



Chicken Breast in Creamy Mushroom Sauce

with rice, broccoli & sesame seeds

Family Quick

Total time: 25 - 30 min.



Mushrooms



White long grain rice



Sesame seeds



Cooking cream



Red onion



Broccoli



Chicken breast with Mediterranean herbs



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

Did you know that sesame seeds come from tiny seed pods? When the seeds are ripe, the pods pop open with a sharp snap!



Tear me out!

Before you start

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

Equipment

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Mushrooms* (g)	125	250	400	500	650	750
White long grain rice (g)	75	150	225	300	375	450
Cooking cream (g)	75	150	225	300	375	450
Red onion (unit(s))	½	1	1	2	2	3
Broccoli* (g)	100	200	360	400	560	600
Chicken breast with Mediterranean herbs* (unit(s))	1	2	3	4	5	6
Sesame seeds (g)	5	10	15	20	25	30
Not included						
Low sodium chicken stock (ml)	25	50	75	100	125	150
Olive oil (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	1	2	3	4	5	6
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2933 /701	514 /123
Total fat (g)	25	4
of which saturated(g)	10,1	1,8
Carbonhydrates (g)	77	14
of which sugars (g)	7,9	1,4
Fiber (g)	8	1
Protein (g)	38	7
Salt (g)	1,1	0,2

Allergens

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



Prepare

- Prepare the stock. Boil plenty of water in a pot or saucepan for the rice and broccoli.
- Quarter the mushrooms and chop the onion.
- Cut the head of the broccoli into florets and dice the stem.
- Boil the rice for 5 - 6 minutes, covered, then add the broccoli and cook for a further 5 - 7 minutes. Drain and set aside.



Make the sauce

- To the mushrooms, add the cream, the mustard and the stock.
- Allow the sauce to reduce for 5 minutes (see Tip).

Tip: stir the sauce regularly and taste as you go. If the sauce is too thin, increase the heat and remove the lid so as to allow the sauce to reduce further. If it is too thick, add an extra splash of water as needed.



Fry the mushrooms

- Heat a light drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the onion with the mushrooms for 4 - 6 minutes or until the onion is soft and translucent, stirring regularly (see Tip).
- Season to taste with salt and pepper.

Tip: mushrooms absorb a lot of liquid during cooking, therefore it may seem as if they are burning - but trust the process and refrain from adding extra oil.



Serve

- Heat a light drizzle of olive oil in a frying pan over medium-high heat. Sear the chicken for 3 - 5 minutes until evenly browned.
- Transfer the chicken to the sauce, then cover with the lid and allow to cook for 8 - 12 minutes.
- Serve the rice and broccoli on plates and garnish with the sesame seeds. Top with the chicken and mushroom sauce.

Enjoy!



Vegetable Lasagne with Fresh Basil

with mascarpone sauce, courgette & carrot

Family Veggie

Total time: 50 - 60 min.



Fresh lasagne sheets



Onion



Courgette



Carrot



Passata



Garlic



Fresh basil



Grated Gouda



Mascarpone



Sicilian-style herb mix



Shredded mozzarella



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

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



Tear me out!

Before you start

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

Equipment

(parchment-lined) baking sheet(s), (lidded) deep frying pan(s), oven dish

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Fresh lasagne sheets* (unit(s))	2	4	6	8	10	12
Onion (unit(s))	½	1	1	2	2	3
Courgette* (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	1	1	2	2
Passata (g)	200	400	600	800	1000	1200
Garlic (unit(s))	1	2	3	4	5	6
Fresh basil* (g)	5	10	15	20	25	30
Grated Gouda* (g)	15	25	40	50	65	75
Mascarpone* (g)	25	50	75	100	125	150
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Shredded mozzarella* (g)	25	50	75	100	125	150
Not included						
Water for the sauce (ml)	50	100	150	200	250	300
Olive oil (tbsp)	1	2	3	4	5	6
Sugar (tsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2966 /709	464 /111
Total fat (g)	34	5
of which saturated(g)	16,2	2,5
Carbonhydrates (g)	74	12
of which sugars (g)	22,7	3,6
Fiber (g)	9	1
Protein (g)	24	4
Salt (g)	1,7	0,3

Allergens

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



Prepare

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



Roast the courgette

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



Fry the vegetables

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



Make the sauce

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

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



Make the lasagne

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



Serve

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

Enjoy!



Creamy Leek Gratin with Mashed Potatoes

with ham & a cheesy panko topping

Total time: 45 - 55 min.



Leek



Potatoes



Grated aged Gouda



Ham



Panko breadcrumbs



Nutmeg



Cooking cream



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

Gratin is a cooking technique that layers ingredients, often vegetables or potatoes, with cheese or breadcrumbs, then bakes until golden and bubbly, resulting in a crispy top and soft, flavourful interior.



Tear me out!

Before you start

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

Equipment

Lidded deep frying pan, microplane, oven dish, lidded pot or saucepan, kitchen paper, potato masher, saucepan, whisk

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Leek* (unit(s))	1	2	3	4	5	6
Potatoes (g)	250	500	750	1000	1250	1500
Grated aged Gouda* (g)	25	50	75	100	125	150
Ham* (slice(s))	3	6	9	12	15	18
Panko breadcrumbs (g)	15	25	40	50	65	75
Nutmeg (pinch)	1	2	3	4	5	6
Cooking cream (g)	75	150	225	300	375	450
Not included						
[Plant-based] butter (g)	30	60	90	120	150	180
Flour (g)	10	20	30	40	50	60
Mustard (tsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	250	500	750	1000	1250	1500
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3611 /863	400 /96
Total fat (g)	48	5
of which saturated(g)	30,7	3,4
Carbonhydrates (g)	80	9
of which sugars (g)	12,9	1,4
Fiber (g)	12	1
Protein (g)	28	3
Salt (g)	2,7	0,3

Allergens

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



Stew the leek

- Preheat the oven to 200°C and prepare the stock.
- Cut the leek into 15cm cylindrical chunks.
- Melt half of the butter in a deep frying pan over medium-high heat. Sear the leek for 4 - 5 minutes until evenly browned, then deglaze with half of the stock and cover with the lid.
- Allow to stew for 15 minutes, then drain and transfer the leek to a sheet of kitchen paper.



Mash the potatoes

- Stir the cream and half of the nutmeg into the sauce.
- Mash the potatoes with a splash of cooking liquid and some butter as preferred.
- Stir in the mustard and the rest of the nutmeg, then season to taste with salt and pepper.



Boil the potatoes

- Boil plenty of water in a pot or saucepan for the potatoes.
- Peel or thoroughly wash the potatoes and cut into chunks.
- Boil the potatoes for 12 - 15 minutes, covered, then reserve some of the cooking liquid before draining and setting aside.
- In the meantime, grate a pinch of nutmeg with a microplane.



Assemble

- Season the leek with salt and pepper, then wrap with the ham.
- Transfer the mashed potato to an oven dish and top with the leek.
- Pour over the cheese sauce, then scatter over the panko and the rest of the cheese.
- Bake in the oven for 15 - 20 minutes or until golden-brown.



Make the cheese sauce

- Melt the rest of the butter in a saucepan over medium heat, then whisk in the flour and cook until fragrant.
- Add a third of the remaining stock and whisk to incorporate.
- When the sauce thickens, repeat with the rest of the stock, adding it in two more batches.
- Bring to the boil and allow to simmer until it has the consistency of cream.



Serve

- Serve the leek gratin on plates.

Enjoy!



Mango-Glazed Shrimp Noodles

with stir-fried vegetables & gomashio

Quick

Total time: 20 - 25 min.



Shrimp



Wholewheat noodles



Garlic



Red onion



Bell pepper



Leek



Korean-style spice mix



Gomashio



East Asian-style sauce



Mango ketchup



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

The mango ketchup in this recipe complements the shrimp perfectly with a delicious balance of sweet, tangy and slightly tart.



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 wok or deep frying pan, (lidded) pot or saucepan(s), small frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Shrimp* (g)	80	160	240	320	400	480
Wholewheat noodles (g)	50	100	150	200	250	300
Garlic (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1½	2	2½	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Leek* (unit(s))	½	1	1	2	2	3
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
Gomashio (sachet(s))	½	1	1½	2	2½	3
East Asian-style sauce* (g)	35	70	105	140	175	210
Mango ketchup* (g)	30	60	90	120	150	180
Not included						
Sunflower oil (tbsp)	1	2	3	4	5	6
[Reduced salt] soy sauce (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2117 /506	474 /113
Total fat (g)	15	3
of which saturated(g)	1,8	0,4
Carbonhydrates (g)	68	15
of which sugars (g)	18,4	4,1
Fiber (g)	9	2
Protein (g)	23	5
Salt (g)	3,9	0,9

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 noodles.
- Crush or mince the garlic.
- Slice the onion and the leek into half rings.
- Cut the bell pepper into strips.



Stir-fry

- Transfer the noodles, the East Asian-style sauce and the soy sauce to the vegetables.
- Stir-fry for 1 minute (see Tip).
- If necessary, add 1 tbsp cooking liquid per person.
- Mix well and season to taste with salt and pepper.

Health Tip 🍏 if you're watching your salt intake, skip the soy sauce here and instead add some later when serving as preferred.



Boil the noodles

- Heat a drizzle of sunflower oil in a large wok or deep frying pan over medium-high heat.
- Stir-fry the vegetables for 4 - 6 minutes, seasoning with salt and pepper.
- Boil the noodles for 4 - 5 minutes until al dente.
- Reserve some of the cooking liquid, then drain and rinse under cold water.



Serve

- Heat a drizzle of sunflower oil in a small frying pan over medium-high heat. Fry the shrimp with the Korean-style spices for 3 minutes.
- Stir in the mango ketchup and 1 tsp water per person, then turn off the heat.
- Serve the stir-fry on plates and top with the glazed shrimp. Garnish with the gomashio to finish.

Enjoy!



Creamy Curry with Crispy Chickpea Topping & Pita

with Greek-style cheese, yogurt & spinach

Veggie

Total time: 35 - 45 min.



Onion



Garlic



Red chili pepper



Chickpeas



Ground turmeric



Coconut milk



Spinach



Organic full-fat yogurt



Greek-style cheese



Pita bread



Ginger paste



Yellow curry spices



Carrot



There is a special ingredient in your box! Our organic full-fat yogurt comes from Klaas' dairy farm. Here, the cows decide for themselves when they want to be milked!
Scan the QR code to learn more about this supplier!



Before you start

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

Equipment

(lidded) deep frying pan(s), potato masher, sieve

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
Chickpeas (pack)	½	1	1½	2	2½	3
Ground turmeric (tsp)	¾	1½	2¼	3	3¾	4½
Coconut milk (ml)	125	250	375	500	625	750
Spinach* (g)	150	300	500	600	800	900
Organic full-fat yogurt* (g)	25	50	75	100	125	150
Greek-style cheese* (g)	25	50	75	100	125	150
Pita bread (unit(s))	2	4	6	8	10	12
Ginger paste* (g)	5	10	15	20	25	30
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	100	200	300	400	500	600

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3393 /811	443 /106
Total fat (g)	40	5
of which saturated(g)	25,7	3,4
Carbonhydrates (g)	78	10
of which sugars (g)	12,8	1,7
Fiber (g)	16	2
Protein (g)	29	4
Salt (g)	3,1	0,4

Allergens

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



Prepare

- Prepare the stock.
- Chop the onion and crush or mince the garlic.
- Deseed and finely chop the **red chili pepper**.*
- Drain the chickpeas.

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



Make the curry

- Add the carrot, the stock, the turmeric and the coconut milk.
- Mix well so as to ensure the pan is thoroughly deglazed, then bring to a boil.
- Allow to simmer for around 10 - 13 minutes, or until thickened and reduced (see Tip).
- Stir in the spinach and allow to wilt and reduce.

Tip: add a splash of water as necessary if the curry is too thick.



Fry the chickpeas

- Heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the onion with the garlic, the ginger paste and the **chili pepper** for 3 - 4 minutes, or until the onion is translucent and the garlic is golden-brown.
- Stir in the chickpeas and the yellow curry spices and fry for 6 - 7 more minutes, or until the chickpeas get crispy.



Bake the pita

- Preheat the oven to 200°C.
- Bake the pita for 6 - 8 minutes until golden-brown, or use a toaster if preferred.



Finish the chickpeas

- Dice the carrot in the meantime.
- Set aside around a third of the chickpeas to use later as garnish.
- Use a potato masher or the back of a ladle to roughly squash the rest of the chickpeas in the pan.



Serve

- Cut the pita into smaller pieces.
- Serve the curry on deep plates, topped with the yogurt and the reserved chickpeas.
- Crumble over the Greek-style cheese and serve the pita on the side.

Enjoy!



Roasted Eggplant with Tahini Sauce

with Greek-style cheese & tomato couscous













Veggie

Total time: 35 - 45 min.



Our recipe developer Sarah says:

"I love Middle Eastern cuisine: aromatic, heart-warming dishes with balanced flavours. In this dish I was able to combine this with my favourite vegetable, the eggplant!"

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|--|---|
| 
Wholewheat couscous | 
Garlic |
| 
Onion | 
Eggplant |
| 
Tomato paste | 
Red cherry tomatoes |
| 
African-inspired spice mix | 
Tahini sauce |
| 
Fresh flat leaf parsley & mint | 
Greek-style cheese |
| 
Salted almonds | 
Middle Eastern spice mix |



Before you start

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

Equipment

(parchment-lined) baking sheet(s), bowl(s), oven dish, lidded pot or saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Wholewheat couscous (g)	75	150	225	300	375	450
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1	2	2	3
Eggplant* (unit(s))	½	1	2	2	3	3
Tomato paste (can)	¼	½	¾	1	1¼	1½
Red cherry tomatoes (g)	125	250	375	500	625	750
African-inspired spice mix (sachet(s))	½	1	1½	2	2½	3
Tahini sauce* (g)	20	40	60	80	100	120
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
Greek-style cheese* (g)	25	50	75	100	125	150
Salted almonds (g)	10	20	30	40	50	60
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Not included						
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Olive oil (tbsp)	1½	3	4½	6	7½	9
Balsamic vinegar (tsp)	½	1	1½	2	2½	3
Water for the sauce (tbsp)	1	2	3	4	5	6
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3113 /744	468 /112
Total fat (g)	40	6
of which saturated(g)	9	1,4
Carbonhydrates (g)	65	10
of which sugars (g)	18,8	2,8
Fiber (g)	18	3
Protein (g)	23	4
Salt (g)	2,3	0,3

Allergens

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

1



Roast the eggplant

- Preheat the oven to 200°C.
- Crush or mince the garlic and transfer half to a bowl.
- Add the Middle Eastern spices, the balsamic vinegar and a drizzle of olive oil. Season to taste with salt and pepper, then mix well to combine.
- Quarter the eggplant lengthways and coat it with the oil, then transfer to a parchment-lined baking sheet.

2



Roast the tomatoes

- Transfer the tomatoes to an oven dish and drizzle with olive oil.
- Season with salt and pepper, then toss well to coat.
- Roast the eggplant for 15 minutes, then add the tomatoes to the oven and continue cooking for 12 - 15 minutes.

3



Fry the onion

- In the meantime, chop the onion and prepare the stock.
- Heat a drizzle of olive oil in a pot or saucepan over medium-high heat.
- Fry the onion with the rest of the garlic for 2 - 3 minutes.
- Stir in the tomato paste and fry for 1 - 2 more minutes, or until it turns crimson.

4



Prepare the couscous

- Deglaze with the stock and bring to the boil.
- Stir in the couscous, then remove from the heat and allow to stand until step 5, covered.

5



Finish

- Finely chop the fresh herbs.
- Roughly chop the almonds.
- Stir the roasted tomatoes and the African-inspired spices into the couscous, then season to taste with salt and pepper.

6



Serve

- Combine the tahini sauce with the water for the sauce.
- Serve the tomato couscous on plates and top with the eggplant.
- Drizzle with the tahini sauce and crumble over the Greek-style cheese.
- Garnish with the fresh herbs and the almonds.

Enjoy!



Fried Chicken in Sticky Sesame-Soy Sauce

inspired by Korean dakgangjeong, over broccoli rice with rainbow slaw

Total time: 30 - 40 min.



Rainbow slaw mix



Garlic



Scallions



White long grain rice



Broccoli rice



Soy sauce



Sesame seeds



Korean-style spice mix



Chicken thigh fillet



There is a special ingredient in your box! This fillet comes from Oranjehoen chicken. These chickens eat locally sourced, sustainable feed, and their CO2 emissions are 22% lower than 1-star 'Beter Leven' chickens. Scan the QR code to learn more about this supplier!



Before you start

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

Equipment

Bowl(s), large bowl, (lidded) pot or saucepan(s), kitchen paper, plate, 2x frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Rainbow slaw mix* (g)	100	200	300	400	500	600
Garlic (unit(s))	1	2	3	4	5	6
Scallions* (bunch)	¼	½	¾	1	1¼	1½
White long grain rice (g)	65	130	200	260	330	390
Broccoli rice* (g)	100	200	300	400	500	600
Soy sauce (ml)	10	20	30	40	50	60
Sesame seeds (g)	5	10	15	20	25	30
Korean-style spice mix (sachet(s))	¼	½	1	1½	2	
Chicken thigh fillet* (unit(s))	1	2	3	4	5	6
Not included						
Sugar (tbsp)	1	2	3	4	5	6
Flour (g)	25	50	75	100	125	150
Water (ml)	30	60	90	120	150	180
[Plant-based] butter (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	1½	3	4½	6	7½	9
Honey [or plant-based alternative] (tbsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	1	2	3	4	5	6
Water for the sauce (tbsp)	1	2	3	4	5	6
Low sodium chicken stock cube (unit(s))	¼	½	¾	1	1¼	1½
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3732 /892	666 /159
Total fat (g)	36	6
of which saturated(g)	13,1	2,3
Carbonhydrates (g)	105	19
of which sugars (g)	28,3	5
Fiber (g)	10	2
Protein (g)	34	6
Salt (g)	2,3	0,4

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan for the rice.
- In a bowl, combine the white wine vinegar with half of the sugar.
- Season with a pinch of salt, then add the slaw mix and toss well to combine. Set aside until serving, stirring occasionally.
- Finely chop the scallions and separate the white part from the greens.



Fry the chicken

- Add a drop of the batter to the oil. If it immediately starts bubbling, it's hot enough to fry the chicken. Prepare a plate with kitchen paper.
- Coat the chicken with the batter, then carefully transfer to the oil.
- Fry the chicken for 5 - 6 minutes until golden-brown, turning carefully halfway.
- Transfer to the plate and set aside.



Cook the rice

- Weigh the rice and transfer to the pot, along with the white part of the scallions.
- Crumble in the stock cube (see pantry for amount).
- Boil the rice for 12 minutes.
- Add the broccoli rice and cook for 3 more minutes, then drain and set aside.

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



Finish

- Crush or mince the garlic.
- Melt a generous knob of butter in a frying pan over medium-high heat and fry the garlic for 1 minute.
- Add the soy sauce, the honey, the water for the sauce and the rest of the sugar. Lower the heat and mix well, then allow to reduce. The sauce is done when it sticks to the back of a spoon.
- Finally, add the sesame seeds and the fried chicken. Stir well so as to coat it in the sauce.



Make the batter

- Pat the chicken dry with kitchen paper and cut into 2cm chunks. Season with salt and pepper.
- In a large bowl, combine the Korean-style spices with the flour and the water (see pantry for amount).
- Heat the sunflower oil in a frying pan over medium-high heat (see Tip).

Tip: if you have a fryer, this will make the chicken crispier.



Serve

- Serve the rice in bowls or deep plates.
- Top with the fried chicken in its sauce.
- Serve the slaw alongside and garnish with the scallion greens to finish.

Enjoy!



Miso Mushroom Conchiglie

with Grana Padano, spinach & gomashio

Veggie Quick

Total time: 25 - 30 min.



White miso paste



Mushrooms



Spinach



Garlic



Grana Padano
flakes DOP



Cooking cream



Red chili pepper



Gomashio-herb mix



Conchiglie



Onion



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

White miso is made from soybeans that have been fermented with rice, resulting in a white or light beige colour. The resulting flavour is somewhat milder and sweeter than regular miso paste.

Tear me out!



Before you start

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

Equipment

(lidded) deep frying pan(s), lidded pot or saucepan, small bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
White miso paste (g)	20	40	60	75	100	115
Mushrooms* (g)	125	250	400	400	650	650
Spinach* (g)	100	200	300	400	500	600
Garlic (unit(s))	1	2	3	4	5	6
Grana Padano flakes DOP* (g)	10	20	30	40	50	60
Cooking cream (g)	75	150	225	300	375	450
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Gomashio-herb mix (sachet(s))	½	1	1½	2	2½	3
Conchiglie (g)	90	180	270	360	450	540
Onion (unit(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3

Salt and pepper (totaste) to taste

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2812 /672	596 /143
Total fat (g)	25	5
of which saturated(g)	11,1	2,4
Carbonhydrates (g)	79	17
of which sugars (g)	11	2,3
Fiber (g)	8	2
Protein (g)	28	6
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 for the pasta.
- Deseed and finely chop the **red chili pepper**.* Chop the onion and crush or mince the garlic. Quarter the mushrooms.
- Boil the pasta for 14 - 16 minutes, covered, then reserve 50ml pasta water per person. Drain and set aside.

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



Finish

- Stir in the spinach and cook for 2 - 3 minutes, or until the spinach has wilted and reduced.
- Transfer the pasta to the sauce and mix well to combine, adding a splash of pasta water as needed.
- Taste and season with salt and pepper if necessary.
- Meanwhile, in a small bowl combine the Grana Padano with the the gomashio-herb mix.



Fry the vegetables

- Heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the mushrooms for 3 - 4 minutes, then stir in the garlic, onion and **chili pepper** and fry for 1 - 2 more minutes.
- Add the miso paste* and the cream, then cook for another 1 - 2 minutes.

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



Serve

- Serve the pasta on plates.
- Garnish with the Grana Padano-gomashio topping.

Enjoy!



Hake with Bacon & Caramelised Onion

over parsnip-spinach mash with a garlic butter sauce

Quick

Total time: 25 - 30 min.



Potatoes



Red onion



Bacon lardons



Garlic



Spinach



Parsnip



Skin-on hake fillet



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

Hake fillet lends itself well to frying, preferably on the skin side first so it can get nice and crispy.

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, 2x kitchen paper, plate, potato masher, 2x frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Red onion (unit(s))	½	1	1	2	2	3
Bacon lardons* (g)	30	60	90	120	150	180
Garlic (unit(s))	1	2	3	4	5	6
Spinach* (g)	100	200	300	400	500	600
Parsnip* (unit(s))	½	1	2	2	3	3
Skin-on hake fillet* (unit(s))	1	2	3	4	5	6
Not included						
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
[Plant-based] milk (splash)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	1¼	2½	3¾	5	6¼	7½
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3238 /774	442 /106
Total fat (g)	35	5
of which saturated(g)	16,3	2,2
Carbonhydrates (g)	72	10
of which sugars (g)	15,8	2,2
Fiber (g)	13	2
Protein (g)	41	6
Salt (g)	2,3	0,3

Allergens

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



Boil the potatoes

- Boil plenty of water in a pot or saucepan and then crumble in the stock cube (see pantry for amount).
- Peel the potatoes and then cut both these and the parsnip into rough chunks.
- Boil the potatoes and parsnip for 12 - 15 minutes until done, then drain and set aside, covered.
- Meanwhile, slice the onion into thin half-rings.



Fry the spinach

- Heat a light drizzle of sunflower oil in a frying pan over medium-high heat. Fry half of the garlic for 1 minute, then add the spinach.
- Allow to wilt and reduce, then remove from the pan and set aside.
- Mash the potatoes and the parsnip with a small knob of butter and a splash of milk.
- Stir in the spinach and the mustard, then season to taste with salt and pepper.



Fry the onion

- Heat a light drizzle of sunflower oil in a frying pan over medium-high heat. Fry the bacon lardons for 2 - 4 minutes until done, then transfer to a plate lined with kitchen paper.
- Fry the onion in the same pan for 9 - 12 minutes.
- Deglaze with the balsamic vinegar and then add the honey. Mix well, then turn off the heat.
- Crush or mince the garlic.



Serve

- Melt a generous knob of butter in the same pan over medium-high heat. Pat the fish dry with kitchen paper and fry for 3 minutes on its skin, then flip.
- Add the rest of the garlic and fry for 3 more minutes.
- Serve the mash on plates. Top with the caramelised onion and the fish in its garlic butter. Finish with the bacon lardons.

Enjoy!



Flammekueche with Apple & Brie

with potatoes & a crunchy cucumber salad

Veggie

Total time: 35 - 45 min.



Onion



Cucumber



Apple



Creamy French brie



Flammekueche



Organic sour cream



Potatoes



Radicchio & romaine



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

Vive la France! The fact that brie is a French cheese is no secret, but did you know that flammekueche is also French? It originated in the region of Alsace, which lies on France's border with Germany.



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(s), (lidded) pot or saucepan(s), salad bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	1	2	3	4	5	6
Cucumber* (unit(s))	½	1	1½	2	2½	3
Apple* (unit(s))	¾	¾	1	1½	1¾	2
Creamy French brie* (g)	50	100	150	200	250	300
Flammekueche* (unit(s))	1	2	3	4	5	6
Organic sour cream* (g)	50	100	150	200	250	300
Potatoes (g)	100	200	300	400	500	600
Radicchio & romaine* (g)	25	50	75	100	125	150
Not included						
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3

Honey [or plant-based alternative] to taste

Salt and pepper (totaste) to taste

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2812 /672	457 /109
Total fat (g)	29	5
of which saturated(g)	11,3	1,8
Carbonhydrates (g)	82	13
of which sugars (g)	16,4	2,7
Fiber (g)	7	1
Protein (g)	18	3
Salt (g)	1,4	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.
- Wash or peel the potatoes and dice into 1cm chunks.
- Transfer to a pot or saucepan and cover with water, then boil for 10 - 15 minutes until done.
- Slice the onion into thin half rings. Core and then thinly slice the apple.



Prepare the flammekueche

- Transfer the flammekueche to a parchment-lined baking sheet and spread with the sour cream.
- Top with the onion, apple and brie, then drizzle with some honey as preferred.
- Season with salt and pepper, then bake in the oven for 8 - 10 minutes.
- In the same pan, fry the potatoes for 5 - 7 minutes over medium-high heat. Season to taste with salt and pepper.



Fry the onion and apple

- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the onion with the apple and a generous pinch of salt for 10 - 12 minutes, or until the apple is golden-brown and soft.
- Thinly slice the brie in the meantime.



Serve

- Meanwhile, in a salad bowl combine the extra virgin olive oil with the white balsamic vinegar. Season the dressing to taste with salt and pepper. Dice the cucumber and transfer to the bowl along with the lettuce, then toss well to combine.
- Slice the flammekueche and serve with the potatoes and salad.

Enjoy!



Roasted Vegetables with Cranberries & Hummus

over bulgur with fresh herbs & Middle Eastern spices

Plant-Based

Total time: 35 - 45 min.



Bulgur



Middle Eastern
spice mix



Red onion



Sweet potato



Cauliflower



Fresh flat leaf
parsley & mint



Hello Harissa



Dried cranberries



Hummus



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

White is the most common colour of cauliflower, but did you know that this vegetable can also be found in orange, green and purple? Exposure to sunlight, for example, causes the cauliflower to develop a purple hue.

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(s), bowl(s), 2x (lidded) pot or saucepan(s), small bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Bulgur (g)	40	75	110	150	185	225
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1½	2	2½	3
Sweet potato (g)	150	300	450	600	750	900
Cauliflower* (g)	250	500	750	1000	1250	1500
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
Hello Harissa (sachet(s))	¼	½	¾	1	1¼	1½
Dried cranberries (g)	10	20	30	40	50	60
Hummus* (g)	40	80	120	160	200	240
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2816 /673	376 /90
Total fat (g)	27	4
of which saturated(g)	4,3	0,6
Carbonhydrates (g)	90	12
of which sugars (g)	29	3,9
Fiber (g)	17	2
Protein (g)	15	2
Salt (g)	1,8	0,2

Allergens

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



Parboil the sweet potato

- Preheat the oven to 200°C.
- Wash or peel the sweet potato, then dice it.
- Transfer the sweet potato to a pot or saucepan and submerge with water.
- Parboil for 7 - 9 minutes, then drain and set aside.



Roast the vegetables

- Transfer the cauliflower and onion to a parchment-lined baking sheet and roast in the oven for 10 minutes.
- Add the sweet potato and roast for another 10 - 12 minutes.
- Meanwhile, prepare the stock in a pot or saucepan.
- Cook the bulgur for 10 - 12 minutes, then drain. Stir in the Middle-Eastern spices, then set aside.



Prepare the vegetables

- Cut the head of the cauliflower into florets and dice the stem.
- Cut the onion into six wedges.
- Transfer to a bowl and drizzle generously with olive oil.
- Add the **Hello Harissa*** and the honey. Season with salt and pepper, then toss well to coat.

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



Serve

- Finely chop the fresh herbs. In a small bowl, combine the extra virgin olive oil with the white balsamic vinegar and the fresh herbs. Season to taste with salt and pepper.
- Serve the bulgur with the roasted vegetables and the hummus.
- Drizzle with the herb dressing and garnish with the cranberries.

Enjoy!



Caesar-Style Salad with Crunchy Chickpeas

with homemade dressing, Parmigiano Reggiano & croutons

Veggie Quick

Total time: 25 - 30 min.



Chickpeas



Cucumber



Tomato



White ciabatta



Garlic



Egg



BBQ spice rub



Parmigiano Reggiano DOP



Butter lettuce



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

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



Tear me out!

Before you start

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

Equipment

(parchment-lined) baking sheet(s), 2x bowl(s), (lidded) saucepan(s), microplane, kitchen paper, salad bowl, sieve

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chickpeas (pack)	½	1	1½	2	2½	3
Cucumber* (unit(s))	¼	¾	1	1¼	1¾	2
Tomato (unit(s))	1	2	3	4	5	6
White ciabatta (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Egg* (unit(s))	1	2	3	4	5	6
BBQ spice rub (sachet(s))	½	1	1½	2	2½	3
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Butter lettuce* (head)	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Mustard (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3063 /732	574 /137
Total fat (g)	51	9
of which saturated(g)	9,3	1,7
Carbonhydrates (g)	40	7
of which sugars (g)	7,2	1,3
Fiber (g)	11	2
Protein (g)	24	5
Salt (g)	1,9	0,4

Allergens

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



Prepare the chickpeas

- Preheat the oven to 220°C.
- Drain the chickpeas and pat them dry with kitchen paper, then transfer to a bowl.
- Add the **BBQ rub*** and drizzle lightly with olive oil, then season with salt and pepper.
- Toss well to coat, then transfer to a parchment-lined baking sheet.

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



Chop the vegetables

- Dice the tomato and cucumber.
- Crush or mince the garlic and set aside.
- Discard the core of the lettuce and then roughly chop the leaves.
- Finely grate or dice the Parmigiano Reggiano in the meantime.



Make the croutons

- Roast for 10 minutes, or until golden-brown and crunchy.
- Tear the bread into chunks.
- Transfer to a bowl and drizzle with olive oil. Season with salt and pepper, then toss well to coat.
- Place the bread next to the chickpeas and return the baking sheet to the oven for another 10 minutes (see Tip).

Tip: use an extra baking sheet if you're cooking for more than two people.



Make the salad

- In a salad bowl, combine the garlic with the mayonnaise, mustard and extra virgin olive oil, along with half of the cheese.
- Season to taste with salt and pepper, then add the lettuce, tomato and cucumber and toss well to combine.



Boil the egg

- Meanwhile, transfer the egg to a saucepan and submerge with water.
- Cover with the lid and bring to a boil, then cook for 6 - 8 minutes.
- Peel the egg and then cut it in half.



Serve

- Serve the salad on plates and top with the chickpeas, croutons and boiled egg.
- Garnish with the rest of the cheese to finish.

Enjoy!



Chicken Meatballs with Creamy Lemon Spaghetti

with Grana Padano, courgette & spinach

Express

Total time: 15 - 20 min.



Spaghetti



Chicken meatballs with Mediterranean herbs



Cooking cream



Garlic



Onion



Courgette



Spinach



Lemon



Fresh flat leaf parsley & basil



Grana Padano flakes DOP



Hello Buon Appetito



Sicilian-style herb mix



Steffi's favorite

Our recipe developer Steffi says:

This recipe is ready in no time. The lemon in the sauce balances out the creaminess, which prevents the dish from becoming too heavy. The pre-seasoned chicken meatballs and the Grana Padano flakes also add a savoury element to the dish."



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, microplane, (lidded) pot or saucepan(s)

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Spaghetti (g)	90	180	270	360	450	540
Chicken meatballs with Mediterranean herbs* (unit(s))	3	6	9	12	15	18
Cooking cream (g)	75	150	225	300	375	450
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Courgette* (unit(s))	½	1	1½	2	2½	3
Spinach* (g)	50	100	150	200	250	300
Lemon* (unit(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley & basil* (g)	5	10	15	20	25	30
Grana Padano flakes DOP* (g)	20	40	60	80	100	120
Hello Buon Appetito (sachet(s))	½	1	1½	2	2½	3
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	¼	½	¾	1	1½	1½
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Honey [or plant-based alternative] (totaste)	to taste					
Salt and pepper (totaste)	to taste					
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3289 /786	583 /139
Total fat (g)	29	5
of which saturated(g)	15	2,7
Carbonhydrates (g)	83	15
of which sugars (g)	14,5	2,6
Fiber (g)	9	2
Protein (g)	45	8
Salt (g)	2,7	0,5

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cook the spaghetti for 10 - 12 minutes. Reserve some of the cooking liquid, then drain and set aside.
- Meanwhile, slice the courgette into thin crescents.
- Slice the onion into half rings and crush or mince the garlic.



Make the sauce

- Zest and quarter the lemon. Roughly chop the fresh herbs.
- To the vegetables, add the cream, the honey and the juice of a quarter lemon per person, along with half each of the fresh herbs and cheese.
- Add some lemon zest as preferred and season to taste with salt and pepper, then allow to simmer over medium heat.



Fry the meatballs

- Heat a light drizzle of olive oil in a large deep frying pan over medium-high heat.
- Fry the meatballs with the courgette for 3 - 4 minutes, then stir in the Sicilian-style herb mix.
- Halve the meatballs with a spatula, then stir in the garlic, the Hello Buon Appetito and the onion.
- Fry for another 3 - 4 minutes, covered.



Serve

- Transfer the spaghetti to the sauce, along with half of the spinach and a splash of pasta water as preferred. Allow the spinach to wilt.
- Serve the rest of the spinach on plates and top with the spaghetti.
- Garnish with the rest of the fresh herbs, cheese and lemon wedges.

Enjoy!



Shrimp Bowl with Zesty Jalapeño Crema

over rice with cherry tomatoes, cashews & fresh herbs

Express

Total time: 15 - 20 min.



Jasmine rice



Shrimp



Garlic



Red onion



Bell pepper



Green Romano pepper



Red cherry tomatoes



Lime



Fresh coriander



Fresco spalmabile
- cream cheese



Peruvian-style spice mix



Roasted cashew nuts



Jalapeño



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

Crema is a thick, creamy sauce often used as a topping in Mexican cuisine. The jalapeños in it add an extra, slightly spicy kick to really complete 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

Blender or immersion blender (with a tall container), lidded pot or saucepan, kitchen paper, two frying pans

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Jasmine rice (g)	75	150	225	300	375	450
Shrimp* (g)	80	160	240	320	400	480
Garlic (unit(s))	½	1	1½	2	2½	3
Red onion (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	1	2	2	3
Red cherry tomatoes (g)	65	125	250	250	375	375
Lime* (unit(s))	½	1	1½	2	2½	3
Fresh coriander* (g)	10	20	30	40	50	60
Fresco spalmabile - cream cheese* (g)	25	50	75	100	125	150
Peruvian-style spice mix (sachet(s))	½	1	1½	2	2½	3
Roasted cashew nuts (g)	10	20	30	40	50	60
Jalapeño* (unit(s))	¼	½	¾	1	1¼	1½
Not included						
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Sunflower oil (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
Water for the sauce (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3197 /764	581 /139
Total fat (g)	38	7
of which saturated(g)	10,3	1,9
Carbonhydrates (g)	85	15
of which sugars (g)	15,2	2,8
Fiber (g)	9	2
Protein (g)	27	5
Salt (g)	2	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 and crumble in the stock cube (see pantry for amount).
- Add the rice and cover with the lid, then cook for 10 - 12 minutes.
- Drain and return to the pot, then season to taste with salt and pepper. Cover again and allow to stand until serving.
- Meanwhile, cut the bell pepper and the Romano pepper into strips. Slice the onion into half rings.



Make the sauce

- Juice a quarter lime per person into a tall container.
- Deseed the **jalapeño** pepper* and add it to the lime juice.
- Add the cream cheese, the garlic, the mayonnaise and the water for the sauce.
- Add three quarters of the fresh herbs, then use an immersion blender to process into a smooth sauce. Season to taste with salt and pepper.

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



Fry the shrimp

- Heat a drizzle of sunflower oil in a frying pan over medium-high heat. Fry the onion, the bell pepper and the Romano pepper for 3 - 4 minutes.
- Add the cherry tomatoes and fry for another 3 - 4 minutes. Season to taste with salt and pepper.
- Pat the shrimp dry with kitchen paper.
- Melt a knob of butter in another frying pan over medium-high heat. Fry the shrimp with the Peruvian-style spices for 3 minutes.



Serve

- Finely chop the rest of the fresh herbs and cut the rest of the lime into wedges.
- Serve the rice in bowls and arrange everything on top.
- Drizzle with some of the spicy green sauce and serve the rest alongside.
- Garnish with the cashews and the fresh herbs. Finish with the lime wedges.

Enjoy!



Spaghetti & Meatballs in Creamy Tomato Sauce

with Parmigiano Reggiano, basil & Romano pepper

Quick

Total time: 10 - 15 min.



Spaghetti



Romano pepper



Fresh basil



Beef-pork meatballs
with Spanish-
style seasoning



Cooking cream



Passata



Parmigiano
Reggiano DOP



Onion



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

Spaghetti and meatballs is an Italian-American classic, developed in the early 1900s when Italian immigrants had to adapt their traditional culinary practices to the resources available in the United States.



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(s), large deep frying pan with lid, microplane, (lidded) pot or saucepan(s)

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Spaghetti (g)	90	180	270	360	450	540
Romano pepper* (unit(s))	½	1	1½	2	2½	3
Fresh basil* (g)	2½	5	7½	10	12½	15
Beef-pork meatballs with Spanish-style seasoning* (unit(s))	4	8	12	16	20	24
Cooking cream (g)	75	150	225	300	375	450
Passata (g)	100	200	300	390	500	590
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Onion (unit(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Sugar (tsp)	1	2	3	4	5	6
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Low sodium beef stock cube (unit(s))	¼	½	¾	1	1¼	1½
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3862 /923	762 /182
Total fat (g)	46	9
of which saturated(g)	18,7	3,7
Carbonhydrates (g)	88	17
of which sugars (g)	22	4,3
Fiber (g)	6	1
Protein (g)	38	8
Salt (g)	2,1	0,4

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan.
- Cook the spaghetti for 10 - 12 minutes.
- Reserve some of the pasta water, then drain and set aside.



Fry the meatballs

- Meanwhile, heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the meatballs for 2 - 3 minutes until evenly browned.
- Lower the heat and cover with the lid, then fry for a further 5 - 6 minutes.
- Halve the meatballs with a spatula and transfer to the sauce, then remove the pan from the heat.



Make the sauce

- Meanwhile, cut the Romano pepper into strips and slice the onion into half rings.
- Heat a drizzle of olive oil in a large deep frying pan over medium-high heat. Fry the onion and Romano pepper for 1 minute.
- Stir in the passata, sugar and balsamic vinegar, then crumble in the stock cube (see pantry for amount).
- Cover with the lid and allow to simmer for 3 minutes.



Serve

- Stir in the cream, the spaghetti and 1 tbsp per person of the reserved pasta water. Season to taste with salt and pepper.
- Chop the basil into ribbons.
- Serve the spaghetti on plates. Garnish with the basil and grate the Parmigiano Reggiano directly over the top.

Enjoy!



Goat's Cheese Salad with Pecans & Pumpkin Seeds

with yogurt dressing, apple, courgette & potatoes

Veggie Quick

Total time: 15 - 20 min.



Sylvie's favorite

Our recipe developer Sylvie says:

"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.

Equipment

(lidded) frying pan(s), frying pan

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
Apple* (unit(s))	½	1	1½	2	2½	3
Pumpkin seeds (g)	10	20	30	40	50	60
Persian cucumber* (unit(s))	⅓	⅔	1	1½	1¾	2
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 (totaste) to taste

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2908 /695	513 /123
Total fat (g)	46	8
of which saturated(g)	11,6	2
Carbonhydrates (g)	48	9
of which sugars (g)	18	3,2
Fiber (g)	9	2
Protein (g)	19	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.



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.

Enjoy!



Sweet Chili No-Fish Sandwich with Punchy Fennel Slaw

on brioche with ravigote sauce & BBQ wedges

Quick

Total time: 20 - 25 min.



Brioche bun



Sweet chili sauce



Potatoes



Yellow mustard seeds



Fennel



Red onion



Yellow carrot



Ravigote sauce



BBQ spice rub



Plant-based fish fingers



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

Recipe developer Chiara: "This recipe puts a surprising twist on fish sticks! You'll coat them with a layer of sweet chili sauce for a deliciously spicy and slightly sweet taste; this pairs well with the refreshing flavour of the fennel. The ravigote sauce also adds that creamy touch that pairs so well with fish!"

Tear me out!



Before you start

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

Equipment

Lidded deep frying pan, grater, salad bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Brioche bun (unit(s))	1	2	3	4	5	6
Sweet chili sauce* (sachet(s))	1	2	3	4	5	6
Potatoes (g)	200	400	600	800	1000	1200
Yellow mustard seeds (sachet(s))	½	1	1½	2	2½	3
Fennel* (unit(s))	½	1	2	2	3	3
Red onion (unit(s))	½	1	1	2	2	3
Yellow carrot* (unit(s))	½	1	1	1½	2	2½
Ravigote sauce* (g)	40	80	120	160	200	240
BBQ spice rub (sachet(s))	½	1	1½	2	2½	3
Plant-based fish fingers* (unit(s))	3	6	9	12	15	18
Not included						
Sugar (tbsp)	½	1	1½	2	2½	3
Red wine vinegar (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3841 /918	554 /132
Total fat (g)	37	5
of which saturated(g)	5,2	0,7
Carbonhydrates (g)	124	18
of which sugars (g)	26,1	3,8
Fiber (g)	19	3
Protein (g)	20	3
Salt (g)	2,8	0,4

Allergens

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



Prepare

- Preheat the oven to 200°C. Boil plenty of salted water in a deep frying pan.
- Wash or peel the potatoes and cut them into wedges.
- Parboil for 6 - 8 minutes, covered, then drain and return to the pan.
- Add the **BBQ rub*** and drizzle with olive oil. Fry for 5 - 7 minutes over medium-high heat, tossing regularly.

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



Make the slaw

- Quarter the fennel and remove the tough core, then chop the fennel into thin strips.
- Transfer the carrot, the onion and the fennel to the salad bowl and toss well to combine with the dressing.
- Season with salt and pepper, then set aside until serving.
- Heat the bread roll in the oven for 3 - 5 minutes.



Chop the vegetables

- In a salad bowl, combine the red wine vinegar with the sugar, the mayonnaise and the mustard seeds. Season with salt and pepper.
- Grate the carrot.
- Slice the onion into thin half-rings (see Tip).

Tip: the onion will be served raw, but if preferred you can also add it to the frying pan in step 4.



Serve

- Heat a drizzle of olive oil in a frying pan over medium heat.
- Fry the ‘fish’ fingers for 3 minutes per side, then coat them with the sweet chili sauce.
- Cut open the bread roll and spread with the ravigote sauce, then top with the ‘fish’ fingers and some of the slaw.
- Serve the potato wedges and the rest of the slaw alongside.

Enjoy!



Creamy Endive Orzotto

with ham & cheese

Family

Total time: 35 - 45 min.



Onion



Garlic



Endive



Ham



Orzo



Cooking cream



Grated Gouda



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

Did you know that endive was actually discovered by accident? A Belgian farmer left chicory roots in his cellar, and came back months later to find they had sprouted leaves! This then became the endive we know today.



Tear me out!

Before you start

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

Equipment

Lidded deep frying pan, frying pan

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
Endive* (unit(s))	1½	3	5	6	8	9
Ham* (slice(s))	4	8	12	16	20	24
Orzo (g)	75	150	225	300	375	450
Cooking cream (g)	50	100	150	200	250	300
Grated Gouda* (g)	25	50	75	100	125	150

Not included						
Low sodium chicken stock (ml)	175	350	525	700	875	1050
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2657 /635	388 /93
Total fat (g)	25	4
of which saturated(g)	15,6	2,3
Carbonhydrates (g)	68	10
of which sugars (g)	13,8	2
Fiber (g)	6	1
Protein (g)	31	5
Salt (g)	2,5	0,4

Allergens

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



Prepare

- Prepare the stock.
- Chop the onion and crush or mince the garlic.
- Cut off the base of the endive and discard. Cut the endive in half, then remove and discard the tough core.
- Chop the endive into thin strips and set aside a small amount to use later as garnish if preferred.



Make the orzotto

- Transfer the orzo to the endive and mix well to combine, then add the cream and the stock.
- Mix well and allow to simmer gently for 10 - 12 minutes, covered.
- Stir every so often, adding some extra water if necessary so as to prevent the orzo from sticking to the pan.
- Season to taste with salt and pepper.



Fry the endive

- Melt a knob of butter in a deep frying pan over medium-high heat.
- Fry the garlic and onion for 2 minutes.
- Stir in the rest of the endive, then cover with the lid.
- Allow to stew for 8 - 10 minutes or until soft, stirring occasionally (see Tip).

Tip: if the endive is too bitter, stir in some honey as preferred.



Serve

- Dice the ham. Heat a clean frying pan over medium-high heat and fry the ham for 7 - 9 minutes .
- Stir the ham and three quarters of the cheese into the orzotto, then cook for 2 more minutes.
- Serve the orzotto on deep plates, garnished with the rest of the cheese and the reserved endive as preferred.

Enjoy!



Turkey Breast in Creamy Basil Sauce

with potato wedges & green vegetables

Family

Total time: 45 - 55 min.



Turkey breast



Potatoes



Green beans



Red onion



Courgette



Cooking cream



Basil crème



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

When turkey was first introduced to Europe in the 1500s, it was considered a luxury meat – but by the 19th century, turkey breast had made its way onto everyday meals, not just holiday tables!

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(s), (lidded) deep frying pan(s), lidded pot or saucepan, kitchen paper, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Turkey breast* (unit(s))	1	2	3	4	5	6
Potatoes (g)	200	400	600	800	1000	1200
Green beans* (g)	75	150	300	300	450	450
Red onion (unit(s))	½	1	1½	2	2½	3
Courgette* (unit(s))	½	1	1	2	2	3
Cooking cream (g)	75	150	225	300	375	450
Basil crème (ml)	15	24	39	48	63	72
Not included						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2891 /691	461 /110
Total fat (g)	38	6
of which saturated(g)	14,9	2,4
Carbonhydrates (g)	51	8
of which sugars (g)	10,7	1,7
Fiber (g)	8	1
Protein (g)	35	6
Salt (g)	0,7	0,1

Allergens

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



Prepare

- Preheat the oven to 220°C.
- Thoroughly wash the potatoes and cut them into wedges.
- Pat them dry with kitchen paper, then transfer to a parchment-lined baking sheet and drizzle with olive oil. Season with salt and pepper, then toss well to coat.
- Bake in the oven for 30 - 35 minutes, tossing halfway.



Fry the turkey

- Melt a knob of butter in a deep frying pan over medium-high heat and fry the turkey for 2 - 3 minutes per side.
- Add the cream and allow to cook gently for 6 - 8 minutes.
- Turn off the heat and then stir in the basil crème.
- Meanwhile, chop the onion and slice the courgette into crescents.



Boil the green beans

- In the meantime, discard the tips of the green beans and then cut into thirds.
- Transfer the green beans to a pot or saucepan and cover with a shallow layer of water.
- Add a pinch of salt and cover with the lid, then bring to the boil and allow to cook gently for 6 - 8 minutes.
- Drain and set aside.



Serve

- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the onion with the courgette for 4 minutes.
- Add the green beans and fry for 2 more minutes. Season to taste with salt and pepper.
- Serve the potato wedges on plates with everything else alongside.

Enjoy!



Veggie Picadillo with Lentils & Greek-Style Cheese

with olives, parsley & raisins

Veggie Quick

Total time: 25 - 30 min.



Garlic



Bell pepper



Mexican-style spices



Lentils



Worcestershire sauce



Raisins



Fresh flat leaf parsley



Greek-style cheese



Red onion



White long grain rice



Chopped tomatoes



Kalamata olives



Tomato



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

Picadillo is a Latin American dish, traditionally prepared with minced meat, tomatoes, sultanas and olives. Today, you'll make a vegetarian version of 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) pot or saucepan(s), sieve or colander, (lidded) wok or deep frying pan(s)

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	2	2	3	3
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Lentils (pack)	¼	½	1	1½	1½	2
Worcestershire sauce (g)	10	15	25	30	40	45
Raisins (g)	10	20	30	40	50	60
Fresh flat leaf parsley* (g)	2½	5	7½	10	12½	15
Greek-style cheese* (g)	25	50	75	100	125	150
Red onion (unit(s))	½	1	1	2	2	3
White long grain rice (g)	75	150	225	300	375	450
Chopped tomatoes (pack)	½	1	1½	2	2½	3
Kalamata olives (g)	15	30	55	70	85	100
Tomato (unit(s))	1	1	2	2	3	3
Not included						
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2715 /649	451 /108
Total fat (g)	15	3
of which saturated(g)	5,6	0,9
Carbonhydrates (g)	105	17
of which sugars (g)	25	4,2
Fiber (g)	12	2
Protein (g)	19	3
Salt (g)	3,5	0,6

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 and cook the rice for 12 - 15 minutes or until done.
- Meanwhile, chop the onion and crush or mince the garlic.
- Dice the bell pepper and the tomato.



Fry the vegetables

- Heat a light drizzle of olive oil in a wok or deep frying pan over low heat and fry the onion with the garlic for 2 minutes.
- Stir in the bell pepper, fresh tomato, raisins, **Mexican-style spices*** and chopped tomatoes, then fry for 5 minutes over medium-high heat.
- Add the olives and Worcestershire sauce and cook for 10 more minutes, stirring regularly.

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



Chop the parsley

- Drain and rinse the lentils.
- Roughly chop the parsley (both the leaves and stems).

Did you know... 🌱 *lentils contain more iron than all other pulses. Like spinach, they're also rich in fibre and pottasium. Potassium helps to maintain a healthy blood pressure.*



Serve

- Finally, stir in the lentils and season to taste with salt and pepper.
- Serve the rice and picadillo on plates.
- Crumble over the Greek-style cheese.
- Garnish with the parsley.

Enjoy!



Risotto Caprese

with mozzarella, chili pepper & spinach

Veggie

Total time: 35 - 45 min.



Onion



Tomato



Risotto rice



Red chili pepper



Fresh basil



Sicilian-style herb mix



Grana Padano
flakes DOP



Mozzarella



Crema di balsamico



Spinach



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

A perfect risotto takes time and patience. To ensure it goes smoothly, make sure to keep the stock
hot over low heat!



Tear me out!

Before you start

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

Equipment

Lidded pot or saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Tomato (unit(s))	2	4	6	8	10	12
Risotto rice (g)	75	150	225	300	375	450
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Fresh basil* (g)	2½	5	7½	10	12½	15
Sicilian-style herb mix (sachet(s))	½	¾	1	1½	1¾	2
Grana Padano flakes DOP* (g)	20	40	60	80	100	120
Mozzarella* (ball(s))	½	1	1½	2	2½	3
Crema di balsamico (ml)	4	8	12	16	20	24
Spinach* (g)	100	200	300	400	500	600
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	250	500	750	1000	1250	1500
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2791 /667	372 /89
Total fat (g)	27	4
of which saturated(g)	13	1,7
Carbonhydrates (g)	80	11
of which sugars (g)	12,3	1,6
Fiber (g)	7	1
Protein (g)	29	4
Salt (g)	1,8	0,2

Allergens

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



Prepare

- Prepare the stock and chop the onion.
- Heat a drizzle of olive oil in a pot or saucepan over medium-low heat and fry the onion for 2 minutes.
- Add the risotto rice and toast the grains for 1 minute, stirring continuously.



Add the spinach

- When the risotto is almost done, tear the spinach directly into the pot and mix well, allowing it to wilt and reduce.
- In the meantime, deseed and finely chop the **red chili pepper**.*
- Tear the mozzarella into smaller pieces.

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



Make the risotto

- Pour in a third of the stock and allow to slowly incorporate, stirring regularly (see Tip).
- Repeat with another third of the stock.
- Meanwhile, dice the tomato and set aside.

Tip: if preferred, substitute a third of the stock for white wine.



Finish

- When the risotto is done, take the pan off the heat.
- Stir in the Sicilian herbs, along with half each of the basil and Grana Padano.
- Season to taste with salt and pepper, then cover with the lid and allow to stand for 2 minutes.



Chop the basil

- Stir the tomato into the risotto, then pour in the rest of the stock and allow to incorporate, stirring continuously.
- 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.
- Meanwhile, roughly chop the basil.



Serve

- Serve the risotto on plates and top with the mozzarella.
- Garnish with the rest of the Grana Padano and basil, along with some **chili pepper** as preferred.
- Drizzle with the crema di balsamico to finish.

Enjoy!



Cheesy Cottage Pie

with leek, carrot & thyme

Family

Total time: 50 - 60 min.



Potatoes



Carrot



Onion



Garlic



Leek



Bay leaf



Tomato paste



Fresh thyme



Worcestershire sauce



Grated cheddar



Beef-pork mince with Italian herbs



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

Aside from adding depth and complexity to dishes, bay leaves are surprisingly useful in repelling insects with their strong, bitter scent. So if you're worried about pests in your pantry or garden, keep this herb handy!



Tear me out!

Before you start

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

Equipment

(lidded) deep frying pan(s), oven dish, (lidded) pot or saucepan(s), potato masher

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Carrot* (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	1	2	2	3	3
Leek* (unit(s))	½	1	1½	2	2½	3
Bay leaf (unit(s))	1	1	2	2	3	3
Tomato paste (can)	½	1	1½	2	2½	3
Fresh thyme* (g)	2	3	4	5	7	8
Worcestershire sauce (g)	15	30	45	60	75	90
Grated cheddar* (g)	25	50	75	100	125	150
Beef-pork mince with Italian herbs* (g)	100	200	300	400	500	600
Not included						
[Plant-based] milk (splash)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Flour (tbsp)	½	1	1½	2	2½	3
Low sodium beef stock (ml)	75	150	225	300	375	450
Mustard (tsp)	1	2	3	4	5	6
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3402 /813	420 /100
Total fat (g)	40	5
of which saturated(g)	20,4	2,5
Carbonhydrates (g)	81	10
of which sugars (g)	24,1	3
Fiber (g)	14	2
Protein (g)	35	4
Salt (g)	2,8	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.
- Wash or peel the potatoes and cut them into rough pieces, then transfer to a pot or saucepan.
- Submerge with water and boil for 12 - 15 minutes or until done, then drain and set aside.
- Finely dice the carrot. Chop the onion and crush or mince the garlic. Finely chop the leek.



Mash the potatoes

- To the frying pan, add the bay leaf, tomato paste, Worcestershire sauce, remaining thyme and flour. Mix well to combine, then pour in the stock.
- Allow to cook gently for 8 - 10 minutes, seasoning to taste with salt and pepper.
- Mash the potatoes with the mustard, a knob of butter and a splash of milk. Season to taste with salt and pepper.



Make the filling

- Melt a knob of butter in a deep frying pan over medium-high heat. Fry the carrot and leek for 2 - 3 minutes.
- Add the garlic and onion and fry for 2 more minutes, then add the mince and fry for 3 minutes, separating it as you do so.
- Prepare the stock in the meantime.
- Remove the thyme leaves from their stems and set some aside to use later as a garnish.



Serve

- Discard the bay leaf, then transfer the sauce to an oven dish.
- Top with the mashed potato and the cheese, then bake in the oven for 15 - 20 minutes, or until golden-brown.
- Serve the cottage pie on plates.
- Garnish with the reserved thyme to finish.

Enjoy!



Italian-Style Tortelloni Soup with Spinach

with Italian cheese & basil crème

Veggie Quick

Total time: 25 - 30 min.



- Diced tomatoes with garlic & onion
- Onion
- Carrot
- Spinach
- Sicilian-style herb mix
- Grated Italian cheese
- Basil crème
- Bell pepper
- Tortelloni with ricotta & spinach



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

Their names are so similar, it's easy to mix them up - but tortelloni and tortellini aren't the same! The difference comes down to their size: tortelloni are larger than delicate tortellini.

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Diced tomatoes with garlic & onion (pack)	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Carrot* (unit(s))	½	1	2	2	3	3
Spinach* (g)	50	100	200	200	300	300
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Grated Italian cheese* (g)	10	20	30	40	50	60
Basil crème (ml)	10	15	24	30	39	45
Bell pepper* (unit(s))	½	1	1	2	2	3
Tortelloni with ricotta & spinach* (g)	150	300	450	600	750	900
Not included						
Low sodium vegetable stock (ml)	300	600	900	1200	1500	1800
Olive oil (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Black pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2908 /695	323 /77
Total fat (g)	26	3
of which saturated(g)	7,1	0,8
Carbonhydrates (g)	86	10
of which sugars (g)	27	3
Fiber (g)	12	1
Protein (g)	24	3
Salt (g)	4,8	0,5

Allergens

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



Prepare

- Prepare the stock.
- Chop the onion.
- Dice the carrot and bell pepper.



Make the soup

- Heat a drizzle of olive oil in a pot over medium-high heat and fry the onion, the bell pepper and the carrot for 4 - 6 minutes.
- Deglaze with the balsamic vinegar, then add the Sicilian-style herbs and fry for 1 minute.
- Add the tomatoes and the stock. Bring to a boil, then cover with the lid.
- Allow to simmer for 5 - 10 minutes, or until the vegetables are soft.



Cook the tortelloni

- Add the tortelloni to the pot and cook for 4 minutes.
- Add the spinach and stir, allowing it to wilt and reduce.
- Season to taste with pepper.



Serve

- Serve the tortelloni soup in deep plates.
- Garnish with the cheese and the basil crème.

Enjoy!



Homemade 'Boomstammetjes'

with potato wedges, mangetout & carrots

Family

Total time: 45 - 55 min.



Potatoes



Egg



Pork mince



Panko breadcrumbs



Grated aged Gouda



Dried rosemary



Carrot



Mangetout



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

Mangetout, or snow peas, are a type of pea eaten whole, pod and all. They're sweet and crisp, adding a fresh crunch to stir-fries, salads, and sides.



Tear me out!

Before you start

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

Equipment

Lidded deep frying pan, deep plate, large bowl, oven dish, (lidded) pot or saucepan(s), frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Egg* (unit(s))	½	1	1½	2	2½	3
Pork mince* (g)	100	200	300	400	500	600
Panko breadcrumbs (g)	25	50	75	100	125	150
Grated aged Gouda* (g)	15	25	40	50	65	75
Carrot* (unit(s))	1	2	3	4	5	6
Mangetout* (g)	50	100	150	200	250	300
Not included						
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	¼	½	¾	1	1¼	1½
[Plant-based] mayonnaise (totaste)	to taste					
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3565 /852	532 /127
Total fat (g)	42	6
of which saturated(g)	13,9	2,1
Carbonhydrates (g)	86	13
of which sugars (g)	17,1	2,6
Fiber (g)	14	2
Protein (g)	34	5
Salt (g)	1,8	0,3

Allergens

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



Make the wedges

- Preheat the oven to 180°C.
- Thoroughly wash the potatoes and cut them into long thin wedges.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the potato wedges for 20 minutes, covered.
- Remove the lid and fry for another 10 - 15 minutes. Season to taste with salt and pepper.



Bake the ‘boomstammetjes’

- Transfer the ‘boomstammetjes’ to an oven dish.
- Bake in the oven for 12 - 16 minutes (see Tip).

Tip: thicker ‘boomstammetjes’ will take longer to cook. Check them carefully and bake for more time if necessary. If preferred, you can cut one of them open before serving to check.



Prepare the mince

- Transfer the mince, cheese, egg and three quarters of the panko to a large bowl.
- Season with salt and pepper, then knead well to combine.



Boil the vegetables

- Thinly slice the carrot.
- Boil plenty of water in a pot or saucepan and cook the carrot for 4 minutes.
- Add the mangetout and boil for another 4 minutes (see Tip).
- Drain the vegetables and rinse under cold water.

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



Make the ‘boomstammetjes’

- Roll two ‘boomstammetjes’ per person (see photo for the shape).
- Transfer the rest of the panko to a deep plate, along with the rosemary.
- Mix well to combine, then coat the boomstammetjes in this mixture.
- Melt a small knob of butter in a frying pan over medium-high heat and fry the ‘boomstammetjes’ for 2 - 3 minutes until evenly browned.



Serve

- Heat a drizzle of olive oil in the same pan you used earlier over medium-high heat. Fry the vegetables for 1 minute.
- Deglaze with the white balsamic vinegar and season to taste with salt and pepper.
- Serve the ‘boomstammetjes’ with the potato wedges and vegetables. Serve the mayonnaise alongside.

Enjoy!



Shakshuka Curry with Greek-Style Cheese

in fragrant coconut sauce with pita, spinach & fennel

Veggie

Total time: 30 - 40 min.



Garlic



Ginger paste



Red chili pepper



Fennel



Egg



Coconut milk



Spinach



Pita bread



Lime



Greek-style cheese



Yellow curry spices



Onion



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

Though not common, fennel can actually grow up to 2 meters tall. Fortunately, the fennel in your box is a lot smaller than that, and therefore much easier to prepare!



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(s), lidded deep frying pan, small bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Ginger paste* (g)	5	10	15	20	25	30
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Fennel* (unit(s))	½	1	2	2	3	3
Egg* (unit(s))	2	4	6	8	10	12
Coconut milk (ml)	90	180	270	360	450	540
Spinach* (g)	100	200	200	300	400	500
Pita bread (unit(s))	2	4	6	8	10	12
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Greek-style cheese* (g)	25	50	75	100	125	150
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	2	2	3	3
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	35	70	105	140	175	210
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3226 / 771	490 / 117
Total fat (g)	42	6
of which saturated(g)	22,3	3,4
Carbonhydrates (g)	62	9
of which sugars (g)	9,8	1,5
Fiber (g)	10	1
Protein (g)	34	5
Salt (g)	2,8	0,4

Allergens

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



Prepare

- Chop the onion and crush or mince the garlic.
- Deseed and finely chop the **red chili pepper**.*
- Quarter the fennel and remove the tough core, then chop the fennel into strips.

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



Add the eggs

- Meanwhile, preheat the oven to 200°C (see Tip).
- Transfer the pitas to a parchment-lined baking sheet.
- Make small wells in the vegetable mixture for each egg.
- Crack the eggs into the wells so as to mostly submerge them with the sauce.

Tip: you'll use the oven later to heat the pitas, but you can also do this in a toaster instead.



Fry the aromatics

- Heat a drizzle of olive oil in a deep frying pan over medium-high heat (see Tip).
- Fry the garlic with the ginger paste and **chili pepper** for 1 minute.
- Add the curry spices and fry for another minute.

Tip: use a pan with a thick base, as this will poach the eggs more easily. If you are cooking for more than three people, use more pans as necessary.



Poach the eggs

- Cover with the lid and allow the eggs to poach for 8 - 10 minutes (see Tip).
- If necessary, remove the lid halfway through cooking so as to allow any excess liquid to evaporate.

Tip: the eggs are done when the whites are opaque and the yolks are still soft. However, you can also poach for more time if you'd prefer the yolks to be more well-done.



Make the curry

- Add the onion and the fennel and fry for 3 - 5 minutes.
- Prepare the stock and then add this to the pan, along with the coconut milk.
- Mix well to combine and cook for 3 - 4 minutes.
- Stir in the spinach and allow to wilt and reduce. Season to taste with salt and pepper.



Serve

- Heat the pitas in the oven for 4 - 6 minutes.
- Cut the lime into wedges and crumble the cheese into a small bowl.
- Serve the shakshuka on plates and garnish with the cheese. Squeeze a lime wedge over each portion and serve the pitas alongside.

Enjoy!



Pork Tenderloin with Balsamic Strawberry Jus

with green beans & rosemary potatoes

Family

Total time: 45 - 55 min.



Pork tenderloin



Potatoes



Fresh rosemary



Green beans



Red onion



Strawberry sauce



Stel je perfecte feestmaaltijd samen met onze speciale kerstselectie! Dit heerlijke hoofdgerecht is een van de vele recepten die je kunt combineren om je ideale feestmaaltijd te creëren. Bekijk alle opties in de categorie Kerst.



Before you start

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

Equipment

Aluminum foil, (parchment-lined) baking sheet(s), lidded pot or saucepan, 2x frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pork tenderloin* (unit(s))	1	2	3	4	5	6
Potatoes (g)	300	600	900	1200	1500	1800
Fresh rosemary* (sprig)	½	1	1½	2	2½	3
Green beans* (g)	150	300	450	600	750	900
Red onion (unit(s))	½	1	1½	2	2½	3
Strawberry sauce (ml)	25	50	75	100	125	150
Not included						
Olive oil (tbsp)	2	4	6	8	10	12
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Water for the sauce (ml)	30	60	90	120	150	180
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3330 /796	458 /110
Total fat (g)	39	5
of which saturated(g)	12,8	1,8
Carbonhydrates (g)	76	11
of which sugars (g)	16,2	2,2
Fiber (g)	13	2
Protein (g)	36	5
Salt (g)	0,8	0,1

Allergens

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



Prepare

- Take the pork out of the fridge and allow to reach room temperature. Preheat the oven to 200°C.
- Thoroughly wash the potatoes and then dice into 1cm chunks. Discard the rosemary stalk and finely chop the leaves.
- Transfer the potatoes to a parchment-lined baking sheet and scatter over two thirds of the rosemary.
- Drizzle with olive oil and season with salt and pepper, then toss well to coat. Roast in the oven for 30 - 35 minutes.



Make the jus

- In the same pan, fry half of the onion with the rest of the rosemary for 3 - 5 minutes over medium heat.
- Add the strawberry sauce, the balsamic vinegar and the water for the sauce.
- Mix well and allow to reduce gently for 2 minutes, then turn off the heat.
- Shortly before serving, stir in a generous knob of butter and season to taste with salt and pepper.



Boil the green beans

- In the meantime, discard the tips of the green beans and chop the onion.
- Pour a shallow layer of water into a pot or saucepan, then add a pinch of salt and the green beans.
- Cover with the lid and bring to a boil, then cook the green beans for 6 - 8 minutes.
- Drain and set aside.



Fry the green beans

- In the meantime, heat a drizzle of olive oil in another frying pan over medium-high heat.
- Fry the rest of the onion for 1 minute.
- Add the green beans and fry for 2 more minutes over high heat.
- Season to taste with salt and pepper.



Fry the pork

- Meanwhile, season the pork with salt and pepper.
- Heat a generous drizzle of olive oil in a frying pan over medium-high heat.
- Fry the pork for 10 - 13 minutes, then remove from the pan and allow to rest under aluminum foil until serving.



Serve

- Slice the pork and serve with the potatoes and green beans alongside.
- Top the pork with the balsamic strawberry jus.

Enjoy!



Steak & Mashed Potatoes

with creamy spinach sauce

Quick

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					
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2799 /669	391 /93
Total fat (g)	31	4
of which saturated(g)	17,6	2,5
Carbonhydrates (g)	65	9
of which sugars (g)	12,9	1,8
Fiber (g)	10	1
Protein (g)	35	5
Salt (g)	0,8	0,1

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!



Panko Salmon with Rosemary-Infused Mash

with cranberry-orange glaze & toasted almonds

Total time: 30 - 40 min.



Salmon fillet



Potatoes



Carrot



Shaved almonds



Panko breadcrumbs



Red onion



Garlic



Dried cranberries



Orange



Fresh dill & chives



Middle Eastern
spice mix



Fresh rosemary



Stel je perfecte feestmaaltijd samen met onze speciale kerstselectie! Dit heerlijke hoofdgerecht is een van de vele recepten die je kunt combineren om je ideale feestmaaltijd te creëren. Bekijk alle opties in de categorie Kerst.



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

Microplane, oven dish, 2x (lidded) pot or saucepan(s), potato masher, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Salmon fillet* (unit(s))	1	2	3	4	5	6
Potatoes (g)	200	400	600	800	1000	1200
Carrot* (unit(s))	1	2	3	4	5	6
Shaved almonds (g)	5	10	15	20	25	30
Panko breadcrumbs (g)	15	25	40	50	65	75
Red onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	2	3	4	5	6
Dried cranberries (g)	10	20	30	40	50	60
Orange* (unit(s))	½	1	1½	2	2½	3
Fresh dill & chives* (g)	5	10	15	20	25	30
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Fresh rosemary* (sprig)	1	1	2	2	3	3
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] butter (g)	30	60	90	120	150	180
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
[Plant-based] milk (ml)	50	100	150	200	250	300
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Mustard (tsp)	1	2	3	4	5	6
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4280 /1023	596 /142
Total fat (g)	60	8
of which saturated(g)	22	3,1
Carbonhydrates (g)	90	13
of which sugars (g)	36	5
Fiber (g)	13	2
Protein (g)	30	4
Salt (g)	1,9	0,3

Allergens

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

1



Prepare

- Preheat the oven to 200°C. Boil plenty of water in a pot or saucepan for the potatoes.
- Peel or wash the potatoes and cut them into rough chunks. Peel the garlic clove.
- Boil the potatoes with the garlic glove for 15 minutes, then drain and set aside.
- Meanwhile, zest and juice the orange. Finely chop the dill and the chives.

4



Prepare the vegetables

- Cut the carrots into long matchsticks and quarter the onion.
- Heat a drizzle of olive oil in the same frying pan over medium-high heat.
- Fry the carrot with the onion for 8 - 10 minutes, tossing halfway.
- Deglaze with the orange juice, then stir in the honey, the cranberries and the rest of the butter.

2



Bake the salmon

- In a small bowl, combine the panko with the orange zest, the dill, the chives and the Middle Eastern spices.
- Grease an oven dish with a drizzle of olive oil.
- Season the top of the salmon with salt and pepper, then transfer skin-down to the oven dish.
- Top with the panko mixture and then bake in the oven for 10 - 13 minutes.

5



Mash the potatoes

- Allow the sauce to thicken for 1 - 2 minutes, then remove from the heat. Season to taste with salt and pepper.
- Meanwhile, remove the rosemary from the infused milk and discard.
- Mash the potatoes and the garlic with the infused milk until smooth.
- Taste and season with salt and pepper as needed.

3



Infuse the milk

- Transfer the milk, the mustard, the rosemary sprig and two thirds of the butter to a pot or saucepan, then crumble in the stock cube (see pantry for amount).
- Allow to simmer over a low heat until later use.
- Heat a clean frying pan over high heat and toast the almonds until golden-brown. Remove from the pan and set aside.

6



Serve

- Serve the salmon with the mashed potatoes and vegetables alongside.
- Drizzle with the cranberry-orange glaze and garnish with the shaved almonds to finish.

Enjoy!



Gnocchi with Sage Beurre Noisette & Pumpkin Sauce

with cranberries, hazelnuts & Greek-style cheese

Veggie

Total time: 25 - 30 min.



Gnocchi



Red onion



Carrot



Diced pumpkin



Ground paprika



Garlic



Fresh sage



Dried cranberries



Roasted hazelnuts



Greek-style cheese



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Before you start

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

Equipment

Blender or immersion blender (with a tall container), lidded deep frying pan, small frying pan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Gnocchi (g)	200	400	600	800	1000	1200
Red onion (unit(s))	½	1	1	2	2	3
Carrot* (unit(s))	½	1	2	2	3	3
Diced pumpkin* (g)	150	300	450	600	750	900
Ground paprika (tsp)	1½	3	4½	6	7½	9
Garlic (unit(s))	½	1	1½	2	2½	3
Fresh sage* (g)	5	10	15	20	25	30
Dried cranberries (g)	10	20	30	40	50	60
Roasted hazelnuts (g)	10	20	30	40	50	60
Greek-style cheese* (g)	25	50	75	100	125	150
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] butter (g)	30	60	90	120	150	180
Low sodium vegetable stock (ml)	25	50	75	100	125	150
Balsamic vinegar (tsp)	1	2	3	4	5	6
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3715 /888	639 /153
Total fat (g)	51	9
of which saturated(g)	23	4
Carbonhydrates (g)	86	15
of which sugars (g)	17,1	2,9
Fiber (g)	11	2
Protein (g)	17	3
Salt (g)	1,8	0,3

Allergens

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



Fry the vegetables

- Chop the onion and dice the carrot.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Add the onion, the carrot, the pumpkin and a splash of water.
- Cover with the lid and fry for 10 - 15 minutes.
- Stir in the paprika, then season to taste with salt and pepper.



Make the sage beurre noisette

- Melt three quarters of the butter in the same pan over medium heat.
- Fry the garlic and sage for 3 - 4 minutes, stirring continuously.
- The butter will sputter at first, but will proceed to foam and turn lightly brown. When this happens, remove the pan from the heat.



Fry the gnocchi

- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the gnocchi for 6 - 8 minutes until golden-brown, tossing regularly.



Make the sauce

- Prepare the stock.
- When the vegetables are done, transfer half of them to a tall container.
- Add the stock, the balsamic vinegar and the rest of the butter.
- Process until smooth with an immersion blender, adding a splash of water if you'd prefer the sauce to be less thick. Season to taste with salt and pepper.



Toast the hazelnuts

- Finely chop the cranberries and roughly chop the hazelnuts.
- Tear the sage leaves off of the stalks. Crush or mince the garlic.
- Heat a clean small frying pan over high heat.
- Toast the hazelnuts until evenly browned, then remove from the pan and set aside.



Serve

- Serve the sauce on plates. Top with the gnocchi and the rest of the vegetables.
- Garnish with the hazelnuts and the cranberries, then crumble over the cheese.
- Top with the crispy sage and then drizzle over the beurre noisette, using a rubber spatula to get it all out of the pan.

Enjoy!



Chicken Meatball Bulgur Bowl with African-Inspired Spices

with buttered almonds, dates & lime mayonnaise

Quick

Total time: 15 - 20 min.



Chicken meatballs with Mediterranean herbs



Chopped red onion



Courgette



African-inspired spice mix



Shaved almonds



Bulgur



Carrot



Lime



Chopped dates



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

Dates are understood to be some of the oldest fruits cultivated by humans. There's even evidence that dates were being grown for food as far back as 7000 BCE!



Tear me out!

Before you start

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

Equipment

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken meatballs with Mediterranean herbs* (unit(s))	3	6	9	12	15	18
Bulgur (g)	75	150	225	300	375	450
Chopped red onion* (g)	40	75	75	150	150	225
Carrot* (unit(s))	½	1	1	2	2	3
Courgette* (unit(s))	½	1	2	2	3	3
African-inspired spice mix (sachet(s))	½	1	1½	2	2½	3
Chopped dates (g)	20	40	60	80	100	120
Shaved almonds (g)	10	20	30	40	50	60
Lime* (unit(s))	½	1	1½	2	2½	3
Not included						
Low sodium chicken stock (ml)	250	500	750	1000	1250	1500
[Plant-based] butter (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	2	4	6	8	10	12
Extra virgin olive oil (totaste)	to taste					
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4134 /988	549 /131
Total fat (g)	56	7
of which saturated(g)	15	2
Carbonhydrates (g)	90	12
of which sugars (g)	22,2	3
Fiber (g)	17	2
Protein (g)	34	5
Salt (g)	3,2	0,4

Allergens

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



Boil the bulgur

- Prepare the stock in a pot or saucepan. Dice the carrot.
- Add the bulgur and bring to a boil, then cover with the lid and cook gently for 2 minutes.
- Add the carrot and boil for 6 - 7 minutes, then add the dates and cook for 1 more minute.
- Turn off the heat and drizzle with extra virgin olive oil as preferred, then season to taste with salt and pepper.



Prepare the toppings

- Melt a knob of butter in a small frying pan over medium-high heat. Fry the shaved almonds for 2 - 3 minutes or until golden, then take the pan off the heat.
- Juice the lime into a small bowl. Add the mayonnaise and mix well to combine (see Tip). Season to taste with salt and pepper.

Health Tip 🍌 this meal is high in calories. If you're watching your calorie intake, just use half of the mayonnaise.



Fry the meatballs

- Melt a knob of butter in a frying pan over medium-high heat. Fry the meatballs for 2 - 3 minutes until evenly browned.
- Meanwhile, finely dice the courgette.
- Reduce the heat under the frying pan to medium, then add the African-inspired spices, the courgette and the onion.
- Mix well and allow to cook for 8 minutes, or until done. Season to taste with salt and pepper.



Serve

- Serve the bulgur on deep plates and arrange everything on top.
- Garnish with the buttered almonds and drizzle with the lime mayonnaise to finish.

Enjoy!



Sweet & Sticky Noodles with Fried Egg & Gomashio

with mangetout, East Asian-style sauce & lime

Veggie Quick

Total time: 15 - 20 min.



Wholewheat noodles



Garlic



Scallions



Carrot



Mangetout



Bell pepper



Beansprouts



East Asian-style sauce



Ginger paste



Soy sauce



Lime



Egg



Gomashio



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

Eggs are a versatile topping for many Asian noodle dishes: they can be served poached, fried, or soft-boiled. They certainly make for a more satisfying and complete 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) pot or saucepan(s), frying pan, (lidded) wok or deep frying pan(s)

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Wholewheat noodles (g)	50	100	150	200	250	300
Garlic (unit(s))	½	1	1½	2	2½	3
Scallions* (bunch)	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	1	2	2	3
Mangetout* (g)	50	100	150	200	250	300
Bell pepper* (unit(s))	½	1	2	2	3	3
Beansprouts* (g)	25	50	75	100	125	150
East Asian-style sauce* (g)	35	70	105	140	175	210
Ginger paste* (g)	5	10	15	20	25	30
Soy sauce (ml)	10	20	30	40	50	60
Lime* (unit(s))	½	1	1½	2	2½	3
Egg* (unit(s))	1	2	3	4	5	6
Gomashio (sachet(s))	½	1	1½	2	2½	3
Not included						
Sunflower oil (tbsp)	1	2	3	4	5	6
[Reduced salt] ketjap manis (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	to taste					
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2439 /583	454 /108
Total fat (g)	22	4
of which saturated(g)	3,2	0,6
Carbonhydrates (g)	78	14
of which sugars (g)	24,8	4,6
Fiber (g)	12	2
Protein (g)	21	4
Salt (g)	4,2	0,8

Allergens

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



Prepare

- Cut the bell pepper into strips and crush or mince the garlic.
- Finely chop the scallions and separate the white part from the greens.
- Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat. Fry the garlic, the mangetout and the white part of the scallions for 1 - 2 minutes.
- Add the bell pepper and fry for 3 - 4 minutes. Season to taste with salt and pepper.



Finish

- To the vegetables, add the East Asian-style sauce, the ginger paste, the ketjap, the soy sauce and the juice of a quarter lime per person (see Tip).
- Add the noodles, the beansprouts and the carrots, then toss well to combine.

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



Fry the egg

- Boil plenty of water in a pot or saucepan and slice the carrot into thin crescents.
- Boil the noodles with the carrot for 4 minutes. Add the beansprouts and boil for 1 more minute, then drain and set aside.
- Heat a drizzle of sunflower oil in another frying pan over medium-high heat and fry the egg.
- Meanwhile, quarter the lime.



Serve

- Serve the noodles in bowls and top with the fried egg.
- Garnish with the gomashio and the scallion greens.
- Serve with the rest of the lime wedges.

Enjoy!



Spicy Harissa Chicken Noodles

in coconut curry sauce with peanuts & lime

Express

Total time: 10 - 15 min.



Fresh udon noodles



Coconut milk



Hello Harissa



Curry powder



Garlic



Vegetable mix with cabbage



Scallions



Lime



Unsalted peanuts



Seasoned chicken mince



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

Harissa is a chili paste from the Maghreb made using a variety of chilies, spices, and herbs. Its name comes from the Arabic root word “harasa”, which means to “crush” or “mash”.



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) wok or deep frying pan(s)

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Fresh udon noodles (g)	220	440	660	880	1100	1320
Coconut milk (ml)	100	200	300	400	500	600
Hello Harissa (sachet(s))	½	1	1½	2	2½	3
Curry powder (sachet(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Vegetable mix with cabbage* (g)	200	400	600	800	1000	1200
Scallions* (bunch)	½	1	1½	2	2½	3
Lime* (unit(s))	½	1	1½	2	2½	3
Unsalted peanuts (g)	5	10	15	20	25	30
Seasoned chicken mince* (g)	100	200	300	400	500	600
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
[Reduced salt] ketjap manis (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3

Salt and pepper (totaste) to taste

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3573 /854	470 /112
Total fat (g)	37	5
of which saturated(g)	18,6	2,4
Carbonhydrates (g)	92	12
of which sugars (g)	28,3	3,7
Fiber (g)	14	2
Protein (g)	36	5
Salt (g)	3,2	0,4

Allergens

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



Fry the vegetables

- Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat.
- Fry the mince with the vegetable mix for 5 - 6 minutes. Stir occasionally, separating the mince as you do so.
- Meanwhile, crush or mince the garlic.
- Finely chop the scallions, separating the white part from the greens.



Cook the noodles

- Add the noodles and cook for 1 minute, separating them as you do so.
- Season to taste with salt and pepper.

Did you know... 🌱 with at least four different vegetables, this recipe contributes to a varied diet. This the best way to make sure you get all the vitamins and minerals you need to stay healthy.



Make the curry

- Cut the lime into six wedges and roughly chop the peanuts.
- To the wok, add the garlic, the white part of the scallions, the curry powder, the coconut milk, the ketjap, the **Hello Harissa*** and the honey.
- Squeeze one lime wedge per person directly into the wok, then toss well to combine.
- Increase the heat to high and bring to a rapid boil.

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



Serve

- Serve the noodles and curry in bowls.
- Garnish with the peanuts and the scallion greens.
- Serve the rest of the lime wedges alongside.

Enjoy!