dice the carrot and slice the onion into half-rings. Crush or mince the garlic.
- Heat a drizzle of olive oil in a deep frying pan over medium heat.
- Fry the carrot, the garlic and the onion for 3 - 4 minutes, seasoning to taste with salt and pepper.



Fry the meatballs

- Melt a knob of butter in the same pan over high heat.
- Fry the meatballs with all of the peppers for 3 - 4 minutes, or until the meatballs are evenly browned. Season to taste with salt and pepper.
- Lower the heat and cover with the lid, then fry for a further 6 - 7 minutes, or until done.
- Add the honey and fry for another minute.



Make the purée

- Add the lentils and the stock, then cover with the lid and bring to a boil.
- Allow to stew for 15 - 20 minutes over low heat, or until the carrots are done. Add a splash of water if necessary.
- Add the oregano, then use an immersion blender to process until smooth.
- Season to taste with salt and pepper, then keep warm over a low heat until serving, covered.



Make the herb dressing

- Finely chop the fresh herbs and halve the olives.
- Zest the lemon and cut it into 6 wedges.
- In a small bowl, combine the fresh herbs with the extra virgin olive oil and the juice of 1 lemon wedge per person.
- Add some lemon zest as preferred, then season to taste with salt and pepper.



Toast the sunflower seeds

- In the meantime, slice the bell pepper and the Romano pepper into strips.
- Heat a large clean frying pan over high heat and toast the sunflower seeds until golden-brown.
- Transfer to a small bowl and add a pinch of salt, then toss well to combine and set aside.



Serve

- Serve the carrot-lentil purée on plates with everything else alongside.
- Drizzle with the herb dressing, then garnish with the sunflower seeds and the olives.
- Serve the remaining lemon wedges alongside.



Basa with Black Bean Noodles

with quick-pickled cucumber, scallions & bell pepper

Total time: 20 - 30 min.

Quick

Health Conscious Choice



Basa fillet



Bell pepper



Scallions



Carrot



Persian cucumber



Ginger paste



Black bean paste



East Asian-style sauce



Wholewheat noodles



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Basa fillet* (unit(s))	1	2	3	4	5	6
Bell pepper* (unit(s))	½	1	2	2	3	3
Scallions* (g)	62½	125	125	250	250	375
Carrot* (unit(s))	½	1	1½	2	2½	3
Persian cucumber* (unit(s))	½	1	1	2	2	3
Ginger paste* (g)	5	10	15	20	25	30
Black bean paste (g)	15	25	40	50	65	75
East Asian-style sauce* (g)	17½	35	52½	70	87½	105
Wholewheat noodles (g)	50	100	150	200	250	300
Not included						
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Water for the sauce (ml)	50	100	150	200	250	300
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2276 /544	409 /98
Total fat (g)	17	3
of which saturated(g)	6,2	1,1
Carbonhydrates (g)	66	12
of which sugars (g)	20,9	3,8
Fiber (g)	9	2
Protein (g)	33	6
Salt (g)	3	0,5

Allergens

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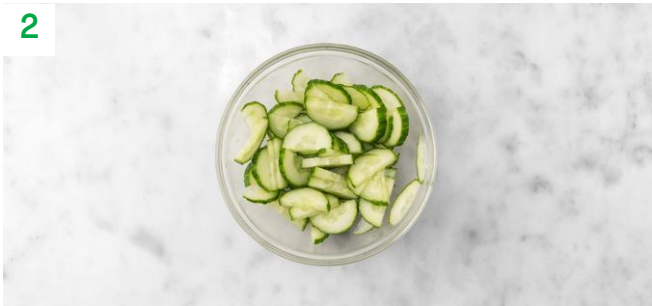
Boil the noodles

- Boil plenty of water in a pot or saucepan for the noodles and crumble in the stock cube (see pantry for amount).
- Cut the scallions into thirds and dice the bell pepper.
- Slice the carrot into thin crescents.
- Boil the noodles for 4 - 5 minutes until al dente, then drain and set aside.



Make the sauce

- In a bowl, combine the black bean paste with the East-Asian style sauce, the water for the sauce, the ginger paste, the honey and the rest of the scallions.
- Deglaze the vegetables with this sauce, then mix well and cook for 2 more minutes.
- Lower the heat, then allow to thicken and reduce for another 2 minutes.



Prepare the cucumber

- Slice the cucumber into crescents and transfer to a bowl.
- Add the white wine vinegar and the sugar, then season to taste with salt and pepper.
- Mix well to combine and then set aside until serving, stirring occasionally.
- Heat a drizzle of olive oil in a wok or deep frying pan over high heat. Fry the white part of the scallions with the bell pepper and the carrot for 2 minutes.



Serve

- Melt a knob of butter in a frying pan over medium-high heat. Fry the fish for 3 minutes per side, seasoning to taste with salt and pepper.
- Serve the noodles in bowls, topped with the vegetables, the sauce and the fish.
- Serve the cucumber alongside.



Hake in Sage Butter Sauce

with curried potato wedges, courgette & carrots

Total time: 45 - 55 min.

Health Conscious Choice



Potatoes



Garlic



Fresh sage



Carrot



Courgette



Curry powder



Hake fillet



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Garlic (unit(s))	1	2	3	4	5	6
Fresh sage* (g)	2½	5	7½	10	12½	15
Carrot* (unit(s))	1	2	3	4	5	6
Courgette* (unit(s))	½	1	1½	2	2½	3
Curry powder (sachet(s))	¼	½	¾	1	1¼	1½
Hake fillet* (unit(s))	1	2	3	4	5	6
Not included						
Olive oil (tbsp)	1½	3	4½	6	7½	9
[Plant-based] butter (g)	20	40	60	80	100	120
Salt and pepper	to taste					
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2690 /643	423 /101
Total fat (g)	37	6
of which saturated(g)	13,9	2,2
Carbonhydrates (g)	57	9
of which sugars (g)	15,4	2,4
Fiber (g)	11	2
Protein (g)	24	4
Salt (g)	0,9	0,1

Allergens

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



Prepare

- Preheat the oven to 200°C. Take the butter out of the fridge and allow to soften.
- Peel or thoroughly wash the potatoes and cut into wedges.
- Transfer to a large bowl and drizzle with olive oil, then add the curry powder. Season with salt and pepper, then toss well to coat.
- Transfer to one side of a parchment-lined baking sheet and roast in the oven for 10 - 15 minutes.



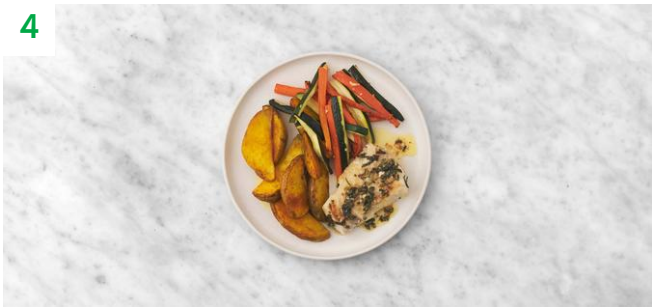
Make the sage butter

- Meanwhile, finely chop the sage.
- In a small bowl, use a fork to combine the butter with the sage and the rest of the garlic.
- Pat the fish dry with kitchen paper. Melt half of the sage butter in a frying pan over medium-high heat and fry the fish for 2 - 3 minutes per side.
- Season the fish with salt and pepper, then add the rest of the sage butter and fry for 1 more minute.



Roast the vegetables

- Cut the carrot and courgette into batons, then transfer to a bowl and drizzle generously with olive oil.
- Crush or mince the garlic and add half of it to the bowl.
- Season with salt and pepper, then toss well to coat.
- Transfer the vegetables to the other side of the baking sheet and return to the oven for 20 - 25 minutes, or until done.



Serve

- Serve the potato wedges on plates with everything else alongside.
- Drizzle with the rest of the sage butter to finish.



Nepalese-Inspired Dahl Bhat with Spicy Tomato Salsa

over rice with apricot chutney & roasted cauliflower

Total time: 30 - 40 min.

Plant-Based

Health Conscious Choice



Red split lentils



Basmati rice



Garlic



Fresh ginger



African-inspired spice mix



Tomato



Lime



Cauliflower



Fresh coriander



Green chili pepper



Apricot chutney



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red split lentils (g)	50	100	150	200	250	300
Basmati rice (g)	75	150	225	300	375	450
Garlic (unit(s))	1	2	3	4	5	6
Fresh ginger* (tsp)	1	2	3	4	5	6
African-inspired spice mix (sachet(s))	½	1	1½	2	2½	3
Tomato (unit(s))	1	2	3	4	5	6
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Cauliflower* (g)	250	500	750	1000	1250	1500
Fresh coriander* (g)	5	10	15	20	25	30
Green chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Apricot chutney (g)	25	50	75	100	125	150
Not included						
Water for the rice (ml)	175	350	525	700	875	1050
Sunflower oil (tbsp)	1	2	3	4	5	6
Water for the sauce (ml)	150	300	450	600	750	900
Salt and pepper	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2824 /675	327 /78
Total fat (g)	15	2
of which saturated(g)	1,9	0,2
Carbonhydrates (g)	111	13
of which sugars (g)	18,1	2,1
Fiber (g)	18	2
Protein (g)	24	3
Salt (g)	0,5	0,1

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 head of the cauliflower into florets and dice the stem.
- Transfer to a parchment-lined baking sheet and drizzle with sunflower oil, then scatter over half of the African-inspired spices. Season with salt and pepper, then toss well to coat.
- Roast in the oven for 15 - 20 minutes, or until golden-brown and done.



Make the dahl

- Heat a drizzle of sunflower oil in a pot or saucepan over medium-high heat. Fry the ginger, the garlic and the rest of the African-inspired spices for 1 minute.
- Add the lentils and the water for the sauce, then cover with the lid and bring to the boil.
- Cook for 10 - 15 minutes over low heat until soft, stirring occasionally.



Cook the rice

- Boil the water for the rice in a pot or saucepan and add a pinch of salt.
- Cook the rice for 10 - 12 minutes, covered, then remove from the heat and allow to stand for 10 minutes, still covered.
- Meanwhile, finely grate the ginger and crush or mince the garlic.
- Deseed and finely chop the green chili pepper*.

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



Serve

- Juice half of the lime and cut the rest into wedges. Dice the tomato and roughly chop the coriander.
- In a bowl, combine the tomato with the lime juice, the chili pepper and a pinch of salt.
- When the lentils are done, stir in the apricot chutney and the coriander.
- Serve everything on deep plates with the lime wedges alongside.



Brandt & Levie Sausage with Aioli & Rainbow Carrots

with patatas bravas-style potatoes & roasted bell pepper sauce

Total time: 45 - 55 min.

Family



Ground paprika



Potatoes



Shaved almonds



Roasted bell pepper sauce



Pork sausage with Cheddar and red onion



Aioli



Purple carrot



Carrot



Yellow carrot



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Ground paprika (tsp)	1	2	3	4	5	6
Potatoes (g)	250	500	750	1000	1250	1500
Shaved almonds (g)	5	10	15	20	25	30
Roasted bell pepper sauce* (g)	20	40	60	80	100	120
Pork sausage with Cheddar and red onion* (unit(s))	1	2	3	4	5	6
Aioli (g)	25	50	75	100	125	150
Purple carrot* (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	2	2	3	3
Yellow carrot* (unit(s))	½	1	1	2	2	3
Not included						
Olive oil (tbsp)	1¼	3¼	5¼	7	8¼	10½
Salt and pepper	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4146 /991	651 /155
Total fat (g)	70	11
of which saturated(g)	15,5	2,4
Carbonhydrates (g)	67	11
of which sugars (g)	9,7	1,5
Fiber (g)	14	2
Protein (g)	23	4
Salt (g)	1,4	0,2

Allergens

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



Roast the potatoes

- Preheat the oven to 200°C.
- Dice the potatoes into 1cm cubes and transfer to a bowl. Drizzle with olive oil and season with salt and pepper, then toss well to coat.
- Transfer to one side of a parchment-lined baking sheet and roast in the oven for 5 minutes.
- Meanwhile, cut the carrots into batons.



Fry the sausage

- Meanwhile, heat a light drizzle of olive oil in a frying pan over medium-high heat.
- Fry the sausage for 2 - 3 minutes until evenly browned.
- Cover with the lid and fry for 8 - 10 minutes over medium heat, turning regularly.



Roast the carrots

- Transfer the carrots to the same bowl and drizzle generously with olive oil.
- Add the paprika and season with salt and pepper, then toss well to coat.
- Transfer the carrots to the other side of the baking sheet and then return to the oven for 20 minutes, tossing the potatoes halfway.
- Scatter the almonds over the carrots and then return to the oven for 5 more minutes.



Serve

- Serve the potatoes on plates with everything else alongside.
- Serve with the roasted bell pepper sauce and the aioli.



Pasta with Fusion Ragù Bianco

with mince, ras el hanout, orange & spinach

Total time: 25 - 35 min.

Quick



Orecchiette



Spinach



Bell pepper



Roma tomato



Garlic



Fresco spalmabile - cream cheese



Ras el hanout



Onion



Orange



Roasted cashew nuts



Beef-pork mince with Italian herbs



Before you start

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

Ingredients for 1 - 6 servings

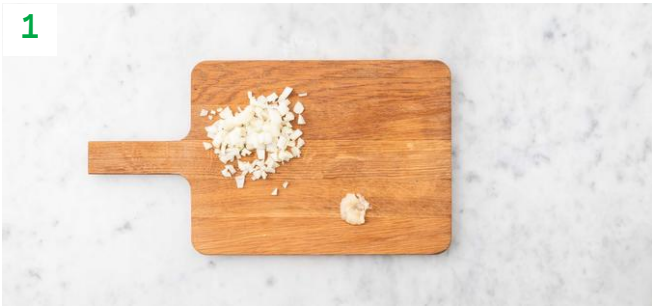
	1p	2p	3p	4p	5p	6p
Orecchiette (g)	90	180	270	360	450	540
Ras el hanout (sachet(s))	½	1	1½	2	2½	3
Spinach* (g)	50	100	200	200	300	300
Onion (unit(s))	½	1	1	2	2	3
Bell pepper* (unit(s))	½	1	1	2	2	3
Orange* (unit(s))	½	1	1½	2	2½	3
Roma tomato (unit(s))	½	1	2	2	3	3
Roasted cashew nuts (g)	10	20	30	40	50	60
Garlic (unit(s))	½	1	1½	2	2½	3
Beef-pork mince with Italian herbs* (g)	100	200	300	400	500	600
Fresco spalmabile - cream cheese* (g)	50	100	150	200	250	300
Not included						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Salt and pepper	to taste					
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3443 /823	606 /145
Total fat (g)	34	6
of which saturated(g)	12,9	2,3
Carbonhydrates (g)	86	15
of which sugars (g)	20	3,5
Fiber (g)	11	2
Protein (g)	40	7
Salt (g)	1,6	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 11 - 13 minutes.
- Reserve 25ml pasta water per person, then drain and set aside.
- Chop the onion and crush or mince the garlic.
- Dice the bell pepper and the tomato. Zest and juice the orange.



Finish the pasta

- Add the pasta water and the orange juice, then allow to cook gently for 2 minutes. Season to taste with salt and pepper.
- Add the cream cheese, the pasta and 1 tsp orange zest per person. Mix well to combine (see Tip).

Tip: *if it seems too watery, turn up the heat and allow to reduce as needed.*



Make the sauce

- Heat a light drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the mince for 3 minutes, separating it as you do so. Add the ras el hanout and fry for 1 more minute.
- Add the garlic, the onion, the bell pepper and the tomato, then fry for 4 - 5 more minutes.
- Tear the spinach directly into the pan and mix well to combine.



Serve

- Serve the pasta on deep plates and garnish with the cashews.



Chicken Breast with Creamy Chive Sauce

with baby potatoes & roasted carrots

Total time: 30 - 40 min.

Family

Health Conscious Choice



Chicken breast



Cooking cream



Fresh chives



Baby potatoes



Carrot



Yellow carrot



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken breast* (unit(s))	1	2	3	4	5	6
Cooking cream (g)	50	100	150	200	250	300
Fresh chives* (g)	2½	5	7½	10	12½	15
Baby potatoes (g)	200	400	600	800	1000	1200
Carrot* (unit(s))	1	2	3	4	5	6
Yellow carrot* (unit(s))	½	1	1½	2	2½	3
Not included						
[Plant-based] butter (tbsp)	2	4	6	8	10	12
Low sodium chicken stock (ml)	50	100	150	200	250	300
Flour (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3238 /774	436 /104
Total fat (g)	41	6
of which saturated(g)	23	3,1
Carbonhydrates (g)	59	8
of which sugars (g)	15,5	2,1
Fiber (g)	15	2
Protein (g)	39	5
Salt (g)	0,6	0,1

Allergens

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



Roast the carrots

- Preheat the oven to 200°C and prepare the stock.
- Halve the carrots lengthways or cut any larger ones into quarters.
- Transfer to a parchment-lined baking sheet and drizzle with olive oil. Season with salt and pepper, then toss well to coat.
- Roast the carrots in the oven for 20 - 25 minutes.

Did you know... the carrot in this recipe contains potassium, a mineral that supports the nervous system.



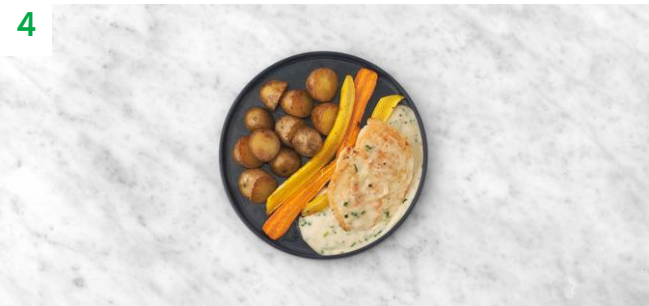
Fry the chicken

- Melt a knob of butter in a frying pan over medium-high heat. Season the chicken with salt and pepper, then fry for 2 minutes per side.
- Lower the heat and fry for 4 minutes per side, or until done.
- Remove from the pan and set aside.
- Melt a generous knob of butter in the same pan over medium-high heat. Fry the flour for 1 minute, or until golden-brown and fragrant.



Fry the baby potatoes

- Wash the baby potatoes and cut them in half.
- Melt a knob of butter in a frying pan over medium-high heat. Fry the baby potatoes for 15 minutes, covered, tossing regularly.
- Remove the lid and season with salt and pepper, then fry for 5 - 10 more minutes.
- Meanwhile, finely chop the chives.



Serve

- Add the cream and the stock. Season to taste with pepper and mix well until smooth. Turn the heat to low and allow the sauce to reduce for 3 - 5 minutes.
- Shortly before serving, stir in the chives and return the chicken to the pan.
- Serve the baby potatoes and carrots with the chicken in its creamy chive sauce.



Pasta Salad with Chicken & Avocado

with Greek-style cheese & honey-mustard dressing

Total time: 15 - 25 min.

Family

Quick



Penne



Radicchio & iceberg lettuce



Greek-style cheese



Chicken breast with
Mediterranean herbs



Avocado



Mini Roma tomatoes



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Penne (g)	90	180	270	360	450	540
Radicchio & iceberg lettuce* (g)	100	200	300	400	500	600
Greek-style cheese* (g)	25	50	75	100	125	150
Chicken breast with Mediterranean herbs* (unit(s))	1	2	3	4	5	6
Avocado (unit(s))	½	1	2	2	3	3
Mini Roma tomatoes* (g)	65	125	180	250	305	375
Not included						
Mustard (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] butter (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Salt and pepper	to taste					
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3778 /903	736 /176
Total fat (g)	44	9
of which saturated(g)	14	2,7
Carbonhydrates (g)	78	15
of which sugars (g)	13,8	2,7
Fiber (g)	8	1
Protein (g)	46	9
Salt (g)	2,1	0,4

Allergens

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



Cook the pasta

- Boil plenty of salted water in a pot or saucepan.
- Cook the pasta for 9 - 11 minutes, then drain and rinse under cold water.
- Set aside until further use.



Make the dressing

- In a salad bowl, combine the mayonnaise with the honey, mustard and white wine vinegar.
- Season to taste with salt and pepper.
- Transfer the lettuce, the tomatoes and the pasta to the salad bowl and toss well to combine with the dressing.



Chop the vegetables

- Meanwhile, melt a knob of butter in a frying pan over medium-high heat and fry the chicken for 2 minutes per side.
- Lower the heat and fry for a further 4 minutes per side, or until done.
- Halve the tomatoes. Halve and pit the avocado, then remove the skin and slice the flesh.
- Slice the chicken.



Serve

- Serve the pasta salad on plates and arrange everything on top.
- Crumble over the Greek-style cheese to finish.



Greek-Style Orzo with Pine Nuts, Feta & Olives

in tomato sauce with parsley & bell pepper

Total time: 15 - 25 min.

Quick



Orzo



Red onion



Bell pepper



BBQ spice rub



Fresh flat leaf parsley



Pine nuts



Kalamata olives



Feta



Diced tomatoes with garlic & onion



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Orzo (g)	75	150	225	300	375	450
Red onion (unit(s))	½	1	1	2	2	3
Bell pepper* (unit(s))	½	1	2	2	3	3
BBQ spice rub (sachet(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Pine nuts (g)	5	10	15	20	25	30
Kalamata olives (g)	15	30	52½	70	82½	100
Feta* (g)	50	100	150	200	250	300
Diced tomatoes with garlic & onion (pack)	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2833 /677	554 /132
Total fat (g)	28	5
of which saturated(g)	10,8	2,1
Carbonhydrates (g)	80	16
of which sugars (g)	25,5	5
Fiber (g)	11	2
Protein (g)	23	5
Salt (g)	4,1	0,8

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry item for amount).
- Cook the orzo for 10 - 12 minutes, then drain and set aside.
- Slice the onion into half-rings and cut the bell pepper into strips.
- Heat a drizzle of olive oil in a wok or deep frying pan over medium-high heat and fry the onion for 2 minutes.



Toast the pine nuts

- Heat a clean frying pan over high heat. Toast the pine nuts until golden-brown, then remove from the pan and set aside.
- Roughly chop the parsley and the olives.



Fry the vegetables

- Add the bell pepper and fry for 4 - 6 more minutes, then deglaze with the balsamic vinegar.
- Add the diced tomatoes and the sugar, then allow to simmer for 2 - 3 minutes.
- Add BBQ rub* and the orzo, then mix well to combine. Season to taste with salt and pepper.

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



Serve

- Serve the orzo on plates.
- Top with the olives and crumble over the cheese.
- Garnish with the pine nuts and the parsley to finish.



Chicken Thigh Strips on Turkish Bread

with aioli, baby potatoes & salad

Total time: 15 - 25 min.

Family Quick



Red onion



Butter lettuce



Tomato



Cucumber



Aioli



Mini Turkish bread



Pre-cooked halved baby potatoes [skin-on]



Middle Eastern spice mix



Chicken thigh strips with kebab spices



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red onion (unit(s))	½	1	1	2	2	3
Butter lettuce* (head)	¼	¾	1	1½	1½	2
Tomato (unit(s))	½	1	2	2	3	3
Cucumber* (unit(s))	¼	½	¾	1	1½	1½
Aioli (g)	25	50	75	100	125	150
Mini Turkish bread (unit(s))	1	2	3	4	5	6
Pre-cooked halved baby potatoes [skin-on]* (g)	100	200	300	400	500	600
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Chicken thigh strips with kebab spices* (g)	100	200	300	400	500	600
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Salt and pepper	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4058 /970	678 /162
Total fat (g)	58	10
of which saturated(g)	9	1,5
Carbonhydrates (g)	79	13
of which sugars (g)	14,5	2,4
Fiber (g)	8	1
Protein (g)	32	5
Salt (g)	3,2	0,5

Allergens

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



Fry the potatoes

- Preheat the oven to 180°C.
- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the baby potatoes with half of the Middle Eastern spices for 9 minutes, covered (see Tip).
- Remove the lid and fry for 5 more minutes. Season to taste with salt and pepper.

Health Tip: *if you're watching your calorie intake, skip the potatoes and keep them to use another time instead.*



Fry the chicken

- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the chicken with half of the onion for 7 minutes.
- Cut open the bread roll and spread with the aioli.
- Top with the chicken, the fried onion, the lettuce leaves and some of the raw vegetables.



Chop the vegetables

- Bake the bread for 6 - 8 minutes in the oven.
- Slice the onion into thin rings (see Tip).
- Set aside two lettuce leaves per person and finely chop the rest. Slice the cucumber and tomato.
- In a small bowl, combine the mayonnaise with the rest of the Middle Eastern spices.

Tip: *half of the onion will be served raw, but if preferred you can fry all of it in the next step instead.*



Serve

- In a salad bowl, combine the extra virgin olive oil with the white wine vinegar and the honey.
- Season to taste with salt and pepper, then add the rest of the lettuce and vegetables to the bowl. Toss well to combine with the dressing.
- Serve the sandwich with the baby potatoes, the salad and the mayonnaise alongside.



Creamy Fiocchi Tricolore in Sundried Tomato Sauce

with mozzarella, pesto rosso & basil

Total time: 15 - 25 min.

Family Veggie Quick



Sundried tomatoes



Cooking cream



Garlic



Courgette



Sicilian-style herb mix



Onion



Spinach



Pesto rosso



Fresh basil



Shredded mozzarella



Italian seasoning



Sunflower seeds



Fiocchi tricolore



Mini Roma tomatoes



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Sundried tomatoes (g)	30	50	70	100	120	150
Cooking cream (g)	75	150	225	300	375	450
Garlic (unit(s))	½	1	1½	2	2½	3
Courgette* (unit(s))	½	1	2	2	3	3
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Spinach* (g)	50	100	100	200	200	300
Pesto rosso* (g)	20	40	60	80	100	120
Fresh basil* (g)	5	10	15	20	25	30
Shredded mozzarella* (g)	25	50	75	100	125	150
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Sunflower seeds (g)	10	20	30	40	50	60
Fiocchi tricolore (g)	90	180	270	360	450	540
Mini Roma tomatoes* (g)	65	125	190	250	315	375
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
White balsamic vinegar (tsp)	1	2	3	4	5	6
Salt and pepper	to taste					

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3853 /921	699 /167
Total fat (g)	48	9
of which saturated(g)	15,5	2,8
Carbonhydrates (g)	89	16
of which sugars (g)	19	3,4
Fiber (g)	10	2
Protein (g)	29	5
Salt (g)	1,4	0,3

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 and cook the pasta for 9 - 11 minutes.
- Reserve some of the pasta water, then drain and set aside (see Tip).

Health Tip: *if you're watching your calorie intake, serve just two thirds of the pasta. You can keep the rest to use another time.*



Make the sauce

- Heat a drizzle of olive oil in the same pan over medium-high heat. Fry the garlic and the sundried tomatoes for 1 minute.
- Deglaze with the white balsamic vinegar, then stir in the cream and the Sicilian-style herbs.
- Gradually add the spinach, tearing it directly into the pan.
- Season to taste with salt and pepper, then allow to simmer until serving.



Fry the vegetables

- Slice the courgette into crescents and halve the mini Roma tomatoes.
- Slice the onion into half-rings.
- Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the onion with the courgette and the Italian seasoning for 1 - 2 minutes.
- Add the tomatoes and fry for 5 - 6 more minutes.



Finish

- Meanwhile, tear or roughly chop the basil.
- Transfer the pasta to the sauce and toss well to combine, adding a splash of pasta water as necessary if it seems too thick.



Toast the sunflower seeds

- Heat a clean deep frying pan over high heat.
- Toast the sunflower seeds for 3 - 4 minutes until golden-brown, then remove from the pan and set aside.
- Meanwhile, finely chop the sundried tomatoes and crush or mince the garlic.



Serve

- Serve the pasta on deep plates and top with the vegetables.
- Garnish with the basil, the sunflower seeds and the mozzarella.
- Finish with the pesto.



Crispy Chicken Wraps with Mango Ketchup

with Greek-style cheese & rainbow slaw

Total time: 15 - 25 min.

Quick



Onion



Oranجهoen crispy chicken schnitzel



Mango ketchup



Rainbow slaw mix



Flour tortillas



BBQ spice rub



Greek-style cheese



Yellow mustard seeds



Romano pepper



Butter lettuce



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Oranجهoen crispy chicken schnitzel* (unit(s))	1	2	3	4	5	6
Mango ketchup* (g)	45	90	135	180	225	270
Rainbow slaw mix* (g)	100	200	300	400	500	600
Flour tortillas (unit(s))	2	4	6	8	10	12
BBQ spice rub (sachet(s))	½	1	1½	2	2½	3
Greek-style cheese* (g)	25	50	75	100	125	150
Yellow mustard seeds (sachet(s))	½	1	1½	2	2½	3
Romano pepper* (unit(s))	½	1	1½	2	2½	3
Butter lettuce* (head)	½	1	1½	2	2½	3
Not included						
[Plant-based] mayonnaise (tbsp)	1½	3	4½	6	7½	9
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Water for the sauce (tbsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	1	2	3	4	5	6
Sambal	to taste					
Salt and pepper	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4058 /970	670 /160
Total fat (g)	50	8
of which saturated(g)	9,9	1,6
Carbonhydrates (g)	91	15
of which sugars (g)	21,4	3,5
Fiber (g)	10	2
Protein (g)	34	6
Salt (g)	3,3	0,5

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Slice the onion into half rings. Cut the Romano pepper into strips.
- Heat a drizzle of sunflower oil in a frying pan over medium-high heat. When the pan is nice and hot, fry the schnitzel for 5 minutes until golden-brown, turning regularly.
- When the schnitzel is done, remove from the pan and cut it into strips.



Make the slaw

- In a bowl, combine the slaw mix with the sugar, the white wine vinegar, the mustard seeds and half of the mayonnaise (see Tip).
- Season to taste with salt and pepper.
- Crumble the cheese into a small bowl.

Health Tip: *if you're watching your calorie intake, substitute the mayonnaise for yogurt.*



Heat the tortillas

- Heat a drizzle of sunflower oil in another frying pan over medium-high heat. Fry the onion and Romano pepper with the BBQ rub* for 4 - 6 minutes. Season to taste with salt and pepper.
- Wrap the tortillas in aluminum foil and heat in the oven for 2 - 3 minutes.
- Roughly chop the lettuce in the meantime.

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



Serve

- In a small bowl, combine the mango ketchup with the water for the sauce and the rest of the mayonnaise. Taste and add some sambal if preferred.
- Serve the tortillas on plates.
- Serve all the toppings separately at the table and allow everyone to assemble their own wraps as preferred.
- Drizzle with the mango sauce to finish.



Hoisin Beef Noodles with Peanuts & Lime

with miso paste, bell pepper & spinach

Total time: 15 - 25 min.

Quick



White miso paste



Beef mince with East Asian spices



Ginger paste



Bell pepper



Hoisin sauce



Salted peanuts



Spinach



Egg noodles



Yellow carrot



Lime



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
White miso paste (g)	12½	25	37½	50	62½	75
Beef mince with East Asian spices* (g)	100	200	300	400	500	600
Ginger paste* (g)	5	10	15	20	25	30
Bell pepper* (unit(s))	½	1	1½	2	2½	3
Hoisin sauce (g)	25	50	75	100	125	150
Salted peanuts (g)	10	20	30	40	50	60
Spinach* (g)	100	200	300	400	500	600
Egg noodles (g)	75	150	225	300	375	450
Yellow carrot* (unit(s))	½	1	1	1	2	2
Lime* (unit(s))	½	1	1½	2	2½	3
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
[Reduced salt] soy sauce	to taste					
Salt and pepper	to taste					
Sambal	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3159 /755	618 /148
Total fat (g)	33	6
of which saturated(g)	8,2	1,6
Carbonhydrates (g)	75	15
of which sugars (g)	14,8	2,9
Fiber (g)	10	2
Protein (g)	38	7
Salt (g)	4,1	0,8

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 and cook the noodles for 3 - 4 minutes until al dente.
- Reserve some of the cooking liquid, then drain and rinse under cold water.
- Meanwhile, julienne the carrot (cut into matchsticks).
- Cut the bell pepper into thin strips and quarter the lime.



Finish

- Meanwhile, roughly chop the peanuts.
- Transfer the noodles to the wok, along with the ginger paste, the hoisin sauce, the miso paste* and the reserved cooking liquid.
- Season with soy sauce and/or sambal as preferred, then toss well to combine.

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



Fry the mince

- Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat.
- Fry the mince for 3 minutes, separating it as you do so.
- Add the bell pepper and the carrot, then stir-fry for 4 - 5 minutes over high heat. Deglaze with the juice of a quarter lime per person.
- Gradually tear in the spinach and fry for 1 more minute.



Serve

- Serve the noodles in bowls and garnish with the peanuts.
- Serve the rest of the lime wedges alongside.



Thai-Style No-Chicken Burger with Zesty Ginger Slaw

on a carrot bun with fresh herbs & baby potatoes

Total time: 15 - 25 min.

Quick Plant-Based



Red onion



Little gem



Fresh coriander & mint



Rainbow slaw mix



Lime



Garlic



Ginger paste



Pre-cooked halved baby potatoes [skin-on]



Carrot bun



Happy go Clucky from the Vegetarian Butcher®



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red onion (unit(s))	½	1	1½	2	2½	3
Little gem* (unit(s))	1	2	3	4	5	6
Fresh coriander & mint* (g)	5	10	15	20	25	30
Rainbow slaw mix* (g)	100	200	300	400	500	600
Lime* (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Ginger paste* (g)	5	10	15	20	25	30
Pre-cooked halved baby potatoes [skin-on]* (g)	100	200	300	400	500	600
Carrot bun (unit(s))	1	2	3	4	5	6
Happy go Clucky from the Vegetarian Butcher®* (unit(s))	1	2	3	4	5	6
Not included						
[Plant-based] mayonnaise (tbsp)	1½	3	4½	6	7½	9
[Reduced salt] soy sauce (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Extra virgin olive oil	to taste					
Salt and pepper	to taste					
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3715 /888	596 /143
Total fat (g)	53	9
of which saturated(g)	6,4	1
Carbonhydrates (g)	76	12
of which sugars (g)	17,9	2,9
Fiber (g)	19	3
Protein (g)	22	3
Salt (g)	3,4	0,5

Allergens

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



Prepare

- Preheat the oven to 180°C.
- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the baby potatoes for 9 minutes, covered.
- Remove the lid and season to taste with salt and pepper, then fry for 5 more minutes.



Pickle the onion

- Slice the onion into half rings.
- In a salad bowl, combine the white wine vinegar with the sugar.
- Transfer half of the onion to the bowl and season to taste with salt, then toss well to combine. Set aside, stirring occasionally.
- In the meantime, heat the carrot bun in the oven for 4 - 6 minutes.



Fry the burger

- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- When the oil is nice and hot, fry the burger with the rest of the onion for 3 minutes per side until evenly golden-brown.
- Finely chop the fresh herbs. Crush or mince the garlic. Quarter the lime.
- Set aside two little gem leaves per person, then chop the rest.



Make the salad

- To the salad bowl, add the mayonnaise, the soy sauce, the garlic, the ginger paste and the fresh herbs.
- Squeeze a quarter lime per person directly into the bowl.
- Add the slaw mix and some extra virgin olive oil as preferred, then toss well to combine.
- Season to taste with salt and pepper.



Assemble

- If preferred, spread some mayonnaise onto the carrot bun.
- Top with the reserved little gem leaves, the burger, the fried onion and some of the slaw mix.



Serve

- Add the potatoes and the chopped little gem to the salad bowl.
- Toss well to combine.
- Serve the burger with the salad alongside.



Hake with Fragrant Yellow Curry Sauce

over rice with Vietnamese-style sauce & broccoli

Total time: 15 - 25 min.

Quick



Hake fillet



Coconut milk



Jasmine rice



Broccoli



Yellow curry paste



Fish sauce



Onion



Lime



Vietnamese-style sauce



Red chili pepper



Crispy fried onions



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Hake fillet* (unit(s))	1	2	3	4	5	6
Coconut milk (ml)	90	180	270	360	450	540
Jasmine rice (g)	75	150	225	300	375	450
Broccoli* (g)	180	360	720	720	1080	1080
Yellow curry paste* (sachet(s))	½	1	1½	2	2½	3
Fish sauce (ml)	5	10	15	20	25	30
Onion (unit(s))	½	1	1	2	2	3
Lime* (unit(s))	½	1	1½	2	2½	3
Vietnamese-style sauce* (sachet(s))	½	1	1½	2	2½	3
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Crispy fried onions (g)	15	30	45	60	75	90
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3577 /855	580 /139
Total fat (g)	44	7
of which saturated(g)	22,5	3,6
Carbonhydrates (g)	85	14
of which sugars (g)	11,2	1,8
Fiber (g)	10	2
Protein (g)	34	6
Salt (g)	5	0,8

Allergens

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



Prepare

- Boil plenty of water in two pot or saucepans.
- Cook the rice in one of the pots for 10 - 12 minutes, then drain and set aside.
- Cut the head of the broccoli into florets and dice the stem.
- Boil the broccoli in the other pot for 5 - 6 minutes, then drain. Season to taste with salt and pepper, then set aside.



Make the curry sauce

- Heat a drizzle of sunflower oil in the same pan over medium-high heat.
- Set aside some of the chili pepper to use as garnish, then fry the rest with the curry paste for 1 minute.
- Stir in the coconut milk, then bring to the boil and simmer for 2 - 3 minutes.
- Stir in the fish sauce* to finish.

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



Fry the fish

- Slice the onion into half-rings.
- Melt a knob of butter in a frying pan over medium-high heat. Fry the onion with the fish on its skin for 3 minutes.
- Flip and fry for another 3 minutes, then remove the fish from the pan and set aside.
- Deseed the red chilli pepper* and slice into thin rings.

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



Serve

- Cut the lime into wedges.
- Stir the Vietnamese-style sauce into the broccoli.
- Serve the rice in bowls with everything else on top and the lime wedges alongside.
- Garnish with the crispy onions and the reserved chilli pepper.



Smoky Chorizo Soup with Pollock & Shrimp

Spanish-inspired, with lemon & parsley

Total time: 15 - 25 min.

Quick



Diced tomatoes with garlic & onion



Bay leaf



Romano pepper



Fresh flat leaf parsley



Shrimp



Lemon



Jasmine rice



Diced chorizo



Reduced salt soy sauce



Pollock



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Diced tomatoes with garlic & onion (pack)	½	1	1½	2	2½	3
Bay leaf (unit(s))	1	1	2	2	3	3
Romano pepper* (unit(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Shrimp* (g)	40	80	120	160	200	240
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Jasmine rice (g)	75	150	225	300	375	450
Diced chorizo* (g)	30	60	90	120	150	180
Reduced salt soy sauce (ml)	5	10	15	20	25	30
Pollock* (unit(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium fish or vegetable stock (ml)	250	500	750	1000	1250	1500
Sugar (tsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2841 /679	385 /92
Total fat (g)	24	3
of which saturated(g)	9	1,2
Carbonhydrates (g)	85	12
of which sugars (g)	17,9	2,4
Fiber (g)	6	1
Protein (g)	35	5
Salt (g)	4,3	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 and cook the rice for 10 - 12 minutes, then drain and set aside.
- Cut the Romano pepper into strips and prepare the stock.
- Heat a drizzle of olive oil in a soup pot over medium-high heat.
- Fry the Romano pepper and the chorizo for 3 minutes, then deglaze with the stock.



Fry the seafood

- Melt a knob of butter in a frying pan over medium-high heat. Fry the fish with the shrimp for 2 minutes per side, or until done. Season to taste with salt and pepper.
- Meanwhile, cut the lemon into six wedges and finely chop the parsley.
- Deglaze the fish with the juice of one lemon wedge per person, then stir in half of the parsley.



Make the soup

- Stir in the diced tomatoes, the bay leaf, the soy sauce and the sugar.
- Bring to the boil and continue cooking until serving.
- Meanwhile, cut the fish into smaller pieces.
- Pat the fish and the shrimp dry with kitchen paper, then season both with salt and pepper.



Serve

- Take the bay leaf out of the soup and discard.
- Serve the rice in bowls and top with the stew.
- Top with the fish and the shrimp.
- Garnish with the rest of the parsley and serve the rest of the lemon wedges alongside.



Goat's Cheese Salad with Pecans & Pumpkin Seeds

with yogurt dressing, apple, courgette & potatoes

Total time: 15 - 25 min.

Veggie

Quick

Health Conscious Choice



Arugula & lamb's lettuce



Diced potato



Courgette



Honeyed goat's cheese pearls



Yogurt dressing



Chopped pecans



Italian seasoning



Pumpkin seeds



Persian cucumber



Apple



Recipe Developer Sylvie: "This salad was born out of my love for surprising flavour combinations. Creamy goat's cheese and fresh apple strike a delicious balance, while topping with chopped pecans adds a nice crunch. A light yogurt dressing makes the dish wonderfully fresh and creamy."



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Arugula & lamb's lettuce* (g)	30	60	90	120	150	180
Diced potato* (g)	150	300	450	600	750	900
Courgette* (unit(s))	½	1	1½	2	2½	3
Honeyed goat's cheese pearls* (g)	50	100	150	200	250	300
Yogurt dressing* (g)	40	80	120	160	200	240
Chopped pecans (g)	10	20	30	40	50	60
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Pumpkin seeds (g)	10	20	30	40	50	60
Persian cucumber* (unit(s))	½	¾	1	1½	1¾	2
Apple* (unit(s))	½	1	1½	2	2½	3
Not included						
Water for the potatoes (ml)	30	60	90	120	150	180
Sunflower oil (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2920 /698	515 /123
Total fat (g)	46	8
of which saturated(g)	11,6	2
Carbonhydrates (g)	48	8
of which sugars (g)	21,2	3,7
Fiber (g)	10	2
Protein (g)	18	3
Salt (g)	0,8	0,1

Allergens

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



Fry the potatoes

- Transfer the diced potatoes to a frying pan and pour in the water (see pantry for amount).
- Cover with the lid and allow to steam for 2 - 3 minutes over medium-high heat.
- Remove the lid and drizzle with sunflower oil. Add the Italian herbs, the toss well to coat.
- Fry the potatoes for 4 - 5 minutes over medium-high heat. Season to taste with salt and pepper.



Fry the courgette

- Heat a drizzle of sunflower oil in the same pan over medium-high heat.
- Fry the courgette for 4 - 5 minutes, then add the honey and fry for 1 more minute. Season to taste with salt and pepper.
- Serve the arugula and lamb's lettuce on deep plates.

Did you know... *the courgette in this recipe contains vitamin C, which improves iron absorption from plant sources.*



Toast the pumpkin seeds

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



Serve

- Top the lettuce with the apple, cucumber, courgette, and goat's cheese pearls.
- Drizzle with the yogurt dressing, then garnish with the pecans and pumpkin seeds.
- Serve the potatoes alongside.



5-Minute Shrimp Tagliatelle with Pesto Rosso

fresh & tasty in a flash!

Total time: 5 - 15 min.

Quick



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

Happy cooking!



Fresh tagliatelle



Shrimp



Pesto rosso



Tomato paste



Fresh basil



Sicilian-style herb mix



Mini Roma tomatoes



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Fresh tagliatelle* (g)	125	250	375	500	625	750
Shrimp* (g)	80	160	240	320	400	480
Pesto rosso* (g)	40	80	120	160	200	240
Tomato paste (can)	½	1	1½	2	2½	3
Fresh basil* (g)	2½	5	7½	10	12½	15
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Mini Roma tomatoes* (g)	125	250	375	500	625	750
Not included						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3163 /756	759 /181
Total fat (g)	34	8
of which saturated(g)	7,8	1,9
Carbonhydrates (g)	81	19
of which sugars (g)	10,6	2,5
Fiber (g)	8	2
Protein (g)	30	7
Salt (g)	1,6	0,4

Allergens

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



Cook the tagliatelle

- Get started by boiling a full kettle of water for the tagliatelle.
- Transfer the boiled water to a pot or saucepan and cook the tagliatelle for 4 minutes.
- Reserve some of the pasta water, then drain and set aside.



Finish

- Transfer the tagliatelle and the pesto to the pan.
- Toss well to combine, adding a splash of pasta water as necessary if it seems too thick.
- Season to taste with salt and pepper.



Fry the shrimp

- Melt a knob of butter in a frying pan over medium-high heat.
- Fry the shrimp with the tomatoes, the tomato paste and the Sicilian-style herbs for 3 minutes.
- Meanwhile, roughly chop the basil.



Serve

- Serve the tagliatelle on plates.
- Garnish with the basil to finish.



5-Minute Char Siu Chicken Noodles

fresh & tasty in a flash!

Total time: 5 - 15 min.

Quick



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

Happy cooking!



Char siu paste



Egg noodles



Seasoned chicken mince



Courgetti



Bell pepper strips



Fresh coriander



Salted peanuts

NEW
INGREDIENT

There is a new ingredient in your box! Char siu paste is a Chinese ingredient that combines sweet and savoury flavours with a hint of spice. It's perfect for making rich and glossy sauces, or to use as a marinade! 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.

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Char siu paste (g)	40	75	115	150	190	225
Egg noodles (g)	75	150	225	300	375	450
Seasoned chicken mince* (g)	100	200	300	400	500	600
Courgetti* (g)	100	200	300	400	500	600
Bell pepper strips* (g)	50	100	150	200	250	300
Fresh coriander* (g)	5	10	15	20	25	30
Salted peanuts (g)	10	20	30	40	50	60
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
[Reduced salt] soy sauce (tbsp)	½	1	1½	2	2½	3

Salt and pepper to taste

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2648 /633	677 /162
Total fat (g)	21	5
of which saturated(g)	3,6	0,9
Carbonhydrates (g)	74	19
of which sugars (g)	18,4	4,7
Fiber (g)	7	2
Protein (g)	34	9
Salt (g)	3,2	0,8

Allergens

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



Prepare

- Get started by boiling a full kettle of water for the noodles.
- Heat a drizzle of sunflower oil in a frying pan over high heat.
- Fry the mince for 3 minutes, separating it as you do so.



Finish

- In the meantime, roughly chop the coriander.



Boil the noodles

- Add the bell pepper strips, the courgetti, the char siu paste and the soy sauce. Fry for 1 more minute.
- In the meantime, transfer the boiled water to a pot or saucepan. Boil the noodles for 3 minutes.
- Drain the noodles and transfer to the frying pan.
- Toss well to combine, then season to taste with salt and pepper.



Serve

- Serve the noodles on deep plates.
- Garnish with the peanuts and the coriander.



Signature Risotto with Brandt & Levie Sausage

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

Total time: 35 - 45 min.

Family



Onion



Pork sausage with marjoram & garlic



Fennel



Risotto rice



Mascarpone



Grated Gouda



Italian seasoning



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Pork sausage with marjoram & garlic* (unit(s))	1	2	3	4	5	6
Fennel* (unit(s))	1	2	3	4	5	6
Risotto rice (g)	75	150	225	300	375	450
Mascarpone* (g)	25	50	75	100	125	150
Grated Gouda* (g)	15	25	40	50	65	75
Italian seasoning (sachet(s))	¼	½	¾	1	1¼	1½
Not included						
Low sodium vegetable stock (ml)	450	900	1350	1800	2250	2700
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3644 /871	402 /96
Total fat (g)	49	5
of which saturated(g)	25,9	2,9
Carbonhydrates (g)	83	9
of which sugars (g)	13,8	1,5
Fiber (g)	7	1
Protein (g)	26	3
Salt (g)	2,7	0,3

Allergens

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



Chop the vegetables

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



Make the stock

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



Fry the sausage

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



Add the stock

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

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



Make the risotto

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



Serve

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



Signature Shakshuka with Fresh Goat's Cheese

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

Total time: 30 - 40 min.

Veggie

Health Conscious Choice



Onion



Garlic



Red chili pepper



Carrot



Fresh curly parsley



Middle Eastern spice mix



Egg



Chopped tomatoes



Tomato



Bell pepper



Poppyseed roll



Goat's Cheese



Before you start

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

Ingredients for 1 - 6 servings

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

* store in the fridge

Nutritional values

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

Allergens

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



Prepare

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

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



Poach the eggs

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

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



Make the sauce

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

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



Serve

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



Signature Shrimp Poké Bowl with Ponzu Mayo

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

Total time: 15 - 25 min.

Family

Quick

Health Conscious Choice



Ponzu



Sushi rice



Shrimp



Persian cucumber



Slaw mix



Sesame oil



Garlic



Mango



Gomashio



Reduced salt soy sauce



Before you start

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

Ingredients for 1 - 6 servings

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

Nutritional values

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

Allergens

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



Boil the rice

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



Fry the shrimp

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

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



Prepare the toppings

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



Serve

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



Signature Chicken Tagliatelle with Guanciale

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

Total time: 15 - 25 min.

Family Quick



Chicken mince with
Mediterranean herbs



Mascarpone



Fresh basil



Garlic



Romano pepper



Grana Padano flakes DOP



Onion



Passata



Fresh tagliatelle



Guanciale

Before you start

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

Ingredients for 1 - 6 servings

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

* store in the fridge

Nutritional values

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

Allergens

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



Prepare

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

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



Finish

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



Make the sauce

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



Serve

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



Signature Dahl with Crispy Chickpeas & Naan

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

Total time: 35 - 45 min.

Veggie

Health Conscious Choice



Onion



Carrot



Tomato paste



Coconut milk



Red split lentils



Spinach



Naan with herbs



Lime



Yellow carrot



Chickpeas



African-inspired spice mix



Fresh coriander



Fresh ginger



Curry powder



Organic full-fat yogurt



Before you start

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

Ingredients for 1 - 6 servings

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

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3339 /798	399 /95
Total fat (g)	37	4
of which saturated(g)	17	2
Carbonhydrates (g)	79	9
of which sugars (g)	19,7	2,4
Fiber (g)	30	4
Protein (g)	27	3
Salt (g)	1,9	0,2

Allergens

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



Prepare

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

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



Make the dahl

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



Add the lentils

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

Did you know... *the lentils in this recipe contain contains fibre, a nutrient that contributes to digestive regularity.*



Roast the chickpeas

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



Finish

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

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



Serve

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



Signature Chicken Meatballs in Creamy Mushroom Sauce

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

Total time: 40 - 50 min.

Health Conscious Choice



Potatoes



Onion



Garlic



Mushrooms



Cooking cream



Basil crème



Fresh chives



Chicken meatballs with Mediterranean herbs



Pre-cut green 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.

Ingredients for 1 - 6 servings

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

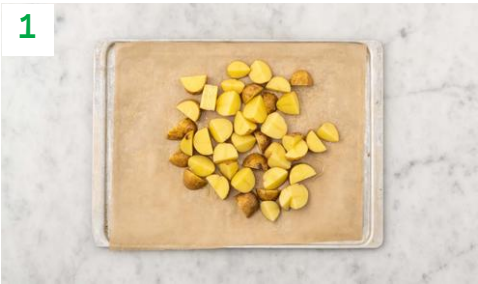
* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3322 /794	472 /113
Total fat (g)	48	7
of which saturated(g)	20,7	2,9
Carbonhydrates (g)	58	8
of which sugars (g)	9,8	1,4
Fiber (g)	12	2
Protein (g)	31	4
Salt (g)	1,8	0,3

Allergens

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



Roast the potatoes

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



Slice the mushrooms

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

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



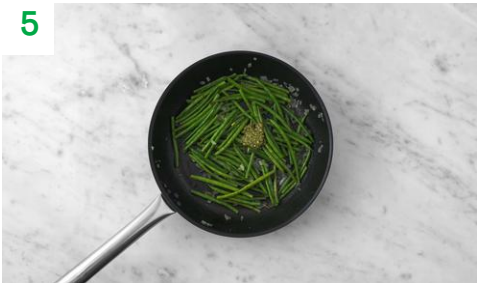
Fry the mushrooms

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



Fry the meatballs

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



Prepare the green beans

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



Serve

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