



Scandinavian salad with sea bream fillet

with little gem, fresh dill and fried potatoes

BALANCED **FAMILY** 40 min. • Eat within 3 days

BALANCED



Waxy potatoes



Cucumber



Fresh dill



Shallot



Little gem



Sea bream fillet
with skin

Pantry items

Olive oil, white wine vinegar, honey, extra virgin olive oil, mustard, 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, kitchen paper, salad bowl, sauté pan with a lid

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Waxy potatoes (g)	250	500	750	1000	1250	1500
Cucumber* (pcs)	½	1	1½	2	2½	3
Fresh dill* (g)	2½	5	7½	10	12½	15
Shallot (pcs)	¼	½	¾	1	1¼	1½
Little gem* (pcs)	1	2	3	4	5	6
Sea bream fillet with skin* (pcs) 4)	1	2	3	4	5	6

Not included

Olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	1	2	3	4	5	6
Honey (tsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	3	6	9	12	15	18
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)	2443 / 584	368 / 88
Total fat (g)	26	4
Of which: saturated (g)	7	1,1
Carbohydrates (g)	54	8
Of which: sugars (g)	5,4	0,8
Fibre (g)	7	1
Protein (g)	29	4
Salt (g)	0,6	0,1

Allergens:

4) Fish

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 potatoes

Peel or thoroughly wash the **potatoes** and cut them into wedges. Heat the olive oil in a sauté pan with a lid and fry the potatoes for 25 – 35 minutes on medium-high heat, covered with the lid. Remove the lid after 20 minutes. Stir regularly and season with salt and pepper.

FACT: Did you know that potatoes are super healthy? They are rich in healthy carbs, our primary energy source, rich in potassium, for a healthy blood pressure, vitamin B6 and B11 for your energy level, fibre for healthy intestines and vitamin C for a strong immune system.



4. Prepare the sea bream

Pat the **sea bream fillet** dry with kitchen paper. Spread both sides of the fillet with the remaining mustard using your hands or a brush. Season with salt and pepper.



2. Chop

Cut the **cucumber** into thin slices. Roughly chop the **dill** and chop the **shallot**. Cut the **little gem** into thin strips.



3. Make the salad

In a salad bowl, mix the white wine vinegar, honey, extra virgin olive oil and ½ tsp mustard per person into a dressing. Season to taste with salt and pepper. Then add the **cucumber, shallot, little gem** and **dill** to the dressing.

TIP: Not a fan of raw shallot? Fry it together with the sea bream in step 5.



5. Fry the sea bream

Heat the butter in a frying pan on medium-high heat. Fry the **sea bream fillet** for 2 – 3 minutes on the skin-side, and 1 – 2 minutes on its other side. Season with salt and pepper.



6. Serve

Transfer the salad to plates. Mix with the fried potatoes and put the sea bream fillet on top.

FACT: This dish is not only full of vitamins and minerals, it is also low in salt and calories. In other words: light and balanced!

Enjoy!



Shakshuka with fresh goat cheese

with curly parsley and spelt baguette

VEGETARIAN 35 min. • Eat within 5 days

VEGETARIAN



Onion



Garlic clove



Red chili pepper



Red bell pepper



Plum tomato



Fresh curly parsley



Free-range egg



Fresh goat cheese



Spelt baguette

Pantry items

Olive oil, vegetable stock cube, salt & pepper

A good start

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

Equipment

Wok or sauté pan with a lid

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Onion (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	1	2	3	3	5	5
Red chili pepper* (pcs)	¼	½	¾	1	1¼	1½
Red bell pepper* (pcs)	½	1	1½	2	2½	3
Plum tomato (pcs)	2	4	6	8	10	12
Fresh curly parsley* (g)	2½	5	7½	10	12½	15
Free-range egg* (pcs) 3)	2	4	6	8	10	12
Fresh goat cheese* (g) 7)	50	75	100	125	175	200
Spelt baguette (pcs) 1) 17) 20) 21) 22) 25)	1	2	3	4	5	6
Not included						
Olive oil (tbsp)	1	1	2	2	3	3
Vegetable stock cube (pcs)	¼	½	¾	1	1¼	1½

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2872 / 687	460 / 110
Total fat (g)	29	5
Of which: saturated (g)	10,6	1,7
Carbohydrates (g)	71	11
Of which: sugars (g)	18,4	3
Fibre (g)	8	1
Protein (g)	32	5
Salt (g)	2,6	0,4

Allergens:

1) Grains containing gluten 3) Eggs 7) Milk/lactose

May contain traces of: 17) Eggs 20) Soy 21) Milk/lactose 22) Nuts 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. Prepare

Preheat the oven to 210 degrees. Chop the **onion** and press or mince the **garlic**. Remove the seeds from the **red chili pepper** and red bell pepper and finely chop both peppers. Cut the **tomato** into small dices and finely chop the **curly parsley**.

FACT: Did you know that this dish contains more than 250 g vegetables and, due to the tomato and bell pepper, more vitamin C than the daily recommendation?



4. Cook the egg

Make a little indentation in the vegetables in the pan for each egg and break an **egg** into each indentation. Season to taste with salt and pepper. Crumble the **goat cheese** over the dish, cover the pan and allow the eggs to firm up for 10 minutes. Take the lid off the pan for the final 4 minutes, turn up the heat a little and allow any excess moisture to evaporate (TIP).

TIP: The egg is cooked as soon as the egg white starts to color, but the egg yolk is still runny. You can also cook the egg more if you prefer it more cooked.



2. Fry the seasonings

Heat the olive oil in a wok or sauté pan with a lid and fry the **onion**, **garlic** and **red chili pepper** for 2 minutes on medium-high heat. Add the **red bell pepper**, **tomato** and half the **curly parsley**.



5. Heat the baguette

In the meantime, heat the **spelt baguette** in the preheated oven for 6 – 8 minutes until golden brown.

TIP: The time it takes for the egg to cook strongly depends on the height of your pan. It will take longer in a deep pan with a high edge, as opposed to a pan or wok with a lower edge. Cook the egg to your liking.



3. Cook the vegetables

Add 30 ml water per person to the pan and crumble the vegetable stock cube over it. Bring to a boil while stirring and leave to simmer for 5 minutes, covered with the lid. Season to taste with salt and pepper.



6. Serve

Transfer the dish to plates. Garnish with the remaining **curly parsley** and serve with the **baguette**.

Enjoy!












Eastern fish pocket with leek and tomato

with sticky coconut rice

BALANCED 40 min. • Eat within 5 days

BALANCED



-  Fresh ginger
-  Red chili pepper
-  Leek
-  Red pointed pepper
-  Tomato
-  Lime
-  Coconut milk
-  Brown rice
-  Haddock fillet without skin

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

Grater, aluminium foil, wok or sauté pan

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Fresh ginger (cm)	1	2	3	4	5	6
Red chili pepper* (pcs)	¼	½	¾	1	1¼	1½
Leek* (pcs)	½	1	1½	2	2½	3
Red pointed pepper* (pcs)	½	1	1½	2	2½	3
Tomato (pcs)	1	2	3	4	5	6
Lime (pcs)	¼	½	¾	1	1¼	1½
Coconut milk (ml) 26)	75	150	225	300	375	450
Brown rice (g)	85	170	250	335	420	500
Haddock fillet without skin (pcs) 4)	1	2	3	4	5	6
Not included						
Sunflower 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)	2707 / 647	502 / 120
Total fat (g)	23	4
Of which: saturated (g)	13,2	2,5
Carbohydrates (g)	77	14
Of which: sugars (g)	10,5	1,9
Fibre (g)	9	2
Protein (g)	30	6
Salt (g)	0,3	0,1

Allergens:

4) Fish

May contain traces of: 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. Chop

Preheat the oven to 220 degrees. Peel the **ginger** and grate or finely chop. Remove the seeds from the **red chili pepper** and finely chop the pepper. Cut the **leek** and **red pointed pepper** into thin rings and the **tomato** into small dices. Cut the lime into wedges. Stir the coconut milk.

TIP: The lumps in the coconut milk do not mean that the milk has gone bad. These lumps are the fatty parts of the coconut milk and they give it a nice, full flavor. They will dissolve if you stir or shake well.



4. Prepare the pockets

In the meantime, pat dry the **haddock fillet** with kitchen paper and divide it over 1 sheet of aluminium foil per person, about 30 x 30 cm.



2. Fry the leek

Heat the sunflower oil in a wok or sauté pan with a lid on medium heat. Add the **leek**, half of the **red chili pepper**, half of the **ginger** and 1 tbsp water per person. Season with salt and pepper and braise for 4 – 6 minutes, covered with the lid.

TIP: Not a fan of spiciness? Add less of the red chili pepper.



5. Finish the pockets

Sprinkle the fillet with salt and pepper and divide the leek over it. Top the leek with the **red pointed pepper** and the diced **tomato**, sprinkle with 1 tbsp **coconut milk** per person and fold the aluminium foil to close it and form a pocket. Heat the pockets in the oven for 8 - 10 minutes.



3. Cook the coconut rice

In the meantime, boil 175 ml water per person in a pan with a lid for the rice. Add the **rice**, the remaining **red chili pepper**, the remaining **ginger** and the majority of the **coconut milk** (save 1 tbsp per person). Cook the rice for 12 – 15 minutes on low heat until dry. Drain if necessary and leave to steam dry without the lid. Season well with salt and pepper. The rice is supposed to be sticky.

TIP: Regularly stir the rice. It can burn faster because of the coconut milk. Add some more water in case the rice becomes dry too quickly.



6. Serve

Transfer the fish pockets to plates. Serve with the rice and the lime wedges. Sprinkle to taste with lime juice.

Enjoy!



Japanese noodle soup with chicken fillet

with chestnut mushrooms and bok choy

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

FAMILY



Fresh ginger



Red chili pepper



Chestnut mushrooms



Bok choy



Japanese-style marinated chicken fillet strips



Fresh udon noodles



Soy sauce

Pantry items

Chicken stock, sunflower oil, salt and pepper

A good start

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

Equipment

Wok or stock pot, peeler or cheese slicer, grater

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Fresh ginger (cm)	1	2	3	4	5	6
Red chili pepper* (pcs)	¼	½	¾	1	1¼	1½
Chestnut mushrooms* (g)	125	250	400	500	650	750
Bok choy* (g)	75	150	200	300	350	450
Japanese-style marinated chicken fillet strips* (g)	100	200	300	400	500	600
Fresh udon noodles (g) 1)	100	200	300	400	500	600
Soy sauce (ml) 1) 6)	5	10	15	20	25	30

Not included

Chicken stock (ml)	500	1000	1500	2000	2500	3000
Sunflower oil (tbsp)	2	3	4	5	7	8

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per portie	Per 100g
Energy (kJ/kcal)	2132 /510	229 /55
Total fat (g)	27	3
Of which: saturated (g)	4,7	0,5
Carbohydrates (g)	35	4
Of which: sugars (g)	3,6	0,4
Fibre (g)	4	0
Protein (g)	29	3
Salt (g)	8,5	0,9

Allergens:

1) Grains containing gluten 6) 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

- Prepare the chicken stock (TIP).
- Peel and chop or grate the **ginger**. Remove the seed pods from the **red chili pepper** and finely chop the pepper.
- Cut the **chestnut mushrooms** into slices. Remove the stem from the **bok choy** and roughly chop the bok choy.

TIP: Are you watching your salt intake? Use less to no soy sauce and/or prepare 500 ml stock with 3/4 stock cube instead of a whole stock cube.



3. Cook the soup

- Add the stock to the wok or stock pot and allow to simmer, covered, for 6 minutes. After 3 minutes, add the **udon noodles**.
- Add 1 tsp **soy sauce** per person to the soup and season to taste with pepper and, optionally, some extra soy sauce.

TIP: Want to add more spiciness to the dish? Fry with a couple of red chili pepper seeds.



2. Fry

- Heat the sunflower oil in a wok or stock pot and fry the **ginger** and the **red chili pepper** for 2 – 3 minutes on medium-low heat. Add the **chicken fillet strips** and fry for 2 minutes on medium-high heat.
- Add the **chestnut mushrooms** and the **bok choy** and fry for another 2 minutes.



4. Serve

- Transfer the soup to soup bowls.

Enjoy!



Flammkuchen with buffalo mozzarella and courgette

with a refreshing salad

BALANCED **FAMILY** 35 min. • Eat within 5 days

BALANCED



Garlic clove



Passata



Italian herbs



Courgette



Flammkuchen



Buffalo mozzarella



Tomato



Rocket and
lamb's lettuce



Fresh basil

Pantry items

Olive oil, honey, white balsamic 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, saucepan, salad bowl, baking sheet lined with baking paper, peeler

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Garlic clove (pcs)	½	1	1½	2	2½	3
Passata (pack)	½	1	1½	2	2½	3
Italian herbs (tsp)	1	2	3	4	5	6
Courgette (pcs)	½	1	1½	2	2½	3
Flammkuchen* (pcs) 1)	1	2	3	4	5	6
Buffalo mozzarella* (pcs) 7)	½	1	1½	2	2½	3
Tomato (pcs)	½	1	1½	2	2½	3
Rocket and lamb's lettuce* (g) 23)	30	60	90	120	150	180
Fresh basil* (g)	5	10	15	20	25	30
Not included						
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Honey (tsp)	½	1	1½	2	2½	3
White balsamic vinegar (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2613 / 625	486 / 116
Total fat (g)	28	5
Of which: saturated (g)	10,9	2
Carbohydrates (g)	67	12
Of which: sugars (g)	19,9	3,7
Fibre (g)	4	1
Protein (g)	22	4
Salt (g)	1,6	0,3

Allergens:

1) Grains containing gluten 7) Milk/lactose

May contain traces of: 23) Celery

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 200 degrees. Press or mince the **garlic**. Heat ¼ tbsp olive oil per person in a saucepan and fry the garlic for 1 – 2 minutes on medium-high heat. Add the **passata**, the **Italian spices**, honey and half of the white balsamic vinegar and heat for 1 minute. Season the sauce with pepper and salt (TIP). Cut ⅓ of the **courgette** into thin slices.

TIP: Taste the sauce and make it a bit sweeter of more refreshing by adding more honey or vinegar.



4. Top the flammkuchen

Divide the sauce over the flammkuchen, but leave 2 cm of the edge uncovered. Top with the **courgette** slices and the **buffalo mozzarella**. Season with salt and pepper. Heat in the oven for another 8 – 10 minutes, or until the buffalo mozzarella starts to colour.



2. Prepare the flammkuchen

Transfer the **flammkuchen** to a baking sheet lined with baking paper, and heat them in the oven for 5 minutes.



5. Make the salad

In the meantime, slice the rest of the **courgette** into thin ribbons with a peeler. Cut the **tomato** into small dices. In a salad bowl, mix the extra virgin olive oil with the leftover white balsamic vinegar. Mix the **courgette** ribbons, **tomato**, **rocket lettuce** and **lamb's lettuce** with the dressing. Season with salt and pepper. Remove the leaves from the **basil** sprigs. Finely chop the sprigs and mix with the salad. Cut the basil leaves into thin strips.



3. Fry the courgette

In the meantime, heat ½ tbsp olive oil per person in a frying pan on medium-high heat. Fry the **courgette** slices for 5 minutes. Cut or tear the **mozzarella** into small pieces.



6. Serve

Put a flammkuchen on each plate and garnish with the basil leaves. Serve with the salad on the side.

FACT: Did you know that canned vegetables and tomato passata contain just as many nutrients as fresh vegetables? All in all, this dish contains more than 350 g vegetables per person.

Enjoy!



Vegetarian moussaka with garlic bread

an oven dish with red lentils and courgette

VEGETARIAN 50 min. • Eat within 5 days

VEGETARIAN



Eggplant



Onion



Courgette



Garlic clove



Dried oregano



Ground cinnamon



Tomato paste



Red lentils



Diced tomato



Whole grain ciabatta



Crème fraîche



Grated aged cheese

Pantry items

Vegetable stock, olive oil, black balsamic vinegar, brown sugar, sunflower oil, salt and pepper

A good start

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

Equipment

Oven dish, baking sheet lined with baking paper, sauté pan

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Eggplant* (pcs)	½	1	1½	2	2½	3
Onion (pcs)	½	1	1½	2	2½	3
Courgette (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	½	1	1½	2	2½	3
Dried oregano (tsp)	1	2	3	4	5	6
Ground cinnamon (tsp)	½	1	1½	2	2½	3
Tomato paste (cup)	⅓	⅔	1	1⅓	1⅔	1.99
Red lentils (g)	25	50	75	100	125	150
Diced tomato (pack)	½	1	1½	2	2½	3
Whole grain ciabatta (pcs) 1) 6) 7) 17) 22) 25) 27)	1	2	3	4	5	6
Crème fraîche* (g) 7)	50	100	150	200	250	300
Grated aged cheese* (g) 7)	25	50	75	100	125	150

Not included

	125	250	375	500	625	750
Vegetable stock (ml)	125	250	375	500	625	750
Olive oil (tbsp)	1	2	3	4	5	6
Black balsamic vinegar (tsp)	1	2	3	4	5	6
Brown sugar (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	¾	1½	2¼	3	3¾	4½

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3699 / 884	415 / 99
Total fat (g)	47	5
Of which: saturated (g)	18,9	2,1
Carbohydrates (g)	80	9
Of which: sugars (g)	34,9	3,9
Fibre (g)	17	2
Protein (g)	26	3
Salt (g)	3,4	0,4

Allergens:

1) Grains containing gluten 6) Soy 7) Milk/lactose
May contain traces of: 17) Eggs 22) Nuts 25) Sesame seed 27) Lupin

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 200 degrees and prepare the stock. Cut the **eggplant** into ½ cm thick half moons. Chop the **onion**. Cut the **courgette** into ½ cm dices. Press or mince half of the **garlic** and keep the remaining garlic whole. You will use it later to rub the **ciabatta**.



4. Roast the eggplant

In the meantime, transfer the **eggplant** slices to a baking sheet lined with baking paper, drizzle with sunflower oil and season to taste with salt and pepper. Roast them in the oven for 10 – 12 minutes. In the meantime, halve the **ciabatta** and rub the inside with the remaining **garlic**. Drizzle with the remaining olive oil and season to taste with salt and pepper.



2. Fry the vegetables

Heat half of the olive oil in a sauté pan on medium heat. Add the **onion** and fry for 3 minutes. Add the **courgette**, season to taste with salt and pepper and fry for 5 minutes. Add the minced **garlic**, the **oregano**, **cinnamon** and **tomato paste**. Stir well and fry for another 2 minutes.



5. In the oven

Transfer the tomato-lentil mixture to an oven dish and place the slices of eggplant on top. Spread the eggplant with the **crème fraîche** and sprinkle with the **grated aged cheese**. Heat the moussaka in the oven for 5 – 6 minutes and add the garlic bread to the oven for the final 2 – 3 minutes.



3. Cook the lentils

Add the **red lentils**, black balsamic vinegar, **diced tomato**, stock and brown sugar to the pan. Stir well, bring to a boil, reduce the heat to low and allow to simmer for 20 – 25 minutes. Stir regularly to prevent the lentils from burning to the pan.

FACT: Did you know that canned tomatoes, contrary to what most people think, contain just as many vitamins and minerals as fresh tomatoes?



6. Serve

Serve the moussaka in deep plates with the garlic bread on the side.

FACT: Did you know that this dish contains more than the daily recommended amount of fibre and ⅓ of the daily recommended amount of iron? This is largely due to the lentils, ciabatta and the amount of vegetables. Fibres are good for digestion and iron takes care of a steady energy level. Iron is especially important for vegetarians, because meat contains loads of it, but not a lot of vegetables do.

Enjoy!



Halloumi with Jerusalem artichoke-spinach mash with sun-dried tomatoes

VEGETARIAN 40 min. • Eat within 3 days

VEGETARIAN



Jerusalem artichoke



Starchy potatoes



Dried thyme



Garlic clove



Sun-dried tomatoes



Halloumi



Spinach

Pantry items

Vegetable stock cube, butter, olive oil, 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, frying pan, potato masher, wok or sauté pan with a lid

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Jerusalem artichoke (g)	100	200	300	400	500	600
Starchy potatoes (g)	250	500	750	1000	1250	1500
Garlic clove (pcs)	1	2	3	4	5	6
Sun-dried tomatoes* (g)	35	60	90	120	150	180
Halloumi* (g) 7	100	200	300	400	500	600
Spinach* (g) 9	100	200	300	400	500	600
Dried thyme (tsp)	1½	3	4½	6	7½	9
Not included						
Vegetable stock cube (pcs)	¼	¼	¼	½	¾	¾
Butter (tbsp)	1½	3	4½	6	7½	9
Olive oil (tbsp)	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)	4107 / 982	662 / 158
Total fat (g)	55	9
Of which: saturated (g)	27,4	4,4
Carbohydrates (g)	73	12
Of which: sugars (g)	15,6	2,5
Fibre (g)	26	4
Protein (g)	35	6
Salt (g)	3,2	0,5

Allergens:

7) Milk/lactose

May contain traces of: 23) Celery

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

Peel the **Jerusalem artichoke** and **potatoes** and cut them into equally sized large pieces. Add the Jerusalem artichoke to a pan with ample water, crumble the stock cube over it and bring to a boil, covered with a lid. Leave to simmer for 15 – 20 minutes. After 5 minutes, add the potato and cook together. Then drain, save a little bit of the cooking liquid and leave to steam dry without the lid.

FACT: Did you know that the 100 g Jerusalem artichoke in this dish contains more iron than 100 g steak? Other iron-rich products are spinach, tahini (sesame paste), tofu, egg, cashew nuts and herring.



4. Fry the halloumi

In the meantime, heat ½ tbsp olive oil per person in a frying pan on medium-high heat and fry the leftover **garlic** together with the **halloumi** for 2 – 3 minutes per side (TIP).

TIP: Make sure the halloumi is finished at the same time as the mash. Halloumi tastes best right after you fry it. If you leave it to rest for too long, it will turn tough and chewy.



2. Chop

Press or mince the garlic. Cut the **sun-dried tomatoes** into small pieces. Cut the **halloumi** into ½ cm thick slices and cut the **spinach** into small pieces.

TIP: This dish is rich in calories. Are you watching your calorie intake? Use 75 g halloumi per person and replace the butter in the puree with an extra splash of milk or cooking liquid from the potatoes. You can use the remaining halloumi for another day, for example in a salad, soup, or on a sandwich.



5. Season

Mash the **potatoes** and **Jerusalem artichoke** into a puree. Add 1 tbsp butter per person and a splash of cooking liquid to make it smooth. Stir in the mustard and season with salt and pepper. Taste and optionally, season some more. Add the fried spinach and mix well (TIP).

TIP: Is there any oil left from the sun-dried tomatoes? Mix this with the puree!



3. Fry

Heat ½ tbsp butter per person in a wok or sauté pan with a lid on medium-high heat. Fry ⅓ of the **garlic** with 1½ tsp **dried thyme** per person for 1 minute. Add the **spinach** and fry for another 3 – 4 minutes. Add the chopped **sun-dried tomatoes**, fry for another minute and season with salt and pepper. Cover with the lid and keep warm.



6. Serve

Transfer the dish to plates and serve with the **halloumi**.

Enjoy!



Casarecce with pesto and courgette

with cherry tomatoes and parmigiano reggiano

QUICK & EASY VEGETARIAN 20 min. • Eat within 5 days

QUICK &
EASY



Courgette



Garlic clove



Italian herbs



Red cherry tomatoes



Green pesto



Casarecce



Parmigiano reggiano

Pantry items

Olive oil, black 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, frying pan, small bowl, grater

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Courgette (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	½	1	1½	2	2½	3
Italian herbs (tbsp)	3	3	6	6	9	9
Red cherry tomatoes (g)	125	250	375	500	625	750
Green pesto* (g 7) 8)	40	80	120	160	200	240
Casarecce (g 1) 20) 21)	90	180	270	360	450	540
Parmigiano reggiano* (g) 7)	25	50	75	100	125	150
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Black balsamic vinegar (tsp)	2	4	6	8	10	12

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per portie	Per 100g
Energy (kJ/kcal)	3305 /790	694 /166
Total fat (g)	38	8
Of which: saturated (g)	8,7	1,8
Carbohydrates (g)	83	17
Of which: sugars (g)	18,7	3,9
Fibre (g)	7	2
Protein (g)	25	5
Salt (g)	1,3	0,3

Allergens:

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

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. Marinate the vegetables

- Boil ample water in a pan with a lid for the casarecce. Press or mince the **garlic** and cut the **courgette** into half moons. In a small bowl, mix the **garlic** with the olive oil, **Italian herbs** and the **courgette**. Cut the **cherry tomatoes** in half and mix them with the **pesto** in a small bowl.

FACT: Did you know that this dish contains about 300 g vegetables?



3. Mix

- Grate $\frac{2}{3}$ of the **Parmigiano reggiano**. Add 1 tsp black balsamic vinegar per person, the grated Parmigiano reggiano and the **casarecce** to the vegetables. Stir well and turn off the heat. Season with salt and pepper.



2. Cook and fry

- Cook the **casarecce** for 10 – 12 minutes, covered with the lid. Then drain. Heat a frying pan on medium-high heat and fry the **courgette** for 1 minute, without any oil. Add the cherry **tomatoes** and fry for 4 – 5 minutes.



4. Serve

- Transfer the pasta to plates and garnish with the remaining **Parmigiano reggiano**.

Enjoy!



Pork tenderloin with chicory-apple salad

with fried baby potatoes

QUICK & EASY 20 min. • Eat within 3 days

**QUICK &
EASY**



Baby potatoes



Pork tenderloin



Chicory



Apple



Lemon



Mayonnaise



Lamb's lettuce

Pantry items

Vegetable stock cube, butter, 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

Pan with a lid, frying pan, small bowl, salad bowl, aluminium foil

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Baby potatoes (g)	250	500	750	1000	1250	1500
Pork tenderloin* (g)	100	200	300	400	500	600
Chicory* (pcs)	1	2	3	4	5	6
Apple (pcs)	½	1	1½	2	2½	3
Lemon (pcs)	¼	½	¾	1	1¼	1½
Mayonnaise* (tbsp) 3) 10) 19) 22)	½	1	1½	2	2½	3
Lamb's lettuce* (g) 23)	20	40	60	80	100	120
Not included						
Vegetable stock cube (pcs)	⅛	¼	⅓	½	¾	¾
Butter (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per portie	Per 100g
Energy (kJ/kcal)	2412 / 577	356 / 85
Total fat (g)	19	3
Of which: saturated (g)	6,2	0,9
Carbohydrates (g)	65	10
Of which: sugars (g)	16,5	2,4
Fibre (g)	9	1
Protein (g)	31	5
Salt (g)	1	0,1

Allergens:

3) Eggs 10) Mustard

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



1. Prepare the baby potatoes

- Cut the larger **baby potatoes** in half and leave the rest whole.
- Make sure the potatoes are just under water in a pan with a lid, crumble the stock cube over it and cook the potatoes for 16 – 18 minutes. Then drain.



2. Fry the pork tenderloin

- Heat the butter in a frying pan with a lid. Fry the **pork tenderloin** for 2 – 3 minutes per side on medium-high heat. Cover the pan with the lid and fry the pork for another 5 – 6 minutes on medium heat. Turn regularly (TIP).
- Take the tenderloin from the pan and wrap in aluminium foil. Let it rest until serving.
- Fry the **baby potatoes** for 2 minutes in the cooking grease from the pork.

TIP: It is up to you to decide how you like the pork tenderloin best: fry it a little bit longer if you prefer it well done.



3. Make the salad

- Cut the **chicory** and **apple** into fine strips. Juice the **lemon** in a small bowl.
- Per person, mix ½ tbsp **mayonnaise**, ¼ tbsp extra virgin olive oil and ½ tbsp lemon juice in a salad bowl. Add the apple and chicory, stir well and season with salt and pepper.



4. Serve

- Divide the **lamb's lettuce** among plates and put the chicory salad on top. Serve with the **pork tenderloin** and **baby potatoes**.

Enjoy!

Contact

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



Pollo tonnato with sourdough bread

poached chicken with tuna sauce

PREMIUM 40 min. • Eat within 3 days

PREMIUM



Red bell pepper



Sourdough bread



Tuna in water



Fresh chives
and flat leaf parsley



Capers



Mayonnaise



Chicken fillet



Rocket and lamb's
lettuce

Pantry items

Butter, chicken stock, extra virgin olive oil, olive oil, black 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, small bowl, hand blender, deep bowl, plastic foil, pan

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Red bell pepper* (pcs)	1	2	3	4	5	6
Sourdough bread (pcs) 1) 6) 11) 17) 21) 22)	1	2	3	4	5	6
Tuna in water (can) 4)	½	1	1½	2	2½	3
Fresh chives, basil and flat leaf parsley* (g)	5	10	15	20	25	30
Capers* (g)	10	20	30	40	50	60
Mayonnaise* (tbsp) 3) 10) 19) 22)	50	100	150	200	250	300
Chicken fillet* (g)	100	200	300	400	500	600
Rocket and lamb's lettuce (g) 23)	30	60	90	120	150	180

Not included

Butter (tbsp)	2	4	6	8	10	12
Chicken stock (ml)	400	600	800	1000	1400	1600
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
Black 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)	5249 / 1255	610 / 146
Total fat (g)	86	10
Of which: saturated (g)	24,3	2,8
Carbohydrates (g)	73	8
Of which: sugars (g)	8,3	1
Fibre (g)	7	1
Protein (g)	44	5
Salt (g)	5,8	0,7

Allergens:

1) Grains containing gluten **3)** Eggs **4)** Fish **6)** Soy
10) Mustard **11)** Sesame seed
May contain traces of: 17) Eggs **19)** Peanuts **21)** Milk/
 lactose **22)** Nuts **23)** Celery

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 bell pepper

Preheat the oven to 200 degrees. Take the butter from the refrigerator to allow to reach room temperature. Cut the **bell pepper** into strips and mix them in an oven dish with the olive oil, balsamic vinegar, salt and pepper. Roast the bell pepper in the oven for 20 – 22 minutes. Add the **sourdough bread** to the oven for the last 6 – 8 minutes.



4. Poach the chicken

Prepare the chicken stock in a pan. When the stock is cooking, reduce the heat to low and add the **chicken fillet** to the stock. Cook the chicken in the stock for 6 – 8 minutes. Take the chicken from the stock.



2. Make the sauce

Drain the **tuna**. In a high bowl, mix half of the **basil** leaves, half of the **capers**, the **mayonnaise** and the tuna into a fine sauce with a hand blender. Season to taste with salt and pepper (TIP).

TIP: The capers are quite salty already. Taste well before you season the sauce and don't add to much extra salt.



5. Finish the tonnato

On plates, make a base of the **mixed lettuce** and drizzle with the extra virgin olive oil. Put the poached chicken fillet on top. Top the chicken with the tuna sauce and garnish with the leftover **capers** and **basil**.



3. Make the herb butter

Finely chop the leftover **basil**, **parsley** and **chives**. In a small bowl, mix the parsley and the chives with the softened butter. Season with salt and pepper. Cover with plastic foil and keep in the refrigerator until use.



6. Serve

Serve the pollo tonato with the roasted bell pepper and the **sourdough bread** with herb butter.

Enjoy!



Confit duck ragu

with fresh tagliatelle and refreshing rocket salad

PREMIUM 45 min. • Eat within 5 days

PREMIUM



Confit duck leg



Garlic clove



Shallot



Red cherry tomatoes



Diced tomato



Fresh flat leaf parsley



Fresh tagliatelle



Rocket lettuce



Aged cheese flakes

Pantry items

Butter, black balsamic vinegar, sugar, chicken stock cube, extra virgin olive oil, white wine 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, oven dish, saucepan, salad bowl

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Confit duck leg* (pcs)	1	2	3	4	5	6
Garlic clove (pcs)	1	2	3	4	5	6
Shallot (pcs)	½	1	1½	2	2½	3
Red cherry tomatoes (g)	125	250	375	500	625	750
Diced tomato (can)	⅓	⅔	1	1½	1¾	2
Fresh flat leaf parsley* (g)	2½	5	7½	10	12½	15
Fresh tagliatelle* (g) 1) 3)	125	250	375	500	625	750
Rocket lettuce* (g) 23)	40	60	80	100	140	160
Aged cheese flakes* (g) 7)	25	50	75	100	125	150

Not included

Butter (tbsp)	1	2	3	4	5	6
Black balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	¼	½	¾	1	1¼	1½
Chicken stock cube (pcs)	¼	½	¾	1	1¼	1½
Extra virgin olive oil (tbsp)	1	1½	2	2½	3½	4
White wine 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)	4939 / 1181	731 / 175
Total fat (g)	68	10
Of which: saturated (g)	31,8	4,7
Carbohydrates (g)	85	13
Of which: sugars (g)	14,7	2,2
Fibre (g)	7	1
Protein (g)	53	8
Salt (g)	2,9	0,4

Allergens:

1) Grains containing gluten 3) Eggs 7) Milk/lactose

May contain traces of: 23) Celery

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 duck leg

Preheat the oven to 200 degrees. Place the **confit duck leg** in an oven dish, with the skin-side up. Roast in the oven for 20 – 22 minutes until brown. Allow to cool down until you can touch it without burning your fingers.



4. Cook the tagliatelle

Boil ample water in a pan with a lid. Add the **tagliatelle** and cook for 4 – 5 minutes, covered with the lid (because the tagliatelle is fresh, the ribbons may stick to each other a little bit. Separate the pasta with two forks during cooking). Drain and mix the tagliatelle with half of the extra virgin olive oil. Season with salt and pepper.



2. Fry the cherry tomatoes

Press or mince the **garlic**. Chop the **shallot** and halve the **red cherry tomatoes**. Heat the butter in a saucepan on medium heat and fry the shallot and garlic for 2 minutes with a pinch of salt. Turn up the heat to medium-high, add the cherry tomatoes and stir fry for 2 minutes. Deglaze with the black balsamic vinegar and heat for 4 – 5 minutes, until most of the moisture has evaporated.



5. Make the salad

In a salad bowl, mix a dressing with the white wine vinegar and the leftover extra virgin olive oil. Season with salt and pepper. Mix the dressing with the **rocket lettuce**. Use a fork to separate the duck meat from the bone. Add the meat and its cooking grease to the tomato sauce and mix well.



3. Make the sauce

Add the **diced tomato** and sugar to the saucepan and crumble ¼ stock cube per person over it. Bring to a boil and turn down the heat to medium-low. Allow the sauce to simmer for 20 minutes. Stir regularly. In the meantime, roughly chop the **fresh parsley**.



6. Serve

Transfer the **tagliatelle** to deep plates and pour the tomato-duck sauce over it. Sprinkle with **parsley** and the **cheese flakes**. Serve with the rocket salad.

Enjoy!



Ghentish stew with chicken thigh

with carrot, leek and celery stalks

45 min. • Eat within 5 days



Chicken thigh
with bone



Fresh thyme



Bay leaf



Onion



Garlic clove



Celery stalks



Fresh curly parsley



Waxy potatoes



Carrot



Leek



Double cream

Pantry items

Vegetable stock cube, butter, white wine vinegar, salt and pepper

A good start

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

Equipment

Saucepan, skimmer, large pan

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Chicken thigh with bone* (pcs)	1	2	3	4	5	6
Fresh thyme* (g)	2½	5	7½	10	12½	15
Bay leaf (pcs)	½	½	½	½	1	1
Onion (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	½	1	1½	2	2½	3
Celery stalks* (stalks 9)	1	2	3	4	5	6
Fresh curly parsley* (g)	2½	5	7½	10	12½	15
Waxy potatoes (g)	200	400	600	800	1000	1200
Carrot* (g)	50	100	200	200	300	300
Leek* (g)	100	200	200	400	400	600
Double cream* (ml) 7)	50	100	150	200	250	300
Not included						
Vegetable stock cube (pcs)	1	2	3	4	5	6
Butter (tbsp)	1	2	3	4	5	6
White wine 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)	3450/825	506/121
Total fat (g)	52	8
Of which: saturated (g)	26,2	3,9
Carbohydrates (g)	53	8
Of which: sugars (g)	10	1,5
Fibre (g)	10	1
Protein (g)	30	4
Salt (g)	5,7	0,8

Allergens:

7) Milk/lactose 9) Celery

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 the chicken

Boil 400 ml water per person in a saucepan with a lid and crumble 1 stock cube per person over it. Cut the **chicken thigh** to the bone in 2 places. Add the chicken thigh, **thyme** sprigs and **bay leaf** to the stock and leave to simmer for 10 – 12 minutes, covered with the lid. Remove the chicken from the stock with a skimmer and leave to cool. Save the stock.

TIP: Are you watching your salt intake? Use 1/2 stock cube per person.



4. Cook

Heat 1 tbsp butter per person in a large pan or stock pot with a lid on medium-high heat. Add the **onion** and **garlic** and fry for 1 – 2 minutes. Then add the **leek, carrot, celery, potato**, ½ tbsp white wine vinegar per person and the stock. Bring to a boil and leave to cook for 5 minutes, covered with the lid.



2. Chop

In the meantime, chop the **onion** and press or mince the **garlic**. Cut the **celery stalks** into half moons. Finely chop the **curly parsley**. Thoroughly wash the **potatoes** and cut into large pieces.



5. Cook

Pull the meat off the **chicken thigh** with 2 forks. Add the pulled meat and **double cream** to the stock. Leave to simmer for 8 – 10 minutes, or until the potatoes are cooked. Season to taste with salt and pepper.



3. Julienne the vegetables

Cut the **carrot** and **leek** into very thin, long strips (Julienne cut, or the size of matches).



6. Serve

Transfer the Ghentish stew to bowls or deep plates. Garnish with the **curly parsley**.

FACT: Did you know that this dish contains almost 300 g vegetables per person?

Enjoy!



Chicken fillet in mushroom-cream sauce

with baby potatoes and crudité's salad

40 min. • Eat within 3 days



Baby potatoes



Shallot



Garlic clove



Mushrooms



Chicken fillet



Double cream



Carrot



Tomato



Mesclun

Pantry items

Mushroom stock, olive oil, butter, red wine vinegar, extra virgin olive oil, 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, salad bowl, grater, baking sheet lined with baking paper

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Baby potatoes (g)	200	400	600	800	1000	1200
Shallot (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	½	1	1½	2	2½	3
Mushrooms* (g)	60	125	180	250	305	375
Chicken fillet* (pcs)	1	2	3	4	5	6
Double cream* (ml) 70	100	200	300	400	500	600
Carrot* (g)	50	100	150	200	250	300
Tomato* (pcs)	1	2	3	4	5	6
Mescun* (g) 23)	15	30	45	60	75	90
Not included						
Mushroom stock (ml)	75	150	225	300	375	450
Olive oil (tbsp)	½	1	1½	2	2½	3
Butter (tbsp)	1	2	3	4	5	6
Red wine vinegar (tbsp)	1¼	2½	3¾	5	6¼	7½
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	½	1	1½	2	2½	3

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3799/908	484/116
Total fat (g)	62	8
Of which: saturated (g)	29,6	3,8
Carbohydrates (g)	50	6
Of which: sugars (g)	10,9	1,4
Fibre (g)	8	1
Protein (g)	32	4
Salt (g)	1,3	0,2

Allergens:

7) Milk/lactose

May contain traces of: 23) Celery

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 baby potatoes

Preheat the oven to 210 degrees. Prepare the stock. Wash the **baby potatoes** and cut them in half. Cut the bigger ones into quarters. On a baking sheet lined with baking paper, mix the baby potatoes with ½ tbsp olive oil per person, salt and pepper. Roast the baby potatoes in the oven for 25 – 30 minutes until crispy. Turn them when halfway done. Chop the **shallot** and press or mince the **garlic**. Cut the **mushrooms** into slices.



4. Chop

In the meantime, grate the **carrot** and cut the **tomato** into wedges.



2. Fry

Heat ½ tbsp butter per person in a sauté pan with a lid on medium-high heat. Rub the **chicken fillet** with salt and pepper. Fry the chicken fillet for 2 – 3 minutes per side, take from the pan and set aside. Add another ½ tbsp butter per person to the same pan. Fry the **garlic** and half of the **shallot** for 1 – 2 minutes. Add the sliced **mushrooms** and fry for another 4 – 6 minutes.



5. Make the salad

In a salad bowl, mix per person: ¼ tbsp red wine vinegar, ½ tbsp extra virgin olive oil and ½ tsp mustard, with the remaining **shallot**, salt and pepper. Mix the **mescun**, **tomato** and grated **carrot** with the vinaigrette.



3. Make the sauce

Deglaze the **mushrooms**, garlic and shallot with 1 tbsp red wine vinegar per person and the stock. Add the double cream, stir well and season with salt and pepper. Allow the sauce to reduce for 5 minutes (TIP). Add the chicken fillet and cover the pan with the lid. Cook the sauce for 8 – 12 more minutes (TIP).

TIP: Taste the sauce well and stir regularly. Cook it a little bit longer if you prefer the sauce to have a thicker consistency.

TIP: Cut through the thickest part of the chicken fillet to see whether it is cooked. Cook a little bit longer or shorter if necessary.



6. Serve

Transfer the baby potatoes and salad to plates. Serve with the chicken fillet in mushroom-cream sauce.

Enjoy!



Lasagne with grilled vegetables and buffalo mozzarella with Italian herbs

60 min. • Eat within 5 days



Garlic clove



Eggplant



Courgette



Italian herbs



Onion



Red chili pepper



Diced tomato with basil



Passata



Buffalo mozzarella



Fresh lasagne sheets

Pantry items

Olive oil, black 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, sauté pan with a lid, baking sheet lined with baking paper

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Garlic clove (pcs)	½	1	1½	2	2½	3
Eggplant* (pcs)	½	1	1	2	2	3
Courgette* (pcs)	½	1	2	2	3	3
Italian herbs (tsp)	1½	3	4½	6	7½	9
Onion (pcs)	½	1	1½	2	2½	3
Red chili pepper* (pcs)	¼	½	¾	1	1¼	1½
Diced tomato with basil (can)	½	1	1½	2	2½	3
Passata (pcs)	½	1	1½	2	2½	3
Buffalo mozzarella* (pcs) 7)	½	1	1½	2	2½	3
Fresh lasagne sheets* (g) 1) 3)	125	250	375	500	625	750

Not included

Olive oil (tbsp)	2	4	6	8	10	12
Black 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)	3987 / 953	464 / 111
Total fat (g)	41	5
Of which: saturated (g)	13,2	1,5
Carbohydrates (g)	106	12
Of which: sugars (g)	31,7	3,7
Fibre (g)	12	1
Protein (g)	34	4
Salt (g)	2,7	0,3

Allergens:

1) Grains containing gluten 3) Eggs 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. Prepare

Preheat the oven to 200 degrees. Press or mince the **garlic**. Cut the **eggplant** and **courgette** into round slices of about 3 mm thick. Spread the eggplant and courgette over a baking sheet lined with baking paper.



4. Tear

In the meantime, tear or cut the **buffalo mozzarella** into bite-sized pieces.



2. Roast the vegetables

In a bowl, mix 1½ tbsp olive oil per person, half of the **garlic**, half of the **Italian herbs**, salt and pepper. Spread the eggplant and courgette with this oil mixture. Roast the vegetables in the oven for 15 – 20 minutes.



5. Make the lasagne

Spread a thin layer of tomato sauce over the bottom of an oven dish and top with a fresh lasagne sheet. Put the grilled vegetables on top of the sheet and cover with another layer of tomato sauce. Repeat this until you have used up all of the grilled vegetables. End with a layer of tomato sauce. Divide the **buffalo mozzarella** over the oven dish and cook the lasagne in the oven for 20 – 30 minutes.

TIP: Do you have any leftover lasagne sheets? Cut them into pieces or strips and cook them in a soup.



3. Make the tomato sauce

Chop the **onion**. Remove the seeds from the **red chili pepper** and finely chop ¼ of the pepper per person. Heat ½ tbsp olive oil per person in a sauté pan with a lid. Fry the onion, garlic, remaining Italian herbs and the red chili pepper for 2 – 3 minutes. Deglaze with ½ tbsp black balsamic vinegar per person, the **diced tomato** and the **passata**. Season to taste with salt and pepper. Leave to simmer, covered with the lid, until the vegetables in the oven are done.



6. Serve

Leave the lasagne to rest for 5 minutes before cutting it (TIP). Then transfer to plates.

TIP: This allows the lasagne to firm up a little bit more.

Enjoy!



Surf & turf: shrimps and steak

with parmigiano reggiano sauce

FESTIVE 40 min. • Eat within 5 days

FESTIVE



Round steak



Starchy potatoes



Broccoli



Garlic clove



Cherry tomatoes



Fresh chives



Double cream



Parmigiano reggiano



Shrimps

Pantry items

Extra virgin olive oil, white balsamic vinegar, olive oil, butter, milk, mustard, salt & pepper

A good start

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

Equipment

Pan with a lid, bowl, frying pan, kitchen paper, saucepan, salad bowl, grater, baking sheet

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Round steak* (pcs)	1	2	3	4	5	6
Starchy potatoes (g)	300	600	900	1200	1500	1800
Broccoli* (g)	125	250	375	500	625	750
Garlic clove (pcs)	1	2	3	4	5	6
Cherry tomatoes* (g)	125	250	375	500	625	750
Fresh chives* (g)	5	10	15	20	25	30
Double cream* (ml) 7)	100	200	300	400	500	600
Parmigiano reggiano* (g) 7)	15	25	40	50	65	75
Shrimps* (g) 2)	100	200	300	400	500	600
Not included						
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1½	3	4½	6	7½	9
Butter (tbsp)	1½	3	4½	6	7½	9
Milk			a splash			
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)	5728 / 1369	600 / 143
Total fat (g)	93	10
Of which: saturated (g)	40,5	4,2
Carbohydrates (g)	70	7
Of which: sugars (g)	13,1	1,4
Fibre (g)	12	1
Protein (g)	56	6
Salt (g)	1,5	0,2

Allergens:

2) Shellfish 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. Prepare

Take the **steak** from the refrigerator, pat dry with kitchen paper and rub with salt. Preheat the oven to 200 degrees. Peel the **potatoes** and cut into large pieces. Cut the **broccoli** into slices of maximum 1 cm thick. Press or mince the **garlic**. In a salad bowl, mix a dressing with ½ tbsp extra virgin olive oil per person and ½ tbsp white balsamic vinegar per person. Cut the **cherry tomatoes** in half and finely chop the **chives**. Mix the cherry tomatoes and half of the chives with the dressing.

TIP: It is best to take the steak from the refrigerator half an hour before you fry it. If you don't do this, the steak can get very tough and chewy.



4. Make the puree

Cook the **potatoes** for 12 – 15 minutes. Then drain and save a little bit of the cooking liquid. Mix the potatoes with per person: ½ tbsp butter, 1 tsp mustard and a splash of milk. Use a potato masher to mash into a fine puree. Optionally, add some cooking liquid to make it a bit smoother



2. Prepare the broccoli

Boil ample water in a pan with a lid for the **potatoes**. In a bowl, mix the **broccoli** with 1 tbsp olive oil per person and half of the **garlic**. Season with salt and pepper and spread on a baking sheet lined with baking paper. Roast in the oven for 15 – 20 minutes. Keep a good eye on the broccoli for the last 10 minutes and optionally, take the smaller pieces out earlier.

TIP: Keep a good eye on the broccoli and cook it longer or less long if necessary. The tips of the broccoli may color, but they should not turn black.



5. Fry

Heat ½ tbsp butter per person in a frying pan on medium-high heat. As soon as the butter is nice and hot, add the **steak** to the pan and fry for 2 – 4 minutes per side. Season to taste with pepper and let it rest under aluminium foil for maximum 3 minutes. Pat the **shrimps** dry with kitchen paper. Heat ½ tbsp olive oil per person in a different frying pan on medium-high heat and fry the shrimps for 3 – 4 minutes until cooked. Season with salt and pepper.



3. Make the sauce

Heat ½ tbsp butter per person in a saucepan on medium-high heat and fry the remaining **garlic** for 1 minute. Add the **double cream**. While the cream is heating, grate the **Parmigiano reggiano** with a fine grater. Add the grated cheese to the cream. Mix well, season with salt and pepper and let the sauce reduce into the desired thickness (TIP). You can keep the sauce warm on low heat until serving.

TIP: The sauce will be quite thin. Do you prefer a thicker sauce? Cook it longer, but make sure the cheese does not burn.



6. Serve

Transfer the puree to plates. Cut the **steak** into slices and add these next to the puree, together with the **shrimps**. Pour the sauce over the steak and garnish with the rest of the chives. Serve with the broccoli and cherry tomato salad.

TIP: Make sure you cut the steak against the grain: this will keep the meat nice and tender.

Enjoy!



Pork tenderloin with chicory-apple salad and baby potatoes

HELLOEXTRA QUICK & EASY 20 min. • Eat within 3 days

HELLO
EXTRA



Baby potatoes



Pork tenderloin



Chicory



Apple



Lemon



Mayonnaise



Lamb's lettuce

Pantry items

Vegetable stock cube, butter, 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

Pan with a lid, frying pan, small bowl, salad bowl, aluminium foil

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Baby potatoes (g)	250	500	750	1000	1250	1500
Pork tenderloin* (g)	200	400	600	800	1000	1200
Chicory* (pcs)	1	2	3	4	5	6
Apple (pcs)	½	1	1½	2	2½	3
Lemon (pcs)	¼	½	¾	1	1½	1½
Mayonnaise* (tbsp) 3) 10) 19) 22)	½	1	1½	2	2½	3
Lamb's lettuce* (g) 23)	20	40	60	80	100	120
Not included						
Vegetable stock cube (pcs)	⅛	¼	⅓	½	¾	¾
Butter (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per portie	Per 100g
Energy (kJ/kcal)	2851 /682	367 /88
Total fat (g)	21	3
Of which: saturated (g)	7	0,9
Carbohydrates (g)	65	8
Of which: sugars (g)	16,5	2,1
Fibre (g)	9	1
Protein (g)	53	7
Salt (g)	1,2	0,2

Allergens:

3) Eggs 10) Mustard

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



1. Prepare the baby potatoes

- Cut the larger **baby potatoes** in half and leave the rest as they are.
- Make sure the potatoes are just under water in a pan with a lid, crumble the stock cube over it and cook the potatoes for 16 – 18 minutes. Then drain.



2. Fry the pork tenderloin

- Heat the butter in a frying pan with a lid. Fry the **pork tenderloin** for 2 – 3 minutes per side on medium-high heat.
- Cover the pan with the lid and fry the pork for another 5 – 6 minutes on medium heat. Turn regularly (TIP). Take the tenderloin from the pan and wrap in aluminium foil. Let it rest until serving.
- Fry the **baby potatoes** for 2 minutes in the same pan with cooking grease from the pork.

TIP: It is up to you to decide how you like the pork tenderloin best: fry it a little bit longer if you prefer it well done.



3. Make the salad

- Cut the **chicory** and **apple** into fine strips. Juice the **lemon** in a small bowl.
- Per person, mix ½ tbsp **mayonnaise**, ¼ tbsp extra virgin olive oil and ½ tbsp lemon juice in a salad bowl. Add the apple and chicory, stir well and season with salt and pepper.



4. Serve

- Divide the **lamb's lettuce** among plates and put the chicory salad on top. Serve with the **pork tenderloin** and **baby potatoes**.

Enjoy!

Contact

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



Moussaka with minced beef

an oven dish with red lentils, courgette and garlic bread

HELLOEXTRA 50 min. • Eat within 5 days

**HELLO
EXTRA**



Eggplant



Onion



Courgette



Garlic clove



Minced beef



Dried oregano



Ground cinnamon



Tomato paste



Red lentils



Diced tomato



Whole grain ciabatta



Crème fraîche



Grated aged cheese

Pantry items

Vegetable stock, olive oil, black balsamic vinegar, brown sugar, sunflower oil, salt and pepper

A good start

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

Equipment

Oven dish, baking sheet lined with baking paper, sauté pan

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Eggplant* (pcs)	½	1	1½	2	2½	3
Onion (pcs)	½	1	1½	2	2½	3
Courgette (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	½	1	1½	2	2½	3
Minced beef* (g)	120	240	360	480	600	720
Dried oregano (tsp)	1	2	3	4	5	6
Ground cinnamon (tsp)	½	1	1½	2	2½	3
Tomato paste (cup)	⅓	⅔	1	1⅓	1⅔	1.99
Red lentils (g)	25	50	75	100	125	150
Diced tomato (pack)	½	1	1½	2	2½	3
Whole grain ciabatta (pcs) 1) 6) 7) 17) 22) 25) 27)	1	2	3	4	5	6
Crème fraîche* (g) 7)	50	100	150	200	250	300
Grated aged cheese* (g) 7)	25	50	75	100	125	150
Not included						
Vegetable stock (ml)	125	250	375	500	625	750
Olive oil (tbsp)	1	2	3	4	5	6
Black balsamic vinegar (tsp)	1	2	3	4	5	6
Brown sugar (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	¾	1½	2¼	3	3¾	4½
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	5075/1213	502/120
Total fat (g)	68	7
Of which: saturated (g)	27,6	2,7
Carbohydrates (g)	80	8
Of which: sugars (g)	34,9	3,5
Fibre (g)	17	2
Protein (g)	60	6
Salt (g)	3,8	0,4

Allergens:

1) Grains containing gluten 6) Soy 7) Milk/lactose

May contain traces of: 17) Eggs 22) Nuts 25) Sesame seed 27) Lupin

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



1. Chop the vegetables

Preheat the oven to 200 degrees and prepare the stock. Cut the **eggplant** into ½ cm thick half moons. Chop the **onion**. Cut the **courgette** into ½ cm dices. Press or mince half of the **garlic**, leave the remaining garlic whole. You will use it later to flavor the ciabatta.



4. Roast the eggplant

In the meantime, transfer the **eggplant** slices to a baking sheet lined with baking paper, drizzle with sunflower oil and season to taste with salt and pepper. Roast in the oven for 10 – 12 minutes. In the meantime, halve the **ciabatta** and rub the inside with the remaining **garlic**. Drizzle with the remaining olive oil and season to taste with salt and pepper.



2. Fry the vegetables

Heat half of the olive oil in a sauté pan on medium heat. Add the **onion** and fry for 3 minutes. Add the **courgette** and the **minced beef**, season to taste with salt and pepper and fry for 5 minutes. Add the minced garlic, the **oregano**, **cinnamon** and **tomato paste**. Stir well and fry for another 2 minutes.



5. Prepare the moussaka

Transfer the tomato-lentil mixture to an oven dish and place the slices of eggplant on top. Spread the eggplant with the **crème fraîche** and sprinkle with **grated aged cheese**. Heat the moussaka in the oven for 5 – 6 minutes and add the garlic **ciabatta** for the final 2 – 3 minutes.



3. Cook the lentils

Add the **red lentils**, black balsamic vinegar, **diced tomato**, stock and brown sugar to the pan. Stir well, bring to a boil, reduce the heat to low and allow to simmer for 20 – 25 minutes. Stir regularly to prevent the lentils from burning to the pan.

FACT: Did you know that canned tomatoes, contrary to what most people think, contain just as many vitamins and minerals as fresh tomatoes?



6. Serve

Serve the moussaka in deep plates with the garlic bread on the side.

Enjoy!



Minced meat sandwich with melted cheese

with vegetables and salad

QUICK & EASY 25 min. • Eat within 5 days

**QUICK &
EASY**



Red onion



Garlic clove



Mushrooms



Spiced minced beef



Italian vegetable mix



Whole grain ciabatta



Passata



Grated matured cheese



Tomato



Iceberg lettuce and
lamb's lettuce

Pantry items

Olive oil, beef stock cube, white balsamic 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

Salad bowl, sauté pan with a lid

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Red onion (pcs)	¼	½	¾	1	1¼	1½
Garlic clove (pcs)	½	1	1½	2	2½	3
Mushrooms* (g)	65	125	185	250	310	375
Spiced minced beef* (g)	100	200	300	400	500	600
Italian vegetable mix* (g) 23)	150	300	450	600	750	900
Whole grain ciabatta (pcs) 1) 6) 7) 17) 22) 25) 27)	1	2	3	4	5	6
Passata (tbsp)	2	4	6	8	10	12
Grated matured cheese* (g) 7)	15	25	35	50	60	75
Tomato* (pcs)	½	1	1½	2	2½	3
Iceberg lettuce and lamb's lettuce*	30	60	90	120	150	180

Not included

Olive oil (tbsp)	½	1	1½	2	2½	3
Beef stock cube (pcs)	⅛	¼	⅓	½	⅔	¾
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per portie	Per 100g
Energy (kJ/kcal)	2766 / 661	491 / 117
Total fat (g)	32	6
Of which: saturated (g)	11,6	2,1
Carbohydrates (g)	48	9
Of which: sugars (g)	14	2,5
Fibre (g)	10	2
Protein (g)	39	7
Salt (g)	3,4	0,6

Allergens:

1) Grains containing gluten 6) Soy 7) Milk/lactose

May contain traces of: 17) Eggs 22) Nuts 23) Celery 25) Sesame seed 27) Lupin

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 220 degrees.
- Chop the **red onion** and press or mince the **garlic**. Finely chop the **mushrooms**.



3. Make the sandwich

- Add the **passata** to the vegetables and crumble the stock cube over it. Mix well and leave to simmer for 3 – 4 minutes, without the lid. Taste and season with salt and pepper.
- Then divide the mixture over the **ciabatta** halves. Sprinkle the halves with the **grated cheese** and roast in the top of the oven for another 2 – 3 minutes.



2. Fry

- Heat ½ tbsp olive oil per person in a sauté pan on medium-high heat.
- Fry the **minced beef, onion** and **garlic** for 1 – 2 minutes. Stir well to separate the minced beef.
- Add the **mushrooms** and **vegetable mix** and fry for 4 – 5 minutes, covered with the lid.
- Cut the **ciabatta** in half and roast the halves in the oven for 3 – 4 minutes.



4. Serve

- In the meantime, cut the **tomato** into dices.
- In a salad bowl, mix a dressing with per person: ¼ tbsp extra virgin olive oil and ½ tbsp white balsamic vinegar. Mix the dressing with the tomato and the **mixed lettuce**. Season with salt and pepper.
- Transfer the half ciabattas to plates and serve with the salad.

FACT: Did you know that this dish contains about 300 g vegetables?

Enjoy!



Pasta al forno with homemade meatballs

with bacon, tomato sauce and Italian cheese

45 min. • Eat within 5 days



Onion



Fresh basil and oregano



Garlic clove



Italian cheese



Mixed minced meat



Panko



Diced bacon



Diced tomato



Penne



Cherry tomatoes

Pantry items

Olive oil, red wine 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, oven dish, bowl, sauté pan with a lid

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Onion (pcs)	¼	½	¾	1	1¼	1½
Fresh basil and oregano* (g)	5	10	15	20	25	30
Garlic clove (pcs)	½	1	1½	2	2½	3
Italian cheese* (g) 3) 7)	25	50	75	100	125	150
Half beef, half pork minced meat* (g)	100	200	300	400	500	600
Panko (tbsp) 1)	1	2	3	4	5	6
Diced bacon* (g)	25	50	75	100	125	150
Diced tomato (pack)	½	1	1½	2	2½	3
Penne (g) 1) 17) 20)	90	180	270	360	450	540
Cherry tomatoes* (g)	60	125	180	250	305	375

Not included

Olive oil (tbsp)	½	1	1½	2	2½	3
Red wine 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)	4042 / 966	721 / 172
Total fat (g)	44	8
Of which: saturated (g)	17,7	3,2
Carbohydrates (g)	90	16
Of which: sugars (g)	14,9	2,7
Fibre (g)	8	1
Protein (g)	49	9
Salt (g)	2,2	0,4

Allergens:

1) Grains containing gluten 3) Eggs 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. Prepare

Preheat the oven to 220 degrees. Chop the **onion** and finely chop the **oregano**. Press or mince the **garlic**. In a bowl, mix the **minced meat**, the **panko**, half of the **Italian cheese**, half of the onion, salt and pepper. Mix well and knead into 3 meatballs per person. Boil ample water in a pan with a lid for the penne.



4. Chop

Cut the **cherry tomatoes** in half and cut the **basil** into strips.



2. Fry

Heat ½ tbsp olive oil in a sauté pan with a lid on medium-high heat. Fry the **diced bacon** and meatballs for 2 – 3 minutes until brown all around. Take the meatballs from the pan and set aside. Add the **garlic** and the remaining **onion** to the pan with bacon and fry for 2 – 3 minutes. Deglaze with 1 tbsp red wine vinegar per person. Add the **diced tomato** and **oregano**. Add the meatballs back to the pan and leave to simmer, covered with the lid, while you cook the **penne**.



5. In the oven

Add the **cherry tomatoes** and half of the **basil** to the sauce and mix well. Season with salt and pepper and pour the tomato sauce over the penne in the oven dish. Sprinkle the remaining **Italian cheese** over the oven dish and gratinate for 10 minutes.



3. Cook the penne

Cook the **penne** for 8 – 10 minutes until al dente. Then drain and leave to steam dry in an oven dish.

TIP: This dish is rich in calories. Are you watching your calorie intake? Use 70 g penne per person and garnish the dish with half of the Italian cheese. You can use the remaining penne and cheese the next day, in a pasta salad for example.



6. Serve

Transfer the penne al forno to plates and garnish with the leftover **basil**. Be careful: it is very hot!

Enjoy!



BREAKFAST BOX

Good morning!

1

Suikerbollen French toast

with crème fraîche and
lemon balm

2

Bulgarian yogurt with blue grapes and mixed nuts

3

Fibre-rich crackers with avocado and aged cheese and tomato

Suikerbollen French toast

with crème fraîche and lemon balm

1X 25 min.



Equipment

Frying pan, whisk, 2x plate

Ingredients for 1 breakfast

	2P	4P
Frisian sugar bread (pcs) 1) 3) 6) 7) 13) 22) 25)	2	4
Fresh lemon balm* (g)	5	10
Ground cinnamon (tsp)	3	6
Semi-skimmed milk* (ml) 7)	a splash	
Free-range egg* 3)	1	2
Crème fraîche* (g) 7)	4	8
Not included		
Butter (tbsp)	1	2

* keep in the refrigerator

Nutritive value

	Per portion	Per 100g
Energy (kJ/kcal)	2441 /584	712/170
Total fat (g)	31	9
Of which: saturated (g)	17,8	5,2
Carbohydrates (g)	62	18
Of which: sugar (g)	32,6	9,5
Fibres (g)	3	1
Protein (g)	18	5
Salt (g)	1,1	0,3

Allergens

1) Grains containing gluten 3) Eggs 6) Soy 7) Milk/lactose
13) Lupin. May contain traces of: 22) Nuts 25) Sesame seed

1. Cut the top and bottom off the **Frisian sugar bread**. Cut the **lemon balm** into strips.
2. Mix sugar and **cinnamon** on a plate. In a different (deep) plate, use a whisk to mix the **milk** with the **egg**.
3. Heat the butter in a frying pan on medium-high heat. Dip the **sugar bread** through the **egg** mixture and then through the sugar mixture. Transfer the sugar bread to the pan and fry for 4 minutes per side, or until they start to firm up.
4. Transfer the French toast to plates, serve with the **crème fraîche** and garnish with the **lemon balm**.

Bulgarian yogurt with blue grapes and mixed nuts

2X 10 min.



Equipment

-

Ingredients for 1 breakfast

	2P	4P
Blue grapes* (g)	250	500
Bulgarian yogurt* (ml) 7)	250	500
Mixed nuts (g) 8) 19) 25)	100	200

* keep in the refrigerator

Nutritive value

	Per portion	Per 100g
Energy (kJ/kcal)	1757 /420	1004 /240
Total fat (g)	33	19
Of which: saturated (g)	7,3	4,2
Carbohydrates (g)	15	8
Of which: sugar (g)	8,2	4,7
Fibres (g)	3	2
Protein (g)	15	9
Salt (g)	0,2	0,1

Allergens

7) Milk/lactose 8) Nuts

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

1. Halve the **grapes** and divide the grapes and **Bulgarian yogurt** among bowls.
2. Garnish with the **mixed nuts**.

Fibre-rich crackers with avocado with aged cheese and tomato

2X 10 min.



Equipment

-

Ingredients for 1 breakfast

	2P	4P
Avocado (pcs)	½	1
Plum tomato (pcs)	1	2
Crackers (pcs) 1) 11) 21)	4	8
Aged cheese* (slices) 7)	2	4

* keep in the refrigerator

Nutritive value

	Per portion	Per 100g
Energy (kJ/kcal)	1069 /256	822 /197
Total fat (g)	17	13
Of which: saturated (g)	7,1	5,4
Carbohydrates (g)	10	8
Of which: sugar (g)	2,5	1,9
Fibres (g)	8	6
Protein (g)	10	8
Salt (g)	0,6	0,5

Allergens

1) Grains containing gluten 7) Milk/lactose

11) Sesame seed

May contain traces of: 21) Milk/lactose

1. Halve the **avocado**, remove the seed and spoon out the fruit. Cut the **tomato** into thin slices.
2. Divide the **avocado** among the **crackers** and top with the **aged cheese** and **tomato**. Sprinkle to taste with pepper.