



Casarecce with chicken mince in a creamy sauce

With spinach and cherry tomatoes



Onion



Garlic



Red cherry tomatoes ✨



Casarecce



Italian-style chicken mince ✨



Paprika



Single cream ✨



Spinach ✨



Total: 20 min.



Very easy



Eat within 3 days



Family

Our butcher has pre-seasoned the chicken mince for you with Italian herbs so that this creamy spinach dish on the table even faster. Today you will use casarecce, a pasta variety that originated in Sicily. The shape of this pasta makes it grab onto the sauce which turns each bite into a flavourful combination.

A GOOD — START

EQUIPMENT: A **pan with a lid** and a **wok or deep saucepan**.
Let's start cooking the **casarecce** with **chicken mince** in a **creamy sauce**.



1 PREPARATION

- Bring 500 ml water per person to the boil in a pan with a lid.
- Mince the **onion** and press or finely chop the **garlic**.
- Halve the **red cherry tomatoes**.
- Boil the **casarecce**, covered, for, 10 – 12 minutes until al dente. Drain and set aside, uncovered, to steam dry.



3 ADD THE SPINACH

- Tear the **spinach**, in parts if necessary, into bite-sized pieces over the pan and stir-fry until the leaves have reduced.
- Season to taste with salt and pepper.



2 FRY

- In the meantime, heat the olive oil in a wok or deep saucepan with a lid.
- Fry the **chicken mince** at medium-high heat for 5 minutes.
- Add the **onion** and **garlic** when halfway done.
- Add the **cherry tomatoes**, **paprika** and **single cream** and heat for 2 minutes.



4 SERVE

- Transfer the **casarecce** to plates and top with the **sauce**.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Onions (pcs)	½	1	1½	2	2½	3
Garlic (cloves)	1	2	2	3	4	5
Red cherry tomatoes (g) *	125	250	375	500	625	750
Casarecce (g) 1)	90	180	270	360	450	540
Italian-style ground chicken (g) *	100	200	300	400	500	600
Paprika (tsp)	1	2	3	4	5	6
Single cream (ml) 6) 22) *	50	100	150	200	250	300
Spinach (g) 23) *	100	200	300	400	500	600

Not included

Olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

* Keep in the refrigerator

NUTRIENT VALUES	PER SERVING	PER 100 G
Energy (kJ/kcal)	3098 / 741	587 / 141
Fats (g)	29	6
Of which: saturated (g)	10,6	2,0
Carbohydrates (g)	79	15
Of which: sugars (g)	13,6	2,6
Fibre (g)	9	2
Protein (g)	36	7
Salt (g)	0,4	0,1

ALLERGENS

1) Gluten 7) Milk/Lactose

May contain traces of: 17) Eggs 20) Soy

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COD WITH FENNEL-SPINACH MASH

with a soft boiled egg and butter sauce



Floury potatoes



Fennel ✱



Fresh curly parsley ✱



Lemon ✱



Spinach ✱



Free-range egg ✱



Cod fillet, skinless ✱



Total: **40-45** min.



Gluten free



Easy



Calorie conscious



Eat within **5** days

Cod is a lean fish which is packed full of nutrients such as omega 3. This fish is not only healthy, it is also very easy to prepare. Fresh flavours compliment fish nicely which is why we have chosen fennel and lemon for this recipe.

BEGIN — GOED

EQUIPMENT

Pan with a lid, frying pan, kitchen towel and a potato masher.

Let's start cooking the **cod with fennel-spinach mash**.



1 PREPARATION

Bring plenty of water to the boil in a saucepan with a lid for the **potatoes**. Peel or wash the **potatoes** thoroughly and chop them into coarse pieces. Halve the **fennel**, cut into quarters and remove the hard core. Slice the **fennel** into strips. Keep the fennel leaves for the garnish. Coarsely chop the **curly parsley**. Juice half of the **lemon** and cut the other half into wedges.



4 FRY THE COD

Pat the **cod** dry with kitchen towel and season with salt and pepper. Heat ½ tbsp of butter per person in the same frying pan as the **fennel** and fry the **cod** for 1 – 2 minutes per side. Remove the fish from the pan keeping the cooking fat.



2 FRY THE FENNEL AND SPINACH

Heat the olive oil in a frying pan over medium-high heat and fry the **fennel** for 3-4 minutes. Add 1 tbsp of water per person then lower the heat. Let the **fennel** fry gently for 10 – 12 minutes turning it every now and then. In the last 4 minutes add ¾ of the **spinach** to the **fennel** and allow it to shrink. In the meantime, add the **potatoes** to the pan with water and boil for 12-14 minutes or until done.



5 MAKE THE BUTTER SAUCE

Heat the pan with the cooking fat from the **cod** at medium heat and add 1½ tbsp of butter per person. When the butter starts to bubble, add the **parsley**. After a few seconds add 1 tsp of **lemon juice** per person and stir well. Remove the frying pan from the heat.



3 MAKE THE MASH

In the last 6 minutes of the cooking time, add 1 **egg** per person to the **potatoes** for a soft boiled egg. Drain and set aside to steam dry without a lid. Rinse the **eggs** under cold water. Mash the **potatoes** coarsely. Add a splash of milk and 1 tsp of **mustard** per person, and stir well. Mix the **fennel** and **spinach** with the mashed potatoes and season with salt and pepper.



6 SERVE

Mix the rest of the **spinach** with the **fennel** mash. Divide the mash over plates and place the **cod** on the side. Slice the **boiled egg** open and place it on top of the **cod**. Garnish with a spoonfull of **butter-parsley-lemon** sauce and serve with the **lemon wedges**.

1-6 PERSONEN — INGREDIËNTEN

	1P	2P	3P	4P	5P	6P
Floury potatoes (g)	200	400	600	800	1000	1200
Fennel (pc) *	½	1	1½	2	2½	3
Fresh curly parsley (g) *	5	10	15	20	25	30
Lemon (pc) *	⅓	⅔	1	1⅓	1½	2
Spinach (g) *	100	200	300	400	500	600
Free-range egg (pcs) 3) *	1	2	3	4	5	6
Cod fillet, skinless (pc) 4) *	1	2	3	4	5	6
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Milk	scheutje					
Mustard (tsp)	1	2	3	4	5	6
Butter (tbsp)	2	4	6	8	10	12
Salt & pepper	to taste					

* Keep in the refrigerator

NUTRITIONAL VALUES	PER SERVING	PER 100 g
Energy (kJ/kcal)	2881 / 689	427 / 102
Fats (g)	38	6
Of which: saturated (g)	18,8	2,8
Carbohydrates (g)	44	7
Of which: sugars (g)	6,8	1,0
Fibre (g)	9	1
Protein (g)	35	45
Salt (g)	0,6	0,1

ALLERGENS

3) Eggs 4) Fish

TIP: Watching your calorie intake? Just make a little less butter sauce: use 1 tbsp of butter per person and 3/4 tsp lemon juice. You can also leave out the egg and eat it the next day for breakfast or lunch.

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WEEK 22 | 2019





TOMATO-SWEET PEPPER SOUP WITH PEARL COUSCOUS

With sour cream, fresh tarragon and home-made bread sticks



Onions



Garlic



Tomatoes ✱



Red sweet peppers ✱



Dried apricots



Fresh tarragon ✱



Pearl couscous



White ciabatta



Sour cream ✱



Grated grana padano ✱



Total: **25-30** min.



Vegetarian



Easy



Eat within **5** days

Are you familiar with the umami flavour? This fifth flavour - in addition to salty, sweet, acidic and bitter - is quite difficult to describe, but it is known for its rounded, pleasant and savoury qualities. In this recipe, the tomatoes add umami, which is enhanced by the sweet flavours of the apricots and sweet pepper.

A GOOD— START

EQUIPMENT

A **soup pan with a lid**, a **pan with a lid**, a **baking sheet lined with baking paper** and a **hand-held blender**.
Let's start cooking the **tomato-sweet pepper soup with pearl couscous**.



1 PREPARATION

Pre-heat the oven to 200 degrees and bring 300 ml of water per person to the boil for the soup. Mince the **onion** and press or finely chop the **garlic**. Cut the **tomatoes**, **red sweet peppers** and **dried apricots** into pieces. Strip the leaves from the **tarragon** sprigs and finely chop the leaves.



2 PREPARE THE SOUP

Heat half the olive oil in a soup pan with a lid and fry the **onion**, **tomato**, **sweet pepper**, **apricots** and half the **garlic** for 2 minutes at medium-low heat, stirring constantly. Add 200 ml boiling water per person and crumble ½ stock cube per person over the pan. Boil the **soup**, covered, for 15 minutes.



3 BOIL THE PEARL COUSCOUS

In the meantime, put the **pearl couscous** ★ in a pan with a lid, barely covered with water. Bring to the boil and boil the **pearl couscous**, covered, for 12 – 14 minutes. Stir every now and then to prevent the **pearl couscous** from sticking to the pan. Drain, fluff with a fork and set aside uncovered to steam dry.



4 BAKE THE BREAD STICKS

In the meantime, cut open each **white ciabatta** and then cut each half into three strips. Transfer the **ciabatta strips** to a baking sheet lined with baking paper and drizzle with the remaining olive oil. Sprinkle with the remaining **garlic**, salt and pepper. Bake in the oven for 6 – 8 minutes until crispy.



5 PUREE AND MIX

In the meantime, remove the soup pan from the heat. Add half the **sour cream** and puree the soup using a hand-held blender. Season to taste with salt and pepper and dilute with a little of the remaining boiling water if the **soup** has become too thick. Next, stir the **pearl couscous** into the **soup**.

★**TIP:** Weigh the pearl couscous. There may be more pearl couscous in the box than you need for this soup.



6 SERVE

Pour the **soup** into bowls and garnish with the **grana padano**, the remaining **sour cream** and the **tarragon** ★★. Serve with the **bread sticks**.

★★**TIP:** Tarragon has quite a strong flavour, so have a good taste and add more or less to taste.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Onions (pcs)	½	1	1½	2	2½	3
Garlic (cloves)	1	2	3	4	5	6
Tomatoes (pcs) *	2	4	6	8	10	12
Red sweet peppers (pcs) *	½	1	1½	2	2½	3
Dried apricots (g)	25	50	75	100	125	150
Fresh tarragon (g) *	2½	5	7½	10	12½	15
Pearl couscous (g) 1)	30	60	85	120	145	180
White ciabattas (pcs) 1)	1	2	3	4	5	6
6) 7) 17) 22) 25) 27)						
Sour cream (g) 7) *	25	50	75	100	125	150
Grated grana padano (g) 3) 7) *	25	50	75	100	125	150

Not included

Olive oil (tbsp)	1	2	2	3	3	4
Vegetable stock cube (pcs)	½	1	1½	2	2½	3
Salt & pepper	to taste					

* Keep in the refrigerator

NUTRIENT VALUES	PER SERVING	PER 100 G
Energy (kJ/kcal)	2856 / 683	539 / 129
Total fat (g)	25	5
Of which: saturated (g)	8,7	1,7
Carbohydrates (g)	83	16
Of which: sugars (g)	29,1	5,5
Fibre (g)	11	2
Protein (g)	24	5
Salt (g)	3,9	0,7

ALLERGENS

1) Glutens 3) Eggs 6) Soy 7) Milk/lactose
May contain traces of: 17) Eggs 22) Nuts 25) Sesame
27) Lupins

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WEEK 22 | 2019

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Tomato risotto with shrimp

served with a fresh rocket salad



Garlic clove



Lemon ✨



Shrimp ✨



Risotto rice



Tomato puree



Cherry tomatoes ✨



Rocket ✨



Fresh curly parsley & Basil ✨



Total: **35-40** min.



Gluten free



Easy



Calorie conscious



Eat within **3** days

When you think of risotto, you probably imagine a creamy dish with parmesan cheese. We have chosen a skinny version without cheese. This makes it less heavy, but the tomatoes and other ingredients make sure that it is just as flavourful. The rocket that is served on the side adds a little kick. Will you let us know what you think?

BEGIN — GOED

EQUIPMENT

2x bowls, large pan, kitchen towel, oven dish, salad bowl and a grater.

Let's start cooking the **tomato risotto with shrimp**.



1 PREPARATION

Preheat the oven to 200 degrees. Prepare the stock. Press or mince the **garlic**. Zest the **lemon**, cut half of the **lemon** into wedges and juice the other half. Pat the **shrimp** dry with kitchen towel then mix the **shrimp** with half of the olive oil, half of the **garlic** and half of the **lemon** zest in a bowl.



4 IN THE OVEN

In a baking dish, mix the **cherry tomatoes** with the rest of the olive oil and the black balsamic vinegar. Season with salt and pepper. Roast the **cherry tomatoes** 10 – 15 minutes in the oven. Add the marinated **shrimp** for the last 5 minutes. In the meantime mix the **lemon juice** with the **rocket** and the extra virgin olive oil in a salad bowl. Season with salt and pepper.



2 START THE TOMATO RISOTTO

Heat ½ tbsp of butter per person in a large saucepan over medium-high heat. Fry the rest of the **garlic** for 1 – 2 minutes. Then add the **risotto rice** and fry for 1 – 2 minutes. Next add the **tomato puree** and mix well.



5 FINISH THE RISOTTO

Finely chop the **basil** and **parsley** then mix in a bowl with the remaining **lemon zest**. Add the **cherry tomatoes**, **shrimp** (including liquid) and half of the lemon-herb mixture to the **risotto**. Stir well to combine.



3 COOK THE TOMATO RISOTTO

Add ⅓ of the stock then let the **risotto rice** slowly absorb the stock. Stir regularly. Once the stock has been absorbed, add another ⅓ of the stock then repeat with the rest of the stock. The **risotto** is cooked when the rice is soft on the outside but still has a little bite on the inside. This takes about 20 – 25 minutes ★.



6 SERVE

Transfer the risotto to plates. Serve the rucola salad on the side and garnish with the rest of the lemon-herb mix and the lemon wedges.

★**TIP:** Some additional water can be added to the rice to soften it further.

1-6 PERSONEN — INGREDIËNTEN

	1P	2P	3P	4P	5P	6P
Garlic clove (pcs)	1	2	3	4	5	6
Lemon (pcs) *	¼	½	¾	1	1¼	1½
Shrimp (g) 2) *	90	180	270	360	450	540
Risotto rice (g)	75	150	225	300	375	450
Tomato puree (pot)	¼	½	¾	1	1¼	1½
Cherry tomatoes (g) *	125	250	375	500	625	750
Rocket (g) 23) *	20	40	60	80	100	120
Fresh curly parsley & basil (g) *	5	10	15	20	25	30

Not included

	300	600	900	1200	1500	1800
Vegetable stock (ml)	300	600	900	1200	1500	1800
Olive oil (tbsp)	½	1	1½	2	2½	3
Butter (tbsp)	½	1	1½	2	2½	3
Black balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

* keep refrigerated

NUTRITIONAL VALUES	PER SERVING	PER 100 g
Energy (kJ/kcal)	2282 / 546	337 / 81
Fats (g)	18	3
Of which: saturated (g)	6,0	0,9
Carbohydrates (g)	70	10
Of which: sugars (g)	9,2	1,4
Fibre (g)	5	1
Protein (g)	22	3
Salt (g)	4,1	0,6

ALLERGENS

2) Shell fish

May contain traces of: 23) Celery

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WEEK 22 | 2019

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Pork medallions with lamb's lettuce mash

with a mustard and yellow cherry tomato sauce



Floury potatoes



Shallot



Yellow cherry tomatoes ✱



Pork medallions- ✱



Lamb's lettuce ✱



Total: **20-25** min.



Quick & Easy



Easy



Family



Eat within **5** days



Gluten free



Calorie
conscious

Mashed potatoes in the spring? Why not! This fresh mash with lamb's lettuce is just as tasty in the spring as it is on a cold winter evening. The homemade sauce of mustard and yellow cherry tomatoes gives the dish a sweet and spicy touch.

BEGIN — GOED

EQUIPMENT

Potato masher, kitchen towel, pan with a lid, sauce pan and a frying pan.

Let's start cooking the **pork medallions with lamb's lettuce mash**.



1 BOIL THE POTATOES

Wash or peel the **potatoes** then chop coarsely. Bring plenty of water and a pinch of salt to the boil in a saucepan with a lid then boil the **potatoes** for 12 – 15 minutes. Drain and set aside to steam dry without a lid.



2 CHOP

In the meantime, mince the **shallot** and halve the **yellow cherry tomatoes**.



3 MAKE A SAUCE

Heat 1 tbsp of butter per person in a saucepan on medium heat. Add the **shallot** and fry for 2 minutes. Add the **cherry tomatoes** and fry for 5 minutes. Add 2 tsp of mustard per person and the white wine vinegar then stir to create a smooth sauce. Season with salt and pepper.



4 FRY THE PORK

Pat the **pork medallions** dry with kitchen towel then rub with pepper and salt. Heat the olive oil in a frying pan over medium-high heat. Fry the **pork medallions** for 3 – 4 minutes per side (take care, they cook quickly!). Remove the meat from the pan and let it rest before you cut it.



5 MAKE THE MASH

Meanwhile, mash the **potatoes** coarsely with a potato masher. Add the remaining butter, the remaining mustard and a splash of milk to make it creamy. Just before serving, stir half of the **lamb's lettuce** through the potatoes then season with salt and pepper.



6 SERVE

Divide the other half of the **lamb's lettuce** over the plates and spoon the mash on top. Place the **pork medallion** on the side. Pour the sauce with cherry tomatoes over the pork.

1-6 PERSONEN — INGREDIËNTEN

	1P	2P	3P	4P	5P	6P
Floury potatoes (g)	250	500	750	1000	1250	1500
Shallot (pcs)	1	2	3	4	5	6
Yellow cherry tomatoes (g) *	125	250	375	500	625	750
Pork medallion (pcs) *	1	2	3	4	5	6
Lamb's lettuce (g) 23) *	40	80	120	160	200	240
Not included						
Butter (tbsp)	1	2	3	4	5	6
Mustard (tsp)	2½	5	7½	10	12½	15
Olive oil (tbsp)	½	1	1½	2	2½	3
Milk	splash					
White wine vinegar (tsp)	½	1	1½	2	2½	3
Salt & pepper	To taste					

* Keep in the refrigerator

NUTRITIONAL VALUES	PER SERVING	PER 100 g
Energy (kJ/kcal)	2502 / 598	386 / 92
Fats (g)	24	4
Of which: saturated (g)	10,3	1,6
Carbohydrates (g)	61	9
Of which: sugars (g)	12,9	2,0
Fibre (g)	10	2
Protein (g)	30	5
Salt (g)	0,5	0,1

ALLERGENS

May contain traces of: 23) Celery

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WEEK 22 | 2019





SCRAMBLED EGGS WITH TOMATO AND FETA

Served with fried potatoes and a fresh salad



Waxy potatoes



Cucumber ✱



Tomatoes ✱



Spring onions ✱



Feta ✱



Mesclun ✱



Free-range eggs ✱



Mayonnaise ✱



Total: **35-40** min.



Gluten-free



Easy



Vegetarian



Eat within **5** days



Family

From frittata to shakshuka - eggs are a versatile ingredient, also for dinner. Today you'll make scrambled eggs with a lot of fresh ingredients. The tomato makes it sweet and refreshing, while the feta adds some kick.

A GOOD — START

EQUIPMENT

A **wok or deep saucepan with a lid**, a **salad bowl**, a **frying pan** and a **bowl**.
Let's start cooking the **generously filled scrambled eggs with salad**.



1 FRY THE POTATOES

Thoroughly scrub or peel the **potatoes** and cut into wedges. Heat the sunflower oil in a wok or deep saucepan with a lid and fry the **potatoes** for 25 – 35 minutes, covered, at medium-high heat. Take the lid off the pan after 20 minutes. Turn regularly and season with salt and pepper.



2 CHOP THE INGREDIENTS

In the meantime, cut the **cucumber** into half slices. Cut the **tomato** into cubes and the **scallion** into thin rings. Crumble the **feta**.



3 MAKE THE SALAD

Whip up a dressing in a salad bowl using extra-virgin olive oil and white wine vinegar. Season to taste with salt and pepper. Add the **cucumber**, **mesclun**, half the **feta** and half the **tomatoes**.



4 FRY THE VEGETABLES

Heat the butter in a frying pan and fry the **scallions** and the remaining **tomatoes** for 3 – 4 minutes.



5 MAKE THE SCRAMBLED EGGS

In the meantime, whisk the eggs with a fork in a bowl and season to taste with salt and pepper. Pour the **egg mixture** into the frying pan with **tomato**, add the remaining **feta** and allow the **egg** to set while stirring.



6 SERVE

Transfer the **scrambled eggs** to plates and serve with the **fried potatoes**, **mayonnaise** and **salad**.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Waxy potatoes (g)	250	500	750	1000	1250	1500
Cucumber (pcs) *	½	1	1½	2	2½	3
Tomatoes (pcs) *	1½	3	4½	6	7½	9
Spring onions (pcs) *	1	2	3	4	5	6
Feta (g) 7) *	40	75	100	125	175	200
Mesclun (g) 23) *	20	40	60	80	100	120
Free-range eggs (pcs) 3) *	2	4	6	8	10	12
Mayonnaise (g) 3) 10) 19) 22) *	25	50	75	100	125	150

Not included

Sunflower oil (tbsp)	½	1	1½	2	2½	3
Extra-virgin olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	½	1	1½	2	2½	3
Butter (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

* Keep in the refrigerator

NUTRIENT VALUES	PER SERVING	PER 100 G
Energy (kJ/kcal)	3653 / 873	468 / 112
Total fat (g)	58	7
Of which: saturated (g)	15,9	2,0
Carbohydrates (g)	55	7
Of which: sugars (g)	10,3	1,3
Fibre (g)	8	1
Protein (g)	28	4
Salt (g)	1,6	0,2


ALLERGENS

3) Eggs 7) Milk/lactose 10) Mustard

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

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WEEK 22 | 2019





PEARL COUSCOUS WITH CRISPY CHICKPEAS

with roasted vegetables and feta



Chickpeas



Courgette ✱



Plum tomatoes ✱



Spring onions ✱



Garlic clove



Lemon ✱



Fresh thyme ✱



Paprika powder



Pearl couscous



Feta ✱



Total: **35-40** min



Vegetarian



Easy



Eat within **5** days

You may recognise chickpeas from hummus and falafel, but have you ever had them roasted in the oven? Roasting makes them deliciously crispy and enhances their flavour. Today you will enjoy them with pearl couscous, roasted vegetables and feta.

BEGIN — GOED

EQUIPMENT

Wok or sauté pan, kitchen towel, baking sheet lined with baking paper.
Let's start cooking the **pearl couscous with crispy chickpeas**.



1 CHOP THE VEGGIES

Preheat the oven to 220 degrees and prepare the stock. Pat the **chickpeas** dry with paper towel. Cut the **courgette** into half moons and the **plum tomato** into wedges. Slice the **spring onions** into thin rings keeping the white and the green parts separate. Press or mince the **garlic**. Juice the **lemon**.



4 PREPARE THE COUSCOUS

In the meantime, heat the butter in a wok or sauté pan with a lid. Fry the **garlic** and the whites of the **spring onion** for 2 – 3 minutes on medium-high heat. Add the **pearl couscous** and the remaining **thyme sprigs** and roast stirring for 2 – 3 minutes, or until the **pearl couscous** is lightly roasted. Add the stock, stir and let the **pearl couscous** simmer gently for 12 – 14 minutes, covered, on a low heat. Add an extra splash of water if the **pearl couscous** becomes dry too quickly.



2 DISTRIBUTE THE VEGGIES

Spread the **courgette**, **plum tomato** and half of the **thyme** sprigs ★ out on one side of a baking sheet lined with baking paper. Mix with half the olive oil and season with salt and pepper.

★**TIP:** The thyme sprigs are roasted whole – this way they release a lot of flavour and it saves time. Don't forget to take the sprigs out before serving the dish.



5 SEASON

Crumble the **feta**. Add half of the **feta**, the roasted **courgette**, and **tomato** and 2 tsp of **lemon juice** per person to the **pearl couscous** and mix well.



3 IN THE OVEN

Spread the **chickpeas** out over the other half of the baking sheet lined with baking paper. Sprinkle the **chickpeas** with **paprika powder** and mix with the rest of the olive oil. Season with salt and pepper. Roast the **vegetables** and the **chickpeas** in the oven for 20 minutes, or until the **chickpeas** are crispy and golden brown in colour. Turn over halfway.



6 SERVE

Serve the **pearl couscous** in a bowl or a deep plate. Garnish with the **chickpeas**, the green parts of the **spring onions** and the rest of the **feta**.

★**FACT:** Did you know that this dish contains more than 300 grams of vegetables per person and almost half of the daily recommended dietary fibre?

1-6 PERSONEN — INGREDIËNTEN

	1P	2P	3P	4P	5P	6P
Chickpeas (bag)	½	1	1½	2	2½	3
Courgette (pcs) *	½	1	1½	2	2½	3
Plum tomatoes (pcs) *	1	2	3	4	5	6
Spring onion (pcs) *	2	4	6	8	10	12
Garlic clove (pcs)	1	2	3	4	5	6
Lemon (pc) *	¼	½	¾	1	1¼	1½
Fresh thyme (g) *	2½	5	7½	10	12½	15
Paprika powder (tsp)	½	1	1½	2	2½	3
Pearl couscous (g) 1)	85	170	250	335	420	500
Feta (g) 7) *	40	75	100	125	175	200

Not included

Vegetable stock (ml)	225	350	475	600	825	950
Olive oil (tbsp)	1½	3	4½	6	7½	9
Butter (tbsp)	½	1	1½	2	2½	3

Salt & pepper

to taste

* Keep in the refrigerator

NUTRIENT VALUES	PER SERVING	PER 100 g
Energy (kJ/kcal)	3556 / 850	456 / 109
Fats (g)	38	5
Of which: saturated (g)	12,3	1,6
Carbohydrates (g)	89	11
Of which: sugars (g)	18,2	2,3
Fibre (g)	13	2
Protein (g)	29	4
Salt (g)	3,4	0,4

ALLERGENS

1) Gluten 7) Milk/lactose

📌 **TIP:** Watching your calorie intake? Use half of the pearl couscous.

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VEGETARIAN SCHNITZEL WITH PARSLEY POTATOES

with capers and a tomato-cucumber salad



Baby potatoes



Cucumber



Plum tomatoes



Tomato



Red onion



Fresh curly parsley



Garlic clove



Lemon



Vegetarian schnitzel



Capers



Mayonnaise



Total: 25-30 min.



Vegetarian



Easy



Eat within 5 days

For the first time you will find a vegetarian schnitzel in your box. It is made with fava beans. These are dried broad beans which can be found in kitchens all over the world. In North Africa and the Middle East they are eaten for breakfast. These beans are full of protein and fibre and are a good source of iron and vitamin B1. This makes them very nutritious and an excellent meat substitute.

BEGIN — GOED

EQUIPMENT

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

Let's start cooking the **vegetarian schnitzel with parsley potatoes**.



1 BOIL THE BABY POTATOES

Bring a generous amount of water to the boil in a pan with a lid for the **baby potatoes**. Wash the **baby potatoes** and cut the larger **baby potatoes** in half lengthwise. Boil the **potatoes**, covered, for 12 – 15 minutes. Then drain and set aside, uncovered, to steam dry.



2 CHOP

Meanwhile, halve the **cucumber** and cut into thin slices. Slice the **plum tomatoes** and the **tomatoes** into wedges. Slice the **red onion** into thin half rings. Finely chop the **curly parsley** and press or mince the **garlic**. Cut half of the **lemon** into wedges and juice the other half.



3 MAKE A SALAD

In a large salad bowl, whip up a dressing with ½ tbsp **lemon juice** per person, the extra virgin olive oil, honey, mustard, and salt and pepper. Add the **cucumber**, **tomatoes**, **plum tomatoes** and **red onion**. Mix well ★.

★**TIP:** Not keen on raw onion? Fry it together with the garlic and the baby potatoes in step 5.



4 FRY THE SCHNITZEL

Heat 1/2 tbsp of butter in a frying pan over medium-high heat. Fry the **vegetarian schnitzel** for 3 – 4 minutes per side, or until the **schnitzel** is golden brown and crispy. Remove from the pan and set aside.



5 FRY THE POTATOES

Heat the remaining butter over medium-high heat in the same frying pan. Sauté the **garlic** for 1 – 2 minutes then add the **capers** and half of the **curly parsley**. Deglaze with 1 tsp of **lemon juice** per person. Add the **baby potatoes**, combine well, then fry for another 1-2 minutes.



6 SERVE

Spoon the parsley baby potatoes onto plates. Place the **vegetarian schnitzel** on the side with a lemon wedge on top. Divide the tomato-cucumber salad over the plates and garnish the salad with the rest of the parsley. Serve with the **mayonnaise**.

1-6 PERSONEN — INGREDIËNTEN

	1P	2P	3P	4P	5P	6P
Baby potatoes (g)	200	400	600	800	1000	1200
Cucumber (pcs) *	⅓	⅔	1	1½	1¾	1½
Plum tomatoes (pcs) *	½	1	1½	2	2½	3
Tomato (pcs) *	½	1	1½	2	2½	3
Red onion (pcs)	¼	½	¾	1	1¼	1½
Fresh curly parsley (g) *	5	10	15	20	25	30
Garlic clove (pcs)	½	1	1½	2	2½	3
Lemon (pc) *	⅓	⅔	1	1½	1¾	2
Vegetarian schnitzel (pcs) 1) 3) *	1	2	3	4	5	6
Capers (g) *	10	20	30	40	50	60
Mayonnaise (g) 3) 10) 19) 22) *	20	40	60	80	100	120

Not included

Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Honey (tsp)	1	2	3	4	5	6
Mustard (tsp)	1	2	3	4	5	6
Butter (tbsp)	1½	3	4½	6	7½	9

Salt & pepper

to taste

* Keep in the refrigerator

NUTRITIONAL VALUES	PER SERVING	PER 100 g
Energy (kJ/kcal)	3571 / 854	579 / 138
Fats (g)	54	9
Of which: saturated (g)	16,1	2,6
Carbohydrates (g)	65	11
Of which: sugars (g)	13,3	2,2
Fibre (g)	9	2
Protein (g)	21	3
Salt (g)	1,9	0,3

ALLERGENS

1) Gluten 3) Eggs 10) Mustard

May contain traces of: 19) Peanuts 22) Nuts

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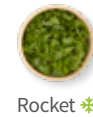
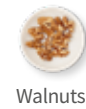
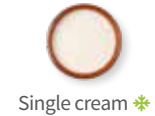
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Pasta in a blue cheese-mushroom sauce

with pear and bacon



 Total: **35-40** min.

 Easy

 Eat within **5** days

This easy-to-prepare recipe proves that blue cheese is not just for cheese plates and that sweet and savory go very well together. The strong taste of the cheese is complemented perfectly by the fruity, sweet taste of the pear in this pasta sauce. A golden combination if you ask us.

BEGIN — GOED

EQUIPMENT

Pan with a lid, bowl and a sauté pan.

Let's start cooking the **pasta in a blue cheese-mushroom sauce.**



1 BOIL THE LINGUINE

Bring a generous amount of water to the boil in a pan with a lid for the **linguine**. Boil the **linguine**, covered, for 8 – 10 minutes. Then drain and set aside to steam dry without a lid. You can stir in a drizzle of olive oil, so that the linguine does not stick together.



2 FRY THE BACON

Heat a frying pan without oil on medium-high heat and fry the **bacon cubes** for 6 – 7 minutes or until crisp. Meanwhile, chop the **mushrooms** into quarters. Peel the **pear**, remove the core, and dice the **pear**. Remove the **bacon** from the pan and set aside. Leave the cooking fat in the pan.



3 FRY

Add the **mushrooms** to the same frying pan and fry for 4 – 5 minutes over medium-high heat. Add the **pear** and fry for 1 more minute.



4 MAKE A SAUCE

Add the **single cream** and **Danish blue cheese** then combine well. Let the sauce thicken for 8 – 10 minutes. Add the fried **bacon cubes** for the last 5 minutes. Season with salt and pepper.



5 MAKE THE TOPPING

Meanwhile coarsely chop the **walnuts** and **curly parsley**. In a bowl, mix the **rocket** with 1/2 tbsp of white balsamic vinegar per person.



6 SERVE

Divide the **rocket** over the plates and serve the **linguine** on top. Pour the blue cheese-mushroom sauce and pear over the linguine then garnish the dish with the **walnuts** and **parsley**.

1-6 PERSONEN — INGREDIËNTEN

	1P	2P	3P	4P	5P	6P
Linguine (g) 1) 17) 20)	90	180	270	360	450	540
Bacon cubes (g) *	40	75	100	120	175	195
Mushrooms (g) *	125	250	375	500	625	750
Pear (pcs)	½	1	1½	2	2½	3
Single cream (ml) 7) *	100	200	300	400	500	600
Danish blue cheese (g) 7) *	40	75	100	125	175	200
Walnuts (g) 8) 19) 25)	5	10	15	20	25	30
Fresh curly parsley (g) *	2½	5	7½	10	12½	15
Rocket (g) 23) *	20	40	60	80	100	120
Not included						
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

* Keep in the refrigerator

NUTRIENT VALUES	PER SERVING	PER 100 g
Energy (kJ/kcal)	3849 / 920	753 / 180
Fats (g)	51	10
Of which: saturated (g)	27,3	5,4
Carbohydrates (g)	80	16
Of which: sugars (g)	16,4	3,2
Fibre (g)	8	1
Protein (g)	31	6
Salt (g)	2,5	0,5

ALLERGENS

1) Gluten 7) Milk/lactose 8) Nuts

May contain traces of: 17) Eggs 19) Peanuts 20) Soy 23) Celery 25) Sesame

TIP: Are you watching your calorie intake? Instead, use 70g of linguine, 25g bacon and 75ml of cream per person. Add 2 tbsp of the cooking liquid from the pasta per person to the sauce.

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CHILI SIN CARNE

With red beans, guacamole and fresh coriander



Brown rice



Garlic



Red onions



Red chilli peppers ✱



Yellow sweet pepper ✱



Fresh coriander ✱



Red kidney beans



Mexican spices



Tomato cubes



Avocado



Lime



Sour cream ✱



Total: 20 min.



Quick & Easy



Very simple



Vegetarian



Eat within 5 days



Gluten-free

Opinions vary on the origin of chilli con carne, but it has become an inherent part of both Mexican and the Texan 'TexMex' food culture. Although you'll be eating your chilli without meat today - sin carne - the dish still contains a lot of proteins due to the red kidney beans.

A GOOD — START

EQUIPMENT: A **pan with a lid**, a **deep saucepan with a lid** and a **bowl**.
Let's start cooking the **chilli sin carne**.



1 PREPARATION

- Boil 250 ml water per person in a pan with a lid. Boil the **rice**, covered, for 12 – 15 minutes at low heat.
- Press or finely chop the **garlic**. Cut the **red onion** into half rings. Remove the seed pods from the **red chilli pepper** and finely chop the **red chilli pepper**. Cut the **sweet yellow pepper** into thin strips and coarsely chop the **coriander**. Drain the **red kidney beans**.



3 MAKE THE GUACAMOLE

- Scoop the flesh from the **avocado** and cut into small cubes.
- Cut half the **lime** into wedges and juice the other half.
- Mix 1 tbsp **lime juice** per person with the **avocado** and the remaining **garlic** and **red chilli pepper** in a bowl. Season to taste with salt and pepper.



2 MAKE THE CHILLI

- Heat the olive oil in a deep saucepan with a lid and gently fry the **red onion**, half the **garlic**, $\frac{3}{4}$ of the **red chilli pepper** and the **Mexican herbs** for 2 minutes at medium-high heat. Add the **yellow sweet pepper** and fry for another 2 minutes.
- Deglaze with the white balsamic vinegar and add the **tomato cubes**, **red kidney beans** and half the **coriander**. Cover and simmer for 5 – 6 minutes.



4 SERVE

- Transfer the **rice** to plates and top with the **chilli sin carne**.
- Serve the **guacamole** and **sour cream** on the side and garnish with the remaining **coriander** and **lime** wedges.

★**TIP:** You can mince a quarter of the red onion and add it to the guacamole for extra flavour if you like.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Brown rice (g)	85	170	250	335	420	500
Garlic (cloves)	1	2	3	4	5	6
Red onions (pcs)	$\frac{1}{2}$	1	$1\frac{1}{2}$	2	$2\frac{1}{2}$	3
Red chilli peppers (pcs) *	$\frac{1}{2}$	1	$1\frac{1}{2}$	2	$2\frac{1}{2}$	3
Yellow sweet peppers (pcs) *	$\frac{1}{2}$	1	$1\frac{1}{2}$	2	$2\frac{1}{2}$	3
Fresh coriander (g) *	$2\frac{1}{2}$	5	$7\frac{1}{2}$	10	$12\frac{1}{2}$	15
Red kidney beans (can)	$\frac{1}{3}$	$\frac{2}{3}$	1	$1\frac{1}{3}$	$1\frac{2}{3}$	2
Mexican spices (tsp)	1	2	3	4	5	6
Tomato cubes (carton)	$\frac{1}{2}$	1	$1\frac{1}{2}$	2	$2\frac{1}{2}$	3
Avocado (pcs)	$\frac{1}{2}$	1	$1\frac{1}{2}$	2	$2\frac{1}{2}$	3
Lime (pcs)	$\frac{1}{2}$	1	$1\frac{1}{2}$	2	$2\frac{1}{2}$	3
Sour cream (g) 7) *	25	50	75	100	125	150

Not included

Olive oil (tbsp)	1	2	3	4	5	6
White balsamic vinegar (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

* Keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3238 / 774	504 / 120
Fats (g)	32	5
Of which: saturated (g)	5,6	0,9
Carbohydrates (g)	93	14
Of which: sugars (g)	17,2	2,7
Fibre (g)	17	3
Protein (g)	20	3
Salt (g)	1,1	0,2

ALLERGENS

7) Milk/lactose

📌**TIP:** Did you know that this dish contains half of the daily recommended amount of dietary fibres? The kidney beans and vegetables are the primary sources.

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Quick pitas with seasoned minced beef

With hummus and a refreshing salad



Whole-wheat pita bread



Pine nuts



Tomato ✱



Cucumber ✱



Eastern-style minced beef ✱



Fresh mint ✱



Lemon ✱



Hummus with ras el hanout ✱



Paprika



Total: 20 min.



Quick & Easy



Very simple



Eat within 5 days

This dish is done before you know it. The minced beef is seasoned with cayenne pepper, lemon grass and galanga - also known as Languas Galanga. This root is related to ginger but it has its own distinct flavour: refreshing and surprising. Serve everything in separate dishes so everything can make up their own serving.

A GOOD — START

EQUIPMENT: A **frying pan**, a **salad bowl** and a **small bowl**.
Let's start cooking the quick pitas with seasoned minced beef.



1 PREPARATION

- Pre-heat the oven to 200 degrees and bake the **whole-wheat pitas** for 4 – 6 minutes or toast them in a toaster.
- Heat a frying pan to high heat and roast the **pine nuts**, without any oil, until golden brown. Remove from the pan and set aside.
- Cut the **tomato** and **cucumber** into small cubes and transfer to a salad bowl.



3 PREPARE THE HUMMUS

- Juice the **lemon**.
- Mix the **hummus** with 1 tsp **lemon zest** per person in a small bowl★.
- Scoop the **minced beef** onto a small plate and put the **hummus** in the middle.
- Garnish with the **paprika** and **pine nuts**.



2 FRY AND MAKE THE SALAD

- Heat the butter in the same frying pan and fry the **seasoned minced beef** for 4 – 6 minutes until it separates.
- Cut the **mint leaves** into strips and add to the salad bowl.
- Mix the **salad** with the extra-virgin olive oil, salt and pepper.



4 SERVE

- Serve the **hummus** with **minced beef**, the **salad**, the remaining **lemon juice** and the **pitas** separately so everyone can make their own **pita rolls**. Fill with some fresh **salad** first and top with the **minced beef** and **hummus**.

★**TIP:** Freshen up your salad even further by mixing in 1 tsp lemon juice per person.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Whole-wheat pita bread (pcs) 1)	2	4	6	8	10	12
Pine nuts (g) 19) 22) 25)	5	10	15	20	25	30
Tomatoes (pcs) *	1	2	3	4	5	6
Cucumber (pcs) *	½	1	1½	2	2½	3
Eastern-style minced beef (g) *	120	240	360	480	600	720
Fresh mint (g) *	2½	5	7½	10	12½	15
Lemons f (pcs)	½	1	1½	2	2½	3
Hummus with ras el hanout (g) 11) 19) 22) *	40	80	120	160	200	240
Paprika (tsp)	½	1	1½	2	2½	3
Not included						
Butter (tbsp)	½	½	1	1	1½	1½
Extra-virgin olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Salt & pepper	to taste					

* Keep in the refrigerator

NUTRIENT VALUES	PER SERVING	PER 100 G
Energy (kJ/kcal)	3985 / 953	655 / 157
Fats (g)	51	8
Of which: saturated (g)	13,9	2,3
Carbohydrates (g)	69	11
Of which: sugars (g)	8,5	1,4
Fibre (g)	14	2
Protein (g)	52	9
Salt (g)	2,2	0,4

ALLERGENS

1) Glutens 11) Sesame

Can contain traces of: 19) Peanuts 22) Nuts 25) Sesame

💡**TIP:** This dish is calorie-rich. Are you keeping an eye on your calorie intake? Use ⅔ of the minced beef, ⅔ of the hummus and leave out the pine nuts. You could use the left over ingredients in a sandwich the next day.

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ASPARAGUS WITH GRIBICHE SAUCE

WITH ROSEVAL POTATOES AND A BOILED EGG



Free-range eggs ✱



Roseval potatoes



White asparagus ✱



Capers and sliced pickles ✱



Fresh curly parsley ✱



Lime ✱



Mayonnaise ✱



45 min



Vegetarian



Many steps



Gluten free



Eat within 5 days

It's asparagus season! That's why this dish is the star of our menu. Peeling and cooking can be a challenge – carefully read the tips on the back to help you prepare the perfect asparagus. The gribiche sauce that you serve is a type of mayonnaise from French cuisine that uses boiled eggs instead of raw egg yolks.

BEGIN — GOED

EQUIPMENT

3x pan with a lid, bowl and vegetable peeler.
Let's start cooking the **asparagus with gribiche sauce**.



1 BOIL AND PEEL

In a saucepan, bring plenty of water to the boil and cook 1 **egg** per person for 8 – 10 minutes. Meanwhile, wash the **potatoes** and halve them lengthwise. Cut the bottom 1 – 2 cm off the **white asparagus** and peel the **asparagus** carefully with a peeler. You don't need to peel the tops ★.



4 BOIL

In 2 pans with lids bring ample water to the boil for the **asparagus** and the **potatoes**. Boil the **potatoes**, covered, for 12 – 15 minutes. In the meantime, wash 1 **egg** per person then boil for the last 5 – 6 minutes together with the **potatoes** ★★. Drain and remove the **eggs** from the pan. Add the butter and the remaining **curly parsley** to the **potatoes** and stir. Season with salt and pepper.



2 CHOP

Finely chop the **capers** and **pickles**. Chop the **curly parsley** and juice the **lime**. Rinse the boiled **egg** under cold water, peel and chop it finely.

★ **TIP:** It is important to peel the asparagus well – preferably with a peeler – otherwise they will be stringy after cooking.



5 COOK THE ASPARAGUS

Meanwhile stand the **asparagus** upright in the other pan and boil them for 7 – 10 minutes ★★. Then drain and let them steam dry without lid. Season with salt and pepper. Meanwhile, rinse the soft boiled egg under cold water and peel the egg.

★★ **TIP:** Carefully add the eggs so that they don't break. You can also cook the eggs in a separate saucepan.



3 MAKE THE GRIBICHE-SAUCE

Mix the **capers**, **pickles**, half of the **curly parsley** and 1/2 tsp of **lime juice** per person in a bowl with the sliced **egg**, **mustard** and **mayonnaise**. Season with salt and pepper.



6 SERVE

Divide the **potatoes** over the plates. Lie the **white asparagus** next to each other, slice the **soft boiled egg** open and place it on top so that the yolk runs out over the **white asparagus**. Serve with the **gribiche sauce**.

★★★ **TIP:** Don't have an asparagus or other high pan in the cupboard? You can also use a lower pan – just lie the asparagus flat.

1-6 PERSONEN — INGREDIËNTEN

	1P	2P	3P	4P	5P	6P
Roseval potatoes (g)	300	600	900	1200	1500	1800
White asparagus (g) *	350	750	1000	1250	1750	2000
Free-range eggs (pcs) 3) *	2	4	6	8	10	12
Capers and sliced pickles (g) *	25	50	75	100	125	150
Fresh curly parsley (g) *	5	10	20	30	30	40
Lime (pc) *	¼	½	¾	1	1½	1½
Mayonnaise (g) 3) 10) 19) 22) *	25	50	75	100	125	150
Not included						
Mustard (tsp)	½	1	1½	2	2½	3
Butter (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

* Keep in the refrigerator

NUTRITIONAL VALUES PER SERVING PER 100 G

Energy (kJ/kcal)	3249 / 777	409 / 98
Fats (g)	43	5
Of which: saturated (g)	13,5	1,7
Carbohydrates (g)	69	9
Of which: sugars (g)	7,2	0,9
Fibre (g)	12	1
Protein (g)	24	3
Salt (g)	1,4	0,2

ALLERGENS

3) Eggs 10) Mustard

May contain traces of: 19) Peanuts 22) Nuts

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LUXURIOUS CAESAR SALAD WITH CHICKEN

WITH BACON, ANCHOVIES AND CROUTONS



Chicken fillet ✱



Bacon ✱



Green beans ✱



Free-range egg ✱



Garlic



Anchovies



Lemon ✱



Mayonnaise ✱



White ciabatta



Romaine lettuce ✱



Parmigiano reggiano, pcs ✱

30 min.

Several steps

3 Eat within 3 days

Caesar salad is a classic salad that has been popular for decades, especially in the United States. There is much speculation about the origin of the name, but the salad is most likely named after restaurant owner Caesar Cardini. As the story is told, he developed the salad out of necessity: these were the only ingredients that were available at that moment. Although the original recipe is quite simple, today we have adapted it by adding chicken, bacon and anchovies.

A GOOD — START

EQUIPMENT

A pan with a lid, a frying pan, a small bowl, a grater, aluminium foil and a salad bowl.
Let's start cooking the **luxurious Caesar salad with chicken**.



1 FRY THE CHICKEN AND BACON

Heat the olive oil in a frying pan to medium-low heat. Fry the **chicken fillet** for 5 – 6 minutes on each side until golden-brown and done. Add the **bacon** for the final 5 minutes. Remove the **chicken** from the pan and set aside, wrapped in tin foil. Set aside the **bacon**.



2 BOIL THE BEANS AND EGGS

In the meantime, bring a little bit of water to the boil in a pan with a lid for the green beans. Trim the ends off the **green beans**, wash the **eggs** thoroughly. Place the **eggs** and **green beans** in the pan and boil them together for 5 – 6 minutes ★.



3 PREPARE THE DRESSING

In the meantime, press or finely chop the **garlic**. Drain the **anchovies** (but keep the oil!) and finely chop half. Keep the remaining **anchovies** whole. Juice half the **lemon** and cut the other half into wedges. Mix the **mayonnaise** with the **garlic**, chopped **anchovies** and 1 tsp **lemon zest** per person in a small bowl. Season to taste with pepper.



4 FRY THE CROUTONS

Dice the **white ciabatta**. Add the **anchovy oil** to the frying pan and heat to medium-high heat. Bake the **white ciabatta** for about 5 minutes until they are golden-brown croutons. Stir regularly to prevent the croutons from burning!



5 CHOP THE INGREDIENTS

In the meantime, coarsely chop the **Romaine lettuce**. Cut the **chicken** into slices. Cut the **eggs** into wedges. Coarsely grate the **parmigiano reggiano**.

★ **TIP:** Prefer your egg hard-boiled? Boil the eggs for 7 – 8 minutes in a separate pan. Drain and set aside, uncovered, to steam dry. Rinse the eggs with cold water.



6 SERVE

Mix the **romaine lettuce** with the **green beans** and the **croutons** in the salad bowl you will use to serve the dish. Top with the **egg wedges** and garnish with the **dressing** and the **parmigiano reggiano**. Top with the **anchovies**, then add the **bacon** and place the **chicken fillet** in the middle. Season to taste with salt and pepper to taste. Serve with the **lemon wedges**.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Chicken fillet (120 g) *	1	2	3	4	5	6
Bacon (rashers) *	3	6	9	12	15	18
Green beans (g) *	100	200	300	400	500	600
Free-range eggs (pcs) 3) *	1	2	3	4	5	6
Garlic (cloves)	½	1	1½	2	2½	3
Anchovies (can) 4)	½	1	1½	2	2½	3
Lemons f (pcs)	½	1	1½	2	2½	3
Mayonnaise (g) 3) 10) 19) 22) *	50	100	150	200	250	300
White ciabatta (pcs) 1) 6) 7) 17) 22) 25) 27)	½	1	1½	2	2½	3
Romaine lettuce (head) *	½	1	1½	2	2½	3
Parmigiano reggiano, pcs (g) 7) *	10	20	30	40	50	60
Not included						
Olive oil (tbsp)	1	1½	2	2½	3	3½
Salt & pepper	to taste					

* Keep in the refrigerator

NUTRITIONAL VALUES	PER SERVING	PER 100 G
Energy (kJ/kcal)	4234 / 1012	637 / 152
Fats (g)	76	11
Of which: saturated (g)	14,3	2,1
Carbohydrates (g)	23	3
Of which: sugars (g)	1,9	0,3
Fibre (g)	7	1
Protein (g)	55	8
Salt (g)	3,2	0,5

ALLERGENS

1) Glutens 3) Eggs 4) Fish 6) Soy 7) Milk/lactose 10) Mustard
Can contain traces of: 17) Eggs 19) Peanuts 22) Nuts
25) Sesame 27) Lupins

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BREAKFAST 1

SCRAMBLED EGGS WITH TOMATO

On a rose roll



1

SCRAMBLED EGGS WITH TOMATO

On a rose roll

2

SEMI-SKIMMED QUARK WITH FRUIT

With muesli and grated coconut

3

FIBRE RICH CRACKERS

With aged cheese, avocado and tomato

The nutrient values as stated here have been calculated per person, per serving. Make sure you clean ingredients that require cleaning before putting them into the dish. Want to pause or change your box for next week? Let us know through your account no later than Wednesday prior to the next delivery. Got any questions about the products or our service? please contact our customer service department.

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1 Pre-heat the oven to 180 degrees.

2 Beat the **eggs** in a bowl with a dash of milk, salt and pepper. Dice the **tomato** and finely chop the **parsley**. Add the **tomato** and **parsley** to the **egg mixture**.

3 Oven-bake the **rolls** for 8 – 10 minutes.

4 In the meantime, heat the olive oil to medium-high heat in a frying pan. Add the **egg mixture** to the pan and stir-fry for 2 – 3 minutes or until the **egg** has set.

5 Transfer the **scrambled eggs** to plates and serve with the **roll**.

INGREDIENTS
FOR 1 BREAKFAST

	2P	4P
Free-range eggs (pcs) 3) *	4	8
Milk 7) *	dash	
Plum tomatoes (pcs)	1	2
Fresh parsley (g) 23) *	5	10
Whole wheat rose roll (pcs) 1) 17) 20) 21) 22) 25) 27)	2	4
Not included		
Olive oil (tbsp)	1	1
Salt & pepper	To taste	

* Keep in the refrigerator

EQUIPMENT

A bowl and a frying pan

NUTRIENT VALUES	PER SERVING	PER 100 G
Energy (kJ/kcal)	2059 / 492	477 / 114
Fats (g)	16	4
Of which: saturated (g)	4,2	1,0
Carbohydrates (g)	61	14
Of which: sugars (g)	14,6	3,4
Fibre (g)	7	2
Protein (g)	23	5
Salt (g)	1,2	0,3

ALLERGENS

1) Glutens 3) Eggs 7) Milk/lactose

May contain traces of: 17) Eggs 20) Soy 21) Milk/lactose
22) Nuts 23) Celery 25) Sesame 27) Lupin

BREAKFAST 2

2x

SEMI-SKIMMED QUARK WITH FRUIT

With muesli and grated coconut



1 Slice the **banana**. Peel the **tangerine** and separate the wedges.

2 Transfer the **semi-skimmed quark** to bowls.

3 Add the **banana** and **tangerine** and garnish with the **grated coconut** and **muesli**.

INGREDIENTS FOR 1 BREAKFAST

	2P	4P
Bananas (pcs)	1	2
Tangerine (pcs)	2	4
Semi-skimmed quark (g) 7) *	250	500
Grated coconut (g) 19) 22) 25)	20	40
Muesli (g) 1) 8) 12) 19) 22) 25)	50	100

* Keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	1500 / 359	500 / 120
Fats (g)	14	5
Of which: saturated (g)	10,1	3,4
Carbohydrates (g)	41	14
Of which: sugars (g)	28,8	9,6
Fibre (g)	5	2
Protein (g)	13	4
Salt (g)	0,1	0,0

ALLERGENS

1) Glutens 7) Milk/lactose 8) Nuts 12) Sulphite

May contain traces of: 19) Peanuts 22) Nuts 25) Sesame

BREAKFAST 3

2x

FIBRE-RICH CRACKERS

With aged cheese, avocado and tomato



1 Halve the **avocado**, remove the pit and scoop out the flesh using a spoon. Cut the **tomatoes** into thin slices.

2 Arrange the **avocado** on top of the **rusks** and top with the **aged cheese** and **tomato**. Sprinkle to taste with pepper.

INGREDIENTS FOR 1 BREAKFAST

	2P	4P
Avocado (pc)	½	1
Plum tomatoes (pcs) *	1	2
Crackers (st) 1) 11) 21)	4	8
Aged cheese, slices (pcs) 7) *	2	4
Not included		

Pepper To taste

* Keep in the refrigerator

NUTRIENT VALUES	PER SERVING	PER 100 G
Energy (kJ/kcal)	1063 / 254	818 / 195
Fats (g)	17	13
Of which: saturated (g)	7,1	5,4
Carbohydrates (g)	11	8
Of which: sugars (g)	2,5	1,9
Fibre (g)	8	6
Protein (g)	10	8
Salt (g)	0,6	0,5

ALLERGENS

1) Gluten 7) Milk/Lactose 11) Sesame

May contain traces of: 21) Milk/lactose