



Kapsalon with chicken gyros

with homemade oven fries, salad and tomatoes

FAMILY 40 min. • Eat within 3 days

FAMILY



Waxy potatoes



Garlic clove



Cherry tomatoes



Fresh chives



Mayonnaise



Chicken gyros



Radicchio and iceberg
lettuce

Pantry items

Olive oil, butter milk, salt and pepper

A good start

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

Equipment

Frying pan, small bowl, kitchen paper, salad bowl, baking sheet lined with baking paper

Serves 1—6

	1P	2P	3P	4P	5P	6P
Waxy potatoes (g)	250	500	750	1000	1250	1500
Garlic clove (pcs)	½	1	1½	2	2½	3
Cherry tomatoes* (g)	125	250	375	500	625	750
Fresh chives* (g)	2½	5	7½	10	12½	15
Mayonnaise* (g) 3) 10) 19) 22)	40	75	100	140	175	215
Chicken gyros* (g)	110	220	330	440	550	660
Radicchio and iceberg lettuce* (g)	50	100	150	200	250	300
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Butter milk (tbsp)	1½	3	4½	6	7½	9

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3429 / 820	564 / 135
Total fat (g)	51	8
Of which: saturated (g)	7,6	1,3
Carbohydrates (g)	56	9
Of which: sugars (g)	6,7	1,1
Fibre (g)	29	5
Protein (g)	7	1
Salt (g)	0,7	0,1

Allergens:

3) Eggs 10) Mustard

May contain traces of: 19) Peanuts 22) Nuts



1. Make the oven fries

Preheat the oven to 220 degrees. Peel the **potatoes** and cut them into ½ – 1 cm thick strips. Pat the fries dry with kitchen paper and divide them on a baking sheet lined with baking paper. Mix the fries with half of the olive oil and season with salt and pepper. Roast in the oven for 25 – 35 minutes, or longer, if you like them more crispy. Turn them when halfway done.



4. Fry the chicken gyros

Heat the remaining olive oil in a frying pan on medium-high heat and fry the **chicken gyros** for 5 – 7 minutes.



2. Chop

In the meantime, press or mince the **garlic**. Cut the **cherry tomatoes** in half and finely chop or cut the **chives** with scissors.



5. Mix the salad

In the meantime, add the **radicchio**, **iceberg lettuce** and **cherry tomatoes** to the dressing in the salad bowl.



3. Make the dressing

In a salad bowl, mix 1½ tbsp **mayonnaise** per person with the buttermilk (TIP) and the **chives**. Season with salt and pepper. In a small bowl, mix the leftover mayonnaise with the **garlic**. Did you get a large garlic clove or not a fan of raw garlic? Use half of it.

TIP: Don't have any buttermilk at home? Replace it with yogurt, milk, or just mayonnaise. The dressing can get a little bit thicker or thinner than intended, but the flavours go well with the dish.



6. Serve

Transfer the fries to a large plate. Put the salad on top and divide the **chicken gyros** over the whole. Spoon the garlic mayonnaise on the top. Do you prefer to keep the fries crispy? Put the salad and gyros next to the fries (TIP).

TIP: Do you like spicy food and have sambal at home? Add this to your dish. Make it as spicy as you like!

Enjoy!

Contact

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



Shrimps with ginger-lime dressing

With stir-fried broccoli, rice and peanuts

30 min. • Eat within 3 days • Calorie conscious



Jasmine rice



Broccoli



Fresh ginger



Lime



Salted peanuts



Garlic clove



Scallion



Soy sauce



Shrimps

Pantry items

Sunflower oil, white balsamic vinegar, honey, olive oil, salt and pepper

A good start

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

Equipment

2x Pan with a lid, bowl, frying pan, kitchen paper, grater, wok or sauté pan

Serves 1—6

	1P	2P	3P	4P	5P	6P
Jasmine rice (g)	85	170	250	335	420	505
Broccoli* (g)	200	400	600	800	1000	1200
Fresh ginger (cm)	1	2	3	4	5	6
Lime (pcs)	½	1	1½	2	2½	3
Salted peanuts (g) 5) 22) 25)	10	20	30	40	50	60
Garlic clove (pcs)	1	2	3	4	5	6
Scallion* (pcs)	1	2	3	4	5	6
Soy sauce (ml) 1) 6)	10	20	30	40	50	60
Shrimps* (g) 2)	100	200	300	400	500	600

Not included						
Sunflower oil (tbsp)	1	2	3	4	5	6
White balsamic vinegar (tsp)	1	2	3	4	5	6
Honey (tsp)	2	4	6	8	10	12
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)	2835 / 678	575 / 138
Total fat (g)	22	5
Of which: saturated (g)	2,8	0,6
Carbohydrates (g)	84	17
Of which: sugars (g)	10,4	2,1
Fibre (g)	9	2
Protein (g)	30	6
Salt (g)	2,8	0,6

Allergens:

1) Grains containing gluten 2) Shellfish 5) Peanuts 6) Soy

May contain traces of: 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. Cook the rice

Boil 250 ml water per person in a pan with a lid and cook the rice for 12 – 15 minutes, covered with the lid. Drain if necessary and leave to steam dry without the lid.

TIP: Are you keeping an eye on your calorie intake? Cook 65 g rice per person in 175 ml water. The next day, you can make rice porridge with the leftover rice. Cook the rice for 15 minutes with 3 tbsp oatmeal, 1 finely chopped banana and 150 – 200 ml milk.



4. Stir fry the broccoli

Heat the remaining sunflower oil in a wok or sauté pan and stir fry the **broccoli** for 6 – 8 minutes. In the last minute, add the **garlic**, the white parts of the **scallion** and the remaining **ginger**. Season with salt and pepper.



2. Chop

In the meantime, boil 300 ml water per person in another pan with a lid, for the **broccoli** (TIP). Cut the **broccoli** into small florets. Half these florets and cut the stem of the **broccoli** into dices. Peel the **ginger** and finely cut or grate. Press the juice from the **lime**. Roughly chop the **peanuts** and finely chop the **garlic**. Cut the **scallion** into fine rings and keep the white and green parts separated.

TIP: Do you prefer your broccoli crunchy? Do not cook the broccoli, but just fry it. Fry for 2 - 4 minutes longer than indicated in step 4.



5. Fry the shrimp

In the meantime, pat the **shrimps** dry with kitchen paper. Heat the olive oil in a frying pan and fry the shrimps for 3 – 4 minutes on medium-high heat. Season with salt and pepper.



3. Make the dressing

Add the **broccoli** to the pan with a lid, and cook for 3 minutes. Drain and rinse under cold water. In a bowl, mix per person: 1½ tsp **ginger**, 2 tsp lime juice and ½ tbsp sunflower oil, with the **soy sauce**, white balsamic vinegar and honey. Add the chopped **peanuts**.



6. Serve

Transfer the rice to plates and put the **broccoli** on top. Garnish with the **shrimps** and drizzle with the ginger-lime dressing. Sprinkle with the green parts of the **scallion**.

Enjoy!



Indian dahl with sweet potato and coconut milk

with pumpkin seed salsa and aromatic naan bread

45 min. • Eat within 5 days



Onion



Fresh ginger



Sweet potato



Curry powder



Tomato paste



Coconut milk



Red lentils



Pumpkin seeds



Fresh coriander



Lime



Naan bread



Spinach

Pantry items

Vegetable stock, sunflower oil, extra virgin olive oil, olive oil and salt & pepper

A good start

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

Equipment

Frying pan, 2x small bowl, grater, baking sheet lined with baking paper,

Serves 1—6

	1P	2P	3P	4P	5P	6P
Onion (pcs)	½	1	1½	2	2½	3
Fresh ginger (cm)	1½	3	4½	6	7½	9
Sweet potato (g)	75	150	225	300	375	450
Curry powder (tsp 9) 10)	1½	3	4½	6	7½	9
Tomato paste (cup)	½	1	1½	2	2½	3
Coconut milk (ml) 26)	125	250	375	500	625	750
Red lentils (g)	35	70	100	140	170	210
Pumpkin seeds (g) 18) 22) 25)	10	20	30	40	50	60
Fresh coriander* (g)	5	10	15	20	25	30
Lime (pcs)	½	1	1½	2	2½	3
Naan bread (pcs) 1) 7)	½	1	1½	2	2½	3
Spinach* (g) 23)	100	200	300	400	500	600

Not included

Vegetable stock (ml)	250	500	750	1000	1250	1500
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3789 / 906	471 / 113
Total fat (g)	52	7
Of which: saturated (g)	24,7	3,1
Carbohydrates (g)	78	10
Of which: sugars (g)	17,7	2,2
Fibre (g)	18	2
Protein (g)	25	3
Salt (g)	3,4	0,4

Allergens:

1) Grains containing gluten 7) Milk/lactose 9) Celery
10) Mustard
May contain traces of: 19) Peanuts 22) Nuts 23) Celery
25) Sesame seed 26) Sulfite

Contact

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



1. Prepare

Preheat the oven to 200 degrees and prepare the stock. Chop the **onion** and finely grate the **ginger** (you can leave the skin on). Peel the **sweet potato** and cut into 1½ cm dices.

TIP: This dish is rich in calories. Are you keeping an eye on your calorie intake? Replace half of the coconut milk by a same amount of stock. Use half of the pumpkin seeds, or leave them out completely. You can use the remaining coconut milk the next morning, to make a porridge with oatmeal, garnished with pumpkin seeds.



4. Make the salsa

In the meantime, roast the **pumpkin seeds** in a frying pan without butter or oil, until they start to pop. Finely chop the **coriander**. Grate the **lime** peel and press the juice from the lime. In a small bowl, mix half of the **coriander** with the lime zest, 2 tsp lime juice per person, the roasted **pumpkin seeds** and the extra virgin olive oil. Season with salt and pepper.



2. Fry the seasonings

Heat the sunflower oil in a large pan with a lid on medium-high heat. Fry the **onion** for 3 – 4 minutes. Add the **ginger**, the **curry powder** and the **tomato paste**. Stir well and fry for another 2 minutes. Stir the **coconut milk**, or shake the container, to make sure there are no lumps. Add the **coconut milk** and the stock to the pan and bring to a boil.



5. Bake the naan bread

In a small bowl, mix the leftover **coriander** with the olive oil and season with salt and pepper. Put the **naan bread** (TIP) on a baking sheet lined with baking paper and spread with the coriander oil. Bake the **naan bread** in the oven for – 7 minutes. Let it cool for a little bit and cut in half.

TIP: You will get more naan bread than necessary for this recipe. Are you a big eater or not watching your calorie intake? Serve the Dahl with 1 naan bread per person.



3. Cook the dahl

Add the **sweet potato** and the **red lentils**, season with salt and pepper and cook the dahl for 18 – 20 minutes, covered with the lid, until the potatoes and lentils are soft. Add more water in case the Dahl becomes too dry.

FACT: Did you know that this dish contains almost 2/3 of the daily recommended amount of fibre? This is due to the lentils, vegetables and sweet potato.



6. Serve

When the lentils are cooked, add the **spinach** to the dahl and let it shrink. Taste the dahl and season with salt, pepper and the remaining lime juice. Transfer the dahl to bowls, garnish with the salsa and serve with the **naan bread**.

Enjoy!



Italian meal soup with minced meat

with eggplant and courgette

30 min. • Eat within 3 days



Garlic clove



Onion



Fresh basil



Half beef
pork minced meat



Courgette



Eggplant



Italian herbs



Passata



Canned cherry
tomatoes



Whole grain penne



Crème fraîche

Pantry items

Vegetable stock, olive oil, black
balsamic vinegar

A good start

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

Equipment

Stock pot with a lid

Serves 1—6

	1P	2P	3P	4P	5P	6P
Garlic clove (pcs)	½	1	1½	2	2½	3
Onion (pcs)	½	1	1½	2	2½	3
Fresh basil* (g)	2½	5	7½	10	12½	15
Half beef, half pork minced meat* (g)	100	200	300	400	500	600
Courgette (pcs)	½	1	1½	2	2½	3
Eggplant* (pcs)	½	1	1½	2	2½	3
Italian herbs (tsp)	1	2	3	4	5	6
Passata (pcs)	½	1	1½	2	2½	3
Canned cherry tomatoes (can)	½	1	1½	2	2½	3
Whole grain penne (g) 1) 17) 20)	45	90	135	180	225	270
Crème fraîche* (g) 7)	25	50	75	100	125	150
Not included						
Vegetable stock (ml)	200	400	600	800	1000	1200
Olive oil (tbsp)	½	1	1½	2	2½	3
Black balsamic vinegar (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3220 / 770	313 / 75
Total fat (g)	36	3
Of which: saturated (g)	14,1	1,4
Carbohydrates (g)	65	6
Of which: sugars (g)	31,1	3,0
Fibre (g)	12	1
Protein (g)	39	4
Salt (g)	2,8	0,3

Allergens:

1) Grains containing gluten 7) Milk/lactose
May contain traces of: 17) Eggs 20) Soy

WEETJE: Did you know that canned vegetables contain just as many vitamins, minerals and fibre as fresh vegetables? On top of that, they are very easy and quick to use. This dish contains 400 g vegetables: more than the daily recommended amount!

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 stock. Press or mince the **garlic**. Chop the **onion**. Pick the **basil** leaves from the stems. Add the stems to the stock; save the leaves for later. Cut the **eggplant** and **courgette** into small dices.



4. Cook the soup

Deglaze the whole with 1 tbsp black balsamic vinegar per person. Add the **passata**, **cherry tomatoes** and the stock and bring to a boil, covered with the lid. When the soup is cooking, add the **penne** and cook for 10 – 12 minutes, until al dente.



2. Fry the minced meat

Heat ½ tbsp olive oil per person in a stock pot with a lid, on medium-high heat. Fry the **garlic** and **onion** for 1 – 2 minutes. Turn up the heat, add the **minced meat** and stir fry for 2 – 3 minutes.



5. Cut the basil

Cut the **basil** leaves into strips.



3. Fry the vegetables

Add the **eggplant**, **courgette** and **Italian herbs** to the pan and fry for 2 – 3 more minutes.



6. Serve

Transfer the soup to bowls. Top with a spoonful or **crème fraîche** and garnish with the chopped **basil**.

Enjoy!



Chicken fillet in mustard-cream sauce

with fried potatoes and broccoli

FAMILY

QUICK & EASY

25 min. • Eat within 3 days

FAMILY



Waxy potatoes



Chestnut mushrooms



Garlic clove



Shallot



Fresh rosemary



Chicken fillet



Broccoli



Double cream

Pantry items

Butter, olive oil, vegetable stock, white wine vinegar, mustard, salt and pepper

A good start

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

Equipment

Frying pan, 2x sauté pan with a lid

Serves 1—6

	1P	2P	3P	4P	5P	6P
Waxy potatoes (g)	200	400	600	800	1000	1200
Chestnut mushrooms* (g)	60	125	180	250	305	375
Garlic clove (pcs)	½	1	1½	2	2½	3
Shallot (pcs)	½	1	1½	2	2½	3
Fresh rosemary* (sprigs)	1	2	3	4	5	6
Chicken fillet* (pcs)	1	2	3	4	5	6
Broccoli* (g)	125	250	375	500	625	750
Double cream* (ml) 7)	75	150	200	300	350	450

Not included

Butter (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1½	3	4½	6	7½	9
Vegetable stock (ml)	200	400	600	800	1000	1200
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Mustard (tbsp)	1	2	3	4	5	6

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3891/930	455/109
Total fat (g)	65	8
Of which: saturated (g)	27,7	3,2
Carbohydrates (g)	46	5
Of which: sugars (g)	4,5	0,5
Fibre (g)	35	4
Protein (g)	10	1
Salt (g)	2,8	0,3

Allergens:

7) Milk/lactose

Contact

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



1. Fry the potatoes

Prepare the stock. Peel or thoroughly wash the **potatoes** and cut into ½ cm slices. Heat half of the olive oil in a sauté pan with a lid and fry the sliced potato for 15 – 20 minutes on medium-low heat, covered with the lid. Remove the lid for the last 5 minutes. Season with salt and pepper.



4. Stew the broccoli

Heat the other half of the olive oil in a sauté pan with a lid on high heat, and fry the **broccoli** for 1 – 2 minutes. Deglaze with 125 ml stock per person (not all of the stock). Reduce the heat and let the **broccoli** stew for 10 – 12 minutes. Then drain if necessary.



2. Prepare and fry the chicken

In the meantime, cut the **mushrooms** into quarters. Press or mince the **garlic** and chop the **shallot**. Take the **rosemary** leaves from the sprigs and roughly chop the leaves. Heat half of the butter in a frying pan on medium-high heat and fry the **chicken fillet** for 2 – 3 minutes per side. Remove the **chicken fillet** from the pan and set side: it does not have to be cooked yet. Meanwhile, cut the **broccoli** into florets and the stem into dices.



5. Make the mustard sauce

Deglaze the **mushrooms** with 75 ml stock per person. Add the mustard, white wine vinegar and **rosemary**. Reduce the heat, add the **double cream** and let it reduce for 12 minutes. For the last 5 minutes, add the chicken.



3. Fry the mushrooms

Heat the remaining butter in the same frying pan and fry the shallot for 1 – 2 minutes. Add the **mushrooms** and **garlic** and stir fry for 2 – 3 minutes.



6. Serve

Divide the broccoli and potatoes among plates and serve with the chicken in mustard-cream sauce.

Enjoy!



Savory pie with feta and mushrooms

served with cucumber-bell pepper salad

FAMILY 45 min. • Eat within 5 days

FAMILY



Mushrooms



Shallot



Garlic clove



Dried thyme



Free-range egg



Feta



Puff pastry



Cucumber



Red bell pepper

Pantry items

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

A good start

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

Equipment

Oven dish, bowl, frying pan, kitchen paper, salad bowl

Serves 1—6

	1P	2P	3P	4P	5P	6P
Mushrooms* (g)	125	250	375	500	625	750
Shallot (pcs)	1	2	3	4	5	6
Garlic clove (pcs)	1	2	3	4	5	6
Dried thyme (tsp)	¾	1½	2¼	3	3¾	4½
Free-range egg (pcs) 3)	1	2	3	4	5	6
Feta* (g) 7)	50	100	150	200	250	300
Puff pastry* (pack 1) 21)	⅓	⅔	1	1⅓	1⅔	2
Cucumber* (pcs)	⅓	⅔	1	1⅓	1⅔	2
Red bell pepper* (pcs)	½	1	1½	2	2½	3
Not included						
Butter (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Red wine vinegar (tsp)	1	2	3	4	5	6
Mustard (tsp)	¼	½	¾	1	1¼	1½
Honey (tsp)	¼	½	¾	1	1¼	1½
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2833 / 677	610 / 146
Total fat (g)	66	11
Of which: saturated (g)	31,0	5,1
Carbohydrates (g)	44	7
Of which: sugars (g)	11,8	1,9
Fibre (g)	7	1
Protein (g)	26	4
Salt (g)	2,6	0,4

Allergens:

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

May contain traces of: 21) Milk/lactose

WEETJE: Did you know that this dish contains more than 300 g vegetables and is full of vitamins? Bell pepper is rich in vitamin C and feta contains a lot of calcium. Altogether, with the egg, this dish also contains good amount of vitamin D and B12.

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

Clean the **mushrooms** with kitchen paper. Preheat the oven to 200 degrees. Chop the **shallot** and press or mince the **garlic**. Cut the **mushrooms** in half and cut the bigger ones into quarters.



4. Bake the pie

Grease an oven dish with the leftover butter and add the mushroom mixture (TIP). Top with the **puff pastry** and tuck in the edges. Use a knife to make a diagonal cut through the dough. Bake in the oven for 18 – 24 minutes until golden brown and cooked.

TIP: Are you cooking for 1? Use a small oven dish so your quiche does not become too thin.



2. Fry the mushrooms

Heat ½ tbsp butter per person to a frying pan on medium-high heat, and fry the **shallot** and **garlic** for 3 minutes. Add the **mushrooms** and **dried thyme**, season with salt and pepper, and stir fry for 4 – 5 minutes.



5. Mix the salad

Cut the **cucumber** and **red bell pepper** into dices. In a salad bowl, mix the extra virgin olive oil, red wine vinegar, mustard, honey, pepper and salt into a dressing. Mix with the vegetables.



3. Mix

In the meantime, use a fork to mix the **egg**, salt and pepper in a bowl. Add the **mushrooms** to the bowl, crumble the **feta** over it and mix well.



6. Serve

Transfer the savory pie to plates. Serve with the salad.

Enjoy!



Winter risotto with Jerusalem artichoke

with comté and hazelnuts

VEGETARIAN 45 min. • Eat within 5 days

VEGETARIAN



Shallot



Leek



Risotto rice



Jerusalem artichoke



Hazelnuts



Lemon



Fresh flat leaf parsley



Grated comté

Pantry items

Vegetable stock, butter, white balsamic vinegar, salt and pepper

A good start

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

Equipment

Pan with a lid, frying pan, grater

Serves 1—6

	1P	2P	3P	4P	5P	6P
Shallot (pcs)	½	1	1½	2	2½	3
Leek* (pcs)	½	1	1½	2	2½	3
Risotto rice (g)	75	150	225	300	375	450
Jerusalem artichoke (g)	100	200	300	400	500	600
Hazelnuts (g) 8) 19) 25)	15	30	45	60	75	90
Lemon (pcs)	¼	½	¾	1	1¼	1½
Fresh flat leaf parsley* (g)	2½	5	7½	10	12½	15
Grated comté * (g) 7)	25	50	75	100	125	150

Not included

Vegetable stock (ml)	200	400	600	800	1000	1200
Butter (tbsp)	1½	3	4½	6	7½	9
White balsamic vinegar (tsp)	½	1	1½	2	2½	3

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3418/817	571/136
Total fat (g)	38	6
Of which: saturated (g)	18,8	3,1
Carbohydrates (g)	88	15
Of which: sugars (g)	17,2	2,9
Fibre (g)	9	2
Protein (g)	19	3
Salt (g)	2,6	0,4

Allergens:

7) Milk/lactose 8) Nuts

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

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

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

Prepare the stock and add 150 ml extra water per person. Chop the **shallot**. Cut the **leek** into thin half rings and wash. Heat 1 tbsp butter per person in a pan with a lid, and fry the **shallot** for 1 minute on medium-high heat. Add the **leek** and fry for another 5 minutes.



4. Fry the Jerusalem artichoke

Peel or thoroughly wash the **Jerusalem artichoke** and cut it into thin slices (TIP). Roughly chop the **hazelnuts**. Heat the remaining butter in a frying pan and fry the slices of Jerusalem artichoke for 10 – 12 minutes on medium-high heat, or until golden brown and soft. Season with salt and pepper. Add the chopped hazelnuts and fry for another 2 minutes.

TIP: If the slices or Jerusalem artichoke are too thick, the inside does not cook well. Make sure the slices are really thin, so that they get crispy on the outside and soft on the inside.



2. Stir fry the rice

Add the **risotto rice** and stir fry for 1 minute. Add the white balsamic vinegar and ⅓ of the stock. Let the rice slowly absorb the stock. Stir regularly.



5. Season

Add a splash of warm or boiled water to the risotto and let it cool for 5 minutes (TIP), covered with the lid. Grate the **lemon** peel and press the juice from it. Finely chop the fresh **flat leaf parsley**. Add the **comté** and 1 tsp lemon juice per person to the risotto. Season with pepper, and optionally, salt.

TIP: By letting the risotto rest with the lid on the pan, it will get extra smooth and juicy.



3. Cook the risotto

As soon as the **risotto** has absorbed the stock, add another ⅓ of the stock, let the rice absorb, and repeat this with the rest of the stock. The **risotto** is cooked as soon as the grains are soft on the outside, but still have a little bit of a bite on the inside. This will take about 20 – 25 minutes. Add some extra water in case you want to cook the rice some more (TIP).

TIP: This risotto contains more liquid than a regular risotto: it might be more moist than you are used to. Not a fan? Add less stock and water.



6. Serve

Transfer the risotto to plates and garnish with the Jerusalem artichoke and hazelnuts. Sprinkle with the parsley, lemon zest and black pepper to taste.

Enjoy!



Pearl couscous with coloured carrot

with roasted bell pepper, feta and almonds

VEGETARIAN 40 min. • Eat within 5 days

VEGETARIAN



Red bell pepper



Garlic clove



Curly parsley



Feta



Salted almonds



Pearl couscous



Coloured carrot mix



Caraway seed



Buffalo yogurt

Pantry items

Vegetable stock, olive oil, sunflower oil, extra virgin olive oil, honey, 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, bowl, baking sheet lined with baking paper, wok or sauté pan with a lid

Serves 1—6

	1P	2P	3P	4P	5P	6P
Red bell pepper* (pcs)	1	2	3	4	5	6
Garlic clove (pcs)	1	2	3	4	5	6
Curly parsley* (g)	2½	5	7½	10	12½	15
Feta* (g) 7)	50	100	150	200	250	300
Salted almonds (g) 5) 8) 25)	20	40	60	80	100	120
Pearl couscous (g) 1)	70	140	210	280	350	420
Coloured carrot mix* (g) 23)	100	200	300	400	500	600
Caraway seed (tsp)	1	2	3	4	5	6
Buffalo yogurt* (g) 7)	50	100	150	200	250	300
Not included						
Vegetable stock (ml)	100	200	300	400	500	600
Olive oil (tbsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½
Honey (tsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3571 / 854	625 / 149
Total fat (g)	50	9
Of which: saturated (g)	12,4	2,2
Carbohydrates (g)	71	12
Of which: sugars (g)	19,0	3,3
Fibre (g)	9	2
Protein (g)	25	4
Salt (g)	2,8	0,5

Allergens:

1) Grains containing gluten 5) Peanuts 7) Milk/lactose 8) Nuts

May contain traces of: 23) Celery 25) Sesame seed

Contact

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



1. Roast the bell pepper

Prepare the stock and preheat the oven to 220 degrees. Remove the seeds from the **red bell pepper** and cut the pepper into strips. Transfer the bell pepper to a baking sheet lined with baking paper. Sprinkle with sunflower oil and roast the **bell pepper** in the oven for 20 – 25 minutes, or until soft. Turn when halfway done.



4. Fry the vegetables

Heat the remaining olive oil in a wok or sauté pan with a lid and fry the **garlic** for 1 minute, on medium-low heat. Add the **colored carrot** and the **caraway seeds** and stir fry on medium-high heat for 5 minutes. Season with salt and pepper.



2. Prepare the seasonings

Meanwhile, press or mince the **garlic**. Finely chop the **curly parsley** and crumble the **feta**. Roughly chop the **salted almonds**.



5. Make the dressing

In the meantime, mix the **buffalo yogurt**, extra virgin olive oil, honey, salt and pepper in a bowl. Add the vegetables, half of the **feta**, half of the **bell pepper**, half of the **parsley** and half of the **almonds** to the couscous. Mix well.



3. Cook the pearl couscous

Heat half of the olive oil in a pan with a lid, add the **pearl couscous** and stir fry for 1 minute (TIP). Add the stock and 50 ml water per person, reduce the heat and cook the **pearl couscous** for 13 – 15 minutes, covered with the lid, until dry. Separate the couscous with a fork and leave to steam dry without the lid.

TIP: You will receive more pearl couscous than necessary for this dish. You can use the leftover pearl couscous the next day, for example in a lunch salad or soup.



6. Serve

Transfer the couscous to plates and sprinkle with the dressing. Garnish with the leftover **feta**, **bell pepper**, **parsley** and **almonds**.

TIP: Did you know that this dish contains more vitamin C than the daily recommended amount? This is largely due to the bell pepper. One bell pepper per person contains more than half of the daily recommended amount of vitamin C!

Enjoy!



Pearl barley risotto with minced chicken and tomato

with piri-iri spices and fresh parsley

35 min. • Eat within 5 days • Calorie conscious



Pearl barley



Onion



Garlic clove



Tomato



Cherry tomatoes



Cucumber



Fresh flat leaf parsley



Spiced minced chicken



Piri-iri spices



Mesclun



Grated matured cheese

Pantry items

Vegetable stock cube, olive oil, black 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

Pan with a lid, salad bowl, wok or sauté pan

Serves 1—6

	1P	2P	3P	4P	5P	6P
Pearl barley (g) 1)	70	140	210	380	350	520
Onion (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	1	2	3	4	5	6
Tomato* (pcs)	1	2	3	4	5	6
Cherry tomatoes* (g)	125	250	375	500	625	750
Cucumber* (pcs)	⅓	⅔	1	1½	1¾	1.99
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Spiced minced chicken* (g)	100	200	300	400	500	600
Piri-piri spices (tsp)	½	1	1½	2	2½	3
Mesclun* (g) 23)	30	60	90	120	150	180
Grated matured cheese* (g) 7)	10	20	30	40	50	60

Not included

Vegetable stock cube (pcs)	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	½	1	1½	2	2½	3
Black balsamic vinegar (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2805 / 671	457 / 109
Total fat (g)	28	5
Of which: saturated (g)	6,7	1,1
Carbohydrates (g)	70	11
Of which: sugars (g)	14,4	2,4
Fibre (g)	10	2
Protein (g)	31	5
Salt (g)	1,8	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. Cook the pearl barley

Boil 225 ml water per person in a pan with a lid and weigh 70 g **pearl barley** per person (TIP). Add ¼ stock cube per person to the boiling water, add the **pearl barley** and cook for 23 – 25 minutes, covered with the lid. Regularly stir to prevent the pearl barley from burning to the bottom of the pan. Drain if necessary.

TIP: You will not use all of the pearl barley. You can use the remaining pearl barley the next day, in a salad for example. Are you a big eater? Use all of the pearl barley, with 275 ml water per person.



4. Make the salad

Add the **mesclun** and **cucumber** to the salad bowl. Mix with 1 tsp black balsamic vinegar per person, ½ tbsp extra virgin olive oil per person, salt and pepper.



2. Chop

In the meantime, chop the **onion** and press or mince the **garlic**. Cut the **tomato** into dices and cut the **cherry tomatoes** in half. Cut the **cucumber** into dices. Remove the **parsley** leaves from the stems and finely chop the leaves. Finely chop the stems and add them to the cooking pearl barley. Save the leaves for later.

TIP: This risotto is supposed to be a little moist. Do you prefer a dryer risotto? Keep the tomatoes and chicken on the heat a little bit longer so more liquid can evaporate. You can also drain the tomatoes after cutting them.



5. Mix

Add the **pearl barley** and the majority of the **parsley** to the wok or sauté pan, season with salt and pepper and heat for another 1 – 2 minutes.



3. Fry

Heat ½ tbsp olive oil per person in a wok or sauté pan and fry the **onion** and **garlic** for 2 minutes on medium heat. Add the **minced chicken** and stir fry for 3 minutes on medium-high heat. Add the **cherry tomatoes**, the diced **tomato** and the **piri-piri spices**. Fry for 7 – 8 more minutes on medium-high heat.



6. Serve

Transfer the pearl barley to plates and garnish with the **matured cheese** and the leftover **parsley**. Serve with the salad.

Enjoy!



Ravioli stuffed with cauliflower and beurre noisette

with green beans, snow peas and aged cheese

QUICK & EASY 20 min. • Eat within 3 days • Calorie conscious

**QUICK &
EASY**



Green beans



Ravioli with cauliflower
and beurre de noisette



Snow peas



Garlic clove



Shallot



Lemon



Pumpkin seeds



Grated old cheese

Pantry items

Butter and 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, frying pan, small bowl, sauté pan or large frying pan

Serves 1—6

	1P	2P	3P	4P	5P	6P
Green beans* (g)	75	150	225	300	375	450
Ravioli with cauliflower and beurre de noisette* (g) 1) 3) 7)	140	280	420	560	700	840
Snow peas* (g)	50	100	150	200	250	300
Garlic clove (pcs)	½	1	1½	2	2½	3
Shallot (pcs)	1	2	3	4	5	6
Lemon (pcs)	¼	½	¾	1	1¼	1½
Pumpkin seeds (g) 19) 22) 25)	5	10	15	20	25	30
Grated old cheese (g) 7)	12½	25	37½	50	62½	75

Not included

Butter (tbsp)	1½	3	4½	6	7½	9
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per portie	Per 100g
Energy (kJ/kcal)	2596 /621	647 /155
Total fat (g)	34	9
Of which: saturated (g)	20,7	5,2
Carbohydrates (g)	55	14
Of which: sugars (g)	5,6	1,4
Fibre (g)	8	2
Protein (g)	19	5
Salt (g)	1,1	0,3

Allergens:

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

May contain traces of: 19) Peanuts 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

- Boil ample water in a pan with a lid, for the green beans.
- Trim the ends off the **green beans** and cut the beans into 2 equally sized pieces.



3. Fry

- Heat the butter in a sauté pan or large frying pan. Fry the **shallot** and **garlic** for 2 – 3 minutes in medium heat.
- Heat a different frying pan without oil on high heat, and roast the **pumpkin seeds** until they start to pop. Remove from the pan and set aside.
- Add the **ravioli**, **snow peas** and **green beans** to the garlic and shallot and mix well. Fry for 1 – 2 minutes on medium-high heat. Season to taste with salt and pepper.



2. Cook and chop

- Cook the **green beans** for 7 – 8 minutes in the pan with boiling water. After 2 minutes, add the **ravioli** and the **snow peas**. Drain, rinse under cold water and leave to steam dry without the lid.
- In the meantime, press or mince the **garlic**. Cut the **shallot** into half rings. In a small bowl, press the juice from the **lemon**.



4. Serve

- Deglaze the ravioli with 1 tbsp lemon juice per person.
- Transfer the ravioli with green beans and snow peas to plates and garnish with the **old cheese** and **pumpkin seeds**.

Enjoy!



Asian-style noodles with minced beef

with stir-fried vegetables and salted peanuts

QUICK & EASY 20 min. • Eat within 3 days

**QUICK &
EASY**



Garlic clove



Fresh ginger



Mixed vegetables



Noodles



Soy sauce



Sesame oil



Ground cumin



Ground coriander



Spiced minced beef



Salted peanuts

Pantry items

Olive oil, black balsamic vinegar, sugar, sunflower oil, 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, frying pan, small bowl, wok, grater

Serves 1—6

	1P	2P	3P	4P	5P	6P
Garlic clove (pcs)	1	2	3	4	5	6
Fresh ginger (cm)	1	2	3	4	5	6
Vegetable mix* (g) 23)	200	400	600	800	1000	1200
Noodles (g) 1)	100	200	300	400	500	600
Soy sauce (ml) 1) 6)	10	20	30	40	50	60
Sesame oil (tsp) 11)	1	2	3	4	5	6
Ground cumin (tsp)	1	2	3	4	5	6
Ground coriander (tsp)	½	1	1½	2	2½	3
Spiced minced beef* (g)	100	200	300	400	500	600
Salted peanuts (g) 5) 22) 25)	5	10	15	20	25	30

Not included

Olive oil (tbsp)	1	2	3	4	5	6
Black balsamic vinegar (tbsp)	½½	1	<1½	2	2½	3
Sugar (tsp)	1	2	3	4	5	6
Sunflower oil (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per portie	Per 100g
Energy (kJ/kcal)	4148 / 992	908 / 217
Total fat (g)	45	10
Of which: saturated (g)	11,3	2,5
Carbohydrates (g)	94	21
Of which: sugars (g)	16,5	3,6
Fibre (g)	8	2
Protein (g)	47	10
Salt (g)	4,4	1,0

Allergens:

1) Grains containing gluten 5) Peanuts 6) Soy 11) Sesame seed

May contain traces of: 22) Nuts 23) Celery 25) Sesame seed

Contact

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



1. Stir fry the vegetables

- Boil ample water in a pan with a lid, for the noodles.
- Press or mince the **garlic** and grate the **ginger** with a fine grater (TIP).
- Heat ½ tbsp olive oil per person in a wok on high heat, and stir fry the **vegetable mix** for 10 – 12 minutes. Season with salt and pepper.

TIP: No need to peel the ginger. Don't have a fine grater at home? Peel the ginger and mince it.



3. Fry and mix

- Heat the remaining olive oil in a frying pan and fry the **garlic**, the **ground cumin** and **ground coriander** for 1 minute on medium-high heat.
- Add the **minced beef**, season with salt and pepper and stir fry for 3 minutes.
- Transfer the **noodles**, dressing and **minced beef** to the wok and mix with the vegetables.



2. Make the dressing

- In the meantime, add the **noodles** (TIP) to the pan with boiling water and cook for 2 minutes until al dente, covered with the lid. Drain and leave to steam dry without the lid.
- Meanwhile, mix in small bowl: 10 ml **soy sauce** and 1 tsp **sesame oil** per person with the black balsamic vinegar, **ginger**, sugar and sunflower oil.

TIP: This dish is rich in calories. Are you watching your calorie intake? Use 70 g noodles per person. You can, for example, add the leftover noodles to a soup. In that case, cook them for 3 minutes.



4. Serve

- Divide the dish among plates and sprinkle with the **salted peanuts**.



Pork tenderloin with pistachio-thyme crust

with caramelized chicory and creamy celeriac-apple puree

PREMIUM 45 min. • Eat within 5 days

PREMIUM



Fresh thyme



Pistachios



Garlic clove



Pork tenderloin



Celeriac



Starchy potatoes



Apple



Chicory



Mascarpone

Pantry items

Butter, sugar, 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, baking sheet lined with baking paper, potato masher, plate, frying pan with a lid

Serves 1—6

	1P	2P	3P	4P	5P	6P
Fresh thyme* (g)	2½	5	7½	10	12½	15
Pistachios (g) 8) 19) 25)	25	50	75	100	125	150
Garlic clove (pcs)	1	2	3	4	5	6
Pork tenderloin* (pcs)	1	2	3	4	5	6
Celeriac (g) 9)	150	300	450	600	750	900
Starchy potatoes (g)	150	300	450	600	750	900
Apple (pcs)	½	¾	1	1½	1¾	2
Chicory* (pcs)	1	2	3	4	5	6
Mascarpone* (g) 7)	15	30	45	60	75	90
Not included						
Butter (tbsp)	1½	3	4½	6	7½	9
Sugar (tsp)	2	4	6	8	10	12
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3458 / 827	463 / 111
Total fat (g)	39	5
Of which: saturated (g)	19,2	2,6
Carbohydrates (g)	68	9
Of which: sugars (g)	25,4	3,4
Fibre (g)	16	2
Protein (g)	41	6
Salt (g)	0,3	0,0

Allergens:

7) Milk/lactose 8) Nuts 9) Celery

May contain traces of: 19) Peanuts 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 the pork tenderloin

Preheat the oven to 180 degrees. Remove the **thyme** leaves from the stems. Finely chop the **pistachios** and **garlic** and mix them on a plate, with half of the **thyme**, salt and pepper (TIP). Roll the **pork tenderloin** through the pistachio mixture and press well to form a crust. Transfer the pork to a baking sheet lined with baking paper and roast in the oven for 20 – 25 minutes. After this, let it rest for a few minutes.

TIP: You can also chop the garlic, pistachios and thyme in a food processor.



4. Caramelize the chicory

Cut the **chicory** in half lengthwise. Heat the butter with the sugar in a frying pan on medium-high heat, and put the **chicory** in the pan with the cut side down. Season with salt and pepper. Fry for 10 minutes, then turn the chicory to its other side. Cover the pan with the lid and cook for another 5 – 7 minutes. Optionally, remove the brown part of the chicory if you think it is too hard.



2. Prepare the puree

In the meantime, boil ample water in a pan with a lid for the potatoes and celeriac. Peel the **celeriace**, weigh 150 g per person and cut into 1 cm dices. Peel the **potato** and cut into large pieces. Peel the **apple**, remove the core and cut into large pieces (TIP).

TIP: It is important that you cut the celeriac smaller than the potato. Celeriac does not cook as fast as potato; this way they will be done at the same time.



5. Make the puree

Use a potato masher to mash the potatoes, celeriac and apple with the **mascarpone** into a fine puree. Season with salt and pepper.



3. Cook

Add the **potato**, the **celeriace** and a large pinch of salt to the pan with boiling water and cook for 17 – 20 minutes. For the last 2 – 3 minutes, add the **apple**. Drain and leave to steam dry without the lid.



6. Serve

Cut the **pork tenderloin** into slices. Transfer the puree to plates. Serve with the caramelized chicory. Garnish with the leftover thyme and pistachio that might have fallen off the pork tenderloin.

Enjoy!



Rump steak with chimichurri

with Roseval potatoes, chestnut mushrooms and a salad

PREMIUM 30 min. • Eat within 5 days

PREMIUM



Roseval potatoes



Chestnut mushrooms



Yellow cherry tomatoes



Garlic clove



Green pepper



Shallot



Fresh flat leaf parsley and coriander



Fresh oregano



Rump steak



Rocket lettuce



Salted almonds



Mayonnaise

Pantry items

Butter, olive oil, black 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

Small bowl, sauté pan or large frying pan, kitchen paper, aluminium foil, frying pan, salad bowl

Serves 1—6

	1P	2P	3P	4P	5P	6P
Roseval potatoes (g)	300	600	900	1200	1500	1800
Chestnut mushrooms* (g)	125	250	375	500	625	750
Yellow cherry tomatoes* (g)	60	125	180	250	305	375
Garlic clove (pcs)	2	4	6	8	10	12
Green pepper* (pcs)	¼	½	¾	1	1¼	1½
Shallot (pcs)	¼	½	¾	1	1¼	1½
Fresh flat leaf parsley and coriander* (g)	5	10	15	20	25	30
Fresh oregano* (g)	5	10	15	20	25	30
Rump steak* (pcs)	1	2	3	4	5	6
Rocket lettuce* (g) 23)	20	40	60	80	100	120
Salted almonds (g) 5) 8) 25)	20	40	60	80	100	120
Mayonnaise* (g) 3) 10) 19) 22)	25	50	75	100	125	150

Not included

Butter (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1	2	3	4	5	6
Black balsamic vinegar (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	4473 / 1069	589 / 141
Total fat (g)	65	9
Of which: saturated (g)	14,3	1,9
Carbohydrates (g)	69	9
Of which: sugars (g)	9,5	1,2
Fibre (g)	11	1
Protein (g)	45	6
Salt (g)	0,5	0,1

Allergens:

3) Eggs 5) Peanuts 8) Nuts 10) Mustard

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

25) Sesame seed

Contact

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



1. Fry the Roseval potatoes

Wash the **potatoes** thoroughly and cut into wedges. Heat half of the butter in a frying pan and fry the potato wedges for 20 – 23 minutes on medium-high heat, or until golden brown and crispy. Turn regularly.



4. Fry the steak

Pat the **rump steak** dry with kitchen paper. Heat the remaining butter in a frying pan on medium-high heat, and fry the **rump steak** for 1 – 3 minutes per side. Season with salt and pepper. Remove from the pan and let it rest under aluminium foil. Return the frying pan back to the heat and add the **chestnut mushrooms** and the remaining **garlic**. Season with salt and pepper and fry for 4 – 5 minutes. Then deglaze with 1 tsp black balsamic vinegar per person.



2. Chop

In the meantime, cut the **mushrooms** into quarters. Halve the **yellow cherry tomatoes**. Press or mince the **garlic**.



5. Make the salad

Meanwhile, mix the extra virgin olive oil, the remaining black balsamic vinegar, salt and pepper in a salad bowl. Add the **rocket lettuce**, **yellow cherry tomatoes** and the **almonds** and **mix** well. Cut the **rump steak** into slices.



3. Make the chimichurri

Remove the seeds from the **green pepper**. Very finely chop the **shallot**, the **green pepper**, the fresh **flat leaf parsley**, **coriander** and **oregano**. Transfer to a small bowl and mix with the olive oil, half of the black balsamic vinegar, half of the **garlic**, salt and pepper.

TIP: Do you have a food processor? Use it to make the chimichurri!



6. Serve

Transfer the **rump steak** to the plates. Then divide the **mushrooms**, the salad and the **potatoes** among the plates. Garnish the rump steak and the mushrooms with 1½ tbsp chimichurri per person and serve with the **mayonnaise**. Drizzle the remaining chimichurri over the mushrooms.

Enjoy!



Fish stew with coconut milk and lime

with rice and bell pepper

30 min. • Eat within 3 days • Calorie conscious



Onion



Garlic clove



Red bell pepper



Coconut milk



Curry powder



Diced tomato



Jasmine rice



Pollock fillet



Lime

Pantry items

Olive oil, vegetable stock cube, 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, kitchen paper, grater, wok or sauté pan with a lid

Serves 1—6

	1P	2P	3P	4P	5P	6P
Onion (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	1	1	2	2	3	3
Red bell pepper* (pcs)	½	1	1½	2	2½	3
Coconut milk (ml) 26)	50	100	150	200	250	300
Curry powder (tsp) 9) 10)	1	2	3	4	5	6
Diced tomato (can)	½	1	1½	2	2½	3
Jasmine rice (g)	85	170	250	335	420	505
Pollock fillet* (pcs) 4)	1	2	3	4	5	6
Lime (pcs)	¼	½	¾	1	1¼	1½
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)	2634 / 630	444 / 106
Total fat (g)	17	3
Of which: saturated (g)	9,4	1,6
Carbohydrates (g)	87	15
Of which: sugars (g)	14,0	2,4
Fibre (g)	6	1
Protein (g)	30	5
Salt (g)	2,2	0,4

Allergens:

4) Fish 9) Celery 10) Mustard

May contain traces of: 26) Sulfit

Contact

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



1. Prepare

Boil ample water in a pan with a lid, for the rice. Chop the **onion** and press or mince the **garlic**. Remove the seeds from the **red bell pepper** and cut it into small dices. Stir the **coconut milk** well, so that any lumps dissolve.



2. Make the stew

Heat the olive oil in a wok or sauté pan with a lid, and fry the **onion**, **garlic** and **curry powder** for 2 minutes on low heat. Add the **bell pepper**, **coconut milk** and **diced tomato**. Crumble the stock cube over the pan and let the whole simmer for 10 – 12 minutes on medium-low heat, covered with the lid.



3. Cook the rice

In the meantime, add the **rice** to the pan with boiling water and cook for 10– 12 minutes, covered with the lid. Drain and leave the lid on the pan. Season the rice with salt and pepper.



4. Stew the fish

Meanwhile, pat dry the **pollock fillet** with kitchen paper and cut it into 4 equally sized pieces. Add the **fillet** to the vegetables for the last 6 – 8 minutes and let it cook on medium-high heat, covered with the lid. Then season with salt and pepper.



5. Cut the lime

Grate the **lime** peel with a fine grater and cut the lime into wedges.



6. Serve

Add 1 tsp lime zest per person to the rice and squeeze the lime wedges over it, to taste. Transfer the rice and fish to plates. Garnish with the leftover lime wedges.

Enjoy!



Italian minestrone soup with hake fillet

with pesto, spinach and carrot

30 min. • Eat within 3 days



Garlic clove



Carrot



Risotto rice



Spinach



Cannellini beans



Green pesto



Hake fillet with skin

Pantry items

Olive oil, Vegetable stock cube, White balsamic vinegar, Salt and pepper

A good start

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

Equipment

Frying pan, sieve, sauté pan with a lid, wok or sauté pan with a lid

Serves 1—6

	1P	2P	3P	4P	5P	6P
Garlic clove (pcs)	1	2	3	4	5	6
Carrot* (g)	100	200	300	400	500	600
Risotto rice (g)	40	75	120	150	195	225
Spinach* (g) 23)	100	200	300	400	500	600
Cannellini beans (pack)	½	1	1½	2	2½	3
Green pesto* (g) 7) 8)	25	50	75	100	125	150
Hake fillet with skin* (pcs) 4)	1	2	3	4	5	6
Not included						
Olive oil (tbsp)	1½	3	4½	6	7½	9
Vegetable stock cube (pcs)	½	1	1½	2	2½	3
White balsamic vinegar (tbsp)	¼	½	¾	1	1¼	1½
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2833 / 677	557 / 133
Total fat (g)	33	7
Of which: saturated (g)	4,9	1,0
Carbohydrates (g)	55	11
Of which: sugars (g)	5,4	1,1
Fibre (g)	14	3
Protein (g)	32	6
Salt (g)	4,7	0,9

Allergens:

4) Fish 7) Milk/lactose 8) Nuts

May contain traces of: 23) Celery

WEETJE: Did you know that this dish is rich in fibre, which is largely due to the beans? It contains almost half of the daily recommended amount. The beans are not the only source: the vegetables in this dish contain a good amount of fibre as well.

Contact

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



1. Prepare

Boil 300 ml water per person. Press or mince the **garlic**. Peel the **carrot** and cut it into 1 x 1 cm dices.



2. Make the soup

Heat 1 tbsp olive oil per person in a wok or sauté pan with a lid on medium-high heat, and fry the **garlic** for 2 minutes. Add the **risotto rice** and fry for 1 minute. Add the **carrot** and the boiling water and crumble the stock cube over the pan (TIP). Cover the pan with a lid and cook for 15 - 18 minutes.

TIP: Keeping an eye on your salt intake? Add 1/4 stock cube per person, instead of 1/2.



3. Cut the spinach

In the meantime, cut the **spinach** into bite-sized pieces and drain the **cannellini beans** in a sieve.



4. Mix

Add the **green pesto**, **spinach**, **cannellini beans** and white balsamic vinegar to the soup. Stir well, cover the pan with the lid and heat for 5 - 6 minutes, until the spinach has shrunk.



5. Fry the fish

In the meantime, pat dry the **hake fillet** with kitchen paper. Heat the remaining olive oil in a frying pan on medium-high heat, and fry the **hake fillet** for 2 - 3 minutes with the skin-side down. Reduce the heat and fry the fish for 1 - 2 minutes on its other side. Season with salt and pepper.



6. Serve

Transfer the soup to deep plates and put the **hake fillet** on top, with the skin-side up.

Enjoy!



Breaded fish burger with dill yogurt

with fried potatoes and sweet and sour cucumber salad

35 min. • Eat within 5 days



Waxy potatoes



Fresh dill



Tomato



Cucumber



Full-fat yogurt



White ciabatta



Hake fillet breaded
with corn flakes



Mesclun

Pantry items

Olive oil, butter, white balsamic vinegar,
sugar, salt and pepper

A good start

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

Equipment

Frying pan, small bowl, salad bowl, sauté pan with a lid

Serves 1—6

	1P	2P	3P	4P	5P	6P
Waxy potatoes (g)	250	500	750	1000	1250	1500
Fresh dill* (g)	2½	5	7½	10	12½	15
Tomato* (pcs)	½	1	1½	2	2½	3
Cucumber* (pcs)	½	1	1½	2	2½	3
Full-fat yogurt* (g) 7) 19) 22)	50	100	150	200	250	300
White ciabatta (pcs) 1) 6) 7) 17) 22) 25) 27	1	2	3	4	5	6
Hake fillet breaded with corn flakes* (pcs) 1) 4)	1	2	3	4	5	6
Mesclun* (g) 23)	15	30	45	60	75	90

Not included

Olive oil (tbsp)	1	2	3	4	5	6
Butter (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tbsp)	1	2	3	4	5	6
Sugar (tsp)	1	2	3	4	5	6

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3389/810	452/108
Total fat (g)	25	3
Of which: saturated (g)	8,7	1,2
Carbohydrates (g)	109	15
Of which: sugars (g)	14,7	2,0
Fibre (g)	8	1
Protein (g)	31	4
Salt (g)	1,4	0,2

Allergens:

1) Grains containing gluten 4) Fish 6) Soy 7) Milk/lactose

May contain traces of: 17) Eggs 19) Peanuts 22) Nuts

23) Celery 25) Sesame seed 27) Lupin



1. Fry the potatoes

Preheat the oven to 200 degrees. Peel or thoroughly wash the **potatoes** and cut into wedges. Heat 1 tbsp olive oil per person 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. Regularly stir. Season with salt and pepper.



2. Chop

Finely chop the dill and cut the **tomato** into slices. Cut the **cucumber** into thin slices.



3. Make the cucumber salad

In a salad bowl, mix per person: 1 tbsp white balsamic vinegar, 1 tsp sugar and a pinch of salt. Add ⅔ of the **cucumber** slices and mix well. Set aside and regularly stir.



4. Make the dill yogurt

In a small bowl, mix the **yogurt** with the **dill**, salt and pepper. In the meantime, bake the **ciabatta** in the oven for 6 – 8 minutes.



5. Fry the fish

Heat ½ tbsp butter per person in a frying pan on medium-high heat. Fry the **breaded hake fillet** for 4 – 5 minutes on each side until brown.



6. Serve

Spread part of the dill yogurt on the **ciabatta** and put some slices of **tomato** and **cucumber** on the yogurt. Top with the **breaded hake fillet**. Divide the **potatoes** and cucumber salad among plates. Serve with the leftover dill yogurt.

Enjoy!

Contact

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



Pasta pesto with salmon

with oven-roasted tomatoes and courgette

30 min. • Eat within 3 days



Garlic clove



Plum tomato



Spaghetti



Courgette



Salmon fillet with skin



Green pesto

Pantry items

Black balsamic vinegar, olive oil, butter, salt and pepper

A good start

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

Equipment

Baking sheet lined with baking paper, frying pan, baking dish, pan with a lid

Serves 1—6

	1P	2P	3P	4P	5P	6P
Garlic clove (pcs)	½	1	1½	2	2½	3
Plum tomato* (pcs)	1	2	3	4	5	6
Spaghetti (g 1) 17) 20)	90	180	270	360	450	540
Courgette (pcs)	½	1	1½	2	2½	3
Salmon fillet with skin* (pcs) 4)	1	2	3	4	5	6
Green pesto* (g) 7) 8)	20	40	60	80	100	120

Not included

Black balsamic vinegar (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1½	3	4½	5	7½	8
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)	3866 / 924	739 / 177
Total fat (g)	49	9
Of which: saturated (g)	11,3	2,2
Carbohydrates (g)	80	15
Of which: sugars (g)	16,4	3,1
Fibre (g)	6	1
Protein (g)	37	7
Salt (g)	0,7	0,1

Allergens:

1) Grains containing gluten 4) Fish 7) Milk/lactose 8) Nuts

May contain traces of: 17) Eggs 20) Soy



1. Prepare the tomato

Preheat the oven to 200 degrees. Press or mince the **garlic**. Cut the **plum tomato** into small dices and mix them with the **garlic**, black balsamic vinegar and 1 tbsp olive oil per person on, on a baking sheet lined with baking paper. Season with salt and pepper and roast in the oven for 15 minutes.



2. Cook the pasta

Boil ample water in a pan with a lid and cook the **spaghetti**, covered with the lid, for 10– 12 minutes until al dente. Drain and leave to steam dry without the lid.



3. Cut the courgette

Cut the **courgette** in half width-wise, then cut into thin slices lengthwise. Cut the slices into dices. Heat ½ tbsp butter per person in a sauté pan and fry the **courgette** for 4 – 6 minutes. Remove from the pan and set aside.



4. Fry the salmon fillet

Heat the leftover olive oil in a frying pan on high heat, and fry the **salmon fillet** for 3 minutes, on the skin. Reduce the heat and flip the salmon over to its other side. Spread 1 tsp **pesto** on the skin of the salmon fillet and fry for 1 2 more minutes, with the skin up. Season with salt and pepper.



5. Mix

Mix the **spaghetti** with the **tomato** on the baking sheet. Add the rest of the **pesto** and the **courgette** and mix well.



6. Serve

Divide the **spaghetti** among plates and serve with the **salmon fillet** on top.

Enjoy!

Contact

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



Cheese platter

2 COURSES 50 min. • Eat within 5 days

2 COURSES

Enjoy December together with a 2 course restaurant-worthy dinner.



French camembert



Fresh goat cheese



Spicy onion chutney



Raisin-walnut bread



Dried apricots



Fourme d'ambert



Diced aged cheese

Pantry items

A good start

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

Equipment

-

Serves 1—6

	1P	2P	3P	4P	5P	6P
Dried apricots (g) 19) 22) 25)	25	50	75	100	125	150
Raisin-walnut bread (st) 1) 8) 17) 20) 21) 25)	1	2	3	4	5	6
Fourme d'ambert* (st) 7)	½	1	1½	2	2½	3
Fresh goat cheese* (st) 7)	½	1	1½	2	2½	3
French camembert* (st) 7)	½	1	1½	2	2½	3
Diced aged cheese* (g) 7)	25	50	75	100	125	150
Spicy onion chutney* (g) 19) 22)	40	80	120	160	200	240
Chopped pecan nuts (g) 8) 19) 25)	5	10	15	20	25	30

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3937 /941	1230 /294
Total fat (g)	52	16
Of which: saturated (g)	28,5	8,9
Carbohydrates (g)	74	23
Of which: sugars (g)	43,5	13,6
Fibre (g)	8	2
Protein (g)	40	12
Salt (g)	3,7	1,2

Allergens:

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

May contain traces of: 17) Eggs 19) Peanuts 20) Soy 21) Milk/Lactose 22) Nuts 25) Sesame seed



1. Take the cheese from the refrigerator

Take the different **cheeses** from the refrigerator when you start preparing the main course. When the cheeses reach room temperature, they release all of their flavours and aromas.



2. Bake the bread

Right before serving, bake the raisin-walnut bread in the preheated oven for 6 – 8 minutes.



3. Dried apricots

Do you know the difference between sulphured **apricots** and non-sulphured apricots? You can recognize sulphured apricots by their bright orange colour. Non-sulphured apricots are dark brown in colour. The bright orange ones might look fresher, but the non-sulphured version is in fact more fresh and, according to many, a lot tastier. This is the reason why we always use non-sulphured apricots.



4. Serve

Transfer the **cheeses**, the leftover **pecan nuts** from the main course and the **dried apricots** to a nice serving board. Spoon the **onion chutney** in a small bowl and put this on the serving board as well. Optionally, serve with the remaining red wine from the main course.

Enjoy!

Contact

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



Veal shoulder with red wine sauce

with crispy oven-roasted pumpkin

2 COURSES 50 min. • Eat within 5 days

2 COURSES

Enjoy December together with a 2 course restaurant-worthy dinner.



Red onion



Garlic clove



Hokkaido pumpkin



Pecan nuts



Fresh thyme



Panko



Grated matured goat cheese



Red wine



Ground cinnamon



Bay leaf



Starchy potatoes



Veal shoulder

Pantry items

Butter, olive oil, black 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

Pan with a lid, bowl, saucepan, sieve, baking sheet lined with baking paper, potato masher, frying pan with a lid, small bowl

Serves 1—6

	1P	2P	3P	4P	5P	6P
Red onion (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	½	1	1½	2	2½	3
Hokkaido pumpkin (g)	250	500	750	1000	1250	1500
Pecan nuts (g) 8) 19) 25)	20	40	60	80	100	120
Fresh thyme* (g)	5	10	15	20	25	30
Panko (g 1)	13	25	38	50	63	75
Grated matured goat cheese* (g 3) 7)	25	50	75	100	125	150
Red wine (ml) 12) 17) 21)	35	70	105	140	175	210
Ground cinnamon (tsp)	0.1	0.2	0.3	0.4	0.5	0.6
Bay leaf (pcs)	1	1	2	2	3	3
Starchy potatoes (g)	250	500	750	1000	1250	1500
Veal shoulder* (g)	120	240	360	480	600	720

Not included

Salt & pepper	to taste				
---------------	----------	--	--	--	--

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	5548 / 1326	632 / 151
Total fat (g)	86	10
Of which: saturated (g)	36,3	4,1
Carbohydrates (g)	80	9
Of which: sugars (g)	17,5	2,0
Fibre (g)	10	1
Protein (g)	41	5
Salt (g)	1,1	0,1

Allergens:

1) Grains containing gluten **3)** Eggs **7)** Milk/lactose **8)** Nuts **12)** Sulfite

May contain traces of: **17)** Eggs **19)** Peanuts **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 200 degrees. Chop the **onion** and press or mince the **garlic**. Cut the **pumpkin** into 1 cm thick wedges (TIP). and remove the seeds. Finely chop half of the **pecan nuts** (you will be using the other half for the dessert).

TIP: *You don't have to peel the pumpkin: the peel will soften in the oven.*



4. Make the puree

Boil ample water in a different pan with a lid. Thoroughly wash or peel the **potatoes** and cut them into large pieces. Cook them for 12 – 15 minutes. Drain and use a potato masher to mash into a puree. Add 1 tbsp butter per person and a splash of milk, to make it smoother. Stir in 1 tsp mustard per person and season with salt and pepper.



2. Prepare the pumpkin

Transfer the **pumpkin** and half of the **red onion** to a baking sheet lined with baking paper. Remove the leaves from half of the **thyme** sprigs. In a small bowl, mix the **panko** with the **goat cheese**, the **thyme** leaves, the **pecan nuts**, salt and pepper. Spread the pumpkin with a lot of olive oil and press the panko mixture onto the pumpkin, with your fingers. Roast the pumpkin in the oven for 20 – 25 minutes, until soft.



5. Heat the veal shoulder

Cut the **veal shoulder** into 2 slices per person. Heat 1 tbsp butter per person in a frying pan with a lid, on medium heat, and place the veal slices next to each other. Cover the pan, reduce the heat to medium-low and heat the veal shoulder for 5 – 7 minutes. Turn regularly. Season with salt and pepper.



3. Make the sauce

Heat ½ tbsp butter per person in a saucepan on medium-high heat. Fry the leftover **red onion** and **garlic** for 1 – 2 minutes. Add per person: 50 ml water, 70 ml red wine, a pinch of cinnamon and 1 tsp black balsamic vinegar. Add the remaining **thyme** and the **bay leaf**. Bring to a boil, reduce the heat to low and let the whole simmer softly for 15 – 20 minutes. Then drain through a sieve, pour the sieved sauce back into the pan and heat shortly. Season with salt and pepper.



6. Serve

Transfer the **veal shoulder** to plates and pour the sauce over it. Spoon the potato puree next to it and spread it a little bit. Put the **pumpkin** and **onion** on top of the puree.

Enjoy!



Pasta pesto with salmon

with oven-roasted tomatoes and courgette

HELLOEXTRA 25min. • Eat within 3 days

**HELLO
EXTRA**



Garlic clove



Plum tomato



Spaghetti



Courgette



Salmon fillet with skin



Green pesto

Pantry items

Black balsamic vinegar, olive oil, butter, salt and pepper

A good start

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

Equipment

Frying pan, baking sheet lined with baking paper, pan with a lid

Serves 1—6

	1P	2P	3P	4P	5P	6P
Garlic clove (pcs)	½	1	1½	2	2½	3
Plum tomato (pcs)	1	2	3	4	5	6
Spaghetti (g 1) 17) 20)	90	180	270	360	450	540
Courgette (pcs)	½	1	1½	2	2½	3
Salmon fillet with skin* (pcs) 4)	2	4	6	8	10	12
Green pesto* (g) 7) 8)	40	80	120	160	200	240

Not included

Black balsamic vinegar (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1½	3	4½	5	7½	8
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)	5157 / 1233	802 / 192
Total fat (g)	73	11
Of which: saturated (g)	15,7	2,5
Carbohydrates (g)	82	13
Of which: sugars (g)	16,9	2,6
Fibre (g)	7	1
Protein (g)	58	9
Salt (g)	1,4	0,2

Allergens:

1) Glutenbevattende granen 4) Vis 7) Melk/Lactose 8) Noten
May contain traces of: 17) Eieren 20) Soja



1. Prepare the tomato

Preheat the oven to 200 degrees. Press or mince the **garlic**. Cut the **plum tomato** into small dices and mix them with the **garlic**, black balsamic vinegar and 1 tbsp olive oil per person, on a baking sheet lined with baking paper. Season with salt and pepper and roast in the oven for 15 minutes.



2. Cook the pasta

Boil ample water in a pan with a lid and cook the **spaghetti**, covered with the lid, for 10 – 12 minutes until al dente. Drain and leave to steam dry without the lid.



3. Cut the courgette

Cut the **courgette** in half width-wise, then cut into thin slices lengthwise. Cut the slices into dices. Heat ½ tbsp butter per person in a sauté pan and fry the **courgette** for 4 – 6 minutes.



4. Fry the salmon fillet

Heat the leftover olive oil in a frying pan on high heat, and fry the **salmon fillet** for 3 minutes, on the skin. Reduce the heat and flip the salmon over to its other side. Spread 1 tsp pesto on the skin of the salmon fillet and fry for 1 – 2 more minutes, with the skin up. Season with salt and pepper.



5. Mix

Mix the **spaghetti** with the **tomato** on the baking sheet. Add the rest of the pesto and the **courgette** and mix well.



6. Serve

Divide the **spaghetti** among plates and serve with the **salmon fillet** on top.

Enjoy!

Contact

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



Winter risotto with Jerusalem artichoke

with comté and hazelnuts

HELLOEXTRA 45 min. • Eat within 5 days

**HELLO
EXTRA**



Shallot



Leek



Risotto rice



Jerusalem artichoke



Hazelnuts



Pork sausage with
lemon and thyme



Lemon



Fresh flat leaf parsley



Comté cheese

Pantry items

Vegetable stock, Butter, White balsamic vinegar, Salt and pepper

A good start

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

Equipment

Pan with lid, frying pan, frying pan with a lid

Serves 1—6

	1P	2P	3P	4P	5P	6P
Shallot (pcs)	½	1	1½	2	2½	3
Leek* (pcs)	½	1	1½	2	2½	3
Risotto rice (g)	75	150	225	300	375	450
Jerusalem artichoke (g)	100	200	300	400	500	600
Hazelnuts (g) 8) 19) 25)	15	30	45	60	75	90
Pork sausage with lemon and thyme* (pcs)	1	2	3	4	5	6
Lemon (pcs)	¼	½	¾	1	1¼	1½
Fresh flat leaf parsley* (g)	2½	5	7½	10	12½	15
Comté cheese* (g) 7)	25	50	75	100	125	150
Not included						
Vegetable stock (ml)	200	400	600	800	1000	1200
Butter (tbsp)	2	4	6	8	10	12
White balsamic vinegar (tsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	4778 /1142	658 /157
Total fat (g)	65	9
Of which: saturated (g)	30,5	4,2
Carbohydrates (g)	88	12
Of which: sugars (g)	17,2	2,4
Fibre (g)	40	5
Protein (g)	25	3
Salt (g)	4,1	0,6

Allergens:

7) Milk/lactose 8) Nuts
May contain traces of: 19) Peanuts 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. Fry

Prepare the stock and add 150 ml extra water per person. Chop the shallot. Cut the leek into thin half rings and wash it. Heat 1 tbsp butter per person in a pan with a lid and fry the shallot for 1 minute on medium-high heat. Add the leek and fry for 5 minutes.



4. Fry the sausage

Heat ½ tbsp butter per person in a frying pan with a lid, and fry the pork **sausage** for 2 – 3 minutes, all around, on medium-high heat. Cover the pan with the lid and fry for another 8 – 10 minutes on medium heat. Regularly turn the **sausage**.



2. Cook the risotto

As soon as the rice has absorbed all the stock, add another ⅓ of the stock and let the rice absorb again. Repeat this with the rest of the stock. The **risotto** is cooked as soon as the grains are soft on the outside, but still have a bite on the inside. This will take about 20 – 25 minutes. Add some extra water if you want to cook the **risotto** more.

TIP: This risotto contains more liquid; it might be more moist than you are used to. Not a fan? Add less stock and water.



5. Season

Stir a splash of warm or boiled water through the **risotto** and let it cool for about 5 minutes (TIP). Grate the lemon peel with a fine grater and press the juice from the lemon. Finely chop the fresh flat leaf parsley. Add the comté cheese and 1 tsp lemon juice per person to the **risotto**. Stir well and season with salt and pepper, if necessary.

TIP: By letting the risotto rest with the lid on the pan, it will get extra smooth and juicy.



3. Fry the Jerusalem artichoke

Peel or thoroughly wash the Jerusalem artichoke and cut into thin slices. Roughly chop the hazelnuts. Heat the rest of the butter in a frying pan and fry the slices of Jerusalem artichoke 10 – 12 minutes on medium-high heat, or until golden brown and soft. Season with salt and pepper. Add the chopped hazelnuts and fry for another 2 minutes.

TIP: If the slices or Jerusalem artichoke are too thick, the inside does not cook well. Make sure the slices are really thin, so that they get crispy on the outside and soft on the inside.

6. Serve

Divide the **risotto** among plates and garnish with the Jerusalem artichoke and the hazelnuts. Serve the **risotto** with the **sausage** and garnish with parsley, lemon zest and a pinch of black pepper to taste.:

Enjoy!



Chicken fillet in mustard-cream sauce

with fried potatoes and broccoli

FAMILY

QUICK & EASY

25 min. • Eat within 3 days

FAMILY



Waxy potatoes



Chestnut mushrooms



Garlic clove



Shallot



Fresh rosemary



Chicken fillet



Broccoli



Double cream

Pantry items

Butter, Olive oil, Vegetable stock, White wine vinegar, Mustard, Salt and pepper

A good start

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

Equipment

Frying pan, sauté pan with a lid

Serves 1—6

	1P	2P	3P	4P	5P	6P
Waxy potatoes (g)	200	400	600	800	1000	1200
Chestnut mushrooms* (g)	60	125	180	250	305	375
Garlic clove (pcs)	½	1	1½	2	2½	3
Shallot (pcs)	½	1	1½	2	2½	3
Fresh rosemary* (sprigs)	1	2	3	4	5	6
Chicken fillet* (pcs)	1	2	3	4	5	6
Broccoli* (g)	125	250	375	500	625	750
Double cream* (ml) 7)	75	150	200	300	350	450

Not included

Butter (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1½	3	4½	6	7½	9
Vegetable stock (ml)	200	400	600	800	1000	1200
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Mustard (tbsp)	1	2	3	4	5	6

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3891/930	455/109
Total fat (g)	65	8
Of which: saturated (g)	27,7	3,2
Carbohydrates (g)	46	5
Of which: sugars (g)	4,5	0,5
Fibre (g)	35	4
Protein (g)	10	1
Salt (g)	2,7	0,3

Allergens:

7) Milk/lactose

Contact

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



1. Fry the potatoes

Prepare the stock. Peel or thoroughly wash the potatoes and cut into ½ cm slices. Heat half of the olive oil in a sauté pan with a lid and fry the sliced potato for 15 – 20 minutes on medium-low heat, covered with the lid. Remove the lid for the last 5 minutes. Season with salt and pepper.



4. Stew the broccoli

Heat the other half of the olive oil in a sauté pan with a lid on high heat, and fry the **broccoli** for 1 – 2 minutes. Deglaze with 125 ml stock per person (not all of the stock). Reduce the heat and let the **broccoli** stew for 10 – 12 minutes. Then drain if necessary.



2. Prepare and fry the chicken

In the meantime, cut the **musrooms** into quarters. Press or mince the garlic and chop the shallot. Take the rosemary leaves from the sprigs and roughly chop the leaves. Heat half of the butter in a frying pan on medium-high heat and fry the chicken fillet for 2 – 3 minutes per side. Remove the chicken fillet from the pan and set side: it does not have to be cooked yet. Meanwhile, cut the **broccoli** into florets and the stem into dices.



5. Make the mustard sauce

Deglaze the **mushrooms** with 75 ml stock per person. Add the mustard, white wine vinegar and rosemary. Reduce the heat, add the double cream and let it reduce for 12 minutes. For the last 5 minutes, add the chicken.



3. Fry the mushrooms

Heat the remaining butter in the same frying pan and fry the shallot for 1 – 2 minutes. Add the **mushrooms** and garlic and stir fry for 2 – 3 minutes.



6. Serve

Divide the **broccoli** and potatoes among plates and serve with the chicken in mustard-cream sauce.

Enjoy!



Winter risotto with Jerusalem artichoke

with comté and hazelnuts

HELLOEXTRA

45 min. • Eat within 5 days

HELLO
EXTRA



Shallot



Leek



Risotto rice



Jerusalem artichoke



Hazelnuts



Pork sausage with
lemon and thyme



Lemon



Fresh flat leaf parsley



Comté cheese

Pantry items

Vegetable stock, butter, white balsamic
vinegar, salt and pepper

A good start

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

Equipment

Pan with a lid, frying pan, frying pan with a lid, grater

Serves 1—6

	1P	2P	3P	4P	5P	6P
Shallot (pcs)	½	1	1½	2	2½	3
Leek* (pcs)	½	1	1½	2	2½	3
Risotto rice (g)	75	150	225	300	375	450
Jerusalem artichoke (g)	100	200	300	400	500	600
Hazelnuts (g) 8) 19) 25)	15	30	45	60	75	90
Pork sausage with lemon and thyme* (pcs)	1	2	3	4	5	6
Lemon (pcs)	¼	½	¾	1	1¼	1½
Fresh flat leaf parsley* (g)	2½	5	7½	10	12½	15
Comté cheese* (g) 7)	25	50	75	100	125	150
Not included						
Vegetable stock (ml)	200	400	600	800	1000	1200
Butter (tbsp)	2	4	6	8	10	12
White balsamic vinegar (tsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	4778 / 1142	658 / 157
Total fat (g)	65	9
Of which: saturated (g)	30,5	4,2
Carbohydrates (g)	88	12
Of which: sugars (g)	17,2	2,4
Fibre (g)	25	3
Protein (g)	40	5
Salt (g)	4,1	0,6

Allergens:

7) Milk/lactose 8) Nuts

May contain traces of: 19) Peanuts 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. Fry

Prepare the stock and add 150 ml extra water per person. Chop the **shallot**. Cut the **leek** into thin half rings and wash it. Heat 1 tbsp butter per person in a pan with a lid and fry the **shallot** for 1 minute on medium-high heat. Add the leek and fry for 5 minutes. Add the risotto rice and fry for 1 more minute.



4. Fry the sausage

Heat ½ tbsp butter per person in a frying pan with a lid, and fry the **pork sausage** for 2 – 3 minutes, all around, on medium-high heat. Cover the pan with the lid and fry for another 8 – 10 minutes on medium heat. Regularly turn the sausage.



2. Cook the risotto

Add the white balsamic vinegar and ⅓ of the stock. Let the rice slowly absorb the stock. As soon as the rice has absorbed all the stock, add another ⅓ of the stock and let the rice absorb again. Repeat this with the rest of the stock. The risotto is cooked as soon as the grains are soft on the outside, but still have a bite on the inside. This will take about 20 – 25 minutes. Add some extra water if you want to cook the risotto more (TIP).

TIP: This risotto contains more liquid: it might be more moist than you are used to. Not a fan? Add less stock and water.



5. Season

Stir a splash of warm or boiled water through the **risotto** and let it cool for about 5 minutes (TIP). Grate the **lemon** peel with a fine grater and press the juice from the lemon. Finely chop the fresh **flat leaf parsley**. Add the **comté cheese** and 1 tsp lemon juice per person to the **risotto**. Stir well and season with salt and pepper, if necessary.

TIP: By letting the risotto rest with the lid on the pan, it will get extra smooth and juicy.



3. Fry the Jerusalem artichoke

Peel or thoroughly wash the **Jerusalem artichoke** and cut into thin slices. Roughly chop the **hazelnuts**. Heat the rest of the butter in a frying pan and fry the slices of Jerusalem artichoke 10 – 12 minutes on medium-high heat, or until golden brown and soft. Season with salt and pepper. Add the chopped hazelnuts and fry for another 2 minutes.

TIP: If the slices or Jerusalem artichoke are too thick, the inside does not cook well. Make sure the slices are really thin, so that they get crispy on the outside and soft on the inside.



6. Serve

Divide the **risotto** among plates and garnish with the **Jerusalem artichoke** and the **hazelnuts**. Serve the risotto with the **sausage** and garnish with parsley, lemon zest and a pinch of black pepper to taste.

Enjoy!

1

Apple crumble with muesli
with semi-skimmed yogurt

2

Bulgarian yogurt with pear
with pistachio and dried apricots

3

Fibre-rich crackers with avocado
with aged cheese and tomato

Apple crumble with muesli

with semi-skimmed yogurt

1X 25 min.



Equipment

Oven dish, bowl

Ingredients for 1 breakfast

	2P	4P
Jonagold apple (pcs)	2	4
Ground cinnamon (tbsp)		1
Honey (jar)	1	2
Muesli (g) 1) 8) 12) 19) 25)	100	200
Semi-skimmed yogurt* (ml) 7)	250	500
Not included		
Butter (tbsp)	½	1

* keep in the refrigerator

Nutritive value

	Per portion	Per 100g
Energy (kJ/kcal)	1845 / 441	469 / 112
Total fat (g)	10	2
Of which: saturated (g)	3,8	1,0
Carbohydrates (g)	75	19
Of which: sugar (g)	53,4	13,6
Fibres (g)	8	2
Protein (g)	9	2
Salt (g)	0,1	0,0

Allergens

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

12) Sulfite

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

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

Bulgarian yogurt with pear

with pistachio and dried apricots

2X 20 min.



Equipment

-

Ingredients for 1 breakfast

	2P	4P
Conference pear* (pcs)	1	2
Chopped dried apricots (g)	40	80
19) 22) 25)		
Bulgarian yogurt* (ml) 7)	375	750
Pistachios (g) 8) 19) 25)	20	40

* keep in the refrigerator

Nutritive value

	Per portion	Per 100g
Energy (kJ/kcal)	1318 /315	432/103
Total fat (g)	14	5
Of which: saturated (g)	6,5	2,1
Carbohydrates (g)	32	11
Of which: sugar (g)	27,8	9,1
Fibres (g)	6	2
Protein (g)	12	4
Salt (g)	0,3	0,1

Allergens

7) Milk/lactose 8) Nuts

May contain traces of: 19) Peanuts 22) Nuts

25) Sesame seeds

1. Peel the **pear**, remove the core and cut the pear into dices. Chop the **dried apricots** into small pieces.
2. Divide the **Bulgarian yogurt** among breakfast bowls. Garnish with the diced **pear** and the chopped **apricots**. Sprinkle with the **pistachio**.

Fibre-rich crackers with avocado

with aged cheese and tomato

2X 20 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. Cut the **avocado** in half, remove the seed and spoon out the fruit. Cut the **tomato** into thin slices.
2. Divide the **avocado** over the **crackers** and top with the **aged cheese** and the **tomato** slices. Season with some pepper to taste.