



SALAD WITH TUNA AND OPPERDOEZER RONDE POTATOES

With sautéed fennel, apple and capers



TUNA

The white Albacore tuna from Fish Tales is caught off the coast of San Diego with a rod and line, the most sustainable and environmentally friendly way of catching fish.



Opperdoezer Ronde potatoes



Red onions



Fennel ✱



White tuna in olive oil



Apple



Spinach ✱



Capers ✱



Total: **25-30** min.



Family



Easy



Calorie-conscious



Eat within **5** days



Lactose-free



Gluten-free

Opperdoezer Ronde potatoes are waxy and grown exclusively in the vicinity of the village of Opperdoes. These potatoes have a thin skin, which means they need to be harvested by hand for the most part. Their mild flavour makes them suitable for this salad, which is made up of pretty outspoken flavours such as capers, apple and sautéed fennel.

A GOOD— START

EQUIPMENT

A **pan with a lid**, a **wok or deep saucepan with a lid** and a **salad bowl**.
Let's start cooking the **salad with tuna and Opperdoezer Ronde potatoes**.



1 PREPARE THE POTATOES

Thoroughly scrub the **potatoes** and cut into quarters. Cut any large **potatoes** into smaller sections. Put the **potatoes** barely covered with water in the pan with the lid. Bring to the boil and cook the **potatoes** for 12 – 15 minutes until done. Drain and set aside, uncovered, to steam dry.



2 CUT AND DRAIN

In the meantime, cut the **red onion** into half rings. Halve the **fennel**, cut into quarters and remove the tough core. Cut the **fennel** into cubes of around 1 cm. Drain the **tuna** and set aside the oil.

★ **TIP:** Would you like to give your salad more kick? Set aside half the red onion, mince and add to the salad raw.



4 PREPARE THE DRESSING

In the meantime, whisk together a dressing of balsamic vinegar and extra-virgin olive oil. Season to taste with salt and pepper. Cut the **apples** into quarters, remove the cores and dice the **apples**. Tear the **spinach** into bite-sized pieces and drain the **capers**.



5 MIX

Add half the **spinach** to the wok or deep saucepan and allow to wilt for 1 minute, uncovered, while stirring. Mix the fried vegetables with the remaining raw **spinach**, **apple**, **capers**, **potatoes** and **tuna** in a salad bowl.



3 FRY

Heat ½ tbsp oil from the tin of tuna in a wok or deep saucepan with a lid and sauté the **red onion** and the **fennel**, covered, for 8 – 9 minutes at medium to high heat.



6 SERVE

Stir the dressing into the salad and transfer to plates. Drizzle to taste with the remaining olive oil from the tuna.

🌱 **TIP:** Want to vary this recipe? This salad is also delicious with smoked mackerel (in oil). Substitute the tuna with mackerel. The rest of the recipe remains the same.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Opperdoezer Ronde potatoes (g)	200	400	600	800	1000	1200
Red onions (pcs)	½	1	1 ½	2	2 ½	3
Fennel (pcs) *	½	1	1 ½	2	2 ½	3
White tuna in olive oil (can) 4)	1	2	3	4	5	6
Apple (pcs)	½	1	1 ½	2	2 ½	3
Spinach (g) 23) *	100	200	300	400	500	600
Capers (g) *	10	20	30	40	50	60

*Not included

White balsamic vinegar* (tsp)	2	4	6	8	10	12
Extra-virgin olive oil* (tbsp)	½	1	1 ½	2	2 ½	3

Salt & pepper* to taste

* keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2105 / 503	331 / 79
Total fat (g)	17	3
Of which: saturated (g)	2.9	0.5
Carbohydrates (g)	56	9
Of which: sugars (g)	14.8	2.3
Fibre (g)	12	2
Protein (g)	25	4
Salt (g)	1.3	0.2

ALLERGENS

4) Fish

May contain traces of: 23) Celery

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'KAPSALON' WITH CHICKEN GYROS

With home-made oven-roasted fries, lettuce and tomatoes



GARLIC

Raw garlic gives your dressing an intense and sharp garlic flavour. Alternatively, toast the garlic whole in the oven or beneath the grill. This will turn the cloves soft and sweet.



Firm potatoes



Garlic



Mini Roma tomatoes ✱



Fresh chives ✱



Mayonnaise ✱



Chicken gyros ✱



Mixed lettuce ✱



Total: 35-40 min.



Gluten-free



Easy



Eat within 3 days

'Kapsalon' means hairdresser in Dutch, and the dish owes its name to the hairdresser who always ordered the dish at a shawarma restaurant in Rotterdam. This variety contains a little less fat than the original. For example, you'll replace the garlic sauce with a buttermilk-based dressing. Don't have any buttermilk? Check our tip for a delicious alternative.

A GOOD — START

EQUIPMENT

A **baking sheet** lined with **baking paper**, a **salad bowl**, a **small bowl** and a **frying pan**.
Let's start cooking the **kapsalon with chicken gyros**.



1 OVEN-ROAST THE FRIES

Pre-heat the oven to 220 degrees. Peel the **potatoes** and cut into strips of ½ – 1 cm thick (like French fries). Tap the **fries** dry with a paper towel and transfer them to a baking sheet lined with baking paper. Mix the **fries** with half the olive oil and season with salt and pepper. Roast for 25 – 35 minutes in the oven, or longer if you want them extra crisp. Turn when halfway done.



4 FRY THE CHICKEN GYROS

Heat the remaining olive oil in a frying pan at medium to high heat and fry the **chicken gyros** for 5 – 7 minutes until done.

★**TIP:** You can substitute the buttermilk with yoghurt or milk. This will make the dressing either a bit thicker or thinner, but the flavour will go well with this dish. Don't have those either? You can also use mayonnaise only, we opted for a mixture to make this kapsalon variety a bit healthier.



2 CHOP THE INGREDIENTS

In the meantime, press or finely chop the **garlic**. Halve the **mini Roma tomatoes** and finely chop or cut the **chives**.



5 MIX THE SALAD

In the meantime, mix the **radicchio & iceberg lettuce** in a bowl with the **Roma tomatoes** and the **dressing**.



3 MAKE THE DRESSING AND MAYO

For the dressing, mix 1½ tbsp **mayonnaise** per person in a bowl with the **buttermilk** and **chives** (don't have any buttermilk? see the tip ★). Season to taste with salt and pepper. Use a small bowl to mix the remaining **mayonnaise** with the **garlic**. Received a large **garlic clove** or are you sensitive to raw **garlic**? Use half.



6 SERVE

A kapsalon means that you stack everything on top of each other: transfer the **fries** to plates. Top with the **salad** and top that with the **chicken gyros**. Scoop the **garlic mayonnaise** on top. Prefer to keep the **fries** crunchy? Serve the **salad** and **chicken gyros** next to the **fries**. Serve with the **garlic mayonnaise** ★★.

★★**TIP:** Do you have any sambal? It goes great with kapsalon.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Firm potatoes (g)	250	500	750	1000	1250	1500
Garlic (cloves)	½	1	1 ½	2	2 ½	3
Mini Roma tomatoes (g) *	100	150	200	250	300	350
Fresh chives (sprigs) 23) *	5	10	15	20	25	30
Mayonnaise (g) 3) 10) 19) 22) *	40	75	100	140	175	200
Chicken gyros (g) *	110	220	330	440	550	660
Mixed lettuce (g) 23) *	100	150	200	250	300	350
*Not included						
Olive oil* (tbsp)	1	2	3	4	5	6
Buttermilk* (tbsp)	1 ½	3	4 ½	6	7 ½	9
Salt & pepper*	to taste					

* keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3372 / 806	578 / 138
Total fat (g)	51	9
Of which: saturated (g)	7.6	1.3
Carbohydrates (g)	54	9
Of which: sugars (g)	7.6	1.3
Fibre (g)	7	1
Protein (g)	29	5
Salt (g)	0.7	0.1

ALLERGENS

3) Eggs 10) Mustard

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

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Italian flatbread pizzas with buffalo mozzarella

With courgette and yellow sweet pepper



MOZZARELLA

This is the most consumed cheese in Italy. It is often made of cow's milk but the most creamy, tasty variety is made of buffalo's milk.



Garlic



Courgettes ✱



Yellow sweet pepper ✱



Buffalo mozzarella ✱



Tomato passata



Paprika



Lebanese flatbread



Aged cheese ✱



Dried oregano



Total: 20-25 min.



Vegetarian



Very simple



Eat within 5 days

Flatbread makes for a quick and easy pizza base. This bread is made all over the world in many different shapes and sizes. From tortilla in Mexico to naan in India and roti in Surinam. Today you'll be generously topping the flatbread pizza with tomato sauce and fresh, summery vegetables. Not quite your average pizza salami!

A GOOD — START

EQUIPMENT

A **frying pan**, a **bowl** and a **baking sheet lined with baking paper**.

Let's start cooking the **Italian flatbread pizzas with buffalo mozzarella**.



1 PREPARATION

Pre-heat the oven to 200 degrees. Press or finely chop the **garlic**.



2 CUT AND TEAR

Cut the **courgette** into thin slices and the **yellow sweet pepper** into narrow strips. Tear the **buffalo mozzarella** into bite-size pieces.



3 FRY THE COURGETTE

Heat the olive oil in a frying pan at high heat and stir-fry the **courgette** for 3 – 4 minutes.



4 TOP THE PIZZAS

In the meantime, put the **tomato passata**, the **garlic** and the **paprika** in a bowl and mix thoroughly. Season to taste with salt and pepper. Spread the **tomato sauce** onto the **flatbread**. Top with the **courgette** and **sweet pepper**, and sprinkle with the **dried oregano** and **grated matured cheese**.



5 BAKE THE PIZZAS

Bake the **flatbread pizzas** on a baking sheet lined with baking paper in the oven for approximately 7 – 8 minutes ★. After you have taken the pizza out of the oven, garnish it with the **buffalo mozzarella** and allow to melt for a few seconds ★★.

★**TIP:** Can't fit all the pizzas in the oven at the same time? Just top the next batch of flatbread pizzas once the current batch is in the oven, this prevents the base from getting moist.



6 SERVE

Transfer the **flatbread pizza** to plates and drizzle with a little extra-virgin olive oil to taste.

★★**TIP:** Do you prefer buffalo mozzarella to be completely melted? Top the pizzas with the buffalo mozzarella when they are halfway done and return them to the oven.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Garlic (cloves)	½	1	1 ½	2	2 ½	3
Courgettes (pcs) *	½	1	1 ½	2	2 ½	3
Yellow sweet peppers (pcs) *	½	1	1 ½	2	2 ½	3
Buffalo mozzarella (g) 7 *	65	125	190	250	315	380
Tomato passata (ml)	100	200	300	400	500	600
Paprika (tsp)	1	2	3	4	5	6
Lebanese flatbread (pcs) 1)	2	4	6	8	10	12
Matured cheese (g) 7 *	25	50	75	100	125	150
Dried oregano (tsp)	1	2	3	4	5	6

*Not included

Olive oil* (tbsp)	½	1	1 ½	2	2 ½	3
Extra-virgin olive oil*	to taste					
Salt & pepper*	to taste					

* keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3033 / 725	560 / 134
Total fat (g)	29	5
Of which: saturated (g)	27.1	5.0
Carbohydrates (g)	85	16
Of which: sugars (g)	15.8	2.9
Fibre (g)	8	1
Protein (g)	29	5
Salt (g)	1.7	0.3

ALLERGENS

1) Glutens 7) Milk/lactose

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HADDOCK WITH CHIVES SAUCE

With fried potatoes and carrots



Carrots ✱



Nicola potatoes



Fillet of haddock (skinned) ✱



Fresh chives ✱



Full-fat yoghurt ✱



Total: **35-40** min.



Family



Easy



Calorie-conscious



Eat within **3** days



Gluten-free

Haddock is a white fish and part of the cod family. The flavour is mild and soft and fits the classic combination of chives and full-fat dairy like a glove. Tip: The potatoes and carrots may require more time in the oven if you're using a microwave oven or an electric oven. Stick a fork in the vegetables to test whether they are done, if it slides in easily, they are.

A GOOD— START

EQUIPMENT

A **pan with a lid**, a **baking sheet lined with baking paper**, a **small bowl** and a **frying pan**.

Let's start cooking the **haddock fillet with chives sauce**.



1 PREPARATION

Pre-heat the oven to 220 degrees. Bring ample water to the boil in a pan with a lid for the potatoes and carrots. Weigh 200 g carrot per person. Cut each **carrot** in quarters lengthwise. Thoroughly scrub or peel the **potatoes** and cut into long, narrow wedges.



2 BOIL

Boil the **carrots** and the **potatoes** together in the pan with a lid for 10 minutes. Drain and set aside, uncovered, to steam dry.



3 IN THE OVEN

Transfer the **carrots** and **potatoes** to a baking sheet lined with baking paper, tap them dry with a piece of paper towel and drizzle with olive oil. Roast in the oven for 15 – 25 minutes. Season to taste with salt and pepper.



4 MAKE THE CHIVES SAUCE

In the meantime, finely cut or chop the **chives**. In a small bowl, blend together the **full-fat yoghurt**, the mustard and the **chives**. Season to taste with salt and pepper.



5 FRY THE FISH

By the end of the oven-roasting time, tap the **haddock fillet** dry with a piece of paper towel. Melt the butter in a frying pan and fry the **haddock fillet** at medium to high heat for 2 – 3 minutes on each side. Remove the **fish** from the frying pan and stir the **chives sauce** into the reduction in the pan.



6 SERVE

Transfer the **carrots** and **potatoes** to plates, place the **haddock fillet** on top of the vegetables and serve with the **chives sauce**.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Carrots (g) *	200	400	600	800	1000	1200
Nicola potatoes (g)	250	500	750	1000	1250	1500
Fresh chives (sprigs) 23) *	5	10	15	20	25	30
Full-fat yoghurt (tbsp) 7) 19) 22) *	2	4	6	8	10	12
Fillet of haddock (skinned) (120g) 4) *	1	2	3	4	5	6
Olive oil* (tbsp)	1 ½	2 ½	3	3 ½	4	4 ½
Mustard* (tsp)	½	1	1 ½	2	2 ½	3
Butter* (tbsp)	½	1	1 ½	2	2 ½	3
Salt & pepper*	to taste					

*Not included | * keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2443 / 584	377 / 90
Total fat (g)	25	4
Of which: saturated (g)	7.7	1.2
Carbohydrates (g)	55	8
Of which: sugars (g)	11.9	1.8
Fibre (g)	10	2
Protein (g)	30	5
Salt (g)	0.5	0.1

ALLERGENS

4) Fish 7) Milk/lactose

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

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Summery gnocchi with merguez sausage

With lemon-ricotta sauce, courgette and mini-Roma tomatoes



RICOTTA

Ricotta means 'cooked twice' in Italian. This soft cheese is made of the whey left over from the process of making hard cheeses, such as Parmigiano. The whey is boiled again once separated in the process.



Garlic



Courgette ✱



Mini Roma tomatoes ✱



Curly parsley ✱



Lemon



Merguez sausages ✱



Gnocchi



Caraway seeds



Ricotta ✱



Total:



Easy



Eat within 3 days



Quick & Easy



Family

Traditionally, gnocchi is consumed in Rome on Thursdays in preparation of Friday, which is when they eat a light meal with fish. We believe any day of the week is perfect for eating these hearty dough pillows. Gnocchi are usually boiled but in this recipe you'll be frying them which gives them a crunchy crust while they remain soft and fluffy on the inside.

A GOOD— START

EQUIPMENT

A **grater**, a **deep saucepan with a lid**, a **frying pan** and a **bowl**.
Let's start cooking the **summery gnocchi with merguez sausages**.



1 PREPARATION

Press or finely chop the **garlic**. Cut each **courgette** in half lengthwise and then into half moons. Halve the **Roma tomatoes** and finely chop the **curly parsley**. Zest the **lemon** (grate the yellow part of the rind) and juice the **lemon**.



2 FRY THE MERGUEZ SAUSAGES

Heat half the olive oil in a deep saucepan with a lid and fry the **merguez sausages** for 2 – 3 minutes at high heat until brown on all sides. Turn down the heat to medium-low, add the **garlic**, cover the pan and fry for 7 – 10 minutes or until the **merguez sausages** are done. Stir regularly.



3 FRY THE GNOCCHI

In the meantime, heat the remaining olive oil in a frying pan at medium-high heat and add the **gnocchi**. Toss to make sure all **gnocchi** are covered in a layer of oil. Fry the **gnocchi** with the **caraway seed** for 6 – 8 minutes or until the **gnocchi** are light brown.



4 MAKE THE RICOTTA SAUCE

In the meantime, mix 1 tsp **lemon juice** per person with the **parsley** and the **ricotta** in a bowl. Season to taste with salt and pepper.



5 SEASON

Take the **merguez sausages** out of the deep saucepan and add the **lemon-ricotta sauce** and **tomatoes**. Stir well and season to taste with salt and pepper. Carefully mix in the fried **gnocchi**.

★**TIP:** Got any lemon left over? Fill a jug with water and add some lemon wedges for an extra summery touch.



6 SERVE

Transfer the **gnocchi** to plates and serve with the **merguez sausages**. Sprinkle with the **lemon zest** and drizzle with the remaining **lemon juice** to taste.

★**TIP:** Prefer your gnocchi softer? First boil the gnocchi in a pan with water until they float to the surface and fry them for 2 – 3 minutes together with the garlic and courgette.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Garlic (cloves)	1	2	3	4	5	6
Courgettes (pcs) *	½	1	1 ½	2	2 ½	3
Mini Roma tomatoes (g) *	60	125	180	250	350	450
Curly parsley (sprigs) 23 *	2	4	6	8	10	12
Lemons (pcs)	¼	½	¾	1	1 ¼	1 ½
Beef merguez sausages (100 g) *	1	2	3	4	5	6
Gnocchi (g) 1	250	500	750	1000	1250	1500
Caraway seeds (tsp)	1	2	3	4	5	6
Ricotta (g) 7 *	40	80	120	160	200	240
*Not included						
Olive oil* (tbsp)	1	2	3	4	5	6
Salt & pepper*	to taste					

* keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3757 / 898	569 / 136
Total fat (g)	30	5
Of which: saturated (g)	10.2	1.5
Carbohydrates (g)	109	17
Of which: sugars (g)	14.4	2.2
Fibre (g)	5	1
Protein (g)	43	7
Salt (g)	2.1	0.3

ALLERGENS

1) Glutens 7) Milk/lactose

May contain traces of: 23) Celery

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Linguine with oven-roasted cherry tomatoes

With grana padano and pumpkin seeds



CHERRY TOMATOES

Got a sunny spot on your windowsill or balcony? A cherry tomato plant will feel right at home - a super easy way to grow your own tomatoes.



Garlic



Turkish chilli peppers ✱



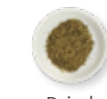
Red cherry tomatoes ✱



Linguine



Pumpkin seeds



Dried oregano



Grana padano, grated ✱



Rocket lettuce ✱

Total: **25-30** min.

Family

Easy

Vegetarian

Eat within **5** days

Calorie-conscious

Linguine resembles spaghetti except it is a bit wider and more flat. If you want to prepare your pasta just like they do in Italy, boil it 'al dente' so it keeps a nice bite. The only way to find out if your pasta is al dente? Taste it!

A GOOD— START

EQUIPMENT

A **pan with a lid**, an **oven-proof casserole dish** and a **wok or deep saucepan**.

Let's start cooking the **fettuccine with oven-roasted cherry tomatoes**.



1 CHOP THE VEGGIES

Pre-heat the oven to 200 degrees and bring ample water to the boil in a pan with a lid for the linguine. Press or finely chop the **garlic**. Remove the seed pods from the **Turkish red chilli peppers** and cut into rings.



2 MIX THE CHERRY TOMATOES

Transfer the **cherry tomatoes** to an oven-proof casserole dish, drizzle with the black balsamic vinegar and half the olive oil and season with salt and pepper. Roast the **cherry tomatoes** in the oven for 13–15 minutes.



3 BOIL THE LINGUINE

In the meantime, boil the **linguine**, covered, in the pan with a lid for 8–10 minutes. Drain, reserving a little of the cooking liquid, and allow to steam dry, uncovered.



4 ROAST THE PUMPKIN SEEDS

In the meantime, heat a frying pan, without any oil, to high heat and roast the **pumpkin seeds** until they begin to pop. Remove from the pan and set aside.



5 MIX THE LINGUINE

Heat the remaining olive oil in a wok or deep saucepan at medium-low heat. Fry the **garlic**, **Turkish red chilli pepper** and **oregano** for 6–8 minutes. Add the **linguine**, half the **grana padano** and 2 tbsp cooking liquid reserved from the **linguine** per person. Mix well. Season to taste with salt and pepper, heat for another 1–2 minutes.



6 SERVE

Transfer the **rocket lettuce** to plates and top with the **linguine**. Garnish the **linguine** with the **cherry tomatoes**, the **pumpkin seeds** and the remaining **grana padano** and drizzle with extra-virgin olive oil to taste.

★**TIP:** For extra flavour, mix the balsamic vinegar and olive oil left over in the casserole dish from the tomatoes, into the pasta.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Garlic (cloves)	1	2	2	3	4	4
Turkish red chilli peppers (pcs) *	1	2	3	4	5	6
Red cherry tomatoes (g) *	125	250	375	500	625	750
Linguine (g) 1) 17) 20)	90	180	270	360	450	540
Pumpkin seeds (g) 19) 22) 25)	10	20	30	40	50	60
Dried oregano (tsp)	1	2	3	4	5	6
Grana Padano, grated (g) 3) 7) *	40	75	100	125	150	175
Rocket lettuce (g) 23) *	20	40	60	80	100	120

*Not included

Black balsamic vinegar* (tsp)	1	2	3	4	5	6
Olive oil* (tbsp)	1	2	2	3	3	4
Extra-virgin olive oil* (tbsp)	to taste					
Salt & pepper*	to taste					

* keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2925 / 699	524 / 125
Total fat (g)	29	5
Of which: saturated (g)	9.9	1.8
Carbohydrates (g)	85	15
Of which: sugars (g)	12.3	2.2
Fibre (g)	8	1
Protein (g)	29	5
Salt (g)	0.7	0.1

ALLERGENS

1) Glutens 3) Eggs 7) Milk/lactose

May contain traces of: 17) Eggs 19) Peanuts 20) Soy 22) Nuts 23) Celery 25) Sesame

📌**TIP:** Are you keeping an eye on your calorie intake? Use 70 g linguine and 25 g grana padano per person. Then the dish contains 582 kcal, 26 g fat, 68 g carbohydrates, 7 g fibre, 22 g protein and 0.5 g salt.

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ASIAN NOODLES WITH SCRAMBLED EGGS AND PEANUTS

With spring onions and lime



LIME

Lime zest and the refreshingly acidic juice are very suitable for bringing out the flavours in a dish. They enhance the flavour just like a pinch of salt in sweet dishes.



Garlic



Red chilli peppers ✱



Spring onions ✱



Lime



Fresh ginger



Onions



Vegetable mix with string beans ✱



Soy sauce



Free-range egg ✱



Noodles



Salted peanuts



Total: 20-25 min.



Vegetarian



Easy



Lactose-free



Eat within 5 days

In Asia, the wok is a favourite item in the kitchen. Due to the high temperatures, a wok dish isn't just done quickly, but the short cooking time also preserves the vitamins. Fast and healthy! An egg isn't exactly a surprising ingredient in an Asian dish, but have you ever tried it with scrambled eggs?

A GOOD— START

EQUIPMENT

A **pan with a lid**, a **fine grater**, a **wok or deep saucepan** and a **frying pan**.
Let's start cooking the **Asian noodles with scrambled eggs and peanuts**.



1 PREPARATION

Bring ample water to the boil in a pan with a lid for the **noodles**. Press or finely chop the **garlic** and mince the **onion**. Remove the seed pods from the **red chilli pepper** and finely chop the **red chilli pepper**. Slice the **spring onions** into thin rings. Grate the rind of the **lime** (zest) with a fine grater and cut the **lime** into wedges. Peel and finely chop or grate the **ginger**.



4 ADD THE NOODLES

In the meantime, weigh and boil the **noodles**, covered, in the pan with a lid for 3 – 4 minutes. Drain and transfer the **noodles** to the wok or deep saucepan. Heat for another minute at high heat. Season to taste with pepper.



2 FRY THE FLAVOURINGS

Heat half the sunflower oil in a wok or a deep saucepan and stir-fry the **garlic**, **red chilli pepper**, **onion**, **ginger** and **lime** zest at high heat for 3 – 4 minutes.



5 MAKE THE SCRAMBLED EGGS

In the meantime, heat the remaining sunflower oil in a frying pan. Add the **eggs** and the remaining **spring onion** and stir-fry until the **egg** has set but is still creamy. Season to taste with salt and pepper.



3 STIR-FRY THE VEGETABLES

Add the **vegetable mix** and half the **spring onion** and stir-fry for another 4 – 5 minutes at medium-high heat. Add the **soy sauce**, **ketjap** and 2 tbsp water per person and stir-fry for another 2 – 3 minutes.



6 SERVE

Transfer the dish to plates. Serve the **scrambled eggs** and garnish with the **peanuts** and **lime** wedges.

TIP: Not a fan of spicy food? Don't use the red chilli pepper in this dish. Prefer your food spicy? Add ½ tsp sambal per person or some of the remaining red chilli pepper to the scrambled eggs for some extra spice.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Garlic (cloves)	1	2	3	4	5	6
Onions (pcs)	¼	½	¾	1	1 ¼	1 ½
Red chilli peppers (pcs) *	⅓	⅔	1	1 ⅓	1 ⅔	2
Spring onions (pcs) *	1 ½	3	4 ½	6	7 ½	9
Lime (pcs)	½	1	1 ½	2	2 ½	3
Fresh ginger (cm)	1	2	3	4	5	6
Vegetable mix with string beans (g) 23 *	200	400	600	800	1000	1200
Soy sauce (ml) 1) 6)	10	20	30	40	50	60
Free-range eggs (pcs) 3) *	2	4	6	8	10	12
Noodles (g) 1)	65	130	200	265	330	400
Salted peanuts (g) 5) 22) 25)	20	40	60	80	100	120
*Not included						
Sunflower oil* (tbsp)	1	2	2	3	3	4
Ketjap * (tbsp)	½	1	1 ½	2	2 ½	3
Salt & pepper*	to taste					

* keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3067 / 747	482 / 117
Total fat (g)	33	5
Of which: saturated (g)	6.5	1.0
Carbohydrates (g)	75	12
Of which: sugars (g)	10.3	1.6
Fibre (g)	11	2
Protein (g)	31	5
Salt (g)	3.9	0.6

ALLERGENS

1) Glutens 3) Eggs 5) Peanuts 6) Soy
May contain traces of: 22) Nuts 23) Celery 25) Sesame

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Orzo with roasted cauliflower and bimi

With fresh lemon thyme and shaved almonds



LEMON THYME

It's all in the name: this spice has a lemony flavour. You can use it in savoury dishes, like this one, but it also goes great in a fruit salad or dessert.



Fresh lemon thyme ✱



Cauliflower ✱



Bimi ✱



Onion



Garlic



Shaved almonds



Orzo



Parmigiano reggiano, flakes ✱



Total: 30-35 min.



Vegetarian



Easy



Eat within 5 days

Cauliflower is very healthy and versatile: you can boil it, turn it into cauliflower couscous or, like in this case, roast it in the pan. The florets will become crunchy on the outside and deliciously soft on the inside. Roasting it gives it a slightly nutty flavour which fits the almonds like a glove.

A GOOD— START

EQUIPMENT

A deep saucepan with a lid, a frying pan and a pan with a lid.
Let's start cooking the **orzo** with roasted cauliflower and bimi.



1 PREPARATION

Prepare the stock. Separate the **lemon thyme** leaves from the sprigs. Weigh the right amount of **cauliflower**, cut the **cauliflower** head into florets and chop the stem into cubes ★. Cut the **bimi** in half. Mince the **onion** and press or finely chop the **garlic**.



2 PREPARE THE VEGETABLES

Heat the olive oil in a deep saucepan with a lid at medium to high heat. Heat the **garlic**, **lemon thyme**, **cauliflower**, **bimi** and 3 tbsp water per person and fry, covered, for 18 – 22 minutes ★★. Shake the pan every now and then to make sure the vegetables don't burn.



4 MAKE THE ORZO

Heat the butter in a pan with a lid and fry the **onion** for 2 – 3 minutes at medium to high heat. Add the **orzo**, stir until each grain is covered in butter and deglaze with the **stock**. Boil the **orzo**, covered, for 10 – 12 minutes at low heat until dry. Turn regularly. Add some extra water if the **orzo** becomes too dry.

★ **TIP:** The smaller you cut the florets, the more crunchy they get and the faster they are done.



5 SEASON

Add half the **Parmigiano Reggiano** to the **orzo** and allow to melt while stirring. Season to taste with salt and pepper ★★.

★★ **TIP:** You can also roast the vegetables in the oven. Pre-heat the oven to 200 degrees and transfer the cauliflower, bimi, garlic and lemon thyme to a baking sheet lined with baking paper. Mix with 1 tbsp olive oil per person, salt and pepper. Roast in the oven for 18 – 22 minutes or until the **vegetables** are crispy and done.



3 ROAST THE ALMONDS

In the meantime, heat a frying pan, no oil, to medium-high heat and roast the **shaved almonds** for 3 – 4 minutes or until they begin to change colour. Remove from the pan and set aside.



6 SERVE

Transfer the **orzo** to plates, top with the **cauliflower** with **thyme** and garnish with the **bimi**, fried **shaved almonds** and the remaining **Parmigiano Reggiano**.

★★★ **TIP:** Do you like freshness and acidity in your dish? Taste it after seasoning it and add ½ to 1 tsp white wine vinegar per person to taste.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Fresh lemon thyme (sprigs) 23) ★	10	15	20	25	30	35
Cauliflower (g) ★	150	300	450	600	750	900
Bimi (g) ★	50	100	150	200	250	300
Onions (pcs)	¼	½	¾	1	1 ¼	1 ½
Garlic (cloves)	1	2	3	4	5	6
Shaved almonds (g) 8) 19) 22) 25)	10	20	30	40	50	60
Orzo (g) 1)	85	170	250	335	395	450
Parmigiano reggiano, flakes (g) 7) ★	25	50	75	100	125	150

*Not included

Vegetable stock* (ml)	175	350	500	675	850	1025
Olive oil* (tbsp)	1	2	3	4	5	6
Butter* (tbsp)	1	1 ½	2	2 ½	3	3 ½
Salt & pepper*	to taste					

★ keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3059 / 731	555 / 133
Total fat (g)	36	7
Of which: saturated (g)	14.1	2.6
Carbohydrates (g)	70	13
Of which: sugars (g)	8.6	1.6
Fibre (g)	10	2
Protein (g)	26	5
Salt (g)	2.0	0.4

ALLERGENS

1) Glutens 7) Milk/lactose 8) Nuts

May contain traces of: 19) Peanuts 22) (Other) nuts 23) Celery 25) Sesame

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Meatballs in barbecue sauce on a bun

With oven-roasted fries and refreshing cucumber salad



Total: **40-45** min.



Easy



Eat within **3** days

Make your own barbecue sauce? It's done before you know it! The smoked paprika takes care of the smoky flavour we expect from a barbecue. Once seared, you'll put the meatballs back in the sauce. This doesn't just make the meatballs soak up the flavours but it is also the best way of making sure they cook evenly, making them deliciously tender.



SMOKED PAPRIKA

This powder is made of sweet peppers, smoked over a wood fire. Next, they are ground to a powder with a deep, intense flavour.



Firm potatoes



Hamburger bun



Onion



Garlic



Red chilli peppers ✱



Seasoned beef meatballs ✱



Smoked paprika



Ground cumin



Tomato passata



Soy sauce



Cucumber ✱



Tomato ✱



Fresh chives ✱



Mayonnaise ✱

A GOOD— START

EQUIPMENT

A **baking sheet lined with baking paper**, a **deep saucepan with a lid**, a **salad bowl** and a **potato peeler**.
Let's start cooking the **meatballs in barbecue sauce on a bun**.



1 BAKE THE FRIES AND BURGER BUN

Pre-heat the oven to 210 degrees. Thoroughly rinse or peel the **potatoes** and cut into ½ to 1 cm fries. Transfer the **fries** to a baking tray lined with baking paper, drizzle with olive oil and season to taste with salt and pepper. Bake in the oven for 30 – 40 minutes★. Turn when halfway done. For the final 5 – 7 minutes, add the **hamburger buns** to the oven.



4 FINISH COOKING THE MEATBALLS

Turn the heat to medium-low as soon as the sauce begins to boil and add the **meatballs** to the deep saucepan. Allow to simmer, covered, for another 7 – 9 minutes or until the **meatballs** are done. Season to taste with salt and pepper. Stir firmly now and then.

★**TIP:** Do you use a combination microwave? It may take a little longer for the fries to cook.



2 FRY THE MEATBALLS

In the meantime, mince the **onion** and press or finely chop the **garlic**. Remove the seed pods from the **red chilli pepper** and finely chop the **red chilli pepper**. Heat half the sunflower oil in a deep saucepan with a lid and fry the **seasoned meatballs** for 5 – 6 minutes at medium to high heat until brown all around. Don't cook them all the way. Remove from the pan and set aside.



5 MIX THE SALAD

In the meantime, mix the white balsamic vinegar with the sugar in a salad bowl. Season to taste with salt and pepper. Shave the **cucumber** into thin ribbons with a cheese slicer or potato peeler or cut into thin slices. Cut the **tomato** into thin wedges and finely chop the fresh **chives**. Add to the salad bowl and toss well.



3 MAKE THE SAUCE

Turn the heat to medium-low, add the remaining sunflower oil to the same deep saucepan and fry the **onion**, **garlic**, **red chilli pepper**, ½ tsp **smoked paprika** per person and 1 tsp **ground cumin** per person for 2 minutes in the deep saucepan. Pour the **tomato passata**, black balsamic vinegar, honey and 10 ml **soy sauce** per person into the deep saucepan and carefully bring to the boil.



6 SERVE

Top the **hamburger buns** with the **meatballs in tomato sauce**. Serve the **buns** with the **cucumber salad**, the oven-roasted **fries** and ½ tbsp **mayonnaise** per person.

★**TIP:** This week's box contains more potatoes and mayonnaise than you will need today. Not keeping an eye on your calorie-intake or like to eat a bit more? Use all the potatoes and mayonnaise.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Firm potatoes (g)	200	400	600	800	1000	1200
Hamburger buns (pcs) 1) 7) 11) 13) 17) 20) 22)	1	2	3	4	5	6
Onions (pcs)	¼	½	¾	1	1 ¼	1 ½
Garlic (cloves)	1	2	3	4	5	6
Red chilli peppers (pcs) *	¼	½	¾	1	1 ¼	1 ½
Seasoned beef meatballs (pcs) *	3	6	9	12	15	18
Smoked paprika (tsp)	½	1	1 ½	2	2 ½	3
Ground cumin (tsp)	1	2	3	4	5	6
Tomato passata (g)	100	200	300	400	500	600
Soy sauce (ml) 1) 6)	10	20	30	40	50	60
Cucumber (pcs) *	½	1	1 ½	2	2 ½	3
Tomatoes (pcs) *	1	2	3	4	5	6
Fresh chives (sprigs) 23) *	5	10	15	20	25	30
Mayonnaise (tbsp) * 3) 10) 19) 22)	½	1	1 ½	2	2 ½	3

*Not included

Olive oil* (tbsp)	1	2	3	4	5	6
Sunflower oil* (tbsp)	1	2	3	4	5	6
Black balsamic vinegar* (tsp)	1	2	3	4	5	6
Honey* (tsp)	1	2	3	4	5	6
White wine vinegar* (tbsp)	1	2	3	4	5	6
Sugar* (tsp)	½	1	1 ½	2	2 ½	3
Salt & pepper*	to taste					

* keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	4033 / 964	492 / 118
Total fat (g)	44	5
Of which: saturated (g)	11.3	1.4
Carbohydrates (g)	92	11
Of which: sugars (g)	25.4	3.1
Fibre (g)	10	1
Protein (g)	44	5
Salt (g)	2.3	0.3

ALLERGENS

1) Glutens 3) Eggs 6) Soy 7) Milk/lactose 10) Mustard
11) Sesame 13) Lupin May contain traces of: 17) Eggs
19) Peanuts 20) Soy 22) Nuts 23) Celery

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Farfalle with wild mushroom pesto

With chestnut mushrooms, lamb's lettuce and Pecorino



WILD MUSHROOM PESTO

This pesto is made of dried wild mushrooms combined with typical ingredients for an Italian pesto, like pine nuts and fresh basil.



Farfalle



Onions



Chestnut mushrooms ✱



Wild mushroom pesto ✱



Lamb's lettuce ✱




Curly parsley ✱



Grated pecorino ✱

 Total: **20** min.

 Quick & Easy

 Very simple

 Vegetarian

 Eat within **5** days

Wild mushrooms are the king of this pesto dish. They are full of vitamin B which makes them perfect for boosting your immune system. When preparing mushrooms and you want to season them with salt, it is best to wait until after they are fried. This prevents them from losing too much moisture while frying. This changes the flavour and texture.

A GOOD — START

EQUIPMENT: A **pan with a lid** and a **wok or deep saucepan**.
Let's start cooking the **farfalle with wild mushroom pesto**.



1 PREPARATION

- Bring plenty of water per person to the boil in a pan with a lid to cook the farfalle in.
- Boil the **farfalle**, covered, for 11 – 13 minutes. Drain and set aside, uncovered, to steam dry.
- Mince the **shallots**.
- Clean the **chestnut mushrooms** with paper towel and cut them into quarters.



3 SEASON

- Tear the lamb's lettuce into coarse pieces.
- Coarsely chop the **curly parsley**.
- Stir the **farfalle** into the **chestnut mushrooms** in the wok or deep saucepan and season with salt and pepper.

✳️**FACTS:** Farfalle is a pasta variety shaped like a bow tie. The literal Italian translation means 'butterflies'.



2 FRY

- Heat the olive oil in a wok or deep saucepan at medium-high heat and fry the **shallots** for 1 – 2 minutes.
- Add the **chestnut mushrooms** and fry for 5 – 7 minutes.
- Add the **wild mushroom pesto** and heat for 1 minute.



4 SERVE

- Transfer the **lamb's lettuce** to plates.
- Top with the **pasta**.
- Garnish with the **grated pecorino** and **curly parsley**.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Farfalle (g) 1) 17) 20)	90	180	270	360	450	540
Onions (pcs)	¼	½	¾	1	1 ¼	1 ½
Chestnut mushrooms (g) ✳️	125	250	375	500	625	750
Wild mushroom pesto (g) 7) 8) ✳️	40	80	120	160	200	240
Lamb's lettuce (g) 23) ✳️	20	40	60	80	100	120
Curly parsley (sprigs) 23) ✳️	2	4	6	8	10	12
Grated pecorino (g) 7) ✳️	15	25	50	75	100	125
* Not included						
Olive oil* (tbsp)	1	2	3	4	5	6
Salt & pepper*	to taste					

✳️ keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3247 / 776	674 / 161
Fats (g)	45	9
Of which: saturated (g)	9.5	2.0
Carbohydrates (g)	69	14
Of which: sugars (g)	3.6	0.7
Fibre (g)	6	1
Protein (g)	22	5
Salt (g)	0.9	0.2

ALLERGENS

1) Glutens 7) Milk/lactose 8) Nuts
Can contain traces of: 17) Eggs 20) Soy 23) Celery

✳️**FACTS:** Did you know that mushrooms are all varieties of fungus? However, they contain just as many nutrients as vegetables. They are rich in vitamin B2, folic acid, potassium and fibres, making them beneficial to your energy levels, blood-pressure, digestion and sense of satiation.

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CURRY WITH CHICKEN AND GREEN BEANS

With couscous, mint and almonds



ALMONDS

Did you know that almonds aren't nuts, but seeds? Related to the peach, almonds live inside a stone fruit that grows on the almond tree.



Green beans ✱



Chicken thigh pieces ✱



Coconut milk



Red curry paste ✱



Whole-wheat couscous



Fresh mint ✱



Salted almonds



Low-fat yoghurt ✱



Total: 20 min.



Quick & Easy



Very simple



Calorie-conscious



Eat within 3 days

With this dish, you'll make a culinary trip from India to the Middle-East. The specialties of these two cuisines, curry and couscous, make for a surprising combination. This meal is done before you know it, so you've got even more time to enjoy the warm summery night.

A GOOD — START

EQUIPMENT: A wok or deep saucepan with a lid and a bowl.
Let's start cooking the **curry with chicken and green beans**.



1 PREPARATION

- Prepare the stock for the couscous.
- Trim the ends off the **green beans** and cut the **green beans** into 3 equal parts.
- Heat the olive oil to high heat in a wok or deep saucepan with a lid.
- Stir-fry the **chicken thigh** pieces and **green beans** for 3 – 4 minutes.



3 SOAK THE COUSCOUS

- Transfer the **couscous** to a bowl★ and add the stock.
- Allow to rest for 10 minutes, covered, and loosen with a fork.
- Coarsely cut the **mint** leaves.
- Coarsely chop the **salted almonds**.



2 PREPARE THE CURRY

- Add 60 ml **coconut milk** per person and the **curry paste** to the wok or deep saucepan.
- Stir well and turn the heat to medium-high. Boil the **curry**, covered, for 6 – 10 minutes or until the **green beans** are al dente.



4 SERVE

- Transfer the **couscous** to plates.
- Scoop the **curry** on top of the **couscous**.
- Garnish with the **mint**, **almonds** and **yoghurt**.
- Season to taste with extra-virgin olive oil.

★ **TIP:** You will not be using all the couscous in this week's box for this recipe. Like to eat a bit more? Use all the couscous and 175 ml stock per person for soaking the couscous.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Green beans (g) *	150	300	450	600	750	900
Chicken thigh pieces (g) *	100	200	300	400	500	600
Coconut milk (ml) 26)	60	125	180	250	305	360
Red curry paste (g) 1) 6) 7) 19) 22) *	30	60	90	120	150	180
Whole-wheat couscous (g) 1)	60	120	180	240	300	360
Fresh mint (leaves) 23) *	6	12	18	24	30	36
Salted almonds (g) 5) 8) 22) 25)	5	10	15	20	25	30
Low-fat yoghurt (tbsp) 7) 19) 22) *	1	2	3	4	5	6
Vegetable stock* (ml)	110	220	330	440	550	660
*Not included						
Olive oil* (tbsp)	½	1	1 ½	2	2 ½	3
Extra-virgin olive oil*	to taste					
Salt & pepper*	to taste					

* keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2841 / 679	520 / 124
Fats (g)	36	7
Of which: saturated (g)	15.6	2.9
Carbohydrates (g)	53	10
Of which: sugars (g)	5.5	1.0
Fibre (g)	12	2
Protein (g)	34	6
Salt (g)	1.7	0.3

ALLERGENS

1) Glutens 5) Peanuts 6) Soy 7) Milk/lactose 8) Nuts

Can contain traces of: 19) Peanuts 22) (other) nuts 23) Celery 25) Sesame
26) Sulphite

📌 **TIP:** Are you keeping an eye on your calorie intake? Use 50 g couscous per person with 100 ml stock, 50 ml coconut milk and leave out the almonds. Then the dish contains 593 kcal, 31 g fat, 45 g carbohydrates, 11 g fibre, 31 g protein and 1.6 g salt.

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PORK TENDERLOIN WITH ORECCHIETTE

WITH MUSHROOM-CREAM SAUCE AND ROCKET



SPECIAL INGREDIENT.



ROCKET LETTUCE

Rocket lettuce is not really lettuce but rather a cabbage variety related to the radish. Hence its punchy flavour.



Onions



Garlic



Mushroom mix ✨



Pork tenderloin ✨



Dried rosemary



Orecchiette



Creme fraiche ✨



Rocket salad ✨

40 - 45 min

Easy

Eat within 3 days

Make your own sauce? Not a problem! Once the pork tenderloin is fried, you'll add the mustard, honey and garlic to the pan and voila: you've got the foundation for a tasty sauce which you'll finish with mushrooms and creamy creme fraiche. You'll finish the pork tenderloin in the oven, which will cook it more evenly without the risk of dehydration.

A GOOD — START

EQUIPMENT

A large frying pan, an oven dish, tin foil and a pan with a lid.
Let's start cooking the **pork tenderloin** with **orecchiette**.



1 PREPARATION

Pre-heat the oven to 200 degrees. Mince the **onion** and press or finely chop the **garlic**. Clean the **mushrooms** with paper towel and separate the **beech mushrooms**. Quarter the larger **mushrooms** and leave the smaller ones whole. Sprinkle ample salt and pepper onto the **pork tenderloin**.



2 FRY THE PORK TENDERLOIN

Heat the olive oil in a large frying pan to medium-high heat. Fry the **pork tenderloin** in hot oil for 4 minutes until brown all around. Take the pan off the heat, add the mustard, honey, **dried rosemary**, **garlic** and half the butter and mix well. Place the **pork tenderloin** including its sauce in an oven dish and roast in the oven for 10 – 11 minutes. Remove from the oven and allow to rest covered by tin foil ★. Set aside the **sauce** for step 5.



4 FRY THE MUSHROOMS

In the meantime, clean the same frying pan with a piece of paper towel. Heat the remaining butter at medium to high heat and fry the **onion** for 2 minutes. Turn up the heat to high, add the **mushrooms** and stir-fry for 4 – 5 minutes. Pour the black balsamic vinegar into the pan, turn the heat to medium-low and heat until all the moisture has evaporated.



5 ASSEMBLE THE PASTA

Crumble 1/8 stock cube per person over the frying pan with **mushrooms** and add the **creme fraiche**, 2 tbsp water per person, mustard sauce from the oven dish and salt and pepper. Gently simmer for 1 minute. Add the **orecchiette**, stir well and heat for another minute. Cut the **pork tenderloin** into slices.



3 BOIL THE ORECCHIETTE

In the meantime, boil the **orecchiette** in the pan with a lid, covered, for 12 – 14 minutes. Drain and set aside, uncovered, to steam dry.



6 SERVE

Make a bed of **rocket lettuce** on each plate and scoop the **orecchiette** on top. Top the **pasta** with the **pork tenderloin** slices and sprinkle with some salt and pepper.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Onions (pcs)	¼	½	¾	1	1 ¼	1 ½
Garlic (cloves)	1	2	3	4	5	6
Mushroom mix (g) *	150	300	500	700	800	1000
Pork tenderloin (120 g) *	1	2	3	4	5	6
Dried rosemary (tsp)	½	1	1 ½	2	2 ½	3
Orecchiette (g) 1) 17) 20)	90	180	270	360	450	540
Crema fraiche (tbsp) 7) 15) 20) *	2	4	6	8	10	12
Rocket salad (g) 23) *	20	40	60	80	100	120

*Not included

Olive oil* (tbsp)	1	1 ½	2	2 ½	3	3
Mustard (tsp)	½	1	1 ½	2	2 ½	3
Honey* (tsp)	1 ½	3	4 ½	6	7 ½	9
Butter* (tbsp)	1	2	3	4	5	6
Black balsamic vinegar* (tbsp)	¾	1 ½	2 ¼	3	3 ¾	4 ½
Vegetable stock cubes* (pcs)	1/8	¼	¾	½	5/8	¾
Salt & pepper*	to taste					

* keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3552 / 849	524 / 125
Fats (g)	40	6
Of which: saturated (g)	18.6	2.7
Carbohydrates (g)	78	12
Of which: sugars (g)	12.8	1.9
Fibre (g)	6	1
Protein (g)	43	6
Salt (g)	1.1	0.2

ALLERGENS

1) Glutens 7) Milk/lactose

Can contain traces of: 15) Glutens 17) Eggs 20) Soy 23) Celery

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★**TIP:** Don't worry if the pork tenderloin is still a little pink on the inside. It's OK to consume pork tenderloin while still pink.



FRENCH TOAST OF SUGAR ROLLS

With creme fraiche and lemon balm



Very simple

Total: **15 – 20** min.

Eat within **5** days

We think French toast is always a good idea! So feel free to make this dish on a weekend morning. The creme fraiche and lemon balm take care of the freshness, which does these rolls well.



Frisian giant sugar rolls



Lemon balm ✱



Ground cinnamon



Semi-skimmed milk ✱



Free-range egg ✱



Creme fraiche ✱

DELICIOUS — DESSERT

FRENCH TOAST OF SUGAR ROLLS

EQUIPMENT:

2 plates, a **whisk** and a **frying pan**.



1 Cut the top and bottom from the **Frisian giant rolls** ★. Cut the **lemon balm** into strips.



2 Mix the sugar and **cinnamon** in a plate. Whisk the milk and **egg** in another plate with a whisk.



3 Heat the butter in a frying pan to medium-high heat. In the meantime, soak the **sugar rolls** in the **egg mixture** and then in the sugar mixture. Place the **sugar rolls** in the pan and fry for about 4 minutes on each side, or until they become firm.



4 Transfer the **French toast** to the plates. Serve with the **creme fraiche** and garnish with the **lemon balm**.

★ **TIP:** In this dish you cut the top and bottom from the roll so it can soak up the milk. You won't be using the remaining bits in this recipe, but you can of course soak and fry them with the rest.

INGREDIENTS	2P.	4P.
Frisian giant sugar rolls (st) 1) 3) 7) 13) 20) 22) 25)	2	4
Lemon verbena (leaves) 23) *	6	12
Ground cinnamon (tsp)	3	6
Semi-skimmed milk (ml) 7) 15) 20) *	125	250
Free-range eggs (pcs) 3) *	1	2
Crema fraiche (tbsp) 7) 15) 20) *	4	8
Not included*		
Granulated sugar* (tbsp)	3	6
Butter* (tbsp)	1	2

*Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2469 / 590	983 / 235
Fats (g)	24	10
Of which: saturated (g)	14.4	5.7
Carbohydrates (g)	78	31
Of which: sugars (g)	51.9	20.7
Fibre (g)	1	0
Protein (g)	13	5
Salt (g)	0.9	0.4

ALLERGENS

1) Glutens 3) Eggs 7) Milk/lactose 13) Lupins
Can contain traces of: 15) Glutens 20) Soy 22) Nuts
23) Celery 25) Sesame

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Don't hesitate to call us, email us or contact us through our social media channels.

WEEK 33 | 2018

    #HelloFresh





BREAKFAST BOX

GOOD MORNING!

1

SOURDOUGH ROLL

With bacon omelette and chives

2

SEMI-SKIMMED QUARK WITH FRUIT

With muesli and grated coconut

3

RUSK WITH CHEESE

With ham and radish

EXTRA

- Strawberries

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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BREAKFAST 1**SOURDOUGH ROLL**

With bacon omelette and chives



1 Pre-heat the oven to 210 degrees. Bake the **sourdough bread** in the oven for 6 – 8 minutes.

2 In the meantime, finely chop the **chives**. Use a bowl to whisk the **eggs**, together with a splash of milk and the **chives**. Season to taste with salt and pepper.

3 Melt the butter in a frying pan and fry the **bacon cubes** at medium-high heat for 2 minutes until brown on all sides. Mix in the **egg mixture** and fry 1 **omelette** for every 2 servings.

4 Cut the **ciabatta rolls** in half and top with the **omelette**. Serve with a glass of **milk**.

1x

INGREDIENTS**FOR 1 BREAKFAST**

	2P	4P
Sourdough bread (pcs)	2	4
1) 6) 11) 17) 21) 22) 27) *		
Fresh chives (sprigs) 23) *	4	8
Free-range eggs (pcs) 3) *	4	8
Diced bacon (g) *	40	80
Milk 7) 15) 20) *	splash	

*Not included

Butter* (tbsp)	½	1
Salt & pepper*	To taste	

* keep in the refrigerator

EQUIPMENT

A bowl and a frying pan.

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2443 / 584	857 / 205
Fats (g)	24	8
Of which: saturated (g)	9.0	3.2
Carbohydrates (g)	63	22
Of which: sugars (g)	2.1	0.7
Fibre (g)	3	1
Protein (g)	28	10
Salt (g)	2.2	0.8

ALLERGENS

1) Glutens 3) Eggs 6) Soy 7) Milk/lactose 11) Sesame

Can contain traces of: 15) Glutens 17) Peanuts 20) Soy

21) Milk/lactose 22) Nuts 23) Celery 27) Lupin

BREAKFAST 2

2x

SEMI-SKIMMED QUARK WITH FRUIT

With muesli and grated coconut



1 Slice the **bananas**. 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) 15) 20) *	250	500
Grated coconut (g) 19) 22) 25)	20	40
Muesli (g) 1) 8) 12) 19) 22) 25)	50	100

*Not included | *Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	1552 / 371	554 / 133
Fats (g)	14	5
Of which: saturated (g)	9.6	3.4
Carbohydrates (g)	39	14
Of which: sugars (g)	25.4	9.1
Fibre (g)	5	2
Protein (g)	13	5
Salt (g)	0.1	0.0

ALLERGENS

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

Can contain traces of: 15) Glutens 19) Peanuts 20) Soy 22) Nuts 25) Sesame

BREAKFAST 3

2x

MULTI-GRAIN RUSK WITH CHEESE

With ham and radish



1 Top 2 **rusks** per person with the **fresh matured cheese**. Top 1 **rusk** with the **ham**.

2 Slice the **radish** and place on top of the **rusks**.

INGREDIENTS FOR 1 BREAKFAST

	2P	4P
Multi-grain rusks (pcs) 1) 3) 6) 7) 11) 13)	4	8
Young matured cheese (slices) 7) *	2	4
Ham (slices) 7) 15) *	2	4
Radishes (pcs) *	6	12

*Not included | *Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	1013 / 242	1013 / 242
Fats (g)	14	
Of which: saturated (g)	5.6	
Carbohydrates (g)	15	
Of which: sugars (g)	3.9	
Fibre (g)	1	
Protein (g)	15	
Salt (g)	0.7	

ALLERGENS

1) Glutens 3) Eggs 6) Soy 7) Milk/lactose 11) Sesame 13) Lupin

Can contain traces of: 15) Glutens