



SHOPPING LIST

Rich broccoli with fried cod

Olive oil | butter | salt & pepper

Chinese rice with marinated pork strips

Ketjap | sugar | olive oil | white or rice wine | vinegar | sunflower oil | salt & pepper

Orzo with spinach and cherry tomatoes

Vegetable stock | butter | salt & pepper

Mini-pitas with tuna salad

Olive oil | salt & pepper

Wraps with aromatic aubergine and minced meat

Olive oil | salt & pepper

Velvety broccoli soup with danablu

Vegetable stock | butter | olive oil | salt & pepper

Falafel in a portobello ‘bun’

Olive oil | black balsamic vinegar | white wine vinegar | extra virgin olive oil | pepper & salt

Hawaii chicken

Ketjap manis | honey | sunflower oil | white wine vinegar | salt & pepper

Bird’s nests in tomato sauce

Olive oil | black balsamic vinegar | butter | milk | mustard | salt & pepper

🌀 Wraps with aromatic aubergine and minced meat

Olive oil | salt & pepper

🌀 Nasi goreng with fried egg

Sunflower oil | olive oil | ketjap manis | sambal | salt & pepper

🌀 Pasta with a quick ragu

Olive oil | extra-virgin olive oil | black balsamic vinegar | salt & pepper

★ Fried salmon fillet with samphire topping

Olive oil | butter | salt & pepper

★ Deer stew with potato puree

Butter | black balsamic vinegar | olive oil | extra-virgin olive oil | honey | mustard | salt & pepper | milk

BREAKFASTBOX:

Apple crumble with muesli

Butter

Banana split with yoghurt

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Spelt waffles with peanut butter

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