Orzo à la 'Fata Morgana'

with beef & Middle Eastern Spices

Total time: 25 - 30 min.



- Red chili pepper
- Onion
- Garlic
- Bell pepper
- Leek
- Orzo
- Middle Eastern spice mix
- Tomato paste
- Grated Italian-style cheese
- Mascarpone
- Beef mince with East Asian spices

NUTRI-SCORE A B C D E

Bring fairytales to the dinner tables

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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.

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	1	2	2	3	3
Bell pepper* (unit(s))	½	1	1	2	2	3
Leek* (unit(s))	½	1	2	2	3	3
Orzo (g)	75	150	225	300	375	450
Middle Eastern spice mix (sachet(s))	¼	½	¾	1	1¼	1½
Tomato paste (can)	½	1	1½	2	2½	3
Mascarpone* (g)	25	50	75	100	125	150
Beef mince with East Asian spices* (g)	100	200	300	400	500	600
Grated Italian-style cheese* (g)	15	20	40	50	60	70
Not included						
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Balsamic vinegar (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3326 /795	497 /119
Total fat (g)	37	6
of which saturated(g)	20,3	3
Carbonhydrates (g)	76	11
of which sugars (g)	20,1	3
Fiber (g)	10	1
Protein (g)	36	5
Salt (g)	2,2	0,3

Allergens

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

1



Prepare

- Prepare the stock in a pot or saucepan.
- Chop the onion and crush or mince the garlic.
- Deseed and finely chop the red chili pepper. Dice the bell pepper.
- Boil the orzo in the stock for 10 - 12 minutes over low heat, covered, stirring regularly (see Tip).

Tip: *add a splash of water as necessary if the orzo seems too dry.*

2



Fry the mince

- Melt a knob of butter in a large deep frying pan over medium heat. Fry the onion with the garlic, chili pepper* and Middle Eastern spices for 2 minutes.
- Add the tomato paste and the mince and fry for 3 minutes, separating the mince as you do so.
- Meanwhile, cut the leek into half rings.

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

3



Finish

- Stir in the leek and the bell pepper, then fry for 5 minutes over medium heat, covered.
- Add the balsamic vinegar and the orzo and fry for 1 minute.
- Stir in half of the mascarpone and season to taste with salt and pepper.

4



Serve

- Serve the orzo on plates and top with the rest of the mascarpone.
- Garnish with the cheese to finish.

Bulgogi Pork Noodle Stir-Fry

with sweetheart cabbage, sesame seeds & scallions

Total time: 25 - 35 min. Family Quick Health Conscious Choice




Wholewheat noodles


Pork sausage


Fresh ginger


Garlic


Chopped sweetheart cabbage


Bell pepper


Broccoli


Scallions


Bulgogi sauce


Soy sauce


Sesame seeds

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Wholewheat noodles (g)	50	100	150	200	250	300
Pork sausage* (unit(s))	1	2	3	4	5	6
Fresh ginger* (tsp)	1¼	2½	3¾	5	6¼	7½
Garlic (unit(s))	1	2	3	4	5	6
Chopped sweetheart cabbage* (g)	100	200	300	400	500	600
Bell pepper* (unit(s))	½	1	2	2	3	3
Broccoli* (g)	125	250	360	500	610	750
Scallions* (g)	31¼	62½	93¾	125	156¼	187½
Bulgogi sauce (g)	35	70	105	140	175	210
Soy sauce (ml)	5	10	15	20	25	30
Sesame seeds (g)	2½	5	7½	10	12½	15
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	1	2	3	4	5	6
Water for the sauce (tbsp)	1	2	3	4	5	6

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2724 /651	472 /113
Total fat (g)	29	5
of which saturated(g)	7,5	1,3
Carbonhydrates (g)	62	11
of which sugars (g)	18,5	3,2
Fiber (g)	13	2
Protein (g)	33	6
Salt (g)	3,4	0,6

Allergens

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

1



Prepare

- Boil plenty of water in a pot or saucepan.
- Cut the head of the broccoli into florets and dice the stem. Parboil the broccoli for 4 - 5 minutes.
- Meanwhile, cut the bell pepper into strips. Finely chop the scallions and set aside a small amount of the greens to use later as garnish.
- Crush or mince the garlic and grate the ginger with a microplane.

3



Cook the noodles

- Add the bulgogi sauce, the scallions and the bell pepper, then stir-fry for 4 - 5 minutes over medium-high heat.
- Transfer the cabbage and the noodles to the broccoli, then cook for another 4 - 5 minutes.
- Drain and transfer to the frying pan.

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

2



Stir-fry

- Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat. Fry the garlic and the ginger for 1 - 2 minutes (see Tip).
- Cut open the sausage and squeeze the meat out of the skin directly into the pan.
- Stir-fry for 2 - 3 minutes, separating the meat as you do so.

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

4



Serve

- Deglaze with the soy sauce, the white wine vinegar and the water for the sauce. Mix well and cook for 1 more minute over high heat.
- Serve the stir-fry on plates.
- Garnish with the sesame seeds and the reserved scallion greens.

Roasted Vegetables with Cranberries & Hummus

over bulgur with fresh herbs & Middle Eastern spices

Total time: 35 - 45 min. Plant-Based Health Conscious Choice



- Bulgur
- Middle Eastern spice mix
- Red onion
- Sweet potato
- Cauliflower
- Fresh flat leaf parsley & mint
- Hello Harissa
- Dried cranberries
- Hummus
- Shaved almonds

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Bulgur (g)	50	100	150	200	250	300
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
Shaved almonds (g)	10	20	30	40	50	60
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
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	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3255 /778	422 /101
Total fat (g)	33	4
of which saturated(g)	4,7	0,6
Carbonhydrates (g)	100	13
of which sugars (g)	29,6	3,8
Fiber (g)	19	2
Protein (g)	18	2
Salt (g)	1,8	0,2

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. Prepare the stock in a pot or saucepan.
- Weigh the bulgur, then boil it in the stock for 10 - 12 minutes. Drain and set aside, covered.
- Wash or peel the sweet potato, then dice it. Transfer to a pot or saucepan and submerge with water.
- Parboil for 7 - 9 minutes, then drain and set aside.

2



Chop 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.*

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

3



Roast the vegetables

- Transfer the cauliflower and the onion to a parchment-lined baking sheet, then roast for 10 minutes.
- Add the sweet potato and roast for another 10 - 12 minutes.
- 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.

4



Serve

- Heat a clean frying pan over high heat and toast the almonds until golden-brown. Remove from the pan and set aside.
- Stir the Middle Eastern spices into the bulgur, then serve on deep plates. Top with the roasted vegetables and the hummus.
- Drizzle with the herb dressing, then garnish with the cranberries and the almonds.

Hearty Chicken Soup with Orecchiette

with carrot, leek & parsley

Total time: 25 - 35 min. Family Quick Health Conscious Choice




Fresh flat leaf parsley


Leek


Garlic


Onion


Orecchiette


Carrot


Cooking cream


Surinamese-style spices


Chicken tenderloin

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Leek* (unit(s))	½	1	2	2	3	3
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Orecchiette (g)	45	90	135	180	225	270
Carrot* (unit(s))	1	1	2	2	3	3
Cooking cream (g)	50	100	150	200	250	300
Surinamese-style spices (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Chicken tenderloin* (g)	100	200	300	400	500	600
Not included						
Low sodium chicken stock (ml)	300	600	900	1200	1500	1800
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Mustard (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2414 /577	320 /76
Total fat (g)	24	3
of which saturated(g)	14,5	1,9
Carbonhydrates (g)	52	7
of which sugars (g)	15,5	2,1
Fiber (g)	9	1
Protein (g)	37	5
Salt (g)	1,8	0,2

Allergens

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

1



Prepare

- Boil plenty of water in a pot or saucepan and prepare the stock.
- Weigh the pasta and cook for 11 - 13 minutes, then drain and set aside.
- Meanwhile, slice the leek into rings.
- Slice the onion into half rings and crush or mince the garlic.

2



Fry the vegetables

- Melt a generous knob of butter in a soup pot over medium-high heat.
- Fry the garlic with the leek and onion for 3 - 4 minutes.
- Meanwhile, slice the carrot into crescents and finely chop the parsley.

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

3



Make the soup

- Dice the chicken.
- Pour in the stock, then stir in the carrot, the chicken, the Surinamese-style spices and the mustard.
- Cover with the lid and allow to cook for 8 - 10 minutes.

4



Serve

- Add the pasta and the cream, along with a splash of stock or water as necessary if the soup is still too thick.
- Mix well and taste, then season with salt and pepper.
- Serve the soup in bowls and garnish with the parsley to finish.

Vegetable Lasagne with Fresh Basil

with mascarpone sauce, courgette & carrot

Total time: 50 - 60 min. Family Vegetarian Health Conscious Choice



- Fresh lasagne sheets
- Onion
- Courgette
- Carrot
- Passata
- Garlic
- Fresh basil
- Grated Gouda
- Mascarpone
- Shredded mozzarella
- Italian seasoning

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
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
Shredded mozzarella* (g)	25	50	75	100	125	150
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
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	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2958 /707	464 /111
Total fat (g)	34	5
of which saturated(g)	16,2	2,5
Carbonhydrates (g)	74	12
of which sugars (g)	22,8	3,6
Fiber (g)	9	1
Protein (g)	23	4
Salt (g)	1,4	0,2

Allergens

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

1



Prepare

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

2



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.

3



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.

Did you know... *the carrot in this recipe contains vitamin A, a nutrient that supports the maintenance of normal vision.*

4

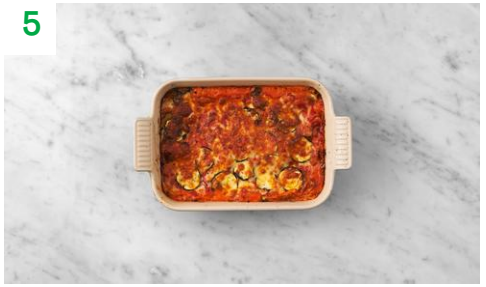


Make the sauce

- Stir in the passata, the sugar, the Italian seasoning 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.*

5



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.

6



Serve

- Bake the lasagne in the oven for 25 - 30 minutes.
- Finely chop the basil in the meantime.
- Let the lasagne rest for 3 minutes before serving. Garnish the lasagne with the basil.

Turkey Breast in Creamy Basil Sauce

with potato wedges & green vegetables

Total time: 45 - 55 min. Family Health Conscious Choice



- Turkey breast
- Potatoes
- Green beans
- Red onion
- Courgette
- Cooking cream
- Basil crème

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
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	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2958 /707	458 /109
Total fat (g)	39	6
of which saturated(g)	15	2,3
Carbonhydrates (g)	51	8
of which sugars (g)	10,7	1,7
Fiber (g)	8	1
Protein (g)	40	6
Salt (g)	0,7	0,1

Allergens

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

1



Prepare

- Preheat the oven to 220°C.
- 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.

2



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.

3



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.

Did you know... *the cream in this recipe contains vitamin A, a nutrient that supports the normal function of the immune system.*

4



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.

Artichoke & Courgette Lasagne

with fresh pasta sheets & homemade béchamel

Total time: 50 - 60 min. Vegetarian



- Fresh lasagne sheets
- Onion
- Courgette
- Passata
- Italian seasoning
- Grated Gouda
- Marinated artichoke hearts
- Chopped tomatoes with basil

NEW INGREDIENT

There is a new ingredient in your box! Marinated artichoke hearts, with their velvety texture and rich flavour, add a delicious Mediterranean twist to any recipe!
Scan the QR code to let us know what you thought of the ingredient!

NUTRI-SCORE A B C D E

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Fresh lasagne sheets* (unit(s))	2	4	6	8	10	12
Onion (unit(s))	½	1	1½	2	2½	3
Courgette* (unit(s))	½	1	1½	2	2½	3
Passata (g)	100	200	300	400	500	600
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Grated Gouda* (g)	25	50	75	100	125	150
Marinated artichoke hearts (g)	40	75	115	150	190	225
Chopped tomatoes with basil (pack)	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] butter (g)	15	30	45	60	75	90
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	1	2	3	4	5	6
Water for the sauce (ml)	30	60	90	120	150	180
Flour (g)	10	20	30	40	50	60
[Plant-based] milk (ml)	150	300	450	600	750	900
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3761 /899	449 /107
Total fat (g)	41	5
of which saturated(g)	17,9	2,1
Carbonhydrates (g)	95	11
of which sugars (g)	37,2	4,4
Fiber (g)	13	2
Protein (g)	28	3
Salt (g)	3,8	0,4

Allergens

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

1



Prepare

- Preheat the oven to 200°C.
- Slice the courgette into rounds of no more than 0.5cm thickness, then transfer to a parchment-lined baking sheet.
- Drizzle with olive oil and scatter over half of the Italian seasoning.
- Season with salt and pepper, then toss well to coat. Roast in the oven for 10 minutes.

2



Make the tomato sauce

- Mince the onion.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the onion with the rest of the Italian seasoning for 2 - 3 minutes.
- Deglaze with the balsamic vinegar, then add the chopped tomatoes, the passata, the sugar and the water for the sauce. Season to taste with salt and pepper.
- Allow to reduce gently until step 5, covered.

3



Make the roux

- Meanwhile, melt the butter in a saucepan over medium-high heat.
- Add the flour and whisk to combine.
- Add a third of the milk and whisk until fully incorporated (see Tip).

Tip: *if preferred, you can substitute the milk with the same amount of vegetable stock.*

4



Make the béchamel

- Repeat with the rest of the milk, adding it in two more batches.
- Whisk until smooth, then bring to the boil. Allow to thicken and reduce for 1 - 2 minutes.
- Season to taste with salt and pepper, then crumble in the stock cube (see pantry for amount).
- Meanwhile, roughly chop the artichokes.

5



Finish

- Transfer a shallow layer of the tomato sauce to an oven dish, then top with a layer of the lasagne sheets.
- Press down so as to evenly distribute the sauce.
- Top with another layer of the tomato sauce, then top with a layer of the courgette and the artichokes.
- Repeat until everything has been used, then finish the lasagne with the béchamel and the cheese.

6



Serve

- Bake the lasagne in the oven for 25 - 30 minutes.
- Let the lasagne rest for at least 3 minutes before serving so as to allow it to firm up.
- Serve the lasagne on plates.

Orzo Salad with Crispy Salami Ribbons

with zesty lemon cream cheese & mini Roma tomatoes

Total time: 25 - 35 min. Quick Health Conscious Choice



- Orzo
- Salami
- Garlic
- Red onion
- Courgette
- Fresh celery leaves
- Parmigiano Reggiano DOP
- Fresh basil
- Mini Roma tomatoes
- Lemon
- Fresco spalmabile - cream cheese

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Orzo (g)	75	150	225	300	375	450
Salami* (slice(s))	3	6	9	12	15	18
Garlic (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1½	2	2½	3
Courgette* (unit(s))	½	1	1	2	2	3
Fresh celery leaves* (g)	5	10	15	20	25	30
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Fresh basil* (g)	5	10	15	20	25	30
Mini Roma tomatoes* (g)	62½	125	250	250	375	375
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Fresco spalmabile - cream cheese* (g)	25	50	75	100	125	150
Not included						
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Balsamic vinegar (tsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
White wine vinegar (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2971 /710	682 /163
Total fat (g)	36	8
of which saturated(g)	11,4	2,6
Carbonhydrates (g)	70	16
of which sugars (g)	16,6	3,8
Fiber (g)	7	2
Protein (g)	22	5
Salt (g)	1,6	0,4

Allergens

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

1



Prepare

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cook the orzo for 10 - 12 minutes, then drain and rinse under cold water.
- Meanwhile, cut the salami into ribbons. Chop the onion and crush or mince the garlic.
- Quarter the courgette lengthways and then thinly slice it. Finely chop the celery leaves.

2



Fry the vegetables

- Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the salami for 3 - 4 minutes until done, then transfer to a plate lined with kitchen paper.
- In the same pan, fry the onion with the garlic and courgette for 4 minutes.
- Add the celery leaves and fry for 1 more minute.
- Deglaze with the balsamic vinegar, then season to taste with salt and pepper.

3



Prepare the toppings

- Grate the Parmigiano Reggiano with a microplane.
- In a salad bowl, combine the extra virgin olive oil with the honey and white wine vinegar. Season to taste with salt and pepper.
- Finely chop the basil and cut the lemon into six wedges.
- In a small bowl, combine the cream cheese with the basil and the juice of one lemon wedge per person. Season to taste with salt and pepper.

4



Serve

- Halve the tomatoes and transfer to the salad bowl, along with the vegetables and the orzo. Toss well to combine, then serve on deep plates.
- Top with the cream cheese and scatter over the salami.
- Garnish with the Parmigiano Reggiano and serve the rest of the lemon wedges alongside.

‘Carnaval Festival’ Tomato–Pepper Soup

with sour cream, tarragon & homemade breadsticks

Total time: 30 - 40 min.



- Giant couscous
- Wholegrain ciabatta
- Garlic
- Tomato
- Onion
- Bell pepper
- Romano pepper
- Fresh terragon
- Organic sour cream
- Dried apricot pieces
- Grated Italian-style cheese

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NUTRI-SCORE A B C D E

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Giant couscous (g)	40	75	115	150	190	225
Wholegrain ciabatta (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
Tomato (unit(s))	2	4	6	8	10	12
Onion (unit(s))	½	1	2	2	3	3
Bell pepper* (unit(s))	½	1	1	2	2	3
Romano pepper* (unit(s))	½	1	2	2	3	3
Fresh tarragon* (g)	2½	5	7½	10	12½	15
Organic sour cream* (g)	25	50	75	100	125	150
Dried apricot pieces (g)	10	20	30	40	50	60
Grated Italian-style cheese* (g)	10	20	30	40	50	60
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	300	600	900	1200	1500	1800
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2682 /641	317 /76
Total fat (g)	23	3
of which saturated(g)	6,3	0,7
Carbonhydrates (g)	81	10
of which sugars (g)	23,3	2,8
Fiber (g)	14	2
Protein (g)	23	3
Salt (g)	2,1	0,2

Allergens

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

1



Prepare

- Preheat the oven to 180°C and prepare the stock.
- Chop the onion and crush or mince the garlic.
- Dice the tomato, the bell pepper and the Romano pepper.
- Discard the tarragon stalks and finely chop the leaves (see Tip).

Tip: *tarragon is an acquired taste, so be sure to taste before adding it as preferred.*

2



Make the soup

- Heat a drizzle of olive oil in a soup pot over medium heat.
- Fry the onion with the tomato, the bell pepper, the Romano pepper, the dried apricots and half of the garlic for 2 minutes.
- Add two thirds of the stock.
- Cover with the lid and allow to cook for 15 minutes.

Did you know... *the tomato in this recipe contains potassium, a mineral that contributes to the maintenance of normal blood pressure.*

3



Boil the giant couscous

- Boil plenty of water in a pot or saucepan.
- Cook the giant couscous for 12 - 14 minutes.
- Drain and set aside (see Tip).

Tip: *be sure to weigh the giant couscous first, as there may be more in the package than you need. However, you can also prepare all of it if preferred.*

4



Bake the bread

- In the meantime, halve the bread roll and cut each half into three sticks.
- Transfer to a parchment-lined baking sheet.
- Drizzle with olive oil and top with the rest of the garlic.
- Season with salt and pepper, then bake in the oven for 8 - 10 minutes.

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

5



Finish the soup

- In the meantime, take the soup pot off the heat.
- Add half of the sour cream and then use an immersion blender to process into a smooth soup.
- Season to taste with salt and pepper, then add the rest of the stock if you would prefer the soup to be less thick.
- Finally, stir the giant couscous into the soup.

6



Serve

- Serve the soup in bowls.
- Garnish with the Italian cheese, the tarragon and the rest of the sour cream.
- Serve the breadsticks alongside.

Miso Mushroom Conchiglie

with Grana Padano, spinach & gomashio

Total time: 25 - 35 min. Quick Vegetarian Health Conscious Choice




White miso paste


Mushrooms


Spinach


Garlic


Grana Padano flakes DOP


Cooking cream


Red chili pepper


Gomashio-herb mix


Conchiglie


Onion

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
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	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2816 /673	597 /143
Total fat (g)	24	5
of which saturated(g)	11,1	2,4
Carbonhydrates (g)	82	17
of which sugars (g)	12,6	2,7
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.

1



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.*

2



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.*

Did you know... *the mushrooms in this recipe contain phosphorus, a mineral that helps to keep bones and teeth strong.*

3



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.

4



Serve

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

Hearty Pork & Root Vegetable Pie

with onion chutney & seed-studded mesclun salad

Total time: 50 - 60 min.




Puff pastry


Pork sausage


Garlic


Onion


Parsnip


Carrot


Nutmeg


Onion chutney


Fresh sage


Mesclun


Yellow mustard seeds


Sunflower seeds

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Puff pastry* (roll(s))	⅓	⅔	1	1⅓	1⅔	2
Pork sausage* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Parsnip* (unit(s))	½	1	2	2	3	3
Carrot* (unit(s))	½	1	1	2	2	3
Nutmeg (pinch)	1	1	2	2	3	3
Onion chutney* (g)	20	40	60	80	100	120
Fresh sage* (g)	5	10	15	20	25	30
Mesclun* (g)	40	60	90	120	150	180
Yellow mustard seeds (sachet(s))	½	1	1½	2	2½	3
Sunflower seeds (g)	10	20	30	40	50	60
Not included						
Low sodium beef stock (ml)	50	100	150	200	250	300
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	½	1	1½	2	2½	3
[Plant-based] milk	splash					
Extra virgin olive oil	to taste					
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3803 /909	659 /158
Total fat (g)	55	10
of which saturated(g)	25	4,3
Carbonhydrates (g)	70	12
of which sugars (g)	23,2	4
Fiber (g)	14	2
Protein (g)	30	5
Salt (g)	2	0,4

Allergens

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

1



Prepare

- Preheat the oven to 220°C and prepare the stock.
- Chop the onion and crush or mince the garlic. Wash or peel the parsnip and carrot, then finely dice both.
- Melt a knob of butter in a large wok or deep frying pan over medium-high heat.
- Fry the onion, garlic, carrot and parsnip for 5 - 7 minutes. Season generously with salt and pepper.

2



Chop the sage

- Cut open the sausage and squeeze the meat into the pan, then fry for 3 minutes.
- Finely chop the sage leaves.
- Grate a pinch of nutmeg directly into the pan, then add the sage, the onion chutney and the stock.
- Bring to a boil and cook for 2 - 3 minutes, or until reduced.

Tip: *if necessary, add 0.5 tbsp flour per person so as to thicken it.*

3



Assemble

- Transfer the filling to an oven dish (see Tip).
- Top with the pastry, then cut off the excess (and if preferred, use it to decorate the top of the pie).
- Use a fork to pierce the surface of the pie several times.

Tip: *use an extra oven dish if you're cooking for more than three people.*

4



Toast the sunflower seeds

- Brush the top of the pie with some milk, then bake in the oven for 20 - 25 minutes until golden-brown.
- In the meantime, heat a clean frying pan over medium-high heat and toast the sunflower seeds until golden-brown.
- Remove from the pan and set aside.

5



Finish

- In a small bowl, combine the white wine vinegar with the mustard seeds.
- Season to taste with a pinch of salt.
- In a bowl, combine the lettuce with some extra virgin olive oil as preferred.
- Season to taste with salt and pepper.

6



Serve

- Serve the pie with the salad alongside.
- Garnish the salad with the mustard seeds and the sunflower seeds.

Shroomami Noodle Soup with a Jammy Egg

with pak choi, chili pepper, carrot & scallions

Total time: 25 - 35 min. Quick Calorie Smart Vegetarian



- Mushrooms
- Garlic
- Scallions
- East Asian-style sauce
- Egg
- Pak choi
- Carrot
- Hello Umami
- White miso paste
- Ginger paste
- Sesame oil
- Wholewheat noodles
- Red chili pepper

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Mushrooms* (g)	65	125	200	250	325	375
Garlic (unit(s))	2	2	3	3	5	5
Scallions* (g)	62½	125	125	250	250	375
East Asian-style sauce* (g)	20	35	55	70	90	105
Egg* (unit(s))	1	2	3	4	5	6
Pak choi* (unit(s))	½	1	2	2	3	3
Carrot* (unit(s))	½	1	1	1	2	2
Hello Umami (sachet(s))	½	1	1½	2	2½	3
White miso paste (g)	15	25	40	50	65	75
Ginger paste* (g)	5	10	15	20	25	30
Sesame oil (ml)	5	10	15	20	25	30
Wholewheat noodles (g)	50	100	150	200	250	300
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Not included						
Low sodium mushroom or vegetable stock (ml)	400	800	1200	1600	2000	2400
Sunflower oil (tbsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	¼	½	¾	1	1¼	1½

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2540 /607	304 /73
Total fat (g)	30	4
of which saturated(g)	6,7	0,8
Carbonhydrates (g)	62	7
of which sugars (g)	13	1,6
Fiber (g)	9	1
Protein (g)	21	3
Salt (g)	4,4	0,5

Allergens

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

1



Prepare

- Boil plenty of water in a saucepan for the eggs and prepare the stock.
- Cut the carrot into very thin matchsticks of around 2mm. Quarter the mushrooms and crush or mince the garlic.
- Remove the base of the pak choi and cut the rest into thick strips.
- Deseed and finely chop the red chili pepper*.

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

2



Fry the vegetables

- Boil the egg for 6 - 8 minutes, then drain and rinse under cold water.
- Finely chop the scallions and separate the white part from the greens.
- Heat a generous drizzle of sunflower oil with a small knob of butter in a large wok or deep frying pan over medium-high heat.
- Fry the garlic with the ginger paste for 1 - 2 minutes or until fragrant.

3



Add the noodles

- Add the carrot to the wok, along with the mushrooms, the chilli pepper and the white part of the scallions.
- Fry for 4 minutes until they begin to soften.
- Stir in the Hello Umami, the miso paste* and the East Asian-style sauce, then fry for 2 more minutes.
- Stir in the stock, the noodles and the pak choi.

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

4



Serve

- Allow to simmer for 4 minutes or until the noodles are cooked, covered, then remove from the heat.
- Shortly before serving, stir in the sesame oil.
- Peel the egg and cut it in half.
- Serve the soup in bowls or deep plates and top with the egg. Garnish with the scallion greens.

Roasted Eggplant with Tahini Sauce

with Greek-style cheese & tomato couscous

Total time: 35 - 45 min. Vegetarian Health Conscious Choice




Wholewheat couscous


Garlic


Onion


Eggplant


Tomato paste


African-inspired spice mix


Tahini sauce


Fresh flat leaf parsley & mint


Greek-style cheese


Salted almonds


Middle Eastern spice mix


Mini Roma tomatoes

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
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
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
Mini Roma tomatoes* (g)	125	250	375	500	625	750
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	to taste					

** store in the fridge*

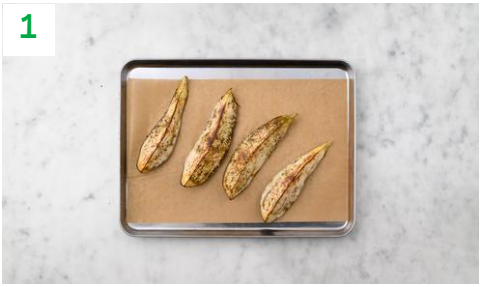
Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3105 /742	466 /111
Total fat (g)	40	6
of which saturated(g)	9	1,4
Carbonhydrates (g)	65	10
of which sugars (g)	16,4	2,5
Fiber (g)	18	3
Protein (g)	23	3
Salt (g)	2,3	0,3

Allergens

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

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.

Rosemary-Panko Chicken with Roasted Vegetables

over giant couscous with fresh parsley

Total time: 35 - 45 min. Family Health Conscious Choice



- Chicken breast
- Giant couscous
- Panko breadcrumbs
- Tomato ketchup
- Courgette
- Bell pepper
- Red onion
- Garlic
- Fresh rosemary
- Middle Eastern spice mix
- Fresh flat leaf parsley

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken breast* (unit(s))	1	2	3	4	5	6
Giant couscous (g)	75	150	225	300	375	450
Panko breadcrumbs (g)	15	35	50	70	85	105
Tomato ketchup* (g)	30	60	90	120	150	180
Courgette* (unit(s))	½	1	1½	2	2½	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Red onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Fresh rosemary* (sprig)	½	1	1½	2	2½	3
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Not included						
Flour (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1¼	2½	3¾	5	6¼	7½
Low sodium vegetable stock (ml)	150	300	450	600	750	900
Extra virgin olive oil	to taste					
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3012 /720	438 /105
Total fat (g)	20	3
of which saturated(g)	3,8	0,6
Carbonhydrates (g)	87	13
of which sugars (g)	18,6	2,7
Fiber (g)	9	1
Protein (g)	46	7
Salt (g)	1,5	0,2

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.
- Quarter and deseed the bell pepper, then cut into rough pieces.
- Slice the courgette into crescents and slice the onion into half-rings.

2



Roast the vegetables

- Transfer the vegetables to a parchment-lined baking sheet.
- Scatter over half of the Middle Eastern spices and drizzle with olive oil.
- Season with salt and pepper, then toss well to combine.
- Roast the vegetables for 20 - 25 minutes, then transfer to a bowl and drizzle with the balsamic vinegar. Set aside to marinate.

3



Boil the giant couscous

- Meanwhile, prepare the stock and crush or mince the garlic.
- Heat a light drizzle of olive oil in a pot or saucepan over medium-high heat. Fry the garlic with the rest of the Middle Eastern spices for 1 minute.
- Add the giant couscous and toast the grains for 1 minute, then pour in the stock.
- Cover with the lid and boil for 12 - 14 minutes until done.

4



Prepare the breading

- Discard the rosemary stalks and finely chop the leaves.
- On a deep plate, combine the panko with the rosemary and season with salt and pepper.
- Transfer the flour to another deep plate and the ketchup to a third.

5



Fry the chicken

- Place the chicken between two sheets of baking paper, then smack it with a frying pan so as to flatten it.
- Coat it first with the flour, then with the ketchup and finally with the panko.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and sear the chicken for 2 minutes per side.
- Transfer to an oven dish and bake for 6 - 8 minutes, or until done.

6



Serve

- Roughly chop the parsley in the meantime.
- Serve the giant couscous on plates with everything else alongside.
- Drizzle with the residual balsamic vinegar and some extra virgin olive oil as preferred.
- Garnish with the parsley to finish.

Surinamese-Style Bami with Chicken Thigh Strips

with quick-pickled cucumber & crispy onions

Total time: 25 - 35 min. Family Quick Health Conscious Choice




Onion


Garlic


Fresh ginger


Persian cucumber


Surinamese-style spices


Tomato paste


Reduced salt soy sauce


Fresh celery leaves


Crispy fried onions


Bell Pepper


Linguine


Chicken thigh strips with kebab spices

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Fresh ginger* (tsp)	1	2	3	4	5	6
Persian cucumber* (unit(s))	½	1	1½	2	2½	3
Surinamese-style spices (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Tomato paste (can)	¼	½	¾	1	1¼	1½
Reduced salt soy sauce (ml)	10	20	30	40	50	60
Fresh celery leaves* (g)	5	10	15	20	25	30
Crispy fried onions (g)	15	30	45	60	75	90
Bell Pepper* (unit(s))	½	1	2	2	3	3
Linguine (g)	90	180	270	360	450	540
Chicken thigh strips with kebab spices* (g)	100	200	300	400	500	600
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
[Reduced salt] ketjap manis (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	1	2	3	4	5	6
Sugar (tbsp)	½	1	1½	2	2½	3
Sambal	to taste					
Low sodium chicken stock cube (unit(s))	⅛	¼	⅓	½	⅝	¾

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3017 /721	613 /147
Total fat (g)	21	4
of which saturated(g)	6,7	1,4
Carbonhydrates (g)	94	19
of which sugars (g)	23,1	4,7
Fiber (g)	9	2
Protein (g)	36	7
Salt (g)	3	0,6

Allergens

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

1



Chop the vegetables

- Boil plenty of salted water in a pot or saucepan for the linguine.
- Chop the onion and crush or mince the garlic.
- Grate the ginger. Halve the cucumber lengthways and scoop out the seeds, then slice into crescents.
- Cut the bell pepper into strips.

2



Prepare the cucumber

- In a salad bowl, combine the white wine vinegar with the sugar, then add the cucumber and toss well to combine.
- Boil the linguine for 9 - 11 minutes, then reserve some of the pasta water before draining and setting aside.
- Meanwhile, heat a drizzle of sunflower oil in a wok over medium-high heat. Fry the onion with the garlic, ginger and Surinamese-style spices for 2 - 3 minutes.

3



Finish

- Stir in the chicken and the bell pepper, then fry for 7 minutes.
- Stir in the tomato paste, soy sauce and ketjap, then crumble in the stock cube (see pantry for amount). Stir-fry for 1 minute.
- Transfer the linguine to the wok and toss well to combine, adding a splash of pasta water as necessary if it seems too thick.

4



Serve

- Finely chop the celery leaves.
- Serve the bami on plates with some sambal as preferred. Garnish with the celery leaves and the crispy onions.
- Serve the quick-pickled cucumber alongside.

Steak Strips & Roasted Sweet Potato Bowl

with avocado & tomato salsa

Total time: 30 - 40 min. Health Conscious Choice




Marinated steak strips


Sweet potato


Carrot


Tomato


Avocado


Garlic


Fresh coriander


Copacabana-style 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.

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Marinated steak strips* (g)	100	200	300	400	500	600
Sweet potato (g)	225	450	675	900	1125	1350
Carrot* (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	1	2	3	4	5	6
Avocado (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	1	2	2	3	3
Fresh coriander* (g)	5	10	15	20	25	30
Copacabana-style spice mix (sachet(s))	½	1	1½	2	2½	3
Not included						
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	½	1	1½	2	2½	3
Mustard (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tsp)	1	2	3	4	5	6
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2912 /696	479 /114
Total fat (g)	36	6
of which saturated(g)	6,5	1,1
Carbonhydrates (g)	61	10
of which sugars (g)	22,3	3,7
Fiber (g)	12	2
Protein (g)	29	5
Salt (g)	1,2	0,2

Allergens

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

1



Prepare

- Preheat the oven to 210°C.
- Take the steak strips out of the fridge and allow to reach room temperature.
- Peel or thoroughly wash the sweet potato and cut into wedges. Slice the carrot into crescents.
- Transfer the carrot, the sweet potato, half of the Copacabana-style spice mix* and a pinch of salt to a bowl. Drizzle lightly with olive oil, then toss well to coat.

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

2



Roast the vegetables

- Transfer the sweet potato and the carrot to a parchment-lined baking sheet and roast in the oven for 10 - 15 minutes.
- Peel the garlic clove in the meantime.
- Add the garlic to the baking sheet and toss well.
- Return to the oven for a further 5 - 10 minutes, or until the carrot and the sweet potato are golden-brown.

Did you know... *the sweet potato in this recipe contains thiamin, a vitamin that supports normal energy levels in the body.*

3



Make the salsa

- Dice the tomato and roughly chop the coriander (see Tip).
- In a bowl, combine the tomato and the coriander with the extra virgin olive oil.
- Season to taste with salt and pepper.

Tip: *you can also serve the coriander separately so as to allow everyone to garnish as preferred.*

4



Make the dressing

- Halve and pit the avocado, then remove the skin and slice the flesh.
- Crush or finely chop the roasted garlic clove.
- In a small bowl, combine the white wine vinegar with the mayonnaise, the garlic and the mustard.
- Season to taste with salt and pepper.

5



Fry the steak strips

- Heat a light drizzle of olive oil in a frying pan over medium-high heat.
- Fry the steak strips with the rest of the Copacabana-style spice mix for 1 minute (see Tip).
- Season to taste with salt and pepper.

Tip: *fry the steak strips for more or less time as preferred, depending on how rare you'd like them to be. They will cook quickly, so don't fry them too long if you'd prefer them to be more rare.*

6



Serve

- Serve the roasted carrot and sweet potato on deep plates with everything else alongside.
- Drizzle with the dressing to finish.

Fusion Niçoise with Tuna, Lemon Mayo & Sesame Seeds

with green beans, pickled onion & tomato

Total time: 20 - 30 min. Quick Health Conscious Choice




Red onion


Little gem


Green beans


Korean-style spice mix


Potatoes


Roma tomato


Lemon mayonnaise with black pepper


Skipjack tuna in sunflower oil


Sesame seeds

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red onion (unit(s))	½	1	1	2	2	3
Little gem* (unit(s))	1	2	3	4	5	6
Green beans* (g)	75	150	300	300	450	450
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
Potatoes (g)	200	400	600	800	1000	1200
Roma tomato (unit(s))	½	1	1½	2	2½	3
Lemon mayonnaise with black pepper* (g)	25	50	75	100	125	150
Skipjack tuna in sunflower oil (can)	1	1	2	2	3	3
Sesame seeds (g)	2½	5	7½	10	12½	15
Not included						
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Red wine vinegar (tbsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Extra virgin olive oil	to taste					
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
Sambal (tsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2519 /602	442 /106
Total fat (g)	34	6
of which saturated(g)	7,2	1,3
Carbonhydrates (g)	53	9
of which sugars (g)	13,2	2,3
Fiber (g)	10	2
Protein (g)	23	4
Salt (g)	1,4	0,2

Allergens

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

1



Prepare

- Thoroughly wash the potatoes and cut them into chunks. Transfer to a pot or saucepan and submerge with plenty of salted water,
- Boil the potatoes for 5 - 7 minutes.
- Meanwhile, discard the tips of the green beans and then cut in half.
- Add the green beans to the potatoes and boil for 6 - 8 minutes, then drain and return to the pot.

2



Pickle the onion

- Slice the onion into half rings and finely chop the lettuce. Drain the tuna.
- In a salad bowl, combine the red wine vinegar with the sugar.
- Add the onion and mix well to combine, then set aside.
- In a bowl, combine the tuna with the mayonnaise, the honey and half of the Korean-style spices. Season to taste with salt and pepper.

3



Finish

- Add a knob of butter and the rest of the Korean-style spices to the potatoes and beans.
- Fry for 1 - 2 minutes over medium-high heat, seasoning to taste with salt and pepper.
- In a small bowl, combine the sambal with the lemon mayonnaise.
- Cut the tomato into wedges.

Did you know... *the green beans in this recipe contain vitamin C, a nutrient that contributes to the reduction of tiredness and fatigue.*

4



Serve

- Add the lettuce and tomato to the onion and toss well to combine. Add some extra virgin olive oil as preferred, then season to taste with salt and pepper.
- Serve the lettuce on deep plates with everything else alongside.
- Drizzle with the spicy lemon mayo and garnish with the sesame seeds.

Homemade Sausage Rolls with Baby Potatoes

with crunchy apple-cucumber salad

Total time: 45 - 55 min.




Puff pastry


Pork sausage


Grated Gouda


Red onion


Baby potatoes


Apple


Lamb's lettuce


Pumpkin seeds


Persian cucumber

Before you start

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

Ingredients for 1 - 6 servings

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

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3661 /875	572 /137
Total fat (g)	52	8
of which saturated(g)	22,3	3,5
Carbonhydrates (g)	66	10
of which sugars (g)	15	2,3
Fiber (g)	11	2
Protein (g)	31	5
Salt (g)	2,1	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.
- Halve the necessary amount of pastry lengthways.
- Squeeze the sausage meat out of the skin, then spread it over the middle of the pastry.
- Scatter over the cheese and then dab one edge of the pastry with some water.

2



Make the sausage rolls

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

3



Fry the vegetables

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

4



Toast the pumpkin seeds

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

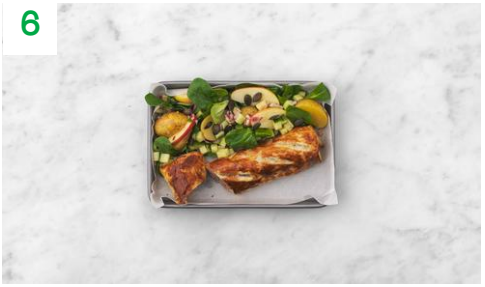
5



Make the vinaigrette

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

6



Serve

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

Creamy No-Chicken Rigatoni with Parmigiano Reggiano

in mascarpone-tomato sauce with fresh basil

Total time: 30 - 40 min. Vegetarian




Red onion


Garlic


Tomato


Rigatoni


Passata


Fresh basil


Mascarpone


Parmigiano Reggiano DOP


Italian seasoning


Plant-based chicken pieces


Bell pepper

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Tomato (unit(s))	1	2	3	4	5	6
Rigatoni (g)	90	180	270	360	450	540
Passata (g)	100	200	300	390	500	590
Fresh basil* (g)	5	10	15	20	25	30
Mascarpone* (g)	25	50	75	100	125	150
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Plant-based chicken pieces* (g)	80	160	240	320	400	480
Bell pepper* (unit(s))	½	1	2	2	3	3
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tsp)	1	2	3	4	5	6
Sugar (tsp)	½	1	1½	2	2½	3
Salt and pepper			to taste			
Water (tbsp)	½	1	1½	2	2½	3

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3510 /839	611 /146
Total fat (g)	36	6
of which saturated(g)	12,5	2,2
Carbonhydrates (g)	93	16
of which sugars (g)	21,7	3,8
Fiber (g)	10	2
Protein (g)	33	6
Salt (g)	1,5	0,3

Allergens

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

1



Prepare

- Boil plenty of salted water in a pot or saucepan and cook the pasta for 13 - 15 minutes, covered. Reserve at least 20ml pasta water per person, then drain and set aside.
- In the meantime, chop the onion and crush or mince the garlic.
- Dice the tomato and the bell pepper.
- Chop the basil into ribbons and grate the Parmigiano Reggiano.

2



Make the sauce

- Heat a drizzle of olive oil in a deep frying pan over medium-high heat and fry the onion with the garlic for 1 - 2 minutes.
- Add the tomato and the bell pepper, then fry for 3 - 4 more minutes.
- Deglaze with the balsamic vinegar, then add the passata, the mascarpone and the sugar.
- Simmer for 6 minutes over medium heat, covered.

3



Fry the veggie chicken

- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the veggie chicken with the Italian seasoning for 4 minutes until lightly browned, then stir in the water (see pantry for amount).
- Fry for 1 more minute until the water has evaporated.
- Season with salt and pepper, then transfer to the sauce.

4



Serve

- Transfer the pasta, the reserved pasta water and half of the basil to the sauce.
- Mix well to combine, adding an extra splash of pasta water as necessary if the sauce is too thick. Season to taste with salt and pepper.
- Serve the pasta on plates. Garnish with the cheese and the rest of the basil.

Cheese Schnitzel with Beetroot Salad

with baby potatoes, walnuts & onion chutney

Total time: 25 - 35 min. Quick Plant-Based




Onion


Pre-cooked beetroot


Apple


Onion chutney


Pre-cooked halved baby potatoes [skin-on]


Arugula & lamb's lettuce


Chopped walnuts


Veggie cheese schnitzel

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Pre-cooked beetroot* (g)	125	250	375	500	625	750
Apple* (unit(s))	½	1	2	2	3	3
Onion chutney* (g)	20	40	60	80	100	120
Pre-cooked halved baby potatoes [skin-on]* (g)	200	400	600	800	1000	1200
Arugula & lamb's lettuce* (g)	20	40	60	90	100	130
Chopped walnuts (g)	10	20	30	40	50	60
Veggie cheese schnitzel* (unit(s))	1	2	3	4	5	6
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Mustard (tsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tsp)	1	2	3	4	5	6
[Plant-based] mayonnaise	to taste					
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4017 /960	616 /147
Total fat (g)	51	8
of which saturated(g)	19,7	3
Carbonhydrates (g)	100	15
of which sugars (g)	33,3	5,1
Fiber (g)	13	2
Protein (g)	19	3
Salt (g)	1,6	0,3

Allergens

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

1



Prepare the baby potatoes

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

Air Fryer Option: drizzle the potatoes with oil and fry for 15 - 20 minutes at 200°C. Shake halfway and avoid overcrowding the basket.

2



Fry the onion

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

3



Fry the schnitzel

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

4



Fry the apple

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

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

5



Make the salad

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

6



Serve

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

Sweet & Spicy Salmon Stir-Fry

over rice noodles with furikake & vegetables

Total time: 20 - 30 min. Quick




Salmon fillet

Rice noodles


Red onion


Garlic


Carrot


Bell pepper


East Asian-style sauce


Ponzu


Furikake

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Salmon fillet* (unit(s))	1	2	3	4	5	6
Rice noodles (g)	75	150	225	300	375	450
Red onion (unit(s))	½	1	2	2	3	3
Garlic (unit(s))	1	2	3	4	5	6
Carrot* (unit(s))	½	1	1	2	2	3
Bell pepper* (unit(s))	½	1	2	2	3	3
East Asian-style sauce* (g)	35	70	105	140	175	210
Ponzu (g)	12	24	36	48	60	72
Furikake (sachet(s))	½	1	1½	2	2½	3
Not included						
Sunflower oil (tbsp)	1	2	3	4	5	6
Sambal (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
[Reduced salt] ketjap manis (tsp)	2	4	6	8	10	12
Water (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3594 /859	693 /166
Total fat (g)	39	8
of which saturated(g)	8,7	1,7
Carbonhydrates (g)	96	18
of which sugars (g)	24,7	4,8
Fiber (g)	8	1
Protein (g)	28	5
Salt (g)	3,9	0,7

Allergens

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

1



Prepare

- Boil plenty of water in a pot or saucepan for the noodles and crumble in the stock cube (see pantry for amount).
- Crush or mince the garlic.
- Transfer the fish to a bowl and add the garlic, the East Asian-style sauce, the ponzu, the ketjap and the sambal.
- Mix well to combine, then cover with aluminum foil and transfer to the fridge to marinate.

2



Boil the noodles

- Slice the onion into half-rings and cut the bell pepper into strips
- Julienne the carrot (cut into matchsticks).
- Boil the noodles for 6 - 7 minutes until a dente. Reserve a small amount of the cooking liquid, then drain and rinse under cold water.
- Return the noodles to the pot and drizzle with sunflower oil, then toss well to coat so as to prevent the noodles from sticking together.

3



Fry the fish

- Heat a drizzle of sunflower oil in a wok or deep frying pan and stir-fry the vegetables for 6 - 7 minutes over medium-high heat.
- Melt a knob of butter in a frying pan over medium-high heat. Fry the fish without its marinade for 2 - 3 minutes on its skin.
- Set the marinade aside to use in the next step.
- Flip the fish and add the water (see pantry for amount). Fry for 2 minutes on the other side.

4



Serve

- Transfer the noodles to the vegetables, then stir in the marinade and some of the cooking liquid as necessary.
- Fry for 1 more minute, seasoning to taste with salt and pepper.
- Serve everything in bowls or on deep plates and garnish with the furikake to finish.

Steak with Kohlrabi-Apple Salad

with potato wedges & fresh herbs

Total time: 25 - 35 min. Family Quick Health Conscious Choice




Marinated steak


Potatoes


Kohlrabi


Apple


Onion chutney


Fresh flat leaf parsley

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Marinated steak* (unit(s))	1	2	3	4	5	6
Potatoes (g)	200	400	600	800	1000	1200
Kohlrabi* (unit(s))	½	1	1	2	2	3
Apple* (unit(s))	½	1	2	2	3	3
Onion chutney* (g)	40	80	120	160	200	240
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Not included						
Water for the potatoes (ml)	25	50	75	100	125	150
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
White wine vinegar (tsp)	1	2	3	4	5	6
Water for the sauce (tbsp)	1	2	3	4	5	6
Extra virgin olive oil	to taste					
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2904 /694	451 /108
Total fat (g)	31	5
of which saturated(g)	8	1,2
Carbonhydrates (g)	70	11
of which sugars (g)	29,3	4,6
Fiber (g)	10	1
Protein (g)	35	5
Salt (g)	1,1	0,2

Allergens

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

1



Prepare

- Take the steak out of the fridge and allow it to reach room temperature.
- Thoroughly wash the potatoes and cut them into wedges.
- Transfer to a deep frying pan and pour in the water (see pantry for amount). Cover with the lid and allow to steam for 12 - 15 minutes over medium heat.
- Drain if necessary, then drizzle with olive oil and fry for 5 - 7 minutes or until done. Season to taste with salt and pepper.

2



Make the salad

- Discard the top of the kohlrabi, then peel and grate it.
- Core and thinly slice the apple. Finely chop the fresh herbs.
- Transfer the kohlrabi and the apple to a salad bowl, then add the mayonnaise and the white wine vinegar.
- Add half of the fresh herbs, then drizzle with extra virgin olive oil as preferred. Season to taste with salt and pepper, then toss well to combine.

3



Fry the steak

- Melt a knob of butter in a frying pan over medium-high heat. When the pan is nice and hot, fry the steak for 1 - 3 minutes per side.
- Remove from the pan and season with salt and pepper, then allow to rest under aluminum foil.
- To the same pan, add the onion chutney and the water for the sauce.
- Mix well and cook for 1 minute over medium-high heat.

4



Serve

- Slice the steak against the grain.
- Serve the potato wedges with the kohlrabi salad and the steak.
- Top the steak with the onion sauce and garnish with the rest of the fresh herbs.

Fillet of Salmon over Fennel Risotto

with roasted courgette, lemon & Gouda

Total time: 45 - 55 min. Family




Red onion


Garlic


Fennel


Courgette


Risotto rice


Salmon fillet


Grated Gouda


Lemon

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	1	2	2	3	3
Fennel* (unit(s))	½	1	2	2	3	3
Courgette* (unit(s))	½	1	1	2	2	3
Risotto rice (g)	75	150	225	300	375	450
Salmon fillet* (unit(s))	1	2	3	4	5	6
Grated Gouda* (g)	25	50	75	100	125	150
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Not included						
Low sodium vegetable stock (ml)	350	700	1050	1400	1750	2100
White wine vinegar (tbsp)	1½	3	4½	6	7½	9
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Salt and pepper	to taste					

** store in the fridge*

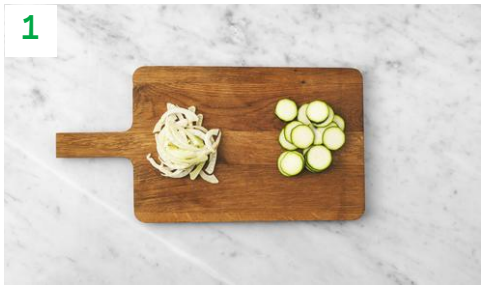
Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3494 /835	405 /97
Total fat (g)	42	5
of which saturated(g)	14,1	1,6
Carbonhydrates (g)	81	9
of which sugars (g)	13,8	1,6
Fiber (g)	6	1
Protein (g)	33	4
Salt (g)	1,8	0,2

Allergens

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

1



Chop the vegetables

- Preheat the oven to 200°C and prepare the stock.
- Thinly slice the courgette and transfer to a parchment-lined baking sheet, then drizzle lightly with olive oil.
- Season with salt and pepper, then roast in the oven for 18 - 20 minutes.
- Quarter the fennel and remove the tough core, then chop the fennel into thin strips. Set aside any fennel fronds to use later as garnish.

2



Prepare the fennel

- Chop the onion and crush or mince the garlic.
- Melt a knob of butter in a wok or deep frying pan over medium-high heat. Fry the onion with three-quarters of the fennel for 4 - 5 minutes.
- Meanwhile, in a bowl combine the rest of the fennel with the sugar and two-thirds of the white wine vinegar.
- Season with a pinch of salt and set aside, stirring occasionally.

3



Make the risotto

- Add the garlic and the risotto rice to the pan and toast the grains for 2 minutes over low heat.
- Deglaze with the rest of the white wine vinegar, then gradually add the stock one ladle at a time.
- Allow the stock to slowly incorporate, stirring regularly.

4

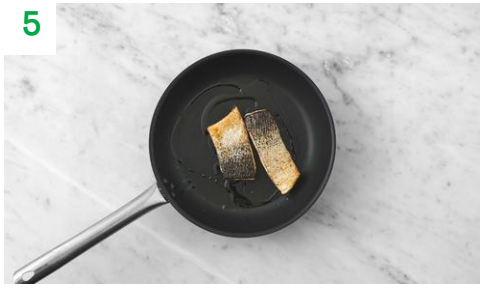


Finish the risotto

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

Tip: *if it's already done, turn off the oven and keep the courgette warm until serving.*

5



Fry the fish

- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Pat the fish dry with kitchen paper and season with salt and pepper.
- Fry the fish for 2 - 3 minutes on its skin, then flip and fry for 2 minutes on the other side.
- Meanwhile, zest the lemon and then cut it into wedges.

6



Serve

- Stir the courgette into the risotto, along with half of the cheese and 0.5 tsp lemon zest per person. Mix well and season to taste with salt and pepper.
- Serve the risotto on deep plates and top with the fish. Squeeze a lemon wedge over each portion and garnish with the rest of the cheese, along with any fennel fronds.
- Serve the fennel salad alongside.

Salami & Courgette Flammekueche

with Greek-style cheese & cucumber-pear salad

Total time: 30 - 40 min. Health Conscious Choice




Pear


Red onion


Courgette


Crème fraîche


Salami


Greek-style cheese


Persian cucumber


Fresh flat leaf parsley & mint


Flammekueche

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pear* (unit(s))	½	1	2	2	3	3
Red onion (unit(s))	1	1	2	2	3	3
Courgette* (unit(s))	⅓	⅔	1	1⅓	1⅔	2
Crème fraîche* (g)	25	50	75	100	125	150
Salami* (slice(s))	3	6	9	12	15	18
Greek-style cheese* (g)	25	50	75	100	125	150
Persian cucumber* (unit(s))	½	1	1	2	2	3
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
Flammekueche* (unit(s))	1	2	3	4	5	6
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	to taste					
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2556 /611	569 /136
Total fat (g)	32	7
of which saturated(g)	14,1	3,1
Carbonhydrates (g)	60	13
of which sugars (g)	15,2	3,4
Fiber (g)	4	1
Protein (g)	19	4
Salt (g)	2,4	0,5

Allergens

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

1



Prepare

- Preheat the oven to 220°C.
- Use a peeler or cheese slicer to shave the courgette into thin ribbons.
- Transfer the flammekueche to a parchment-lined baking sheet.

2



Make the flammekueche

- Spread the crème fraîche over the flammekueche and season with plenty of pepper. Top with the courgette ribbons and drizzle with olive oil as preferred.
- Core and dice the pear, then top the flammekueche with two thirds of it and set the rest aside.
- Slice the onion into half rings and arrange over the flammekueche, along with the salami.
- Crumble over the cheese and then bake in the oven for 10 - 12 minutes.

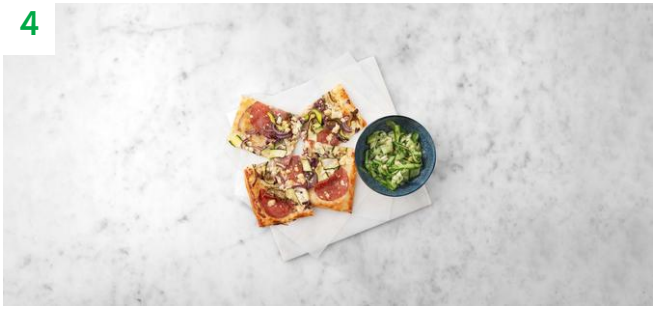
3



Make the salad

- In a salad bowl, combine the extra virgin olive oil with the white balsamic vinegar and season with salt and pepper.
- Shave the cucumber into thin ribbons and add to the dressing, along with the rest of the pear.
- Toss well to combine with the dressing.
- Finely chop the fresh herbs and add to the salad.

4



Serve

- Serve the flammekueche with the cucumber-pear salad.

Spicy Chicken Drumsticks with Couscous

with fragrant labneh sauce & vegetables

Total time: 35 - 45 min.




African-inspired spice mix


Red onion


Carrot


Bell pepper


Wholewheat couscous


Fresh flat leaf parsley & mint


Labneh


Ginger paste


Garlic


Chicken drumsticks in Baharat marinade

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
African-inspired spice mix (sachet(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1	2	2	3
Carrot* (unit(s))	1	1	2	2	3	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Wholewheat couscous (g)	75	150	225	300	375	450
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
Labneh* (g)	40	80	120	150	200	230
Ginger paste* (g)	5	10	15	20	25	30
Garlic (unit(s))	1	2	3	4	5	6
Chicken drumsticks in Baharat marinade* (unit(s))	2	4	6	8	10	12
Not included						
Low sodium vegetable stock (ml)	200	400	600	800	1000	1200
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3816 /912	483 /116
Total fat (g)	45	6
of which saturated(g)	15,4	2
Carbonhydrates (g)	67	9
of which sugars (g)	18,5	2,3
Fiber (g)	18	2
Protein (g)	51	6
Salt (g)	3,6	0,5

Allergens

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

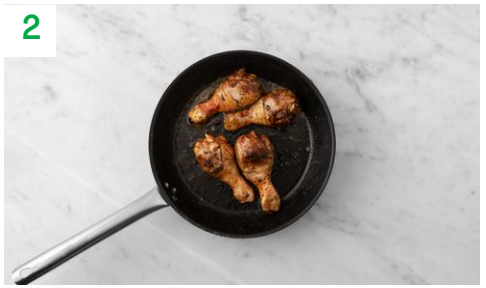
1



Prepare

- Prepare the stock.
- Make two incisions into the chicken drumsticks, making sure to cut to the bone.
- Transfer the chicken drumsticks to a bowl and drizzle with olive oil, then toss well to coat.

2



Fry the drumsticks

- Melt a generous knob of butter in a large deep frying pan over high heat.
- Fry the drumsticks for 5 - 6 minutes until evenly browned.
- In the meantime, chop the onion and crush or mince the garlic.
- Slice the carrot into thin crescents and cut the bell pepper into strips.

3



Add the vegetables

- Lower the heat and add the vegetables to the pan, along with the ginger paste, the garlic and half of the African-inspired spices.
- Add 25ml stock per person, then cover with the lid.
- Cook for 15 - 18 minutes, or until the vegetables are done and the chicken is no longer pink inside.
- Turn the chicken regularly, seasoning with salt and pepper.

4

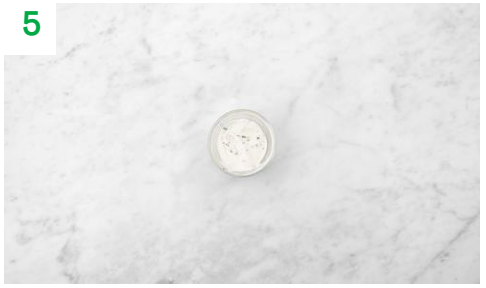


Prepare the couscous

- Transfer the couscous to a large bowl (see Tip).
- Add the rest of the stock and the African-inspired spices, along with the honey and the extra virgin olive oil.
- Cover the bowl and allow to stand for at least 10 minutes.

Tip: *if you're watching your calorie intake, prepare all of the couscous but serve just two thirds. You can keep the rest in the fridge to use another time.*

5



Make the sauce

- Finely chop the fresh herbs.
- In a small bowl, combine the labneh with half of the fresh herbs.
- Season to taste with salt and pepper.
- Stir the rest of the fresh herbs into the couscous.

6



Serve

- Remove the chicken drumsticks from the pan.
- Transfer the couscous to the vegetables and mix well to combine, then serve on plates and top with the drumsticks.
- Dollop over the labneh sauce to finish.

Chicken à la Normande with Creamy Apple Sauce

with garlic mash, parsley & roasted green beans

Total time: 45 - 55 min. Family Health Conscious Choice




Potatoes


Garlic


Green beans


Chicken breast


Apple


Onion


Cooking cream


Fresh curly parsley

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Garlic (unit(s))	1½	3	4½	6	7½	9
Green beans* (g)	100	200	300	400	500	600
Chicken breast* (unit(s))	1	2	3	4	5	6
Apple* (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Cooking cream (g)	75	150	225	300	375	450
Fresh curly parsley* (g)	5	10	15	20	25	30
Not included						
Low sodium chicken stock (ml)	25	50	75	100	125	150
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Mustard (tbsp)	½	1	1½	2	2½	3
Flour (tbsp)	½	1	1½	2	2½	3
[Plant-based] milk			splash			
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper			to taste			

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3209 /767	471 /112
Total fat (g)	39	6
of which saturated(g)	21,7	3,2
Carbonhydrates (g)	64	9
of which sugars (g)	16,7	2,4
Fiber (g)	11	2
Protein (g)	41	6
Salt (g)	0,6	0,1

Allergens

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

1



Prepare

- Preheat the oven to 220°C and prepare the stock.
- Discard the tips of the green beans.
- Transfer to a sheet of aluminum foil and drizzle with olive oil. Season with salt and pepper, then toss well to coat.
- Fold up the foil into a parcel and seal the edges. Transfer to a baking sheet and roast for 20 - 25 minutes.

2



Boil the potatoes

- Peel or thoroughly wash the potatoes and then cut into 2cm chunks.
- Transfer the potatoes to a pot or saucepan and submerge with water.
- Peel half of the garlic and transfer to the potatoes.
- Boil for 12 - 15 minutes. Reserve a small amount of the cooking liquid, then drain and set aside.

3



Fry the chicken

- Place the chicken between two sheets of baking paper and pound it with a rolling pin until 1 - 2cm thick.
- Melt a knob of butter in a frying pan over medium-high heat and fry the chicken for 2 minutes per side.
- Scatter the flour over both sides, then reduce the heat and fry for 4 more minutes per side or until done. Season with salt and pepper.

4



Fry the apple

- Chop the onion and crush or mince the rest of the garlic.
- Core the apple and then cut it into wedges.
- Melt a knob of butter in a frying pan over medium-high heat. Fry the apple, the onion and the garlic for 5 - 7 minutes.
- Add the mustard, the stock and the cream. Season with salt and pepper, then allow to thicken and reduce for 3 - 4 minutes.

5



Mash the potatoes

- Finely chop the parsley in the meantime.
- Mash the potatoes and the garlic with a knob of butter and a splash of milk or cooking liquid as preferred.
- Stir in the parsley, then season to taste with salt and pepper.

6



Serve

- Serve the garlic mash on plates with everything else alongside.
- Drizzle with any remaining creamy sauce from the pan to finish.

Chipotle Black Bean & Avocado Wraps

with Greek-style cheese, coriander & lime

Total time: 20 - 30 min. Quick



- Wholewheat tortilla
- Black beans
- Garlic
- Onion
- Tomato
- Chipotle paste
- Tomato paste
- Bell pepper
- Little gem
- Fresh coriander
- Lime
- Avocado
- Greek-style cheese

SPECIAL INGREDIENT

There is a new ingredient in your box! Chipotle paste is a spicy, smoky seasoning made from ground chipotle peppers. Perfect for sauces and marinades, it adds a Mexican-style kick to any dish!
Scan the QR code to let us know what you thought of the ingredient!

NUTRI-SCORE A B C D E

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Wholewheat tortilla (unit(s))	2	4	6	8	10	12
Black beans (pack)	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	2	2	3	3
Onion (unit(s))	½	1	1	2	2	3
Tomato (unit(s))	½	1	2	2	3	3
Chipotle paste (g)	10	20	30	40	50	60
Tomato paste (can)	½	1	1½	2	2½	3
Bell pepper* (unit(s))	½	1	1½	2	2½	3
Little gem* (unit(s))	1	2	3	4	5	6
Fresh coriander* (g)	5	10	15	20	25	30
Lime* (unit(s))	½	1	1½	2	2½	3
Avocado (unit(s))	½	1	1½	2	2½	3
Greek-style cheese* (g)	25	50	75	100	125	150
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Water (ml)	25	50	75	100	125	150
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3586 /857	500 /120
Total fat (g)	47	7
of which saturated(g)	11,4	1,6
Carbonhydrates (g)	74	10
of which sugars (g)	22,5	3,1
Fiber (g)	28	4
Protein (g)	27	4
Salt (g)	2,3	0,3

Allergens

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

1



Prepare

- Chop the onion and crush or mince the garlic. Dice the bell pepper.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the onion, the garlic and the bell pepper for 1 - 2 minutes.
- Add the tomato paste and fry for 1 more minute.
- In the meantime, dice the tomato.

2



Make the filling

- Lower the heat, then add the beans, the tomato, the sugar, the chipotle paste* and the water (see pantry for amount).
- Allow to simmer for 10 minutes. Season to taste with salt and pepper.
- Roughly chop the lettuce and the coriander.
- Juice half of the lime and cut the rest into wedges.

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

3



Make the salad

- Warm the tortillas in a clean frying pan over medium-high heat for 1 - 2 minutes per side.
- In a large bowl, combine the mayonnaise with the extra virgin olive oil and the lime juice. Season to taste with salt and pepper.
- Add the lettuce and half of the coriander, then toss well to combine.
- Halve and pit the avocado, then remove the skin and slice the flesh.

4



Serve

- Fill the tortillas with the chipotle beans, the avocado and some of the salad.
- Crumble over the cheese and garnish with the rest of the coriander.
- Serve the lime wedges and the rest of the salad alongside.

Creamy Harissa Chickpea Stew with Toasted Almonds

over fragrant cranberry couscous with mint & spinach

Total time: 25 - 35 min. Quick Plant-Based



- Onion
- Garlic
- Fresh mint
- Bell pepper
- Wholewheat couscous
- Middle Eastern spice mix
- Peruvian-style spice mix
- Tomato paste
- Chickpeas
- Shaved almonds
- Spinach
- Coconut milk
- Harissa
- Dried cranberries

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	½	1	1½	2	2½	3
Fresh mint* (g)	5	10	15	20	25	30
Bell pepper* (unit(s))	½	1	1½	2	2½	3
Wholewheat couscous (g)	75	150	225	300	375	450
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Peruvian-style spice mix (sachet(s))	½	1	1½	2	2½	3
Tomato paste (can)	½	1	1½	2	2½	3
Chickpeas (pack)	½	1	1½	2	2½	3
Shaved almonds (g)	5	10	15	20	25	30
Spinach* (g)	100	200	300	400	500	600
Coconut milk (ml)	90	180	270	360	450	540
Harissa* (g)	15	30	45	60	75	90
Dried cranberries (g)	10	20	30	40	50	60
Not included						
Water (ml)	125	250	375	500	625	750
Low sodium vegetable stock cube (unit(s))	⅔	¾	1⅛	1½	1⅞	2¼
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Balsamic vinegar (tbsp)	1	2	3	4	5	6

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3481 /832	455 /109
Total fat (g)	35	5
of which saturated(g)	16,7	2,2
Carbonhydrates (g)	86	11
of which sugars (g)	26	3,4
Fiber (g)	31	4
Protein (g)	29	4
Salt (g)	2,1	0,3

Allergens

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

1



Prepare

- Boil the water in a pot or saucepan and crumble in a third of the stock cube (see pantry for amounts).
- Take the pan off the heat and transfer the couscous to the stock. Allow to stand for 8 minutes, covered.
- Fluff through the couscous with a fork to separate the grains.
- Meanwhile, cut the bell pepper into thin strips and crush or mince the garlic.

2



Toast the almonds

- Heat a clean frying pan over high heat and toast the almonds until golden-brown. Remove from the pan and set aside.
- Heat a drizzle of olive oil in the same pan over medium-high heat. Fry the garlic, the bell pepper, both dried spices and half of the tomato paste for 5 - 6 minutes.
- Add the chickpeas (including 30ml aquafaba per person) and the coconut milk.

3



Make the stew

- Tear in the spinach and crumble in the rest of the stock cube.
- Allow the spinach to wilt and reduce, then stir in the harissa. Season to taste with salt and pepper.
- Chop the onion and finely chop the mint leaves.
- Heat a light drizzle of olive oil a frying pan over medium-high heat. Fry the onion with the rest of the tomato paste for 3 - 4 minutes.

4



Serve

- Deglaze the onion with the balsamic vinegar, then transfer to the couscous.
- Add the cranberries and three quarters of the mint, then mix well to combine.
- Serve the couscous on deep plates and top with the stew.
- Garnish with the almonds and the rest of the mint.

Goat's Cheese Tart with Caramelised Onion

with cucumber salad & pumpkin seeds

Total time: 30 - 40 min. Vegetarian




Puff pastry


Mesclun


Onion


Crème fraîche


Dried thyme


Persian cucumber


Pumpkin seeds


Goat's Cheese

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Puff pastry* (roll(s))	½	1	1½	2	2½	3
Mesclun* (g)	30	60	90	120	150	180
Onion (unit(s))	1½	3	4½	6	7½	9
Crème fraîche* (g)	25	50	75	100	125	150
Dried thyme (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Persian cucumber* (unit(s))	½	1	1½	2	2½	3
Pumpkin seeds (g)	5	10	15	20	25	30
Goat's Cheese* (g)	50	100	150	200	250	300
Not included						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Extra virgin olive oil	to taste					
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4075 /974	798 /191
Total fat (g)	64	12
of which saturated(g)	37,6	7,4
Carbonhydrates (g)	76	15
of which sugars (g)	18,1	3,5
Fiber (g)	11	2
Protein (g)	23	5
Salt (g)	1,3	0,3

Allergens

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

1



Fry the onion

- Preheat the oven to 200°C.
- 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.
- Slice the onion into thin half-rings.
- Melt a knob of butter in the same pan over medium heat and fry the onion for 10 minutes, stirring occasionally. Season with salt and pepper.

2



Prepare the pastry

- Transfer the pastry on its parchment paper to a baking sheet (see Tip).
- Use a fork to pierce across the surface of the pastry.
- Bake in the oven for 10 - 15 minutes or until golden-brown.

Health Tip: *if you're watching your calorie intake, use just a third of the pastry and keep the rest to use another time.*

3



Slice the cucumber

- Meanwhile, thinly slice the cucumber.
- In a bowl, combine the crème fraîche with the mustard. Season to taste with salt and pepper.

4



Assemble

- When the onion is soft, add the sugar and allow to caramelise for 3 - 5 minutes, stirring regularly.
- Spread the crème fraîche mixture over the pastry, leaving a 1 cm border.
- Top with the onion, then crumble over the cheese and scatter over the thyme.
- Bake the tart in the oven for around 5 minutes.

5



Make the salad

- In a salad bowl, combine the balsamic vinegar with some extra virgin olive oil as preferred. Season to taste with salt and pepper.
- Shortly before serving, transfer the lettuce and the cucumber to the salad bowl.
- Toss well to combine with the dressing.

6



Serve

- Slice the tart and serve immediately while it is still warm.
- Serve the cucumber salad alongside and garnish with the pumpkin seeds.

Pizza Bianco with Courgette & Green Pesto

with mushrooms, mozzarella & Romano pepper

Total time: 35 - 45 min. Vegetarian




Courgette


Red onion


Mushrooms


Crème fraîche


Pizza dough


Shredded mozzarella


Green Romano pepper


Green pesto

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Courgette* (unit(s))	½	1	1	2	2	3
Red onion (unit(s))	½	1	1½	2	2½	3
Mushrooms* (g)	65	125	250	250	375	375
Crème fraîche* (g)	25	50	75	100	125	150
Pizza dough* (unit(s))	½	1	1½	2	2½	3
Shredded mozzarella* (g)	25	50	75	100	125	150
Green Romano pepper* (unit(s))	¼	½	¾	1	1¼	1½
Green pesto* (g)	20	40	60	80	100	120
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3841 /918	728 /174
Total fat (g)	41	8
of which saturated(g)	13,4	2,5
Carbonhydrates (g)	109	21
of which sugars (g)	11,7	2,2
Fiber (g)	7	1
Protein (g)	28	5
Salt (g)	4,4	0,8

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.
- Thinly slice the courgette.
- Cut the Romano pepper into strips.
- Slice the onion into thin half-rings and slice the mushrooms.

2



Fry the vegetables

- Heat a light drizzle of olive oil in a frying pan over high heat and fry the mushrooms for 3 - 5 minutes.
- Season with salt and pepper, then remove from the pan and set aside.
- Heat another light drizzle of olive oil in the same pan over high heat and fry the courgette for 4 - 5 minutes. Season with salt and pepper.

3



Make the sauce

- In a bowl, combine the crème fraîche with three quarters of the cheese and half of the pesto (see Tip).
- Season to taste with salt and pepper.
- Roll out the pizza dough onto a parchment-lined baking sheet and spread with the pesto mixture.

Health Tip: *the rest of the pesto will be used later, but if you're watching your calorie intake you can keep it in the fridge to use another time instead.*

4



Serve

- Top the pizza with the courgette, the onion, the Romano pepper, the mushrooms and the rest of the cheese.
- Bake in the oven for 13 - 15 minutes.
- Drizzle the pizza with the rest of the pesto.
- Slice the pizza and serve on plates.

Sticky Pork Belly with Fragrant Noodle Soup

with pak choi, lime & fresh herbs

Total time: 25 - 35 min. Quick Health Conscious Choice




Sticky pork belly

Rice noodles


Ginger paste


Vietnamese-style sauce


Carrot


Scallions


Garlic


Pak choi


Fresh coriander & mint


Lime

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Sticky pork belly* (g)	120	240	360	480	600	720
Rice noodles (g)	40	80	120	160	200	240
Ginger paste* (g)	5	10	15	20	25	30
Vietnamese-style sauce* (sachet(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	2	2	3	3
Scallions* (g)	31¼	62½	93¾	125	156¼	187½
Garlic (unit(s))	½	1	1½	2	2½	3
Pak choi* (unit(s))	½	1	1	2	2	3
Fresh coriander & mint* (g)	5	10	15	20	25	30
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Not included						
Low sodium beef stock (ml)	250	500	750	100	1250	600
Sunflower oil (tbsp)	1½	3	4½	6	7½	9
Water (ml)	30	60	90	120	150	180
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3289 /786	458 /109
Total fat (g)	54	7
of which saturated(g)	15,2	2,1
Carbonhydrates (g)	51	7
of which sugars (g)	11,7	1,6
Fiber (g)	6	1
Protein (g)	26	4
Salt (g)	3,5	0,5

Allergens

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

1



Prepare

- Boil plenty of water in a pot or saucepan for the noodles. Prepare the stock.
- Slice the pork into pieces of no more than 1cm thickness.
- Heat a generous drizzle of sunflower oil in a frying pan over medium heat and fry the pork for 10 - 12 minutes, or until done. Keep warm until serving.
- Finely chop the scallions and separate the white part from the greens.

2



Fry the vegetables

- Slice the carrot into crescents and crush or mince the garlic.
- Discard the base of the pak choi and finely chop both the leaves and stems, being sure to keep them separate.
- Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat. Fry the carrot with the white part of the scallions and the pak choi stems for 6 - 8 minutes, covered.

3



Boil the noodles

- Meanwhile, boil the noodles for 4 - 5 minutes, or until al dente.
- Drain and rinse under cold water, then set aside.
- Deglaze the vegetables with the water (see pantry for amount) and steam for 2 minutes. Season to taste with salt and pepper.
- Add the Vietnamese-style sauce, the garlic and the ginger paste and fry for 1 minute.

4



Serve

- Transfer the noodles, the pak choi leaves and the stock to the vegetables. Mix well and cook for 1 - 2 minutes.
- Meanwhile, roughly chop the fresh herbs and cut the lime into wedges.
- Serve everything in bowls, garnished with the fresh herbs and the scallion greens.
- Serve the lime wedges alongside.

Camembert En Croûte with Caramelised Onion

with baby potatoes & tomato salad

Total time: 45 - 55 min. Vegetarian




Camembert


Puff pastry


Red onion


Apple


Mixed leaves of radicchio, arugula & lettuce


Romano pepper


Dried thyme


Baby potatoes


Roma tomato

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Camembert* (g)	80	160	240	320	400	480
Puff pastry* (roll(s))	¼	½	¾	1	1¼	1½
Red onion (unit(s))	1	2	3	4	5	6
Apple* (unit(s))	½	1	2	2	3	3
Mixed leaves of radicchio, arugula & lettuce* (g)	30	60	90	120	150	180
Romano pepper* (unit(s))	½	1	1½	2	2½	3
Dried thyme (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Baby potatoes (g)	100	200	300	400	500	600
Roma tomato (unit(s))	½	1	1	2	2	3
Not included						
Balsamic vinegar (tsp)	1½	3	4½	6	7½	9
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3464 /828	631 /151
Total fat (g)	48	9
of which saturated(g)	26,9	4,9
Carbonhydrates (g)	69	13
of which sugars (g)	21,8	4
Fiber (g)	11	2
Protein (g)	26	5
Salt (g)	1,9	0,4

Allergens

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

1



Prepare

- Preheat the oven to 210°C.
- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Halve the baby potatoes or cut any larger ones into quarters. Boil for 16 - 18 minutes, then drain and rinse under cold water.
- Cut the Romano pepper into thin strips and the tomato into wedges. Core and slice the apple. Slice the onion into half-rings.

2



Fry the apple

- Melt a knob of butter in a frying pan over medium-high heat. Fry the onion for 2 - 3 minutes, then add the apple and fry for another 2 - 3 minutes.
- Deglaze with two thirds of the balsamic vinegar, then stir in the sugar and half of the thyme.
- Cover with the lid and allow to reduce for 4 - 6 minutes over low heat, stirring occasionally.

3



Fill the pastry

- Spread half of the mustard over a quarter roll of pastry per person, then top with the camembert.
- Top with half of the onion and the apple, then scatter over the rest of the thyme.
- Season with pepper, then fold the edges of the pastry towards the centre, taking care not to stretch it too much.
- Pinch the pastry together at the top so as to seal it, then bake in the oven for 15 - 20 minutes or until golden-brown.

4



Serve

- In a salad bowl, combine the extra virgin olive oil with the rest of the mustard and balsamic vinegar. Season to taste with salt and pepper.
- Shortly before serving, transfer the lettuce, the baby potatoes, the tomato and the Romano pepper to the bowl, along with the rest of the apple and the onion. Toss well to combine.
- Serve the camembert en croûte on plates with the salad alongside.

Korean-Style Bulgogi Beef Loaded Fries

with pickled cucumber, coriander & peanuts

Total time: 40 - 50 min. Health Conscious Choice



- Marinated steak strips
- Bulgogi sauce
- Potatoes
- Korean-style spice mix
- Bell pepper
- Red onion
- Fresh coriander
- Cucumber
- Salted peanuts

Recipe Developer Sarah: "These loaded fries are inspired by Dutch kapsalon, but with a Korean twist. The tasty bulgogi sauce pairs wonderfully with the quick-pickled cucumber and the spicy sambal mayonnaise."

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Marinated steak strips* (g)	100	200	300	400	500	600
Bulgogi sauce (g)	20	35	55	70	90	105
Potatoes (g)	250	500	750	1000	1250	1500
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Red onion (unit(s))	½	1	1	2	2	3
Fresh coriander* (g)	5	10	15	20	25	30
Cucumber* (unit(s))	¼	½	¾	1	1¼	1½
Salted peanuts (g)	10	20	30	40	50	60
Not included						
Sunflower oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	1	2	3	4	5	6
Sugar (tsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Low sodium beef stock (ml)	25	50	75	100	125	150
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
[Reduced salt] ketjap manis (tsp)	½	1	1½	2	2½	3
Water for the sauce (tbsp)	½	1	1½	2	2½	3
Sambal	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3130 /748	453 /108
Total fat (g)	36	5
of which saturated(g)	5	0,7
Carbonhydrates (g)	76	11
of which sugars (g)	24,4	3,5
Fiber (g)	11	2
Protein (g)	34	5
Salt (g)	2	0,3

Allergens

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

1



Make the fries

- Preheat the oven to 210°C.
- Peel or thoroughly wash the potatoes, then cut them into fries of no more than 1cm thickness.
- Transfer the fries to a parchment-lined baking sheet and drizzle with sunflower oil. Season with salt and pepper, then toss well to coat.
- Bake in the oven for 25 - 30 minutes, or until golden-brown, tossing halfway.

2



Pickle the cucumber

- Slice the cucumber into thin crescents.
- In a bowl, combine the white wine vinegar with the sugar.
- Add the cucumber and season to taste with salt.
- Toss well to combine and set aside, stirring occasionally.

3



Prepare the garnishes

- In a small bowl, combine the mayonnaise with the water for the sauce and some sambal as preferred.
- Finely chop the coriander.
- Roughly chop the peanuts.

4



Chop the vegetables

- Cut the bell pepper into strips.
- Slice the onion into half-rings.
- Prepare the stock.

5



Fry the steak strips

- Heat a drizzle of sunflower oil in a frying pan over medium-high heat and fry the bell pepper with the onion for 4 - 6 minutes.
- Add the steak strips and fry for 2 minutes over high heat.
- Deglaze with the stock, then add the ketjap and the honey. Fry for 1 more minute.
- Turn off the heat and stir in the bulgogi sauce. Season to taste with salt and pepper.

6



Serve

- Scatter the Korean-style spice mix over the fries and toss well to coat.
- Serve the fries on plates with everything else alongside.
- Drizzle over the sambal mayonnaise, then garnish with the coriander and the peanuts.

Chicken Thigh Strips with Golden Cauliflower

over bulgur with raisins, yogurt & fresh herbs

Total time: 45 - 55 min. Health Conscious Choice




Chicken thigh strips with kebab spices


Bulgur


Cauliflower


Middle Eastern spice mix


Ground turmeric


Smoked paprika


Raisins


Organic full-fat yogurt


Fresh flat leaf parsley & mint

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken thigh strips with kebab spices* (g)	100	200	300	400	500	600
Bulgur (g)	75	150	225	300	375	450
Cauliflower* (g)	250	500	750	1000	1250	1500
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Ground turmeric (tsp)	1½	3	4½	6	7½	9
Smoked paprika (sachet(s))	½	1	1½	2	2½	3
Raisins (g)	10	20	30	40	50	60
Organic full-fat yogurt* (g)	50	100	150	200	250	300
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Low sodium chicken stock cube (unit(s))	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2732 /653	533 /127
Total fat (g)	23	4
of which saturated(g)	6,2	1,2
Carbonhydrates (g)	78	15
of which sugars (g)	16,7	3,3
Fiber (g)	15	3
Protein (g)	35	7
Salt (g)	2,3	0,4

Allergens

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

1



Prepare

- Preheat the oven to 190°C.
- Cut the head of the cauliflower into florets and dice the stem, then transfer to a bowl.
- Drizzle with olive oil, then add the turmeric and the Middle Eastern spices. Season with salt and pepper, then toss well to coat.
- Transfer to a parchment-lined baking sheet and roast for 30 - 45 minutes, or until done.

Did you know... *the cauliflower in this recipe contains potassium, a mineral that contributes to normal muscle function.*

2



Cook the bulgur

- Transfer the bulgur to a pot or saucepan and submerge with water, then crumble in the stock cube (see pantry for amount).
- Bring to the boil and cook the bulgur for 10 minutes until done, then drain and set aside.

3



Fry the chicken

- Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the chicken with half of the smoked paprika for 7 - 8 minutes.
- Roughly chop the raisins and the fresh herbs.
- In a small bowl, combine the yogurt with the rest of the smoked paprika. Season to taste with salt and pepper.
- Stir the raisins into the bulgur.

4



Serve

- Serve the bulgur on deep plates with everything else alongside.
- Drizzle with the yogurt sauce and garnish with the fresh herbs to finish.

Cheesy Eggplant & Courgette Al Forno

with casarecce & basil

Total time: 45 - 55 min.

Family | Vegetarian | Health Conscious Choice




Eggplant


Garlic


Grated aged Gouda


Casarecce


Fresh basil


Courgette


Chopped tomatoes with basil


Hello Buon Appetito

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Eggplant* (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Grated aged Gouda* (g)	40	75	100	125	175	200
Casarecce (g)	90	180	270	360	450	540
Fresh basil* (g)	2½	5	7½	10	12½	15
Courgette* (unit(s))	¼	½	1	1	1½	1½
Chopped tomatoes with basil (pack)	½	1	1½	2	2½	3
Hello Buon Appetito (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Not included						
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Extra virgin olive oil	to taste					
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2828 /676	552 /132
Total fat (g)	21	4
of which saturated(g)	9,8	1,9
Carbonhydrates (g)	88	17
of which sugars (g)	20,8	4,1
Fiber (g)	9	2
Protein (g)	27	5
Salt (g)	3	0,6

Allergens

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

1



Fry the vegetables

- Preheat the oven to 220°C.
- Thinly slice the eggplant and courgette lengthways.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the eggplant and courgette for 4 - 5 minutes per side (see Tip).
- Season to taste with salt and pepper.

Tip: *if preferred, you can also grill the vegetables instead.*

2



Make the sauce

- Crush or mince the garlic.
- In a bowl, combine the chopped tomatoes with the garlic, the balsamic vinegar, the sugar and the Hello Buon Appetito.
- Season to taste with salt and pepper.

3



Assemble

- Pour a layer of the sauce into an oven dish.
- Top with a layer of the eggplant, followed by a layer of the tomato sauce and then with a layer of the courgette.
- Repeat this process and finish with a layer of sauce.
- Scatter over the cheese and then bake in the oven for 20 - 25 minutes.

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

4



Serve

- In the meantime, boil plenty of water in a pot or saucepan and cook the pasta for 10 - 12 minutes, covered. Drain, then drizzle with extra virgin olive oil as preferred and mix well.
- Chop the basil into thin ribbons.
- Serve the pasta on plates and top with the vegetables al forno. Garnish with the basil to finish.

Tilapia Florentine with Hollandaise Sauce

with dill, roast potatoes, lemon & spinach

Total time: 40 - 50 min. Health Conscious Choice




Potatoes


Garlic


Spinach


Onion


Lemon


Hollandaise sauce


Fresh dill


Skin-on tilapia

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Garlic (unit(s))	1	2	3	4	5	6
Spinach* (g)	150	300	500	600	800	900
Onion (unit(s))	½	1	1	2	2	3
Lemon* (unit(s))	½	1	1½	2	2½	3
Hollandaise sauce* (g)	50	100	150	200	250	300
Fresh dill* (g)	2½	5	7½	10	12½	15
Skin-on tilapia* (g)	100	200	300	400	500	600
Not included						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2699 /645	436 /104
Total fat (g)	35	6
of which saturated(g)	10,9	1,8
Carbonhydrates (g)	53	9
of which sugars (g)	10,2	1,6
Fiber (g)	9	2
Protein (g)	30	5
Salt (g)	0,7	0,1

Allergens

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

1



Roast the potatoes

- Preheat the oven to 210°C.
- Cut the potatoes into chunks and transfer to a parchment-lined baking sheet.
- Drizzle lightly with olive oil and season with salt and pepper, then toss well to coat.
- Roast in the oven for 30 - 35 minutes or until golden-brown, tossing halfway.

Air Fryer Option: *drizzle the potatoes with oil and fry for 15 - 25 minutes at 200°C. Shake halfway and avoid overcrowding the basket.*

2



Chop

- Slice the onion into half-rings and crush or mince the garlic.
- Finely chop the dill.
- Zest the lemon and cut it into quarters.

3



Fry the fish

- Pat the fish dry with kitchen paper, then season with salt and pepper.
- Melt a knob of butter in a large frying pan over medium-high heat.
- Fry the onion with the fish on its skin for 3 minutes, then flip and fry for another 3 minutes.
- Remove the fish from the pan and set aside under aluminum foil.

4



Fry the spinach

- Lightly drizzle the onion with olive oil, then add the garlic and fry for 1 minute.
- Add the spinach and the honey, along with (per person) 0.5 tsp lemon zest and the juice of one lemon wedge.
- Allow to wilt and reduce, then season to taste with salt and pepper.

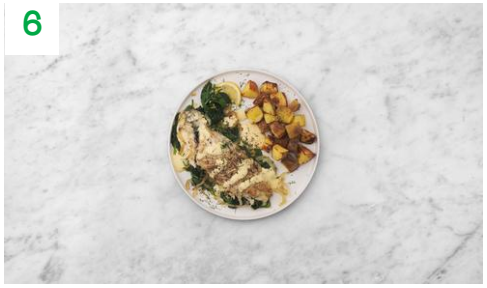
5



Heat the sauce

- In the meantime, heat the Hollandaise sauce in a saucepan for 4 - 6 minutes over a low heat.
- Stir occasionally so as to prevent the sauce from sticking to the bottom of the pan.

6



Serve

- Serve the spinach on plates and top with the fish, then pour over the Hollandaise sauce.
- Serve the potatoes alongside.
- Garnish with the dill and serve with the rest of the lemon wedges.

Creamy Lemon Orzotto

with chestnut mushrooms, pecorino & fresh herbs

Total time: 30 - 40 min. Vegetarian Health Conscious Choice




Red onion


Chestnut mushrooms


Fresh tarragon & chervil


Lemon


Orzo


Grated Pecorino DOP


Leek


Fresco spalmabile - cream cheese

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red onion (unit(s))	½	1	2	2	3	3
Chestnut mushrooms* (g)	200	400	525	800	925	1200
Fresh tarragon & chervil* (g)	5	10	15	20	25	30
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Orzo (g)	75	150	225	300	375	450
Grated Pecorino DOP* (g)	20	40	60	80	100	120
Leek* (unit(s))	⅓	⅔	1	1⅓	1⅔	2
Fresco spalmabile - cream cheese* (g)	50	100	150	200	250	300
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2594 /620	388 /93
Total fat (g)	28	4
of which saturated(g)	11,8	1,8
Carbonhydrates (g)	64	10
of which sugars (g)	9,8	1,5
Fiber (g)	11	2
Protein (g)	25	4
Salt (g)	1,9	0,3

Allergens

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

1



Prepare

- Prepare the stock and slice the leek into thin rings.
- Chop the onion and slice the mushrooms.
- Finely chop the chervil and roughly chop the tarragon.
- Zest and juice the lemon.

2



Fry the vegetables

- Heat a drizzle of olive oil in a large frying pan over medium heat and fry the onion with the leek for 5 - 7 minutes.
- Stir in the mushrooms and fry for 5 - 7 more minutes until browned.
- Season to taste with salt and pepper.

3



Make the orzotto

- In the meantime, heat a clean pot or saucepan over medium-high heat and toast the orzo for 1 minute.
- Add the stock, then reduce the heat and cover with the lid.
- Boil the orzo for 12 minutes until the stock has been absorbed.
- Drain if necessary, then fluff through the orzo with a fork and set aside.

4



Prepare the cream cheese

- Meanwhile, in a small bowl combine the cream cheese with the pecorino.
- Add (per person) a quarter teaspoon of lemon zest and half a teaspoon of lemon juice.
- Season generously with salt and pepper.

5



Finishing

- Transfer the orzotto to the mushrooms, along with half of the lemon cream cheese.
- Drizzle with olive oil and mix well to combine.
- Stir in some of the fresh herbs as preferred, keeping the rest aside to use as garnish (see Tip).

Tip: *chervil and tarragon are acquired tastes, so be sure to taste before you add them.*

6



Serve

- Serve the orzotto on plates and top with the rest of the lemon cream cheese.
- Finish with the rest of the fresh herbs, along with the remaining lemon zest and juice as preferred.

Parsnip Velouté with Goat's Cheese Tartines

with hazelnuts, thyme & coconut milk

Total time: 30 - 40 min. Vegetarian




Garlic


Onion


Carrot


Parsnip


Potatoes


Coconut milk


Poppyseed roll


Roasted hazelnuts


Dried thyme


Goat's Cheese

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	1	2	3	4	5	6
Carrot* (unit(s))	½	1	1	2	2	3
Parsnip* (unit(s))	½	1	2	2	3	3
Potatoes (g)	100	200	300	400	500	600
Coconut milk (ml)	60	120	180	250	300	370
Poppyseed roll* (unit(s))	1	2	3	4	5	6
Roasted hazelnuts (g)	10	20	30	40	50	60
Dried thyme (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Goat's Cheese* (g)	50	100	150	200	250	300
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3452 /825	588 /141
Total fat (g)	44	7
of which saturated(g)	21,5	3,7
Carbonhydrates (g)	81	14
of which sugars (g)	18,8	3,2
Fiber (g)	19	3
Protein (g)	25	4
Salt (g)	1,9	0,3

Allergens

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

1



Prepare

- Preheat the oven to 220°C.
- Chop the onion and crush or mince the garlic.
- Peel the potatoes, the carrot and the parsnip.
- Cut all three into small, even pieces (see Tip).

Tip: *the smaller you cut the vegetables, the more quickly they will cook.*

2



Boil the vegetables

- Heat a drizzle of olive oil in a large soup pot over medium-high heat and fry the onion for 2 - 3 minutes.
- Add the parsnip, the carrot, the potatoes and the garlic.
- Pour in enough water so as to barely submerge the vegetables, then crumble in the stock cube (see pantry for amount).
- Boil for 18 - 20 minutes, covered, or until the vegetables are soft.

3



Chop the hazelnuts

- Cut open the bread roll and transfer face-up to a parchment-lined baking sheet.
- Heat in the oven for 4 - 5 minutes, or until golden-brown and crispy.
- Meanwhile, roughly chop the hazelnuts.

4



Make the tartines

- Top the bread generously with the goat's cheese.
- Drizzle with the extra virgin olive oil, then top with half of the crushed hazelnuts.
- Scatter over some of the thyme as preferred, then season to taste with salt and pepper.

5



Finish

- Use an immersion blender to process the vegetables, gradually adding the coconut milk as you do so, until you obtain a thick and creamy soup (see Tip).
- Season to taste with salt and pepper.

Tip: *add some more coconut milk or a splash of water if you would prefer the soup to be thinner.*

6



Serve

- Serve the velouté in bowls or deep plates.
- Garnish with the rest of the hazelnuts and the thyme.
- Serve the goat's cheese tartines alongside.

Caramelised Pear Risotto with Bacon & Gouda

with mushrooms, walnuts & parsley

Total time: 25 - 35 min. Health Conscious Choice




Red onion


Garlic


Risotto rice


Mushrooms


Pear


Fresh curly parsley & thyme


Chopped walnuts


Bacon lardons


Grated Gouda


Worcestershire sauce

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Risotto rice (g)	75	150	225	300	375	450
Mushrooms* (g)	125	250	400	500	650	750
Pear* (unit(s))	½	1	2	2	3	3
Fresh curly parsley & thyme* (g)	5	10	15	20	25	30
Chopped walnuts (g)	10	20	30	40	50	60
Bacon lardons* (g)	40	80	100	160	180	240
Grated Gouda* (g)	25	50	75	100	125	150
Worcestershire sauce (g)	5	10	15	20	25	30
Not included						
Low sodium chicken stock (ml)	350	700	1050	1400	1750	2100
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	1	2	3	4	5	6
Salt and pepper	to taste					

** store in the fridge*

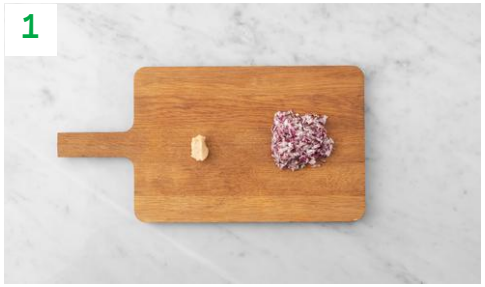
Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3351 /801	428 /102
Total fat (g)	38	5
of which saturated(g)	15,3	2
Carbonhydrates (g)	91	12
of which sugars (g)	18	2,3
Fiber (g)	7	1
Protein (g)	24	3
Salt (g)	3,1	0,4

Allergens

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

1



Prepare

- Prepare the stock.
- Chop the onion and crush or mince the garlic.
- Heat a drizzle of olive oil in a large deep frying pan over medium-high heat. Fry the onion and the garlic for 1 - 2 minutes.
- Add the risotto rice and toast the grains for 1 minute.

2



Make the risotto

- Deglaze with the stock.
- Simmer over medium heat, uncovered and stirring regularly, for 18 - 20 minutes, or until the stock is completely absorbed and the risotto has a creamy consistency.

3



Fry the bacon lardons

- Heat a clean large frying pan over medium-high heat and fry the bacon lardons for 5 - 7 minutes, then remove from the pan and set aside.
- Meanwhile, slice the mushrooms.
- Discard the thyme stalks and finely chop the leaves.

4



Fry the mushrooms

- In the same pan, fry the mushrooms with the thyme for 3 - 4 minutes.
- Season to taste with salt and pepper, then transfer to the risotto and mix well to combine.
- Peel and core the pear, then thinly slice the flesh.

5



Caramelise the pear

- Melt a knob of butter in the same pan over medium-high heat. Fry the pear with the walnuts for 3 minutes.
- Scatter over the sugar and allow the pear to lightly caramelise for 2 - 3 minutes.
- Finely chop the parsley in the meantime.

6



Serve

- Stir the cheese and the Worcestershire sauce into the risotto.
- Serve the risotto on deep plates, topped with the pear, the walnuts and the bacon lardons.
- Garnish with the parsley to finish.

Caribbean-Inspired Veggie Chicken & Peanut Stew

over brown rice with mango chutney & Romano beans

Total time: 25 - 35 min. Quick Plant-Based Health Conscious Choice




Plant-based chicken pieces


Quick-cook brown rice


Garlic


Red onion


Green Romano pepper


Pre-cut Romano beans


Cucumber


Ketjap manis


Mango chutney


Peanut butter


Curry powder

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Plant-based chicken pieces* (g)	80	160	240	320	400	480
Quick-cook brown rice (g)	75	150	225	300	375	450
Garlic (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1½	2	2½	3
Green Romano pepper* (unit(s))	½	1	1½	2	2½	3
Pre-cut Romano beans* (g)	50	100	150	200	250	300
Cucumber* (unit(s))	½	1	1½	2	2½	3
Ketjap manis (g)	20	40	60	80	100	120
Mango chutney* (g)	20	40	60	80	100	120
Peanut butter (tub)	½	1	1½	2	2½	3
Curry powder (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Not included						
Low sodium vegetable stock (ml)	75	150	225	300	375	450
Sunflower oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Salt	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2862 /684	478 /114
Total fat (g)	22	4
of which saturated(g)	3,5	0,6
Carbonhydrates (g)	95	16
of which sugars (g)	21,1	3,5
Fiber (g)	10	2
Protein (g)	24	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

- Boil plenty of water in two pots or saucepans (see Tip).
- Cook the rice in one of the pots for 10 minutes, then drain and set aside.
- Prepare the stock and cut the Romano pepper into strips.
- Chop the onion and crush or mince the garliC.

Tip: *to save time, use a kettle instead.*

2



Make the stew

- Heat a drizzle of sunflower oil in a large wok or deep frying pan over medium-high heat.
- Fry the plant-based chicken for 7 - 8 minutes.
- Add the onion, the garlic, the Romano pepper and the curry powder, then fry for 4 more minutes.
- Stir in the ketjap, the peanut butter, the mango chutney and the stock. Mix well and allow to simmer over low heat.

3



Add the Romano beans

- Blanche the Romano beans in the other pot for 3 minutes, then drain and transfer to the frying pan.
- Mix well and allow to simmer for 3 minutes.
- Meanwhile, thinly slice the cucumber.
- In a bowl, combine the white wine vinegar with the sugar and a pinch of salt. Add the cucumber and toss well to combine.

4



Serve

- Serve the rice on plates and top with the stew.
- Serve the quick-pickled cucumber alongside.

Duck Confit with Shallot Demi-Glace

with garlic potato wedges & apple-cucumber salad

Total time: 40 - 50 min.




Boneless duck thigh confit


Potatoes


Garlic & herb seasoning


Mustard seeds


Shallot


Demi-glace


Apple


Persian cucumber


Radicchio & iceberg lettuce


Garlic

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Boneless duck thigh confit* (g)	100	200	300	400	500	600
Potatoes (g)	250	500	750	1000	1250	1500
Garlic & herb seasoning (sachet(s))	½	1	1½	2	2½	3
Mustard seeds (sachet(s))	½	1	1½	2	2½	3
Shallot (unit(s))	1	2	3	4	5	6
Demi-glace (g)	25	50	75	100	125	150
Apple* (unit(s))	½	1	1	2	2	3
Persian cucumber* (unit(s))	½	1	2	2	3	3
Radicchio & iceberg lettuce* (g)	50	100	150	200	250	300
Garlic (unit(s))	1	1	2	2	3	3
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Mustard (tsp)	1	2	3	4	5	6
Low sodium beef or vegetable stock (ml)	75	150	225	300	375	450
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3423 /818	453 /108
Total fat (g)	50	7
of which saturated(g)	9,9	1,3
Carbonhydrates (g)	71	9
of which sugars (g)	19,1	2,5
Fiber (g)	8	1
Protein (g)	25	3
Salt (g)	3	0,4

Allergens

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

1



Prepare

- Preheat the oven to 220°C. Prepare the stock.
- Thoroughly wash the potatoes and cut them into wedges, then transfer to a bowl. Drizzle with olive oil and scatter over the garlic & herb seasoning. Season with salt and pepper, then toss well to coat.
- Transfer to a parchment-lined baking sheet and roast for 25 - 35 minutes, or until golden-brown.

2



Fry the duck

- Slice the shallot into half-rings.
- Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the duck in its juices with the shallot and the mustard seeds for 2 - 3 minutes per side, covered.
- Remove the duck from the pan and set aside under aluminum foil, then deglaze the pan with half of the white balsamic vinegar.

3



Make the dressing

- Stir in the mustard, the demi glace and the stock, then simmer over high heat for 2 - 3 minutes, or until thickened and reduced.
- Meanwhile, core and dice the apple.
- Slice the cucumber into crescents.
- In a salad bowl, combine the mayonnaise with the honey and the rest of the white balsamic vinegar. Season to taste with salt and pepper.

4



Serve

- Shortly before serving, transfer the apple, the cucumber and the lettuce to the salad bowl.
- Toss well to combine with the dressing.
- Serve everything on plates and drizzle with the shallot demi-glace.