



Pork tenderloin with strawberry-balsamic sauce

with roasted potatoes and green beans

FAMILY 45 min. • Eat within 5 days

FAMILY



Waxy potatoes



Fresh rosemary



Green beans



Shallot



Pork tenderloin



Strawberry jam

Pantry items

Olive oil, black balsamic vinegar, butter, salt and pepper

A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

Equipment

Frying pan, baking sheet lined with baking paper, aluminum foil

Serves 1—6

| | 1P | 2P | 3P | 4P | 5P | 6P |
|-----------------------------|-----|-----|-----|------|------|------|
| Waxy potatoes (g) | 300 | 600 | 900 | 1200 | 1500 | 1800 |
| Fresh rosemary* (sprigs) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Green beans* (g) | 200 | 400 | 600 | 800 | 1000 | 1200 |
| Shallot (g) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Pork tenderloin* (pcs) | 1 | 2 | 3 | 4 | 5 | 6 |
| Strawberry jam (g) (19) 22) | 30 | 45 | 75 | 105 | 120 | 150 |

Not included

| | | | | | | |
|-------------------------------|---|---|----|---|----|----|
| Olive oil (tbsp) | 2 | 4 | 6 | 8 | 10 | 12 |
| Black balsamic vinegar (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Butter (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

| | Per serving | Per 100g |
|-------------------------|-------------|-----------|
| Energy (kJ/kcal) | 3527 / 843 | 514 / 123 |
| Total fat (g) | 39 | 6 |
| Of which: saturated (g) | 12,2 | 1,8 |
| Carbohydrates (g) | 84 | 12 |
| Of which: sugars (g) | 16,2 | 2,4 |
| Fibre (g) | 13 | 2 |
| Protein (g) | 32 | 5 |
| Salt (g) | 0,2 | 0 |

Allergens:

May contain traces of: 19) Peanuts 22) Nuts



1. Prepare the potatoes

Take the **pork tenderloin** from the refrigerator and allow to reach room temperature. Preheat the oven to 200 degrees. Thoroughly wash or peel the **potatoes** and cut into 1 cm dices. Finely chop the **rosemary** leaves. Transfer the potatoes to a baking sheet lined with baking paper. Mix with ½ tbsp olive oil per person and 1 tsp chopped rosemary per person (TIP). Season to taste with salt and pepper. Roast in the oven for 15 – 20 minutes.

TIP: Make sure there is enough space to add a second baking sheet for the green beans, or put the potatoes on one side of a baking sheet, so that the green beans fit next to them on the same sheet.



4. Fry the pork tenderloin

In the meantime, rub the **pork tenderloin** with salt and pepper. Heat 1 tbsp olive oil per person in a frying pan on medium heat. Place the pork tenderloin in the pan and fry for 10 – 13 minutes until brown all around. Cover with aluminum foil and allow to rest until serving. Save the cooking grease in the pan.



2. Cut

In the meantime, trim the ends off the **green beans** and mince the **shallot**.



3. Fry the green beans

Once the potatoes are done, add the **green beans** to the potatoes on the baking tray (or on a different baking tray) (TIP), mix with ½ tbsp olive oil per person and season to taste with salt and pepper. Roast the green beans and potatoes for another 15 minutes.

TIP: Is your oven not that powerful? Roast the potatoes for 10 minutes longer than indicated. Is your oven too small to fit all the ingredients? You can also cook the green beans for 8 – 10 minutes in a pan with a lid.



5. Make the sauce

Heat the frying pan with the cooking grease on medium heat and fry the **shallot** and the remaining **rosemary** for 3 – 5 minutes. Add the **strawberry jam**, black balsamic vinegar and 2 tbsp water per person. Stir well and allow to simmer for 2 minutes. Turn off the heat and stir the butter into the sauce, right before serving. Season to taste with salt and pepper.



6. Serve

Cut the **pork tenderloin** into slices. Transfer the potatoes, green beans and pork tenderloin to plates. Pour the sauce over the pork tenderloin.

Enjoy!

Contact

We would like to hear what you think. Feel free to contact us via our website or via our social media channels.



Yellow rice with spinach-coconut curry

with tomato, cashew nuts and a sunny-side up egg

VEGETARIAN 25 min. • Eat within 3 days

VEGETARIAN



Onion



Garlic clove



Tomato



Ground turmeric



Jasmine rice



Roasted cashew nuts



Grated coconut



Curry powder



Coconut milk



Free-range egg



Spinach

Pantry items

Vegetable stock, Olive oil, Sunflower oil, Salt and pepper

A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

Equipment

Pan with a lid, wok or sauté pan, frying pan

Serves 1—6

| | 1P | 2P | 3P | 4P | 5P | 6P |
|------------------------------------|-----|-----|-----|-----|------|------|
| Onion (pcs) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Garlic clove (pcs) | 1 | 2 | 2 | 3 | 4 | 5 |
| Tomato (pcs) | 1 | 2 | 3 | 4 | 5 | 6 |
| Ground turmeric (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Jasmine rice (g) | 85 | 170 | 250 | 335 | 420 | 505 |
| Roasted cashew nuts (g) 8) 19) 25) | 10 | 20 | 30 | 40 | 50 | 60 |
| Grated coconut (g) 19) 22) 25) | 5 | 10 | 15 | 20 | 25 | 30 |
| Curry powder (tsp) 9) 10) | 1 | 2 | 3 | 4 | 5 | 6 |
| Coconut milk (ml) 26) | 50 | 100 | 150 | 200 | 250 | 300 |
| Free-range egg (pcs) 3) | 1 | 2 | 3 | 4 | 5 | 6 |
| Spinach* (g) 23) | 100 | 200 | 300 | 400 | 500 | 600 |
| Not included | | | | | | |
| Vegetable stock (ml) | 200 | 400 | 600 | 800 | 1000 | 1200 |
| Olive oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Sunflower oil (tbsp) | ½ | 1 | 1 | 1 | 2 | 2 |

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

| | Per serving | Per 100g |
|-------------------------|-------------|-----------|
| Energy (kJ/kcal) | 3368 / 805 | 497 / 119 |
| Total fat (g) | 43 | 6 |
| Of which: saturated (g) | 16,7 | 2,5 |
| Carbohydrates (g) | 82 | 12 |
| Of which: sugars (g) | 7,5 | 1,1 |
| Fibre (g) | 7 | 1 |
| Protein (g) | 21 | 3 |
| Salt (g) | 2,4 | 0,4 |

Allergens:

3) Eggs 5) Peanuts 8) Nuts 9) Celery 10) Mustard
May contain traces of: 19) Peanuts 22) Nuts 23) Celery
 25) Sesame seed 26) Sulfite

Contact

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1. Prepare

Prepare the stock. Chop the **onion** and press or mince the **garlic**. Cut the **tomato** into dices.



4. Make the curry

Let the wok or sauté pan cool (or else the sunflower oil will immediately burn). Then heat the sunflower oil in the pan and fry the **garlic** and **curry powder** for 1 – 2 minutes on medium heat. Add the **tomato** and stir fry for 4 minutes. Add the **coconut milk**, season with salt and pepper and bring to a boil (TIP).

TIP: Sometimes the coconut milk is curdled, but this does not mean that the coconut milk has gone bad. The chunky parts are fat, which give the coconut milk its full flavour.



2. Prepare the rice

Heat half of the olive oil in a pan with a lid on medium heat, and fry the **onion** for 2 minutes. Add the **turmeric** and fry for 1 minute. Add the **rice** and the stock and cook the rice for 12 – 15 minutes, covered with the lid. Add some more water in case the rice gets too dry. Leave to steam dry without the lid.



5. Tear the spinach

In the meantime, heat the remaining olive oil in a frying pan and fry 1 sunny-side up **egg** per person. Tear the **spinach** over the wok or sauté pan and let it shrink while stirring for 1 – 2 minutes.



3. Roast the topping

Heat a wok or sauté pan on medium-high heat and roast the **cashew nuts** until golden brown, without oil or butter. After 1 minute, add the **grated coconut**. Remove both from the pan and set aside.



6. Serve

Transfer the rice and spinach to plates and garnish with the cashew nuts and grated coconut. Serve with the fried egg.

Enjoy!



Vietnamese Pho with fried portobello

with fresh herbs, bell pepper and lime

40 min. • Eat within 5 days



Star anise



Ground cinnamon



Garlic clove



Fresh ginger



Vietnamese sauce



Soy sauce



Red pointed pepper



Scallion



Red chili pepper



Lime



Portobello



Onion



Flat rice noodles



Fresh mint and Thai basil



Peanuts

Pantry items

Sunflower oil, vegetable stock cube, butter, white wine vinegar

A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

Equipment

Small bowl, grater, stock pot or large pan with a lid, frying pan with a lid

Serves 1—6

| | 1P | 2P | 3P | 4P | 5P | 6P |
|---|----------|-----|-----|-----|-----|-----|
| Star anise (pcs) | 1 | 1 | 1 | 1 | 2 | 2 |
| Ground cinnamon (tsp) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Garlic clove (pcs) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Fresh ginger (cm) | 2 | 4 | 6 | 8 | 10 | 12 |
| Vietnamese sauce (tbsp) 1) 6) | 1 | 2 | 3 | 4 | 5 | 6 |
| Soy sauce (ml) 1) 6) | 10 | 20 | 30 | 40 | 50 | 60 |
| Red pointed pepper* (pcs) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Scallion* (pcs) | 2 | 4 | 6 | 8 | 10 | 12 |
| Red chili pepper* (pcs) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Lime (pcs) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Portobello* (pcs) | 1 | 2 | 3 | 4 | 5 | 6 |
| Onion (pcs) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Flat rice noodles (g) | 70 | 140 | 210 | 280 | 350 | 420 |
| Fresh mint, coriander and Thai basil* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Peanuts (g) 5) 22) 25) | 10 | 20 | 30 | 40 | 50 | 60 |
| Not included | | | | | | |
| Sunflower oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Vegetable stock cube (pcs) | ¾ | 1½ | 2¼ | 3 | 3¾ | 4½ |
| Butter (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| White wine vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Salt & pepper | to taste | | | | | |

* keep in the refrigerator

Nutritive value

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| Energy (kJ/kcal) | 2502/598 | 583/139 |
| Total fat (g) | 26 | 6 |
| Of which: saturated (g) | 6,9 | 1,6 |
| Carbohydrates (g) | 73 | 17 |
| Of which: sugars (g) | 11,2 | 2,6 |
| Fibre (g) | 7 | 2 |
| Protein (g) | 14 | 3 |
| Salt (g) | 7,8 | 1,8 |

Allergens:

1) Grains containing gluten 5) Peanuts 6) Soy

May contain traces of: 22) Nuts 25) Sesame seed



1. Prepare

Boil 650 ml water per person. Heat a stock pot or large pan with a lid, without oil, on medium heat. Add the **star anise** and ¼ tsp **cinnamon** per person and heat for 3 – 4 minutes, until they release their aromas. Press or mince the **garlic**. Grate the **ginger** with a fine grater.



4. Fry the portobello

Cut the **portobello** into strips. Chop the **onion**. Heat 1 tbsp butter in a frying pan with a lid on medium-high heat. Fry the **onion** and the remaining **garlic** for 1 – 2 minutes. Add the portobello and fry for 7 – 8 minutes, or until juices are released from them. Deglaze with 1 tsp white wine vinegar per person. Cover the pan with a lid and let it simmer for 4 – 5 minutes on low heat.



2. Prepare the stock

Add 1 tbsp sunflower oil per person to the pan, together with half of the **garlic** and **ginger**, and fry for 1 – 2 minutes. Add the boiling water, the **Vietnamese sauce** and half of the **soy sauce**. Crumble the stock cube over the pan and bring to a boil. Reduce the heat and let the whole simmer for 25 minutes.

TIP: Are you watching your salt intake? Use low salt stock or use less of the Vietnamese sauce and soy sauce. Optionally, add some to taste at the end.



5. Cook the noodles

Remove the star anise from the stock pot or pan. Add the **rice noodles** and let them cook on low heat for 4 – 6 minutes. In the meantime, finely chop the fresh herbs. Add the **portobello** and **onion** to the pan and mix well.



3. Cut

Cut the **red pointed pepper** into thin rings. Cut the **scallion** into fine rings. Remove the seeds from the **red chili pepper** and cut the pepper into thin rings as well. Cut the **lime** into wedges. Keep the vegetables, pepper and lime in separate bowls, to garnish the pho later.



6. Serve

Transfer the pho to bowls. Garnish to taste with the leftover **soy sauce**, pointed pepper, scallion, red chili pepper, lime juice, fresh herbs en **peanuts**.

Enjoy!



Rice dish with minced meat, vegetables and crispy bacon with scallion and cashew nuts

FAMILY **QUICK & EASY** 25 min. • Eat within 3 days

FAMILY



Brown rice



Garlic clove



Scallion



Minced pork



Mixed vegetables



Bacon



Cashew nuts



Thai wok paste

Pantry items
Sunflower oil, salt and pepper

A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

Equipment

Pan with a lid, frying pan, wok

Serves 1—6

| | 1P | 2P | 3P | 4P | 5P | 6P |
|----------------------------|-----|-----|-----|-----|------|------|
| Brown rice (g) | 85 | 170 | 250 | 335 | 420 | 505 |
| Garlic clove (pcs) | 1 | 2 | 3 | 4 | 5 | 6 |
| Scallion* (pcs) | 1 | 2 | 3 | 4 | 5 | 6 |
| Minced pork* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Mixed vegetables* (g) 23) | 200 | 400 | 600 | 800 | 1000 | 1200 |
| Bacon* (g) | 15 | 25 | 35 | 50 | 60 | 75 |
| Cashew nuts (g) 8) 19) 25) | 10 | 20 | 30 | 40 | 50 | 60 |
| Thai wok paste (g) 1) 6) | 35 | 70 | 105 | 140 | 175 | 210 |

Not included

| | | | | | | |
|----------------------|---|---|---|---|----|----|
| Sunflower oil (tbsp) | ½ | ½ | 1 | 1 | 1½ | 1½ |
|----------------------|---|---|---|---|----|----|

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

| | Per serving | Per 100g |
|-------------------------|-------------|-----------|
| Energy (kJ/kcal) | 3410 / 815 | 725 / 173 |
| Total fat (g) | 37 | 8 |
| Of which: saturated (g) | 11,1 | 2,4 |
| Carbohydrates (g) | 87 | 18 |
| Of which: sugars (g) | 14,2 | 3 |
| Fibre (g) | 10 | 2 |
| Protein (g) | 30 | 6 |
| Salt (g) | 2 | 0,4 |

Allergens:

1) Grains containing gluten 5) Peanuts 6) Soy 8) Nuts
May contain traces of: 23) Celery 25) Sesame seed



1. Cook the rice

Boil ample water with a pinch of salt in a pan with a lid, for the rice. Cook the **rice** for 12 – 15 minutes. Drain and leave to steam dry without the lid. Press or mince the **garlic** and finely chop the **scallion**. Keep the green and white parts separated.



2. Stir fry

Heat the sunflower oil in a wok on medium-high heat and fry the white parts of the scallion with the **garlic**, for 3 – 4 minutes. Add the **minced pork** to the wok and fry for 3 - 4 minutes. Then add the **vegetable mix** and fry for another 6 – 8 minutes.



3. Fry the bacon

In the meantime, heat a frying pan without oil on medium-high heat. Fry the **bacon** for 6 – 8 minutes, until crispy. Meanwhile, finely chop the **cashew nuts**.



4. Add the rice

Add the **wok paste** and the **rice** to the wok and mix well. Fry for another 2 – 3 minutes. Season with salt and pepper.



5. Fry the cashews

Crumble the crispy **bacon**. Mix with the green parts of the **scallion** and the **cashew nuts**, and fry for another 1 – 2 minutes in the frying pan.



6. Serve

Transfer the rice and vegetables to plates. Garnish with the bacon, cashew nuts and remaining scallion.

Enjoy!

Contact

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Naan pizza with goat cheese and vegetables

with refreshing tomato salad

BALANCED **FAMILY** **VEGETARIAN** 25 min. • Eat within 5 days

BALANCED

New: each week you can choose 3 recipes which are full of vegetables and low in calories.



Red onion



Courgette



Carrot



Passata



Naan bread



Dried oregano



Fresh goat cheese



Red cherry tomatoes



Fresh basil

Pantry items

Olive oil, extra virgin olive oil, white balsamic vinegar, salt and pepper

A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

Equipment

Frying pan, salad bowl, peeler or cheese slicer

Serves 1—6

| | 1P | 2P | 3P | 4P | 5P | 6P |
|----------------------------------|-----|-----|-----|-----|-----|-----|
| Red onion (pcs) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Courgette (pcs) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Carrot* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Passata (tbsp) | 2 | 4 | 6 | 8 | 10 | 12 |
| Naan bread (pcs) 1) 7) | 1 | 2 | 3 | 4 | 5 | 6 |
| Dried oregano (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Fresh goat cheese* (g) 7) | 30 | 60 | 90 | 120 | 150 | 180 |
| Red cherry tomatoes (g) | 125 | 250 | 375 | 500 | 625 | 750 |
| Fresh basil* (g) | 5 | 10 | 15 | 20 | 25 | 30 |

Not included

| | | | | | | |
|-------------------------------|----------|---|---|---|----|----|
| Olive oil (tbsp) | | | | | | |
| Extra virgin olive oil (tbsp) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| White balsamic vinegar (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Salt & pepper | to taste | | | | | |

* keep in the refrigerator

Nutritive value

| | Per serving | Per 100g |
|-------------------------|-------------|-----------|
| Energy (kJ/kcal) | 2605 / 623 | 520 / 124 |
| Total fat (g) | 25 | 5 |
| Of which: saturated (g) | 6,8 | 1,4 |
| Carbohydrates (g) | 77 | 15 |
| Of which: sugars (g) | 20,6 | 4,1 |
| Fibre (g) | 9 | 2 |
| Protein (g) | 18 | 4 |
| Salt (g) | 1,5 | 0,3 |

Allergens:

1) Grains containing gluten **7)** Milk/lactose

Contact

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1. Prepare

Preheat the oven to 200 degrees. Cut half of the **onion** into thin half rings and finely chop the other half. Use a cheese slicer or peeler to separate the **courgette** and **carrot** into thin round slices.



2. Fry the vegetables

Heat ¼ tbsp olive oil per person in a frying pan on medium-high heat. Fry the half onion rings and carrot slices for 4 – 6 minutes with a large pinch of salt. Add the courgette slices for the last minute.



3. Prepare the pizza

In the meantime, spread 2 tbsp **passata** per person on each **naan bread**. Sprinkle with ½ tsp **dried oregano**, salt and pepper. Heat the naan bread in the oven for 2 minutes.



4. Finish the pizza

Divide the fried onion, carrot and courgette among the naan bread. Crumble the **goat cheese** over them and heat the naan pizzas in the oven for another 4 – 6 minutes.

TIP: You will receive more goat cheese than needed for this recipe. Are you a big eater? Add some extra cheese to taste. You can also use the leftover goat cheese the next day, for lunch for example.



5. Make the salad

Meanwhile, take a salad bowl and mix a dressing with per person: 1 tbsp extra virgin olive oil and ½ tbsp white balsamic vinegar. Season with salt and pepper. Cut the **cherry tomatoes** in half and finely chop the **basil** leaves. Mix the tomatoes, basil and chopped red onion with the dressing. Stir regularly.

TIP: Any leftover courgette? Cut it into strips and mix it with the cherry tomato salad, uncooked.



6. Serve

Cut the naan pizza into several pieces and serve with the salad.

TIP: This dish contains 4 different types of vegetables. Variation is important in order to reach the daily necessary vitamin and mineral intake. Vitamins and minerals are not only present in vegetables, but also in grains, protein and fats.

Enjoy!



Orzo with fried shallot and refreshing lemon ricotta

with chestnut mushrooms and pecorino

VEGETARIAN 30 min. • Eat within 5 days

VEGETARIAN



Shallot



Chestnut mushrooms



Lemon



Fresh tarragon
and chervil



Orzo



Ricotta



Grated pecorino

Pantry items

Vegetable stock, olive oil, butter, salt
and pepper

A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

Equipment

Pan with a lid, frying pan, small bowl, kitchen paper, grater

Serves 1—6

| | 1P | 2P | 3P | 4P | 5P | 6P |
|---------------------------------|----------|-----|-----|-----|-----|------|
| Shallot (pcs) | 2 | 4 | 6 | 8 | 10 | 12 |
| Chestnut mushrooms* (g) | 125 | 250 | 375 | 500 | 625 | 750 |
| Lemon (pcs) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Fresh tarragon and chervil* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Orzo (g) 1) | 85 | 170 | 250 | 335 | 420 | 505 |
| Ricotta* (g) | 50 | 100 | 150 | 200 | 250 | 300 |
| Grated pecorino* (g) 7) | 25 | 50 | 75 | 100 | 125 | 150 |
| Not included | | | | | | |
| Vegetable stock (ml) | 175 | 350 | 525 | 700 | 875 | 1050 |
| Olive oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Butter (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt & pepper | to taste | | | | | |

* keep in the refrigerator

Nutritive value

| | Per serving | Per 100g |
|-------------------------|-------------|-----------|
| Energy (kJ/kcal) | 3029 / 724 | 464 / 111 |
| Total fat (g) | 32 | 5 |
| Of which: saturated (g) | 14,3 | 2,2 |
| Carbohydrates (g) | 76 | 12 |
| Of which: sugars (g) | 12,7 | 2 |
| Fibre (g) | 9 | 1 |
| Protein (g) | 27 | 4 |
| Salt (g) | 3,3 | 0,5 |

Allergens:

1) Grains containing gluten 7) Milk/lactose

Contact

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1. Prepare

Prepare the stock. Cut each **shallot** into eights lengthwise. Clean the **chestnut mushrooms** with kitchen paper and cut them into slices. Grate the **lemon** peel with a fine grater and squeeze out the juice. Finely chop the **fresh chervil** and roughly chop the **fresh tarragon**.



4. Mix the ricotta

In a small bowl, mix the **ricotta** and the **grated pecorino**, with per person: ¼ tsp lemon zest and ½ tbsp lemon juice. Season to taste with salt and a considerable amount of black pepper.



2. Fry the mushrooms

Heat the olive oil in a large frying pan on medium heat and fry the **shallot** for 16 – 18 minutes until golden-brown and soft. For the final 5 – 7 minutes, add the **chestnut mushrooms** and stir fry until brown. Season to taste with salt and pepper.



5. Mix the orzo

Add the butter, half of the **chervil**, half of the mixed **ricotta** and the **orzo** to the frying pan with shallot and mushrooms; stir well.



3. Cook the orzo

In the meantime, heat a pan on medium-high heat without oil, and roast the **orzo** for 1 minute. Add the stock, reduce the heat and simmer for 12 minutes, covered with the lid, until all the stock has been absorbed. Fluff the **orzo** using a fork and set aside, uncovered, to steam dry.



6. Serve

Transfer the **orzo** to plates and garnish with the remaining lemon ricotta. Sprinkle the dish with the remaining **chervil**, **tarragon** (TIP) and the remaining lemon zest. Drizzle to taste with the remaining lemon juice.

TIP: Tarragon has an anise-like flavour, which is not for everyone. Taste it before you add it to your dish.

Enjoy!



Healthy 'kapsalon'

with chicken fillet strips, tomato and cheese

BALANCED 45 min. • Eat within 5 days

BALANCED

New: each week you can choose 3 recipes which are full of vegetables and low in calories.



Waxy potatoes



Red onion



Marinated chicken fillet strips



Lettuce



Tomato



Grated matured cheese



Garlic clove



Fresh curly parsley



Low-fat yogurt

Pantry items

Olive oil, white balsamic vinegar, salt and pepper

A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

Equipment

Oven dish, bowl, frying pan, small bowl, kitchen paper, salad bowl, baking sheet lined with baking paper

Serves 1—6

| | 1P | 2P | 3P | 4P | 5P | 6P |
|--------------------------------------|-----|-----|-----|------|------|------|
| Waxy potatoes (g) | 250 | 500 | 750 | 1000 | 1250 | 1500 |
| Red onion (pcs) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Marinated chicken fillet strips* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Lettuce* (head) | 1 | 2 | 3 | 4 | 5 | 6 |
| Tomato (pcs) | 1 | 2 | 3 | 4 | 5 | 6 |
| Grated matured cheese* (g 7) | 10 | 25 | 35 | 50 | 60 | 75 |
| Garlic clove (pcs) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Fresh curly parsley* (g) | 2½ | 5 | 7½ | 10 | 12½ | 15 |
| Low-fat yogurt* (g 7) 19) 22) | 50 | 100 | 150 | 200 | 250 | 300 |
| Not included | | | | | | |
| Olive oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| White balsamic vinegar (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| Energy (kJ/kcal) | 2496 / 597 | 365 / 87 |
| Total fat (g) | 24 | 3 |
| Of which: saturated (g) | 6,2 | 0,9 |
| Carbohydrates (g) | 58 | 9 |
| Of which: sugars (g) | 8,4 | 1,2 |
| Fibre (g) | 8 | 1 |
| Protein (g) | 33 | 5 |
| Salt (g) | 0,6 | 0,1 |

Allergens:

7) Milk/lactose

May contain traces of: 19) Peanuts 22) Nuts

Contact

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1. Make the fries

Preheat the oven to 220 degrees. Thoroughly wash the **potatoes** and cut them into ½ - 1 cm thick strips (like fries). Pat them dry with kitchen paper and mix with ½ tbsp olive oil per person, salt and pepper in a bowl. Divide the fries over a baking sheet lined with baking paper and roast in the oven for 30 – 40 minutes. You can extend the oven time if you prefer your fries crispier. Turn them when halfway done.



4. Make the salad

In the meantime, cut the **lettuce** head into fine strips and the **tomato** into dices. Mix the lettuce and tomato in a salad bowl, together with ½ tbsp white balsamic vinegar per person, salt and pepper.



2. Fry the chicken

Cut the **red onion** into half rings. Heat ½ tbsp olive oil per person in a frying pan on medium-high heat and fry the onion for 2 – 3 minutes. Add the **chicken fillet strips** and fry for 5 – 8 minutes until cooked.



5. Build the kapsalon

Divide the salad over small oven dishes or heat-resistant plates, so that you have one dish or plate per serving. Top the salad with the fries and then with the chicken. Sprinkle with the **grated cheese** and roast the dishes in the oven for 5 minutes, or until the cheese has melted.



3. Make the sauce

Press or mince the **garlic**. Finely chop the **curly parsley**. In a small bowl, mix the **yogurt** with the garlic and curly parsley. Season with salt and pepper (TIP).

TIP: Be aware: raw garlic can be very spicy. Taste well while you add it.



6. Serve

Serve the 'kapsalon' with the garlic sauce.

TIP: Did you know that a 'normal' kapsalon contains more than 1000 kcal? This version does not even contain 600 kcal. Moreover, we added way more vegetables!

Enjoy!



Omelette sandwich with spicy blue cheese

with fried portobello and coleslaw

QUICK & EASY 20 min. • Eat within 5 days

**QUICK &
EASY**



Garlic clove



Fresh flat leaf parsley



Portobello



Red cabbage and carrot



Sourdough bread



Free-range egg



Danablu



Pantry items

Extra virgin olive oil, white wine vinegar, mustard, honey, butter, salt and pepper

A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

Equipment

Bowl, frying pan, salad bowl

Serves 1—6

| | 1P | 2P | 3P | 4P | 5P | 6P |
|--|----------|-----|-----|-----|-----|-----|
| Garlic clove (pcs) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Fresh flat leaf parsley* (g) | 2½ | 5 | 7½ | 10 | 12½ | 15 |
| Portobello* (pcs) | 1 | 2 | 3 | 4 | 5 | 6 |
| Red cabbage and carrot* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Sourdough bread (pcs) 1) 6) 11) 17) 21) 22) | 1 | 2 | 3 | 4 | 5 | 6 |
| Free-range egg (pcs) 3) | 2 | 4 | 6 | 8 | 10 | 12 |
| Danablu* (g) 7) | 25 | 50 | 75 | 100 | 125 | 150 |
| Not included | | | | | | |
| Extra virgin olive oil (tbsp) | 1½ | 3 | 4½ | 6 | 7½ | 9 |
| White wine vinegar (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Mustard (tsp) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Honey (tsp) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Butter (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Salt & pepper | to taste | | | | | |

* keep in the refrigerator

Nutritive value

| | Per portie | Per 100g |
|-------------------------|------------|-----------|
| Energy (kJ/kcal) | 3835 / 917 | 748 / 179 |
| Total fat (g) | 54 | 11 |
| Of which: saturated (g) | 19,5 | 3,8 |
| Carbohydrates (g) | 69 | 14 |
| Of which: sugars (g) | 4,6 | 0,9 |
| Fibre (g) | 8 | 2 |
| Protein (g) | 34 | 7 |
| Salt (g) | 2,4 | 0,5 |

Allergens:

1) Grains containing gluten 3) Eggs 6) Soy 7) Milk/lactose 11) Sesame seed

May contain traces of: 17) Eggs 7) Milk/lactose 22) Nuts

Contact

We would like to hear what you think. Feel free to contact us via our website or via our social media channels.



1. Cut the vegetables

- Preheat the oven to 210 degrees.
- Press or mince the **garlic** and roughly chop the **fresh parsley**.
- Cut the **portobello** into slices.
- In a salad bowl, mix the extra-virgin olive oil, white wine vinegar, mustard, honey, salt and pepper into a dressing.



3. Fry the omelette

- Heat half of the butter in a frying pan on medium-low heat, add the egg mixture and fry for 6 – 7 minutes. Make 1 omelette for 2 persons (TIP).
- Use another frying pan to heat the remaining butter on high heat and fry the **portobello** with the **garlic** for 4 minutes until done and brown. Season to taste with salt and pepper.
- Crumble the **danablu** over the omelette.

TIP: You can use more frying pans to fry the omelette if you are cooking for more than 2. You don't have to turn the omelette. It is cooked as soon as the top has firmed up.



2. Mix the coleslaw

- Add the **carrot and red cabbage** to the salad bowl, mix well and set aside.
- Heat the **sourdough bread** in the oven for 8 minutes.
- In a bowl, whisk the **eggs** with a fork and mix in the **fresh parsley**, salt and pepper.



4. Serve

- Cut the **sourdough bread** in half.
- Cut the omelette in half and transfer to the bread.
- Top the omelette with the portobello slices and a little bit of coleslaw.
- Serve the sandwiches with the remaining coleslaw.

Enjoy!



Quick pasta with a Mexican twist

with minced meat, cheddar and sour cream

QUICK & EASY 20 min. • Eat within 5 days

**QUICK &
EASY**



Mexican spices



Mixed minced meat



Onion



Garlic clove



Green bell pepper



Penne



Diced tomato



Grated cheddar



Sour cream

Pantry items

Olive oil, salt and pepper

A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

Equipment

Pan with a lid, sauté pan with a lid

Serves 1—6

| | 1P | 2P | 3P | 4P | 5P | 6P |
|---|----------|-----|-----|-----|-----|-----|
| Mexican spices (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Half beef, half pork minced meat* (tsp) | 100 | 200 | 300 | 400 | 500 | 600 |
| Onion (pcs) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Garlic clove (pcs) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Green bell pepper* (pcs) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Penne (g) 1) 17) 20) | 90 | 180 | 270 | 360 | 450 | 540 |
| Diced tomato (pack) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Grated cheddar* (g) 7) | 50 | 100 | 150 | 200 | 250 | 300 |
| Sour cream* (g) 7) | 25 | 50 | 75 | 100 | 125 | 150 |
| Not included | | | | | | |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt & pepper | to taste | | | | | |

* keep in the refrigerator

Nutritive value

| | Per portie | Per 100g |
|-------------------------|------------|----------|
| Energy (kJ/kcal) | 3872 /926 | 820 /196 |
| Total fat (g) | 46 | 10 |
| Of which: saturated (g) | 20,5 | 4,4 |
| Carbohydrates (g) | 74 | 16 |
| Of which: sugars (g) | 10,8 | 2,3 |
| Fibre (g) | 7 | 1 |
| Protein (g) | 50 | 11 |
| Salt (g) | 1,7 | 0,4 |

Allergens:

1) Grains containing gluten **7)** Milk/lactose

May contain traces of: 17) Eggs **20)** Soy

Contact

We would like to hear what you think. Feel free to contact us via our website or via our social media channels.



1. Fry the minced meat

- Boil water with a large pinch of salt in a pan with a lid, for the penne.
- Heat ½ tbsp olive oil per person in a sauté pan and fry the **mixed minced meat** with the **Mexican spices**, for 4 – 5 minutes on medium-high heat. Then take the meat from the pan and set aside. Save the cooking grease in the pan.
- Chop the **onion** while frying the minced meat. Press or mince the **garlic**. Cut the **bell pepper** into dices.



3. Mix

- Add the cooked penne, fried minced meat and half of the **cheddar** to the sauté pan.
- Mix well and season with salt and pepper.
- Heat for another 2 – 3 minutes.



2. Fry the vegetables

- Cook the **penne** for 10 – 12 minutes, covered with the lid. Drain, rinse, and leave to steam dry without the lid.
- Reheat the sauté pan on medium-high heat and fry the **garlic** and **onion** for 1 – 2 minutes.
- Add the **bell pepper** and **diced tomato** and fry for another 6 – 8 minutes with the lid on the pan.



4. Serve

- Transfer the pasta to plates and add a spoonful of **sour cream** on top. Garnish with the leftover **cheddar**.

Enjoy!



Luxurious veal stew with oven fries

with pear-chicory salad

PREMIUM 50 min. • Eat within 3 days

PREMIUM



Waxy potatoes



Carrot



Onion



Garlic clove



Veal stew



Fresh thyme



Bay leaf



Cranberry chutney



Fresh curly parsley



Chicory



Pear



Lemon



Mayonnaise



Raisins



Lamb's lettuce

Pantry items

Beef stock, olive oil, butter, mustard

A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

Equipment

Baking sheet lined with baking paper, sauté pan, lid

Serves 1—6

| | 1P | 2P | 3P | 4P | 5P | 6P |
|--------------------------------|-----|-----|-----|-----|------|------|
| Waxy potatoes (g) | 200 | 400 | 600 | 800 | 1000 | 1200 |
| Carrot* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Onion (pcs) | 1 | 2 | 3 | 4 | 5 | 6 |
| Garlic clove (pcs) | 1 | 2 | 3 | 4 | 5 | 6 |
| Veal stew* (g) 1) | 150 | 300 | 450 | 600 | 750 | 900 |
| Fresh thyme* (g) | 2½ | 5 | 7½ | 10 | 12½ | 15 |
| Bay leaf (pcs) | 1 | 1 | 2 | 2 | 3 | 3 |
| Cranberry chutney* (g) 19) 22) | 20 | 40 | 60 | 80 | 100 | 120 |
| Fresh curly parsley* (g) | 2½ | 5 | 7½ | 10 | 12½ | 15 |
| Chicory* (pcs) | 1 | 2 | 3 | 4 | 5 | 6 |
| Pear (pcs) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Lemon (pcs) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Mayonnaise* (g) 3) 10) 19) 22) | 25 | 50 | 75 | 100 | 125 | 150 |
| Raisins (g) 19) 22) 25) | 15 | 30 | 45 | 60 | 75 | 90 |
| Lamb's lettuce* (g) 23) | 20 | 40 | 60 | 80 | 100 | 120 |

Not included

| | | | | | | |
|------------------|-----|-----|-----|-----|-----|-----|
| Beef stock (ml) | 125 | 250 | 375 | 500 | 625 | 750 |
| Olive oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Butter (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Mustard (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| Energy (kJ/kcal) | 4310 / 1030 | 406 / 97 |
| Total fat (g) | 50 | 5 |
| Of which: saturated (g) | 13,9 | 1,3 |
| Carbohydrates (g) | 94 | 9 |
| Of which: sugars (g) | 41,8 | 3,9 |
| Fibre (g) | 14 | 1 |
| Protein (g) | 42 | 4 |
| Salt (g) | 2,2 | 0,2 |

Allergens:

1) Grains containing gluten 3) Eggs 10) Mustard

May contain traces of: 19) Peanuts 22) Nuts 23) Celery

25) Sesame seed

Contact

We would like to hear what you think. Feel free to contact us via our website or via our social media channels.



1. Make the oven fries

Preheat the oven to 210 degrees and prepare the stock. Peel or thoroughly wash the **potatoes** and cut them into ½ thick fries. On a baking sheet lined with baking paper, mix them with 1 tbsp olive oil per person, salt and pepper. Roast them in the middle of the oven for 35 – 40 minutes, until golden brown. Flip them over when halfway done.



4. Stew

Bring the whole to a boil and let it simmer for 15 minutes, covered with the lid. The veal will fall apart a little bit. Remove the lid for the last 5 minutes and increase the heat. Add some extra water in case the stew gets dry too quickly, or cook a little bit longer if it stays too moist. Remove the thyme sprigs and bay leaf from the stew.



2. Cut and fry

In the meantime, weigh the **carrot** and cut into very small dices. Chop the **onion** and press or mince the **garlic**. Heat 1 tbsp butter per person in a deep sauté pan with a lid on medium-high heat. Fry the **garlic** and **onion** for 2 – 3 minutes. Add the **carrot** and fry for 6 – 8 minutes.



5. Make the salad

In the meantime, roughly chop the **curly parsley**. Cut the **endive** and **pear** into thin strips and transfer to a salad bowl (TIP). Juice the **lemon**. Mix ¼ of the mayonnaise, ¼ tbsp extra-virgin olive oil and ½ tbsp lemon juice per person with the endive. Add the pear, **raisins** and half of the curly parsley to the endive salad. Season to taste with salt and pepper.

TIP: Is the pear in your box too hard? Finely grate it, or cut into very thin slices.



3. Make the stew

Reduce the heat to low and add the **veal stew**, stock, **thyme** sprigs, **bay leaf**, **cranberry chutney** and mustard to the sauté pan.



6. Serve

Transfer the **lamb's lettuce** to plates and top with the endive salad. Add the veal stew next to the salad and garnish with the remaining **curly parsley**. Serve with the oven fries and the remaining **mayonnaise**.

Enjoy!



Poached salmon fillet with roasted green beans

with baby potatoes, lemon, dill and capers

PREMIUM 30 min. • Eat within 3 days

PREMIUM



Green beans



Baby potatoes



Lemon



Shallot



Fresh dill



Garlic clove



Salmon fillet



Crème fraîche



Capers

Pantry items

Olive oil, fish stock cube, mustard, salt and pepper

A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

Equipment

Pan with a lid, saucepan, baking sheet lined with baking paper, aluminium foil, measuring cup

Serves 1—6

| | 1P | 2P | 3P | 4P | 5P | 6P |
|-------------------------|----------|-----|-----|-----|------|------|
| Green beans* (g) | 200 | 400 | 600 | 800 | 1000 | 1200 |
| Baby potatoes (g) | 200 | 400 | 600 | 800 | 1000 | 1200 |
| Lemon (pcs) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Shallot (pcs) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Fresh dill* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Garlic clove (pcs) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salmon fillet* (pcs) 4) | 1 | 2 | 3 | 4 | 5 | 6 |
| Crème fraîche* (g) 7) | 25 | 50 | 75 | 100 | 125 | 150 |
| Capers* (g) | 20 | 40 | 60 | 80 | 100 | 120 |
| Not included | | | | | | |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Fish stock cube (pcs) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Mustard (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Salt & pepper | to taste | | | | | |

* keep in the refrigerator

Nutritive value

| | Per serving | Per 100g |
|-------------------------|-------------|-----------|
| Energy (kJ/kcal) | 3167 / 757 | 477 / 114 |
| Total fat (g) | 42 | 6 |
| Of which: saturated (g) | 9,8 | 1,5 |
| Carbohydrates (g) | 55 | 8 |
| Of which: sugars (g) | 6 | 0,9 |
| Fibre (g) | 13 | 2 |
| Protein (g) | 33 | 5 |
| Salt (g) | 4,2 | 0,6 |

Allergens:

4) Fish 7) Milk/lactose

Contact

We would like to hear what you think. Feel free to contact us via our website or via our social media channels.



1. Roast the green beans

Preheat the oven to 200 degrees. Boil ample water in a pan with a lid, for the baby potatoes. Cut the ends off the **green beans**. Mix them with olive oil, salt and pepper on a baking sheet lined with baking paper. Roast in the oven for 20 – 22 minutes. Cook the **baby potatoes** for 12 – 15 minutes. If necessary, cut the larger ones in half before you cook them. Drain and leave to steam dry without the lid.



4. Make the sauce

Carefully remove the salmon from the pan and wrap it inside a sheet of aluminium foil. Transfer the stock to a measuring cup and remove the lemon slices. Pour 2 tbsp stock per person back into the saucepan and bring to a boil. Mix in the **crème fraîche** and heat the whole for 1 – 2 minutes. Season with salt and pepper.



2. Cut

Cut the **lemon** in half lengthwise. Cut one half into slices and the other half into wedges. Chop the **shallot** and finely chop the **dill**. Press or mince the **garlic**.



5. Finish the potatoes

Mix the **garlic** with the warm, roasted green beans. Drain the **baby potatoes**. Mix the remaining **shallot** and 1 tsp mustard per person with the baby potatoes.



3. Poach the salmon

Boil a little bit of water in a saucepan, together with the **dill**, lemon slices, half of the **shallot** and the fish stock cube. There has to be just enough water to cover the salmon fillet. Once the water softly boils, add the **salmon fillet** to the pan and cover with the lid. Let it cook for 2 minutes, then remove from the heat and let it rest for 5 minutes, so the salmon can cook a little bit more.



6. Serve

Divide the poached salmon among plates. Garnish with the sauce, capers, the remaining dill and lemon wedges. Serve with the roasted green beans and baby potatoes.

Enjoy!



Spaghetti with shrimps in curry-cream sauce

with tomato and tarragon

40 min. • Eat within 3 days



Garlic clove



Shallot



Red chili pepper



Courgette



Curry powder



Smoked paprika



Diced tomato



Single cream



Spaghetti



Tomato



Fresh tarragon



Shrimps

Pantry items

Olive oil, fish stock, white balsamic vinegar, extra virgin olive oil, butter, salt and pepper

A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

Equipment

Pan with a lid, grater, baking sheet lined with baking paper, large sauté pan with a lid

Serves 1—6

| | 1P | 2P | 3P | 4P | 5P | 6P |
|------------------------------|----|-----|-----|-----|-----|-----|
| Garlic clove (pcs) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Shallot (pcs) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Red chili pepper (pcs) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Courgette (pcs) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Curry powder (tsp) 9) 10) | 1 | 2 | 3 | 4 | 5 | 6 |
| Smoked paprika (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Diced tomato (pack) | ⅓ | ⅔ | 1 | 1⅓ | 1⅔ | 2 |
| Single cream (pack) 7) | ⅓ | ⅔ | 1 | 1⅓ | 1⅔ | 2 |
| Spaghetti (g) 1) 17) 20) | 90 | 180 | 270 | 360 | 450 | 540 |
| Tomato (pcs) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Fresh tarragon* (g) | 2½ | 5 | 7½ | 10 | 12½ | 15 |
| Shrimps* (g) 2) | 80 | 160 | 240 | 320 | 400 | 480 |

Not included

| | | | | | | |
|-------------------------------|----|-----|-----|-----|-----|-----|
| Olive oil (tbsp) | 1½ | 3 | 4½ | 6 | 7½ | 9 |
| Fish stock (ml) | 50 | 100 | 150 | 200 | 250 | 300 |
| White balsamic vinegar (tbsp) | ¾ | 1½ | 2¼ | 3 | 3¾ | 4½ |
| Extra virgin olive oil (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Butter (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| Energy (kJ/kcal) | 3843/919 | 518/124 |
| Total fat (g) | 46 | 6 |
| Of which: saturated (g) | 17,4 | 2,3 |
| Carbohydrates (g) | 90 | 12 |
| Of which: sugars (g) | 23,9 | 3,2 |
| Fibre (g) | 8 | 1 |
| Protein (g) | 32 | 4 |
| Salt (g) | 1,8 | 0,2 |

Allergens:

1) Grains containing gluten 2) Shellfish 7) Milk/lactose

9) Celery 10) Mustard

May contain traces of: 17) Eggs 20) Soy

Contact

We would like to hear what you think. Feel free to contact us via our website or via our social media channels.



1. Prepare

Preheat the oven to 210 degrees and prepare the stock. Press or mince the **garlic**. Chop the **shallot**. Remove the seeds from the **red chili pepper** and finely chop the pepper. Cut the **courgette** into 1 cm thick slices and divide them over a baking sheet lined with baking paper. Drizzle with ½ tbsp olive oil per person, salt and pepper. Roast in the oven for 15 – 20 minutes.



4. Prepare the vegetables

In the meantime, cut the **tomato** into small dices. Strip the **tarragon** leaves from the stem and finely chop the leaves. In a bowl, mix the diced tomato with half of the tarragon and per person: ¼ tbsp white balsamic vinegar and 1 tsp extra virgin olive oil. Season with salt and pepper.



2. Fry

Boil ample water in a large pan for the spaghetti. Heat 1 tbsp olive oil per person in a large sauté pan with a lid on medium-high heat, and fry the **shallot**, **garlic** and half of the **red chili pepper** for 2 – 3 minutes. Then add 1 tsp **curry powder** per person and ½ tsp **smoked paprika** per person and fry for 1 minute.

TIP: This dish is rich in calories. Are you watching your calorie intake? Use 1/2 tbsp olive oil per person to fry the shallot and use 60 g spaghetti.



5. Fry the shrimps

Heat ½ tbsp butter per person in a frying pan on medium-high heat. Stir fry the **shrimps** and the remaining **red chili pepper** for 3 – 4 minutes. Season with salt and pepper. Add the shrimps and the remaining tarragon to the sauce.



3. Make the sauce

Deglaze with ½ tbsp white balsamic vinegar per person, the stock and the **diced tomato**. Reduce the heat and add the **cream**. Let the sauce simmer for 12 – 14 minutes on low heat, covered with the lid. Season with salt and pepper. In the meantime, cook the **spaghetti** for 10 – 12 minutes, covered with the lid. Drain and leave to steam dry without the lid.



6. Serve

Transfer the **spaghetti** to deep plates and serve with the sauce, shrimps and courgette slices. Serve with the tomato-tarragon salad.

TIP: This dish contains more than 350 g vegetables per person.

Enjoy!



'Bird nests' in tomato sauce

with parsnip puree

50 min. • Eat within 5 days



Free-range egg



Fresh curly
parsley and thyme



Shallot



Mushrooms



Carrot



Starchy potatoes



Mixed spiced
minced meat



Panko



Tomato paste



Canned cherry
tomatoes

Pantry items

Olive oil, black balsamic vinegar, butter,
mustard, milk, salt and pepper

A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

Equipment

Pan with a lid, oven dish, bowl, frying pan, saucepan, potato masher

Serves 1—6

| | 1P | 2P | 3P | 4P | 5P | 6P |
|------------------------------------|-----|-----|-----|-----|-----|-----|
| Free-range egg (pcs) 3 | 2 | 3 | 4 | 5 | 7 | 8 |
| Fresh curly parsley and thyme* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Shallot (pcs) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Mushrooms* (g) | 60 | 125 | 185 | 250 | 310 | 375 |
| Carrot* (g) | 50 | 100 | 150 | 200 | 250 | 300 |
| Starchy potatoes (g) | 150 | 300 | 450 | 600 | 750 | 900 |
| Mixed spiced minced meat* (g) | 120 | 240 | 360 | 480 | 600 | 720 |
| Panko (g) 1 | 12 | 25 | 37 | 50 | 62 | 75 |
| Tomato paste (cup) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Canned cherry tomatoes (can) | ½ | 1 | 1½ | 2 | 2½ | 3 |

Not included

| | | | | | | |
|-------------------------------|---|---|----|----------|----|---|
| Olive oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Black balsamic vinegar (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Butter (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Mustard (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Milk | | | | a splash | | |
| Salt & pepper | | | | to taste | | |

* keep in the refrigerator

Nutritive value

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| Energy (kJ/kcal) | 3498/836 | 462/111 |
| Total fat (g) | 45 | 6 |
| Of which: saturated (g) | 15,3 | 2 |
| Carbohydrates (g) | 58 | 8 |
| Of which: sugars (g) | 17,4 | 2,3 |
| Fibre (g) | 10 | 1 |
| Protein (g) | 42 | 6 |
| Salt (g) | 0,8 | 0,1 |

Allergens:

1) Grains containing gluten 3) Eggs

Contact

We would like to hear what you think. Feel free to contact us via our website or via our social media channels.



1. Cook and cut

Preheat the oven to 200 degrees. Boil ample water in a saucepan and hard boil **1 egg** per person, for 8 minutes. Rinse them under cold water and remove the shell. Roughly chop the **curly parsley**. Chop the **shallot** and cut the **mushrooms** into slices. Cut the **carrot** into small dices. Peel or thoroughly wash the **potatoes** and cut into large pieces.

TIP: Do you prefer a soft boiled egg in your bird nest? Cook the egg for 6 minutes. However, you will have to be a little bit more careful when you knead the meat around the egg.



4. Make the tomato sauce

In the meantime, heat the remaining olive oil in the same frying pan on medium-high heat and fry the **shallot**, diced **carrot** and **tomato paste** for 2 – 3 minutes. Add the **mushrooms** and fry for another 3 – 4 minutes. Deglaze with black balsamic vinegar, 2 tbsp water per person and the canned **cherry tomatoes**. Reduce the heat and allow to simmer for 10 minutes. In the meantime, strip the leaves from the **thyme** sprigs.



2. Make the bird nests

Mix the **minced meat** in a bowl with the **panko** and season with salt, pepper and ¾ of the **parsley**. Add half a raw **egg** per person and mix well. Divide the minced meat over the boiled eggs and knead the meat around each egg, forming a meatball with an egg in the middle.

TIP: If it is difficult to halve a raw egg, you can also use just the egg yolk for 1 person.



5. Make the puree

In the meantime, use a potato masher to mash the potatoes into a puree. Add ½ tbsp butter per person and a splash of milk, to make it creamy. Add 1 tsp mustard per person and the **thyme**. Season with salt and pepper.



3. Fry the bird nests

Boil ample water in a pan with a lid for the potato. Heat ½ tbsp olive oil per person in a frying pan on medium-high heat and fry the meatballs for 3 – 5 minutes until brown all around. The meatballs don't have to be completely cooked yet, but the outside should be seared. Transfer the meatballs to an oven dish and cook in the oven for 20 minutes. Cook the potatoes for 12 – 15 minutes in the pan with a lid.



6. Serve

Cut open the bird's nest and serve together with the potato puree and tomato-mushroom sauce. Garnish with the remaining **curly parsley**.

Enjoy!



Haddock fillet with lentils and bacon

with carrot and leek

BALANCED 35 min. • Eat within 3 days

BALANCED

New: each week you can choose 3 recipes which are full of vegetables and low in calories.



Onion



Garlic clove



Carrot



Leek



Diced bacon



Lentils



Haddock fillet without skin

Pantry items

Olive oil, white balsamic vinegar, salt and pepper

A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

Equipment

Frying pan, wok or sauté pan with a lid

Serves 1—6

| | 1P | 2P | 3P | 4P | 5P | 6P |
|---------------------------------------|-----|-----|-----|-----|-----|-----|
| Onion (pcs) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Garlic clove (pcs) | 1 | 2 | 3 | 4 | 5 | 6 |
| Carrot* (g) | 100 | 200 | 400 | 400 | 600 | 600 |
| Leek* (g) | 100 | 200 | 200 | 400 | 400 | 600 |
| Diced bacon* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Lentils (pack) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Haddock fillet without skin* (pcs) 4) | 1 | 2 | 3 | 4 | 5 | 6 |
| Not included | | | | | | |
| Olive oil (tbsp) | 1½ | 3 | 4½ | 6 | 7½ | 9 |
| White balsamic vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

| | Per serving | Per 100g |
|-------------------------|-------------|-----------|
| Energy (kJ/kcal) | 2182 / 522 | 443 / 106 |
| Total fat (g) | 28 | 6 |
| Of which: saturated (g) | 6,5 | 1,3 |
| Carbohydrates (g) | 29 | 6 |
| Of which: sugars (g) | 10,1 | 2,1 |
| Fibre (g) | 12 | 2 |
| Protein (g) | 32 | 6 |
| Salt (g) | 2,4 | 0,5 |

Allergens:

4) Fish



1. Cut

Chop the **onion** and press or mince the **garlic**. Cut the **carrot** into ½ cm dices and cut the **leek** into fine rings.



2. Fry the vegetables

Heat 1 tbsp olive oil per person in a wok or sauté pan with a lid, and fry the **onion** and **garlic** for 2 - 3 minutes on medium-low heat. Add the **carrot** and **leek** and fry for 5 - 7 minutes on medium-high heat, covered with the lid. The carrot may still be crunchy.



3. Fry the bacon

In the meantime, heat a frying pan without oil on medium-high heat, and fry the **diced bacon** for 3 - 4 until crispy. Drain the **lentils**.

TIP: All types of beans contain loads of iron, but lentils contain the most. Kidney beans come in second. Lentils also contain the most potassium of all legumes. This mineral plays a role in healthy blood pressure.



4. Mix

Add the **diced bacon**, **lentils** and 1 tsp white balsamic vinegar per person to the wok or sauté pan with the fried vegetables. Season with salt and pepper (TIP).

TIP: Be aware: the bacon is quite salty already. Taste well and mainly season this dish with pepper.



5. Fry the fish

Pat dry the **haddock fillet** with kitchen paper. Heat ½ tbsp olive oil per person in the same frying pan you used for the bacon. Fry the haddock fillet for 1 - 2 minutes per side, on medium-high heat. Season with salt and pepper.



6. Serve

Transfer the lentil-vegetable mixture to deep plates and serve with the haddock fillet.

TIP: Did you know that this dish contains almost half of the daily recommended amount of fibre?

Enjoy!

Contact

We would like to hear what you think. Feel free to contact us via our website or via our social media channels.



Ribeye with homemade chimichurri

with corn on the cob and oven roasted baby potatoes

FESTIVE 40 min. • Eat within 5 days

FESTIVE



Baby potatoes



Corn cob



Red bell pepper



Garlic clove



Fresh flat leaf
parsley and oregano



Chili flakes



Cucumber



Ribeye



Sour cream

Pantry items

Butter, olive oil, red wine vinegar, extra virgin olive oil, salt and pepper

A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

Equipment

Frying pan, small bowl, salad bowl, baking sheet lined with baking paper, aluminium foil

Serves 1—6

| | 1P | 2P | 3P | 4P | 5P | 6P |
|---|-----|-----|-----|------|------|------|
| Baby potatoes (g) | 250 | 500 | 750 | 1000 | 1250 | 1500 |
| Corn cob* (pcs) | 1 | 2 | 3 | 4 | 5 | 6 |
| Red bell pepper* (pcs) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Garlic clove (pcs) | 1 | 2 | 3 | 4 | 5 | 6 |
| Fresh flat leaf parsley, coriander and oregano* (g) | 10 | 15 | 20 | 25 | 35 | 40 |
| Chili flakes (tsp) | ⅓ | ⅔ | 1 | 1½ | 2 | 2½ |
| Cucumber* (pcs) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Ribeye* (g) | 150 | 300 | 450 | 600 | 750 | 900 |
| Sour cream* (g) 7) | 50 | 75 | 100 | 125 | 175 | 200 |
| Not included | | | | | | |
| Butter (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Olive oil (tbsp) | 1½ | 3 | 4½ | 6 | 7½ | 9 |
| Red wine vinegar (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Extra virgin olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

| | Per serving | Per 100g |
|-------------------------|-------------|-----------|
| Energy (kJ/kcal) | 4182 / 1000 | 516 / 123 |
| Total fat (g) | 57 | 7 |
| Of which: saturated (g) | 21,3 | 2,6 |
| Carbohydrates (g) | 73 | 9 |
| Of which: sugars (g) | 21 | 2,6 |
| Fibre (g) | 10 | 1 |
| Protein (g) | 45 | 6 |
| Salt (g) | 0,3 | 0 |

Allergens:

7) Milk/lactose

Contact

We would like to hear what you think. Feel free to contact us via our website or via our social media channels.



1. Fry the baby potatoes

Take the **ribeye** from the refrigerator. Preheat the oven to 200 degrees. Wash the **baby potatoes** and cut them in half. Transfer them to a baking sheet lined with baking paper and mix with 1 tbsp olive oil per person. Season with salt and pepper. Roast them in the oven for 25 – 30 minutes. Turn when halfway done.



4. Make the salad

Cut the **cucumber** in half lengthwise. Remove the seeds with a spoon and cut the cucumber into half moons. In a salad bowl, mix the bell pepper strips with the cucumber and optionally, season with salt and pepper.



2. Prepare the corn and bell pepper

Remove the leaves and strings from the **corn cob**. Spread the corn cob with butter and sprinkle with salt and pepper. Transfer the corn cob to the oven and place between the baby potatoes, for the last 20 minutes. Remove the seeds from the **bell pepper** and cut into long strips. Press or mince the **garlic**. Heat ½ tbsp olive oil per person in a frying pan on medium-high heat, and fry the garlic for 1 minute. Add the bell pepper and fry for another 7 – 9 minutes. Season with salt and pepper.



5. Fry the ribeye

Rub both sides of the **ribeye** with salt and pepper. Heat a frying pan with ½ tbsp butter per person on high heat. Add the ribeye when the pan is really hot, and fry it for 2 – 4 minutes per side. Remove from the pan and wrap in aluminium foil. Set aside.



3. Make the chimichurri

Remove the **oregano** leaves from the stems. Finely chop the **coriander, oregano and flat leaf parsley**. In a small bowl, mix the fresh herbs with per person: ½ tbsp extra virgin olive oil, 1 tsp red wine vinegar and, if you like spiciness, ⅓ tsp **chili flakes**. Season with salt and pepper and mix well. Set aside.



6. Serve

Transfer the corn cob and baby potatoes to plates. Serve the bell pepper salad next to it and garnish the salad with the **sour cream**. Cut the **ribeye** against the grain, into strips, and garnish the meat with the chimichurri.

Enjoy!



Pork tenderloin with strawberry-balsamic sauce

with roasted potatoes and green beans

HELLOEXTRA 45 min. • Eat within 5 days

**HELLO
EXTRA**



Waxy potatoes



Fresh rosemary



Green beans



Shallot



Pork tenderloin



Strawberry jam

Pantry items

Olive oil, black balsamic vinegar, butter, salt and pepper

A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

Equipment

Frying pan, baking sheet lined with baking paper, aluminum foil

Serves 1—6

| | 1P | 2P | 3P | 4P | 5P | 6P |
|-----------------------------|-----|-----|-----|------|------|------|
| Waxy potatoes (g) | 300 | 600 | 900 | 1200 | 1500 | 1800 |
| Fresh rosemary* (sprigs) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Green beans* (g) | 200 | 400 | 600 | 800 | 1000 | 1200 |
| Shallot (g) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Pork tenderloin* (pcs) | 2 | 4 | 6 | 8 | 10 | 12 |
| Strawberry jam (g) (19) 22) | 60 | 90 | 150 | 210 | 240 | 300 |

Not included

| | | | | | | |
|-------------------------------|---|---|---|---|----|----|
| Olive oil (tbsp) | 2 | 4 | 6 | 8 | 10 | 12 |
| Black balsamic vinegar (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Butter (tbsp) | 2 | 4 | 6 | 8 | 10 | 12 |

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

| | Per serving | Per 100g |
|-------------------------|-------------|-----------|
| Energy (kJ/kcal) | 4686 / 1120 | 565 / 135 |
| Total fat (g) | 53 | 6 |
| Of which: saturated (g) | 21 | 2,5 |
| Carbohydrates (g) | 99 | 12 |
| Of which: sugars (g) | 31,4 | 3,8 |
| Fibre (g) | 13 | 2 |
| Protein (g) | 55 | 7 |
| Salt (g) | 0,5 | 0,1 |

Allergens:

May contain traces of: 19) Peanuts 22) Nuts

Contact

We would like to hear what you think. Feel free to contact us via our website or via our social media channels.



1. Prepare the potatoes

Take the pork tenderloin from the refrigerator and allow to reach room temperature. Preheat the oven to 200 degrees. Thoroughly wash or peel the **potatoes** and cut into 1 cm dices. Finely chop the **rosemary** leaves. Transfer the potatoes to a baking sheet lined with baking paper. Mix with ½ tbsp olive oil per person and 1 tsp chopped rosemary per person (TIP). Season to taste with salt and pepper. Roast in the oven for 15 – 20 minutes.

TIP: Make sure there is enough space to add a second baking sheet for the green beans, or put the potatoes on one side of a baking sheet, so the green beans fit next to them on the same sheet.



4. Fry the pork

In the meantime, rub the **pork tenderloin** with salt and pepper. Heat 1 tbsp olive oil per person in a frying pan on medium heat. Place the pork tenderloin in the pan and fry for 10 – 13 minutes until brown all around. Cover with aluminium foil and allow to rest until serving. Save the cooking grease in the pan.



2. Cut

In the meantime, trim the ends off the **green beans** and mince the **shallot**.



3. Fry the green beans

Once the potatoes are done, add the green beans to the potatoes on the baking tray (or on a different baking tray) (TIP), mix with ½ tbsp olive oil per person and season to taste with salt and pepper. Roast the green beans and potatoes for another 15 minutes.

TIP: Is your oven not that powerful? Roast the potatoes for 10 minutes longer than indicated. Is your oven too small to fit all the ingredients? You can also cook the green beans for 8 - 10 minutes in a pan with a lid.



5. Make the sauce

Heat the frying pan with the cooking grease on medium heat and fry the **shallot** and the remaining **rosemary** for 3 – 5 minutes. Add the **strawberry jam**, black balsamic vinegar and 4 tbsp water per person. Stir well and allow to simmer for 2 minutes. Turn off the heat and stir the butter into the sauce, right before serving. Season to taste with salt and pepper.



6. Serve

Cut the **pork tenderloin** into slices. Transfer the potatoes, green beans and pork tenderloin to plates. Pour the sauce over the pork tenderloin.

Enjoy!



Vietnamese Pho with fried portobello

with fresh herbs, bell pepper and lime

HELLOEXTRA 40 min. • Eat within 5 days

HELLO
EXTRA



Star anise



Ground cinnamon



Garlic clove



Fresh ginger



Vietnamese sauce



Soy sauce



Red pointed pepper



Scallion



Red chili pepper



Lime



Portobello



Onion



Flat rice noodles



Shrimps



Fresh mint
and Thai basil



Peanuts

Pantry items

Sunflower oil, vegetable stock cube, butter

A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

Equipment

Small bowl, grater, stock pot or large pan with a lid, frying pan with a lid

Serves 1—6

| | 1P | 2P | 3P | 4P | 5P | 6P |
|---|----|-----|-----|-----|-----|-----|
| Star anise (pcs) | 1 | 1 | 1 | 1 | 2 | 2 |
| Ground cinnamon (tsp) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Garlic clove (pcs) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Fresh ginger (cm) | 2 | 4 | 6 | 8 | 10 | 12 |
| Vietnamese sauce (tbsp) 1) 6) | 1 | 2 | 3 | 4 | 5 | 6 |
| Soy sauce (ml) 1) 6) | 10 | 20 | 30 | 40 | 50 | 60 |
| Red pointed pepper* (pcs) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Scallion* (pcs) | 2 | 4 | 6 | 8 | 10 | 12 |
| Red chili pepper* (pcs) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Lime (pcs) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Portobello* (pcs) | 1 | 2 | 3 | 4 | 5 | 6 |
| Onion (pcs) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Flat rice noodles (g) | 70 | 140 | 210 | 280 | 350 | 420 |
| Shrimps* (g) 2) | 90 | 180 | 270 | 360 | 450 | 540 |
| Fresh mint, coriander and Thai basil* (g) | 10 | 15 | 20 | 25 | 35 | 40 |
| Peanuts (g) 5) 22) 25) | 10 | 20 | 30 | 40 | 50 | 60 |

Not included

| | 1 | 2 | 3 | 4 | 5 | 6 |
|----------------------------|----------|----|----|---|----|----|
| Sunflower oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Vegetable stock cube (pcs) | ¾ | 1½ | 2¼ | 3 | 3¾ | 4½ |
| Butter (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Olive oil (el) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt & pepper | to taste | | | | | |

* keep in the refrigerator

Nutritive value

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| Energy (kJ/kcal) | 2975/711 | 559/134 |
| Total fat (g) | 32 | 6 |
| Of which: saturated (g) | 8 | 1,5 |
| Carbohydrates (g) | 74 | 14 |
| Of which: sugars (g) | 11,4 | 2,1 |
| Fibre (g) | 7 | 1 |
| Protein (g) | 28 | 5 |
| Salt (g) | 9,5 | 1,8 |

Allergens:

1) Grains containing gluten 2) Shellfish 5) Peanuts 6) Soy
May contain traces of: 22) Nuts 25) Sesame seed



1. Prepare

Boil 650 ml water per person. Heat a stock pot with a lid on medium heat. Add the **star anise** and ¼ tsp **cinnamon** per person and heat for 3 – 4 minutes. Press or mince the **garlic**. Grate the **ginger** with a fine grater. Add 1 tbsp sunflower oil per person to the pan with spices, together with half of the ginger and garlic, and fry for 1 – 2 minutes. Add the boiling water, the **Vietnamese sauce** and half of the **soy sauce**. Crumble the stock cube over the pan and bring to a boil.

TIP: Are you watching your salt intake? Use low salt stock or use less of the Vietnamese sauce and soy sauce. Optionally, add some to taste at the end.



4. Fry the shrimps

Remove the star anise from the stock pot. Add the **rice noodles** and cook on low heat for 4 – 6 minutes. Pat dry the **shrimps** with kitchen paper. Heat ½ tbsp olive oil per person in a frying pan on high heat, and fry the shrimps for 2 minutes until brown all around. They do not have to be cooked yet. Season with salt and pepper and remove from the pan.



2. Cook and chop

Reduce the heat and let the whole simmer for 25 minutes. In the meantime, cut the **red pointed pepper** into thin rings. Cut the **scallion** into fine rings. Remove the seeds from the **red chili pepper** and cut the pepper into thin rings as well. Cut the **lime** into wedges. Keep the vegetables, pepper and lime in separate bowls, to garnish the pho later.



5. Finish the soup

In the meantime, finely chop the fresh herbs. Add the portobello, onion and shrimps, including cooking grease, to the stock pot. Heat for ½ minute.



3. Fry the portobello

Cut the **portobello** into strips. Chop the **onion**. Heat ½ tbsp butter in a frying pan with a lid on medium-high heat. Fry the onion and the remaining garlic for 1 – 2 minutes. Add the portobello and fry for 7 – 8 minutes, or until juices are released from them. Deglaze with 1 tsp white wine vinegar per person. Cover the pan with a lid and leave to fry for 4 – 5 minutes on low heat.



6. Serve

Transfer the pho to bowls. Garnish to taste with the leftover **soy sauce**, **pointed pepper**, **scallion**, **red chili pepper**, lime juice, **portobello**, fresh herbs and **peanuts**.

Enjoy!



Broccoli-coconut rice with chicken fillet

with sesame-cucumber salad and honey-garlic sauce

QUICK & EASY 20 min. • Eat within 5 days

**QUICK &
EASY**



Chicken fillet



Garlic clove



Honey



Broccoli rice



Cucumber



Sesame seed



Sesame oil



White long grain rice



Coconut milk

Pantry items

Butter, chicken stock cube, white wine vinegar or rice vinegar, white balsamic vinegar, salt and pepper

A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

Equipment

Pan with a lid, salad bowl, frying pan with lid

Serves 1—6

| | 1P | 2P | 3P | 4P | 5P | 6P |
|---|-----|-----|-----|-----|-----|-----|
| Chicken fillet* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Garlic clove (pcs) | 1 | 2 | 3 | 4 | 5 | 6 |
| Honey (jar) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Broccoli rice* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Cucumber* (pcs) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Sesame seed (g) 11) 19) 22) | 5 | 10 | 15 | 20 | 25 | 30 |
| Sesame oil (ml) 11) | 5 | 10 | 15 | 20 | 25 | 30 |
| White long grain rice (g) | 70 | 140 | 210 | 280 | 350 | 420 |
| Coconut milk (ml) 26) | 75 | 150 | 225 | 300 | 375 | 450 |
| Not included | | | | | | |
| Butter (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Chicken stock cube (ml) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| White wine vinegar or rice vinegar (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| White balsamic vinegar (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

| | Per portie | Per 100g |
|-------------------------|------------|-----------|
| Energy (kJ/kcal) | 3201 / 765 | 579 / 138 |
| Total fat (g) | 36 | 7 |
| Of which: saturated (g) | 21,6 | 3,9 |
| Carbohydrates (g) | 74 | 13 |
| Of which: sugars (g) | 15 | 2,7 |
| Fibre (g) | 5 | 1 |
| Protein (g) | 34 | 6 |
| Salt (g) | 1,6 | 0,3 |

Allergens:

11) Sesame seed

May contain traces of: 19) Peanuts **22)** Nuts **26)** Sulfite

Contact

We would like to hear what you think. Feel free to contact us via our website or via our social media channels.



1. Prepare

- Boil 175 ml water per person with the **coconut milk** and ¼ chicken stock cube per person, in a pan with a lid.
- Press or mince the **garlic**.
- Cook the **rice** for 12 – 14 minutes in the pan with stock and coconut milk on low heat, covered with the lid.
- Add the **broccoli rice** for the final 2 minutes. Drain if necessary and leave to steam dry without the lid. Taste the rice and season with salt and pepper if necessary.



3. Make the salad

- Cut the **cucumber** in half lengthwise and remove the seeds with a spoon. Then cut into thin half moons.
- In a salad bowl, mix a dressing with the **sesame oil**, **sesame seeds** and per person: ½ tbsp white wine vinegar and ½ white balsamic vinegar.
- Mix the dressing with the cucumber and season with salt and pepper.

TIP: Sesame oil has quite a strong flavour. Add less to no sesame oil if you're not a fan.



2. Fry the chicken

- Heat 1 tbsp butter per person in a frying pan with a lid on medium-high heat, and fry the **garlic** and **chicken fillet** for 1 – 2 minutes.
- Add the honey and 1 tbsp water per person and mix well. Cover the pan with a lid and fry for 3 – 4 minutes. Regularly turn the chicken fillet.
- Remove the lid from the pan and fry for another 2 – 3 minutes. Season with salt and pepper.



4. Serve

- Transfer the coconut-broccoli rice to plates. Put the chicken fillet and the honey-garlic sauce on top.
- Serve with the cucumber salad.

Enjoy!



Farfalle with minced chicken in cream sauce

with eggplant and mushrooms

35 min. • Eat within 5 days



Eggplant



Red onion



Garlic clove



Mushrooms



Fresh curly parsley



Lemon



Farfalle



Dried thyme



Italian-style spiced
minced chicken



Single cream

Pantry items

Olive oil, salt and pepper

A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

Equipment

Pan with a lid, hand blender, sauté pan

Serves 1—6

| | 1P | 2P | 3P | 4P | 5P | 6P |
|--|-----|-----|-----|-----|-----|-----|
| Eggplant (pcs) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Red onion (pcs) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Garlic clove (pcs) | 1 | 2 | 3 | 4 | 5 | 6 |
| Mushrooms* (g) | 125 | 250 | 375 | 500 | 625 | 750 |
| Fresh curly parsley* (g) | 2½ | 5 | 7½ | 10 | 12½ | 15 |
| Lemon (pcs) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Farfalle* (g 1) 17) 20) | 90 | 180 | 270 | 360 | 450 | 540 |
| Dried thyme (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Italian-style spiced minced chicken* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Single cream (ml 7) | 75 | 150 | 200 | 250 | 350 | 400 |

Not included

| | | | | | | |
|------------------|---|---|---|---|---|---|
| Olive oil (tbsp) | 1 | 1 | 2 | 2 | 3 | 3 |
|------------------|---|---|---|---|---|---|

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| Energy (kJ/kcal) | 3253/778 | 556/133 |
| Total fat (g) | 34 | 6 |
| Of which: saturated (g) | 14,1 | 2,4 |
| Carbohydrates (g) | 78 | 13 |
| Of which: sugars (g) | 13,3 | 2,3 |
| Fibre (g) | 9 | 2 |
| Protein (g) | 37 | 6 |
| Salt (g) | 0,4 | 0,1 |

Allergens:

1) Grains containing gluten 7) Milk/lactose

May contain traces of: 17) Eggs 20) Soy



1. Cook the eggplant

Boil 500 ml water per person with a pinch of salt in a pan with a lid, for the eggplant. Boil another 500 ml water per person in a different pan with a lid, for the farfalle. Cut the **eggplant** in half lengthwise and then into half slices. Cook the eggplant for 10 – 12 minutes in the pan, covered with the lid. Then drain and puree the eggplant with a hand blender (TIP). Season with salt and pepper.



4. Stir fry the vegetables

In the meantime, heat the olive oil in a wok or sauté pan and fry the **garlic**, **red onion** and **dried thyme** for 2 – 3 minutes on medium-high heat. Add the **minced chicken** and **mushrooms** and stir fry the minced chicken for 2 – 3 minutes. Add the pureed eggplant and stir fry for another 3 – 4 minutes.



2. Cut

In the meantime, chop the **red onion** and press or mince the **garlic**. Cut the **mushrooms** into slices and finely chop the **curly parsley**. Cut the **lemon** into wedges.

TIP: Don't have a hand blender or do you have more time? You can also cook the eggplant in the oven or in a frying pan. Sprinkle the eggplant with ample salt, leave that to absorb for at least 2 minutes and then thoroughly remove the salt. By removing the salt, the eggplant will get crunchier. Make sure you use enough oil and fry the eggplant for 15 – 20 minutes on medium-low heat in a frying pan or in a preheated oven of 200 degrees.



5. Season

Add the **single cream**, stir well and season the sauce with salt and pepper. Add the **farfalle** to the sauce and vegetables in the pan.



3. Cook the farfalle

Cook the **farfalle** for 10 – 12 minutes in the other pan, covered with the lid. Then drain.



6. Serve

Transfer the farfalle with sauce to plates. Garnish with the **curly parsley** and serve with a lemon wedge.

Enjoy!

Contact

We would like to hear what you think. Feel free to contact us via our website or via our social media channels.



BREAKFAST BOX

Good morning!

1

Apple crumble with muesli
with semi-skimmed yogurt

2

Whole grain rusk
with avocado, goat cheese and garden cress

3

Greek yogurt with passion fruit
with figs and pumpkin seed

Apple crumble with muesli

with semi-skimmed yogurt

1X 25 min.



Equipment

Bowl, oven dish

Ingredients for 1 breakfast

| | 2P | 4P |
|------------------------------|-----|-----|
| Jonagold apple (st) | 2 | 4 |
| Ground cinnamon (tbsp) | ½ | 1 |
| Honey (jar) | 1 | 2 |
| Muesli (g) 1) 8) 12) 19) 25) | 100 | 200 |
| Semi-skimmed yogurt* (ml) 7) | 250 | 500 |

* keep in the refrigerator

Nutritive value

| | Per portion | Per 100g |
|-------------------------|-------------|----------|
| Energy (kJ/kcal) | 1605 /384 | 472 /113 |
| Total fat (g) | 6 | 2 |
| Of which: saturated (g) | 1,8 | 0,5 |
| Carbohydrates (g) | 68 | 20 |
| Of which: sugar (g) | 48,2 | 14,2 |
| Fibres (g) | 7 | 2 |
| Protein (g) | 9 | 3 |
| Salt (g) | 0,1 | 0,0 |

Allergens

1) Grains containing gluten 7) Milk/lactose 8) Nuts

12) Sulfite

May contain traces of: 19) Peanuts 25) Sesame seed

1. Preheat the oven to 200 degrees. Peel the **apple** and cut into dices.
2. In a bowl, mix the apple with the **cinnamon** and half of the **honey**.
3. Grease an oven dish with butter. Divide the apple mixture over the oven dish. Sprinkle with the **muesli** and roast in the oven for 20 – 25 minutes.
4. Transfer the crumble to bowls and serve with the **semi-skimmed yogurt** and the remaining **honey**.

Whole grain rusk

with avocado, goat cheese and garden cress

2X 20 min.



Equipment

-

Ingredients for 1 breakfast

| | 2P | 4P |
|--|----|-----|
| Whole grain rusk (pcs) 1) 3) 6) 7) 11) 13) | 4 | 8 |
| Avocado (pcs) | 1 | 2 |
| Old goat cheese flakes (g) 7) | 50 | 100 |
| Garden cress (g) | 2 | 4 |

* keep in the refrigerator

Nutritive value

| | Per portion | Per 100g |
|-------------------------|-------------|------------|
| Energy (kJ/kcal) | 1780 / 426 | 1295 / 310 |
| Total fat (g) | 31 | 22 |
| Of which: saturated (g) | 8,6 | 6,3 |
| Carbohydrates (g) | 19 | 14 |
| Of which: sugar (g) | 5,3 | 3,8 |
| Fibres (g) | 6 | 5 |
| Protein (g) | 15 | 11 |
| Salt (g) | 0,7 | 0,5 |

Allergens

1) Grains containing gluten 3) Eggs 6) Soy 7) Milk/lactose
11) Sesame seed 13) Lupin

1. Divide the **rusks** among plates. Cut the **avocado** into slices. Top the rusks with the avocado slices.
2. Cut the tops off the **garden cress** with scissors. Sprinkle the **goat cheese** on the avocado and garnish with the garden cress. Optionally, add pepper and salt to taste.

Greek yogurt with passion fruit

with figs and pumpkin seed

2X 20 min.



Equipment

-

Ingredients for 1 breakfast

| | 2P | 4P |
|---------------------------------------|-----|-----|
| Greek yogurt* (ml) 7) | 250 | 500 |
| Whole grain flakes (g) 1) 19) 22) 25) | 50 | 100 |
| Passion fruit* (pcs) | 2 | 4 |
| Chopped dried figs (g) 19) 22) 25) | 20 | 40 |
| Pumpkin seed (g) 19) 22) 25) | 20 | 40 |

* keep in the refrigerator

Nutritive value

| | Per portion | Per 100g |
|-------------------------|-------------|-----------|
| Energy (kJ/kcal) | 1427 / 341 | 732 / 175 |
| Total fat (g) | 18 | 9 |
| Of which: saturated (g) | 8,9 | 4,6 |
| Carbohydrates (g) | 28 | 15 |
| Of which: sugar (g) | 11,7 | 6,0 |
| Fibres (g) | 4 | 2 |
| Protein (g) | 13 | 7 |
| Salt (g) | 0,3 | 0,1 |

Allergens

1) Grains containing gluten 7) Milk/lactose
May contain traces of: 19) Peanuts 22) Nuts
25) Sesame seed

1. Divide the **Greek yogurt** among bowls. Stir in the **whole grain flakes**.
2. Cut the **passion fruit** in half, separate the fruit with a spoon and divide among the bowls with yogurt.
3. Garnish with the **chopped figs** and **pumpkin seeds**.