



Pork tenderloin with raspberry-balsamic sauce

With rosemary potatoes and green beans from the oven



Firm potatoes



Fresh rosemary *



Green beans *



Shallots



Pork tenderloin *



Raspberry jam *

Total: **45** min.

Gluten-free

Easy

Family

Eat within **3** days

Raspberries with pork may sound like a strange combination, but you may have heard of pork with apple or turkey with cranberries. These sweet, slightly acidic fruits make for a great contrast with the savoury meat. This turns your pork tenderloin into something truly special.

A GOOD START

EQUIPMENT

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

Let's start cooking the **pork tenderloin with raspberry-balsamic sauce**.



1 PREPARE THE POTATOES

Take the **pork tenderloin** out of the refrigerator and allow to reach room temperature. Pre-heat the oven to 200 degrees. Thoroughly rinse or peel the **potatoes** and cut into 1 cm cubes. Strip the leaves from the sprigs of **rosemary** and finely chop. Transfer the **potatoes** to a baking tray lined with baking paper. Mix with 1/2 tbsp olive oil per person and 1 tsp chopped **rosemary** per person. Season to taste with salt and pepper. Bake in the oven for 15 – 20 minutes ★.



2 CHOP THE INGREDIENTS

In the meantime, trim the ends off the **green beans** and mince the **shallots**.

★TIP: Make sure you leave enough room for a second baking tray for the green beans, or place the potatoes on one side of the tray so you can put the green beans on the other. Are you cooking for a large group or can't fit everything in your oven? Boil the green beans in a pan with a lid until done.



4 FRY THE PORK TENDERLOIN

In the meantime, rub the **pork tenderloin** with salt and pepper. Heat 1 tbsp olive oil per person in a frying pan at medium-low heat. Place the **pork tenderloin** in the pan and fry for 10 – 13 minutes until brown all around. Cover with tin foil and allow to rest until serving. Leave the reduction in the pan.

5 MAKE THE SAUCE

Heat the frying pan with the reduction to medium-low heat and fry the **shallot** and the remaining **rosemary** for 3 – 5 minutes. Add the **raspberry jam**, black balsamic vinegar and 2 tbsp water per person. Stir well and allow to simmer for 2 minutes. Turn off the heat and stir the butter into the **sauce** right before serving. Season to taste with salt and pepper.

3 FRY THE GREEN BEANS

Once the **potatoes** are done, add the **green beans** to the potatoes on the baking tray (or on a new baking tray), mix with 1/2 tbsp olive oil per person and season to taste with salt and pepper. Roast the **green beans** and **potatoes** for another 15 minutes ★★.



6 SERVE

Cut the **pork tenderloin** into slices. Transfer the **baby potatoes**, **green beans** and **pork tenderloin** to plates. Pour the **sauce** over the **pork tenderloin**.

★★TIP: Don't have a very powerful oven? Roast the potatoes for 10 minutes longer than indicated prior to adding the green beans.

SERVES 1 - 6 INGREDIENTS

| | 1P | 2P | 3P | 4P | 5P | 6P |
|--------------------------------------|-----|-----|-----|------|-------|-------|
| Firm potatoes (g) | 300 | 600 | 900 | 1200 | 1500 | 1800 |
| Fresh rosemary (sprigs) * | 1/4 | 1/2 | 3/4 | 1 | 1 1/4 | 1 1/2 |
| Green beans (g) * | 200 | 400 | 600 | 800 | 1000 | 1200 |
| Shallots (pcs) | 1/4 | 1/2 | 3/4 | 1 | 1 1/4 | 1 1/2 |
| Pork tenderloin (pc) * | 1 | 2 | 3 | 4 | 5 | 6 |
| Raspberry jam (g) 5) 8) 19) 22) * | 30 | 45 | 75 | 105 | 120 | 150 |

Not included

| | | | | | | |
|----------------------------------|-----|---|-------|---|----------|----|
| Olive oil (tbsp) | 2 | 4 | 6 | 8 | 10 | 12 |
| Black balsamic vinegar (tbsp) | 1/2 | 1 | 1 1/2 | 2 | 2 1/2 | 3 |
| Butter (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) | 3533 / 845 | 515 / 123 |
| Total fat (g) | 39 | 6 |
| Of which: saturated (g) | 12,2 | 1,8 |
| Carbohydrates (g) | 84 | 12 |
| Of which: sugars (g) | 19,2 | 2,8 |
| Fibre (g) | 13 | 2 |
| Protein (g) | 33 | 5 |
| Salt (g) | 0,2 | 0,0 |

ALLERGENS

May contain traces of: 19) Peanuts 22) Nuts

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





Yellow rice with spinach-coconut curry

With tomatoes, cashew nuts and a fried egg



Onions



Garlic



Tomatoes *



Ground turmeric



Pandan rice



Cashews



Grated coconut



Ground curry spices



Coconut milk



Free-range egg *



Spinach *

Total: 25 min.

Easy

Eat within 3 days

Gluten-free

Lactose-free

Vegetarian

Turmeric is one of the most frequently used ingredients in curry. In this recipe it will add a beautiful yellow colour to the rice. The coconut milk and grated coconut add a full, creamy flavour. You will garnish the curry with cashew nuts, which give the dish structure and are extremely healthy to boot!

A GOOD— START

EQUIPMENT

A **pan with a lid**, a **frying pan** and a **wok or deep saucepan**.

Let's start cooking the **yellow rice with spinach-coconut curry**.



1 PREPARATION

Prepare the stock. Mince the **onions** and press or finely chop the **garlic**. Dice the **tomatoes**.

2 PREPARE THE RICE

Heat half the olive oil in a pan with a lid to medium-low heat and sauté the **onion** for 2 minutes. Add the **turmeric** and fry for another minute. Add the **rice** and stock and boil the **rice**, covered, for 12 – 15 minutes. Add a little extra water if the **rice** becomes too dry. Set aside uncovered to steam dry.



4 PREPARE THE CURRY

Allow the wok or deep saucepan to cool for 2 minutes (otherwise the sunflower oil will burn straight away). Heat the sunflower oil in the pan and gently fry the **garlic** and **ground curry spices** for 1 – 2 minutes at medium-low heat. Add the **tomato** and fry, while stirring, for 4 minutes. Add the **coconut milk**, season to taste with salt and pepper and bring to the boil ★.

5 FRY AND BOIL

In the meantime, heat the remaining olive oil in a frying pan and fry 1 **egg**, sunny side up, per person. Tear the **spinach** into bite-sized pieces over the wok or deep saucepan, allow to reduce while stirring and simmer for 1 – 2 minutes.

★TIP: The coconut milk may become lumpy. This does not mean that the milk has turned: the lumps are the fatty ingredients of the coconut milk and ensure an extra rounded flavour.

SERVES 1 - 6

INGREDIENTS

| | 1P | 2P | 3P | 4P | 5P | 6P |
|-----------------------------------|----------|-----|-----|-----|------|------|
| Onions (pcs) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Garlic (cloves) | 1 | 2 | 2 | 3 | 3 | 4 |
| Tomatoes (pcs) * | 1 | 2 | 3 | 4 | 5 | 6 |
| Ground turmeric (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Pandan rice (g) | 85 | 170 | 250 | 335 | 420 | 505 |
| Cashews (g) 5) 8) 22) 25) | 10 | 20 | 30 | 40 | 50 | 60 |
| Grated coconut (g) 19) 22) 25) | 5 | 10 | 15 | 20 | 25 | 30 |
| Ground curry spices (tsp) 9) 10) | 1 | 2 | 3 | 4 | 5 | 6 |
| Coconut milk (ml) 26) | 50 | 100 | 150 | 200 | 250 | 300 |
| Free-range eggs (pcs) 3) * | 1 | 2 | 3 | 4 | 5 | 6 |
| Spinach (g) * | 100 | 200 | 300 | 400 | 500 | 600 |
| Not included | | | | | | |
| Vegetable stock (ml) | 200 | 400 | 600 | 800 | 1000 | 1200 |
| Olive oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Sunflower oil (tbsp) | ½ | 1 | 1 | 1 | 1½ | 1½ |
| Salt & pepper | to taste | | | | | |

* Keep in the refrigerator

| NUTRIENT VALUE | PER SERVING | PER 100 G |
|-------------------------|-------------|-----------|
| Energy (kJ/kcal) | 3362 / 804 | 496 / 119 |
| Total fat (g) | 43 | 6 |
| Of which: saturated (g) | 16,7 | 2,5 |
| Carbohydrates (g) | 81 | 12 |
| Of which: sugars (g) | 7,3 | 1,1 |
| Fibre (g) | 7 | 1 |
| Protein (g) | 21 | 3 |
| Salt (g) | 2,4 | 0,4 |

ALLERGENS

3) Eggs 5) Peanuts 8) Nuts 9) Celery 10) Mustard
May contain traces of: 19) Peanuts 22) Nuts 25) Sesame
26) Sulphite

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





Italian chicken-stuffed peppers

With mushrooms, brown rice and lamb's lettuce



Brown rice



Red pepper *



Mushrooms f



Chicken pieces in an Italian marinade *



Single cream f



Lamb's lettuce *

Total: **35-40** min.

Gluten-free

Easy

Eat within **5** days

This dish not only looks pretty, it is also quick to make. While the peppers are roasting in the oven you'll prepare the filling. Peppers are full of fibre and nutrients but have few calories. Did you know that a red pepper contains twice as much vitamin C as a green one? Vitamin C contributes to a strong immune system and healthy energy levels.

A GOOD START

EQUIPMENT

Pan with a lid, salad bowl, baking sheet lined with baking paper, kitchen towel and a sauté pan.

Let's start cooking the **Italian chicken-stuffed peppers**.



1 BOIL THE RICE

Preheat the oven to 200 degrees. Bring ample water to the boil in a saucepan with a lid for the **rice**. Cook the **rice**, covered, 8 minutes. Then turn off the heat and let it stand for 10 minutes with the lid on the pan. Drain if necessary then let it steam dry without a lid.



2 ROAST THE PEPPERS

Meanwhile cut the **peppers** in half lengthwise. Remove the seeds but leave the green part of the stem on the **pepper**. Place the **pepper** halves, cut side up, on a baking sheet lined with baking paper. Roast the **peppers** for 10 – 15 minutes in the oven.



3 FRY

Wipe the **mushrooms** clean with kitchen towel and cut into quarters. Heat the butter in a sauté pan on medium-high heat and fry the **chicken fillet** and **mushrooms** for 4 – 5 minutes. Add the **single cream** and 1/4 chicken stock cube per person. Let the sauce thicken for 5 minutes.



4 MAKE A SALAD

In a salad bowl, whisk together a dressing with the extra virgin olive oil and white balsamic vinegar. Season with salt and pepper. Stir the **lamb's lettuce** through the dressing.



5 STUFF THE PEPPERS

Mix the **brown rice** with the **chicken-mushroom** sauce in a sauté pan. Stuff the **roasted peppers** with the mixture.



6 SERVE

Place the **peppers** on plates and serve the **salad** on the side.

SERVES 1 - 6 INGREDIENTS

| | 1P | 2P | 3P | 4P | 5P | 6P |
|---|-----|-----|-----|-----|-----|-----|
| Brown rice (g) | 85 | 170 | 250 | 335 | 420 | 505 |
| Red pepper (pc) * | 1 | 2 | 3 | 4 | 5 | 6 |
| Mushrooms (g) * | 60 | 125 | 180 | 250 | 305 | 375 |
| Chicken pieces in an Italian marinade (g) * | 100 | 200 | 300 | 400 | 500 | 600 |
| Single cream (ml) 7) | 100 | 200 | 300 | 400 | 500 | 600 |
| Lamb's lettuce (g) 23) * | 20 | 40 | 60 | 80 | 100 | 120 |

Not included

| | | | | | | |
|-------------------------------|-----|-----|-------|---|-------|----------|
| Butter (tbsp) | 1/2 | 1 | 1 1/2 | 2 | 2 1/2 | 3 |
| Chicken stock cube (pc) | 1/4 | 1/2 | 3/4 | 1 | 1 1/4 | 1 1/2 |
| Extra virgin olive oil (tbsp) | 1/4 | 1/2 | 3/4 | 1 | 1 1/4 | 1 1/2 |
| White balsamic vinegar (tbsp) | 1/4 | 1/2 | 3/4 | 1 | 1 1/4 | 1 1/2 |
| Salt & pepper | | | | | | to taste |

* Keep in the refrigerator

| NUTRIENT VALUES | PER SERVING | PER 100 g |
|-------------------------|-------------|-----------|
| Energy (kJ/kcal) | 3427 / 819 | 642 / 154 |
| Total fat (g) | 40 | 8 |
| Of which: saturated (g) | 20,5 | 3,9 |
| Carbohydrates (g) | 78 | 15 |
| Of which: sugars (g) | 11,9 | 2,2 |
| Fibre (g) | 7 | 1 |
| Protein (g) | 33 | 6 |
| Salt (g) | 1,8 | 0,3 |

ALLERGENS

7) Milk/lactose

May contain traces of: 23) Celery

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





CREAMY FARFALLE WITH SEASONED MINCED CHICKEN

With fennel, spinach and matured cheese



Onions



Garlic



Red chilli peppers *



Fennel *



Farfalle



Italian-style ground chicken *



Spinach *



Creme fraiche *



Grated matured cheese *

Total: 20 - 25 min. Family

Easy

Eat within 3 days

This dish will really help you eat your veggies - even more than the recommended daily amount of 250 grams. We have pre-seasoned the minced chicken for extra flavour. The pasta is creamy, yet refreshing due to the light anise flavour of the fennel. You'll add some heat with red chilli pepper - don't forget to adjust the amount of chilli for the number of servings.

A GOOD START

EQUIPMENT

A pan with a lid and a **wok** or **deep saucepan**.

Let's start cooking the **creamy farfalle with seasoned minced chicken**.



1 CUT THE GARLIC AND ONION

Bring plenty of water per person to the boil in a pan with a lid to cook the farfalle in. Mince the **onion** and press or finely chop the **garlic**.

2 CUT THE CHILLI AND FENNEL

Remove the seed pods from the **red chilli pepper** and finely chop the **red chilli pepper**. Halve the **fennel**, cut into quarters and remove the tough core. Finely dice the **fennel**.

3 BOIL THE FARFALLE

Boil the **farfalle**, covered, for 10 – 12 minutes in the pan with the lid and drain. Set aside uncovered to steam dry.



4 FRY

In the meantime, heat the olive oil in a wok or deep saucepan with a lid and fry the **minced chicken** for 3 minutes at medium to high heat until it separates. Add the **onion**, **garlic** and **red chilli pepper** and fry for another 2 minutes. Add the **fennel** and 1 tbsp water per person, season to taste with salt and pepper and fry, covered, for 5 minutes.

5 MAKE THE SAUCE

Turn down the heat and tear the **spinach** into bite-sized pieces over the wok or deep saucepan, in batches if necessary, and allow to reduce while stirring. Add the **creme fraiche** and half the **matured cheese** and stir firmly. Add the **farfalle**, season to taste with salt and pepper and heat for another minute.

6 SERVE

Transfer the **pasta** to plates. Garnish with the remaining **matured cheese**.

SERVES 1 - 6 INGREDIENTS

| | 1P | 2P | 3P | 4P | 5P | 6P |
|------------------------------------|----------|-----|-----|-----|-----|-----|
| Onions (pcs) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Garlic (cloves) | 1 | 2 | 3 | 4 | 5 | 6 |
| Red chilli peppers (pcs) * | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Fennel (pcs) * | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Farfalle (g) 1) 17) 20) | 90 | 180 | 270 | 360 | 450 | 540 |
| Italian-style ground chicken (g) * | 100 | 200 | 300 | 400 | 500 | 600 |
| Spinach (g) * | 100 | 200 | 300 | 400 | 500 | 600 |
| Creme fraiche (g) 7) * | 50 | 100 | 150 | 200 | 250 | 300 |
| Grated matured cheese (g) 7) * | 12 | 25 | 37 | 50 | 62 | 75 |
| Not included | | | | | | |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt & pepper | to taste | | | | | |

* Keep in the refrigerator

| NUTRIENT VALUES | PER SERVING | PER 100 G |
|-------------------------|-------------|-----------|
| Energy (kJ/kcal) | 3383 / 809 | 622 / 149 |
| Total fat (g) | 36 | 7 |
| Of which: saturated (g) | 15,7 | 2,9 |
| Carbohydrates (g) | 76 | 14 |
| Of which: sugars (g) | 11,1 | 2,1 |
| Fibre (g) | 9 | 2 |
| Protein (g) | 40 | 7 |
| Salt (g) | 0,6 | 0,1 |

ALLERGENS

1) Grains containing gluten 7) Milk/lactose

May contain traces of: 17) Eggs 20) Soy

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





Tomato soup with sweet pepper pesto-bruschettas

With carrot and Italian cheese



Onions



Garlic



Carrots *



Plum tomatoes *



Dried thyme



Paprika



Tomato paste



Whole-wheat ciabatta



Red sweet pepper pesto *



Grated Italian cheese *

Total: **30** min.

Easy

Eat within **5** days

Family

Vegetarian

Calorie-conscious

This dish contains a whopping 400 grams of vegetables and 50% of the daily recommended amount of fibre. That is not to mention the vitamin A. Carrots are a common source, but tomatoes are rich in vitamin A too which is important for healthy eyes and a strong immune system. Adding grana padano gives the soup extra flavour. Throw in the bruschetta with pepper-pesto for a true Italian flair!

A GOOD— START

EQUIPMENT

A soup pan with a lid, a baking sheet lined with baking paper and a hand-held blender.

Let's start cooking the **tomato soup with sweet pepper pesto bruschettas**.



1 CHOP THE VEGGIES

Pre-heat the oven to 200 degrees. Cut the **onion** into half rings and press or finely chop the **garlic**. Cut the **carrot** into thin half slices and the **plum tomato** into wedges★.



2 FRY THE VEGETABLES

Heat half the olive oil in a stockpot with a lid and sauté the **onion** and **garlic** for 2 minutes at medium-low heat. Add the **carrot**, **plum tomato**, **dried thyme**, **paprika** and **tomato purée** and fry for 2 minutes.



3 MAKE THE SOUP

Add the honey and boiling stock to the stockpot. Simmer the **soup** for 12 – 15 minutes at low heat.



4 MAKE THE BRUSCHETTAS

In the meantime, cut the **ciabatta** into 1 cm slices. Transfer the **ciabatta** slices to a baking sheet lined with baking paper, top with the **red sweet pepper pesto**, drizzle with the remaining olive oil to taste and roast for 6 – 8 minutes in the oven.

5 PURÉE THE SOUP

Remove the stockpot from the stove, add half the **Italian cheese** and purée the **soup** with a hand-held blender. Add some extra (warm) water if you want to dilute the **soup** a bit and season to taste with salt and pepper.

★TIP: Don't like the skins and seeds of the tomato in your soup? Make a cross in the bottom of the tomato with a knife and dip it briefly in boiling water. This makes the skin easy to remove. Cut the tomato open and remove the seeds.

SERVES 1 - 6 INGREDIENTS

| | 1P | 2P | 3P | 4P | 5P | 6P |
|--|----|----|-----|-----|-----|-----|
| Onions (pcs) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Garlic (cloves) | 1 | 2 | 2 | 3 | 3 | 4 |
| Carrots (pcs) * | ½ | ¾ | 1 | 1½ | 1½ | 2 |
| Plum tomatoes (pcs) * | 3 | 6 | 9 | 12 | 15 | 18 |
| Dried thyme (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Paprika (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Tomato paste (tin) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Whole-wheat ciabatta (pcs) 1) 6) 7) 17) 22) 25) 27) | 1 | 2 | 3 | 4 | 5 | 6 |
| Red sweet pepper pesto (g) 7) 8) * | 40 | 80 | 120 | 160 | 200 | 240 |
| Grated Italian cheese (g) 3) 7) * | 25 | 50 | 75 | 100 | 125 | 150 |

Not included

| | | | | | | |
|------------------------|---|---|----|----------|----|---|
| Vegetable stock (pc) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Olive oil (tbsp) | ½ | 1 | 2 | 2 | 3 | 3 |
| Honey (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Extra-virgin olive oil | | | | to taste | | |
| Salt & pepper | | | | to taste | | |

* Keep in the refrigerator

| NUTRIENT VALUES | PER SERVING | PER 100 G |
|-------------------------|-------------|-----------|
| Energy (kJ/kcal) | 2393 / 572 | 264 / 63 |
| Total fat (g) | 25 | 3 |
| Of which: saturated (g) | 8,0 | 0,9 |
| Carbohydrates (g) | 60 | 7 |
| Of which: sugars (g) | 25,0 | 2,8 |
| Fibre (g) | 15 | 2 |
| Protein (g) | 19 | 2 |
| Salt (g) | 5,0 | 0,6 |

ALLERGENS

1) Grains containing gluten 3) Eggs 6) Soy 7) Milk/lactose

8) Nuts

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

27) Lupins

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





SALAD WITH PEAR, DANABLU AND WALNUT

With roasted potatoes and courgette ribbons



Firm
potatoes



Walnuts



Courgettes *



Pears



Mixed
lettuce *



Danablu *

Total: **40** min.

Easy

Eat within **5** days

Vegetarian

Gluten-free

Just like strawberries with balsamic vinegar, watermelon with feta or apple with mackerel, pear and blue cheese make for a surprisingly tasty combination. The secret lies in the combination of fat, salt and acidity.

A GOOD START

EQUIPMENT

Tin foil, a baking sheet, 2x a frying pan and a salad bowl.

Let's start cooking the **salad with pear, danablu and walnuts**.



1 ROAST THE POTATOES

Pre-heat the oven to 220 degrees. Thoroughly rinse the **potatoes** and cut into quarters, cut any larger **potatoes** into six pieces each ★. Transfer the **potatoes** to 1 tin foil sheet per person, mix with half the olive oil and season with salt and pepper. Wrap the tin foil so no air can get in, place the packets on a baking sheet and roast the **potatoes** for 35 – 40 minutes in the oven or until done.



2 CHOP THE INGREDIENTS

In the meantime, coarsely chop the **walnuts**. Shave or cut the **courgette** into long thin ribbons. Halve the **pear**, remove the core and cut the **pear** into wedges without peeling it.



3 FRY THE COURGETTE

Heat a frying pan without oil to medium-high heat and roast the **walnuts** until golden-brown. Remove from the pan and set aside. Heat the remaining olive oil in the same frying pan and fry the **courgette ribbons** at medium-high heat for 8 – 10 minutes ★★. Remove the **courgette ribbons** from the pan and mix with white wine vinegar, salt and pepper in a salad bowl. It's OK for the **courgette ribbons** to cool.



4 FRY THE PEAR

In the meantime, melt the butter in another frying pan and fry the **pear** wedges for 8 – 16 minutes at medium to high heat or until the outside begins to change colour. The less ripe the **pear**, the more time it will take to soften in the pan. Deglaze the **pear** with the black balsamic vinegar, remove from the pan and set aside.

5 MIX THE SALAD

Mix the **mixed lettuce** into the (cooled) **courgette** ribbons. Add some extra-virgin olive oil to taste and season with salt and pepper.

★ TIP: It takes a bit longer for the potatoes to cook when they are larger or when the oven is less powerful. Want to save some time? Cut the potatoes into smaller pieces or dice them. Don't have a powerful oven? You can also boil the potatoes instead of roasting them. Mix the boiled potatoes with salt, pepper and olive oil.



6 SERVE

Transfer the **roasted potatoes** to plates. Scoop the **salad** on the side and garnish with **pear, danablu and walnuts**.

★★ TIP: Are you making this dish for more than 2 servings? Use multiple frying pans or grill the courgette in the oven using a baking sheet.

SERVES 1 - 6 INGREDIENTS

| | 1P | 2P | 3P | 4P | 5P | 6P |
|----------------------------|-----|-----|-----|-----|------|------|
| Firm potatoes (g) | 200 | 400 | 600 | 800 | 1000 | 1200 |
| Walnuts (g) 8) 19) 22) 25) | 15 | 30 | 45 | 60 | 75 | 90 |
| Courgettes (pcs) * | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Pears (pcs) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Mixed lettuce (g) 23) * | 40 | 80 | 120 | 160 | 200 | 240 |
| Danablu (g) 7) * | 40 | 75 | 100 | 125 | 175 | 200 |

Not included

| | | | | | | |
|------------------------------|---|---|----|---|----|----------|
| Olive oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| White wine vinegar (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Butter (tbsp) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Black balsamic vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Extra-virgin olive oil | | | | | | to taste |
| Salt & pepper | | | | | | to taste |

* Keep in the refrigerator

| NUTRIENT VALUES | PER SERVING | PER 100 G |
|-------------------------|-------------|-----------|
| Energy (kJ/kcal) | 2768 / 662 | 479 / 114 |
| Total fat (g) | 37 | 6 |
| Of which: saturated (g) | 11,8 | 2,0 |
| Carbohydrates (g) | 60 | 10 |
| Of which: sugars (g) | 20,6 | 3,6 |
| Fibre (g) | 8 | 1 |
| Protein (g) | 19 | 3 |
| Salt (g) | 1,1 | 0,2 |

ALLERGENS

7) Milk/lactose 8) Nuts

May contain traces of: 19) Peanuts 23) Celery 25) Sesame

💡 TIP: Watching your calorie intake? Use 150 g of potatoes and 25 g of blue cheese per person.

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





Roasted feta with honey and sweet potato

With green lentils, cherry tomatoes and mixed lettuce



Green lentils



Sweet potato



Shallot



Garlic



Red cherry tomatoes *



Feta *



Lemon



Fresh parsley *



Rocket and lamb's lettuce

Total: 50 min.

Easy

Eat within 5 days

Vegetarian

Gluten-free

Sweet potatoes and lentils are an excellent source of fibre, which helps maintain your blood sugar level and help you feel full. Did you know that sweet potato is not actually a potato but rather a vegetable? It doesn't just contain fibre but is also richer in vitamins, minerals and carbohydrates than potatoes.

A GOOD START

EQUIPMENT

A pan with a lid, a baking sheet lined with baking paper, 2x a frying pan and a salad bowl.

Let's start cooking the **roasted feta with honey and sweet potatoes**.



1 BOIL AND BAKE

Pre-heat the oven to 200 degrees. Bring ample water to the boil in a pan with a lid. Boil the **green lentils** for 25 – 30 minutes, covered, at medium-low heat. Drain the **green lentils**. Cut the **sweet potatoes** into 1 cm thick half moons. Transfer the **sweet potato** slices to a baking tray lined with baking paper. Mix with 1 tbsp olive oil per person ★. Season to taste with salt and pepper. Bake the **sweet potato** in the oven for 25 – 35 minutes or until golden brown.



4 HEAT THE LENTILS

Heat ½ tbsp olive oil per person in another frying pan at medium to high heat and fry the **shallots** for 3 – 4 minutes. Add the **garlic** and fry for another minute. Next, add the boiled **green lentils** and season to taste with salt and pepper. Stir-fry for another 1 – 2 minutes. Add the majority of the lemon dressing, turn the heat to high and heat briefly.

★**TIP:** Make sure all the sweet potatoes are covered in olive oil to prevent them from burning.

5 FRY AND DRESS

In the meantime, drizzle the **feta** with the **honey** right before serving and return to the oven for 2 minutes. Finely chop the **fresh parsley**. Tear the **rocket and lamb's lettuce** into bite-size pieces. Mix the **rocket & lamb's lettuce** with the remaining **lemon dressing** and season to taste with salt and pepper.

★★★**TIP:** Not a fan of warm feta? Skip this step and crumble the cheese over the dish right before serving.

3 FRY AND MIX

In the meantime, heat ½ tbsp olive oil per person in a frying pan at medium to high heat and fry the **cherry tomatoes** for 6 – 8 minutes. Stir regularly. Juice the **lemon**. Whisk together a dressing of 1 tbsp **lemon juice** per person and the extra-virgin olive oil in a bowl.



6 SERVE

Transfer the **lettuce** to plates and top with the **green lentils**. Place the **sweet potatoes**, **tomatoes** and **feta** on top and garnish with the **fresh parsley** ★★★.

★★★**TIP:** Carefully transfer the warm feta to plates, make sure it doesn't break apart. Don't allow the cheese to cool down otherwise it will become dry.

SERVES 1 - 6 INGREDIENTS

| | 1P | 2P | 3P | 4P | 5P | 6P |
|-----------------------------------|----------|-----|-----|------|------|------|
| Green lentils (g) | 40 | 80 | 120 | 160 | 200 | 240 |
| Sweet potatoes (g) | 300 | 600 | 900 | 1200 | 1500 | 1800 |
| Shallots (pcs) | ½ | 1 | 1 ½ | 2 | 2 ½ | 3 |
| Garlic (cloves) | ½ | 1 | 1 ½ | 2 | 2 ½ | 3 |
| Red cherry tomatoes (g) * | 125 | 250 | 375 | 500 | 625 | 750 |
| Feta (g) 7) * | 50 | 100 | 150 | 200 | 250 | 300 |
| Lemons (pcs) | ¼ | ½ | ¾ | 1 | 1 ¼ | 1 ½ |
| Fresh flat leaf parsley (g) * | 2½ | 5 | 7½ | 10 | 12½ | 15 |
| Rocket & lamb's lettuce (g) 23) * | 30 | 60 | 90 | 120 | 150 | 180 |
| Not included | | | | | | |
| Olive oil (tbsp) | 2 | 4 | 6 | 8 | 10 | 12 |
| Extra-virgin olive oil (tbsp) | ½ | 1 | 1 ½ | 2 | 2 ½ | 3 |
| Honey (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) | 3962 / 947 | 615 / 147 |
| Total fat (g) | 44 | 7 |
| Of which: saturated (g) | 10,9 | 1,7 |
| Carbohydrates (g) | 102 | 16 |
| Of which: sugars (g) | 31,6 | 4,9 |
| Fibre (g) | 18 | 3 |
| Protein (g) | 25 | 4 |
| Salt (g) | 1,8 | 0,3 |

ALLERGENS

7) Milk/lactose

May contain traces of: 23) Celery

■**TIP:** This is a calorie rich dish. Watching your calorie intake? Prepare the sweet potatoes in the oven, but only use half for this meal. The rest can be used in a lunch salad the next day.

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





VEGETARIAN CHILLI

With pineapple-salsa and pitta bread



Total: **25-30 min.**

Vegetarian

Easy

Calorie-conscious

Eat within **5** days

Chilli con carne has become a signature dish in Mexican and 'TexMex' food cultures. Even though this chilli is made without meat, it still contains a lot of protein because of the kidney beans. You will serve a pineapple-salsa on this side for a hint of freshness.



Garlic clove



Onion *



Red chilli pepper *



Red bell pepper *



Pineapple



Fresh flat leaf parsley *



Red kidney beans



Ground cinnamon



Mexican spices



Chopped tomatoes



Whole wheat pitta bread



Sour cream *

A GOOD START

EQUIPMENT

Wok or sauté pan with a lid and a bowl.
Let's start cooking the **vegetarian chilli**.



1 PREPARATION

Preheat the oven to 200 degrees. Press or mince the **garlic**. Mince the **onion**. Remove the seeds from the **red chilli pepper** and finely chop the **red chilli pepper**. Dice the **red bell pepper**. Slice the rind off the **pineapple**, remove the hard core and cut into small chunks. Then chop 1/3 of the **pineapple** very fine for the salsa. Finely chop the **fresh flat leaf parsley** and drain the **kidney beans**.



4 BAKE THE PITTA'S

Bake the whole wheat pittas in the oven for 5 – 7 minutes or toast them in a toaster.

5 SEASON

Stir half of the **sour cream** through the chilli and season with salt and pepper.

★TIP: Add less cinnamon if you prefer a less strong cinnamon flavour.

6 SERVE

Serve the vegetarian chilli on to plates. Garnish with the salsa, the remaining **sour cream** and remaining **flat leaf parsley**. Serve with the **pitta bread**.

SERVES 1 - 6 INGREDIENTS

| | 1P | 2P | 3P | 4P | 5P | 6P |
|---------------------------------|----|-----|-----|-----|-----|----------|
| Garlic clove (pc) | 1 | 2 | 3 | 4 | 5 | 6 |
| Onion (pc) * | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Red chilli pepper (pc) * | ⅓ | ⅔ | 1 | 1½ | 1¾ | 2 |
| Red bell pepper (pc) * | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Pineapple (pc) | ⅓ | ⅔ | 1 | 1½ | 1¾ | 2 |
| Fresh flat leaf parsley (g) * | 2½ | 5 | 7½ | 10 | 12½ | 15 |
| Red kidney beans (tin) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Ground cinnamon (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Mexican spices (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Chopped tomatoes (pack) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Whole wheat pitta bread (pc) 1) | 1 | 2 | 3 | 4 | 5 | 6 |
| Sour cream (g) 7) * | 50 | 100 | 150 | 200 | 250 | 300 |
| Not included | | | | | | |
| Olive oil (tbsp) | 1 | 1 | 2 | 2 | 3 | 3 |
| Black balsamic vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Vegetable stock cube (pc) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Salt & pepper | | | | | | to taste |

* keep in the refrigerator

| NUTRIENT VALUES | PER SERVING | PER 100 g |
|-------------------------|-------------|-----------|
| Energy (kJ/kcal) | 2176 / 520 | 317 / 76 |
| Total fat (g) | 13 | 2 |
| Of which: saturated (g) | 4,8 | 0,7 |
| Carbohydrates (g) | 70 | 10 |
| Of which: sugars (g) | 29,1 | 4,2 |
| Fibre (g) | 18 | 3 |
| Protein (g) | 22 | 3 |
| Salt (g) | 3,3 | 0,5 |

ALLERGENS

1) Grains containing gluten 7) Milk/lactose

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





Fresh ravioli with peppers and almonds

Enjoy the flavours of Italy in an instant!



Shallot



Red point pepper *



Red pepper *



Flaked almonds



Ravioli with potato,
rocket & mascarpone
*



Basil crème *



Rocket & lamb's lettuce *

Total: 20 min.

Quick & Easy

Very easy

Calorie-conscious

Did you know that this fresh ravioli comes straight from the Pasta Factory? In this Italian family business, everyone pitches in to make the most delicious pasta – and we think that's exactly what they've done! This ravioli is stuffed with a creamy mix of potato, mascarpone and rocket. The surprising combination of pasta and potatoes is often found in Italian cuisine. Let us know what you think?

A GOOD START

EQUIPMENT: pan, saute pan and a bowl.

Let's start cooking the **fresh ravioli** with **pepper and almonds**.



1 PREPARATION

- Bring a saucepan with ample water to the boil for the **ravioli**. Slice the **shallot** into half rings.
- Chop the **red point paprika** and **red pepper** into small cubes.



2 FRY THE PEPPERS

- Heat the olive oil in a frying pan at medium-high heat and add the **shallot**, **pepper** and the **pointed pepper**. Fry for 8 minutes. Stir regularly. Heat a frying pan at high heat and fry the **almond flakes** until they begin to colour. Remove from the pan and set aside.



3 COMBINE

- Boil the **ravioli** for 4 – 6 minutes. Drain then add to the pan with the **pepper**. Add the **basil cream**, mix gently and season with pepper and salt.

4 SERVE

- In a bowl, mix the **rocket** and **lamb's lettuce** with the black balsamic vinegar. Season with salt and pepper. Divide the **lettuce** over the plates then spoon the **ravioli** on top or on the side. Garnish with the **almond flakes**.

SERVES 1 - 6 INGREDIENTS

| | 1P | 2P | 3P | 4P | 5P | 6P |
|--|-----|-----|-----|-----|-----|----------|
| Shallot (pc) | 1 | 2 | 3 | 4 | 5 | 6 |
| Red point pepper (pc) * | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Red pepper (pc) * | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Almonds flakes 8) 19) 25) (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Ravioli with potato, rocket & mascarpone (g) 1) 3) 7)* | 125 | 250 | 375 | 500 | 625 | 750 |
| Basil crème (pot) * | 1 | 2 | 3 | 4 | 5 | 6 |
| Rocket & lamb's lettuce (g) 23) * | 30 | 60 | 90 | 120 | 150 | 180 |
| Not included | | | | | | |
| Olive oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Black balsamic vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Salt & pepper | | | | | | to taste |

* Keep in the refrigerator

| NUTRIENT VALUES | PER SERVING | PER 100 G |
|-------------------------|-------------|-----------|
| Energy (kJ/kcal) | 2372 / 567 | 625 / 149 |
| Total fat (g) | 31 | 8 |
| Of which: saturated (g) | 7,5 | 2,0 |
| Carbohydrates (g) | 55 | 14 |
| Of which: sugars (g) | 10,6 | 2,8 |
| Fibre (g) | 7 | 2 |
| Protein (g) | 13 | 3 |
| Salt (g) | 1,1 | 0,3 |

ALLERGENS

1) Grains containing gluten 3) Eggs 7) Milk 8) Nuts
May contain traces of: 19) Peanuts 23) Celery 25) Sesame

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





QUICK CURRY WITH SHRIMP

With broccoli rice, green beans and sweet pepper



Pandan rice



Broccoli rice *



Garlic



Fresh ginger



Red chilli peppers *



Green beans *



Yellow sweet pepper *



Fish sauce



Coconut milk



Shrimps *

Total: 20 min.

Very simple

Eat within 3 days

Quick & Easy

Lactose-free

Gluten-free

This quick curry is full of flavour. If you are trying to limit your carb intake, this dish has got you covered. We have supplemented the rice with broccoli rice. This means you will eat more than 200 grams of vegetables today. This meal is also rich in folic acid, which gives you energy. A great meal for before exercise, or when you just need some extra energy.

A GOOD START

EQUIPMENT: A **pan with a lid**, a **frying pan**, a **fine grater** and a **wok or deep saucepan with a lid**.

Let's start cooking the **quick curry with shrimp**.



1 PREPARATION

- Boil the **pandan rice** ★, covered, in a pan with a lid for 10 – 12 minutes. Add the **broccoli rice** for the final 3 minutes. Drain and set aside to steam dry. Season to taste with salt and pepper.
- In the meantime, press or finely chop the **garlic**. Grate the **ginger**, remove the seed pods from the **red chilli pepper** and chop the **chilli pepper**. Trim the ends off the **green beans** and cut the beans into 3 equal parts. Cut the **sweet pepper** into thin strips.



3 FRY THE SHRIMP

- In the meantime, heat the remaining sunflower oil in a frying pan and fry the remaining **garlic**, **ginger** and **red chilli pepper** for 1 minute at medium-high heat.
- Add the **shrimp** pieces and fry for 3 – 4 minutes or until done.
- Add the **shrimp** and the reduction to the vegetables and stir firmly. Season to taste with salt and pepper.



2 FRY AND BOIL

- Heat ½ tbsp sunflower oil per person in a wok or deep saucepan with a lid at medium-high heat and fry half the **garlic**, half the **ginger** and half the **red chilli pepper** for 1 minute.
- Add the **green beans**, **sweet pepper**, **fish sauce** and **coconut milk** and allow to simmer, covered, for 8 – 10 minutes. Take the lid off the pan for the final 2 minutes.



4 SERVE

- Transfer the **pandan rice** with **broccoli rice** to plates.
- Top the **rice** with half the **vegetables** and **shrimp** and scoop half on the side. Pour the remaining **coconut milk** over the dish.

★ TIP: This week's box contains more rice than you'll need today, so weigh the correct amount beforehand.

SERVES 1 – 6 INGREDIENTS

| | 1P | 2P | 3P | 4P | 5P | 6P |
|------------------------------|-----|-----|-------|-----|-------|-------|
| Pandan rice (g) | 70 | 140 | 210 | 280 | 350 | 420 |
| Broccoli rice (g) 23) * | 100 | 200 | 300 | 400 | 500 | 600 |
| Garlic (cloves) | 1 | 2 | 3 | 4 | 7 | 8 |
| Fresh ginger (cm) | 2 | 3 | 4 | 5 | 6 | 7 |
| Red chilli peppers (pcs) * | 1/4 | 1/2 | 3/4 | 1 | 1 1/4 | 1 1/2 |
| Green beans (g) * | 75 | 150 | 225 | 300 | 375 | 450 |
| Yellow sweet peppers (pcs) * | 1/2 | 1 | 1 1/2 | 2 | 2 1/2 | 3 |
| Fish sauce (ml) 4) | 10 | 20 | 30 | 40 | 50 | 60 |
| Coconut milk (ml) 26) | 125 | 250 | 375 | 500 | 625 | 750 |
| Shrimps (g) 2) * | 80 | 160 | 240 | 320 | 400 | 480 |

Not included

| | | | | | | |
|----------------------|----------|---|---|---|---|---|
| Sunflower 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) | 2948 / 705 | 524 / 125 |
| Fats (g) | 36 | 6 |
| Of which: saturated (g) | 21,6 | 3,8 |
| Carbohydrates (g) | 68 | 12 |
| Of which: sugars (g) | 5,0 | 0,9 |
| Fibre (g) | 9 | 2 |
| Protein (g) | 25 | 4 |
| Salt (g) | 3,4 | 0,6 |

ALLERGENS

2) Shellfish 4) Fish

Can contain traces of: 23) Celery 26) Sulphite

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





DELUXE BURGER WITH POTATOES

A VEAL BURGER WITH FRIED EGG AND BACON



Roseval potatoes



White rose roll



Little gem *



Mini-Roma tomatoes *



Red onions



Bacon *



Veal burger *



Free-range egg *



Pickles and capers *



Mayonnaise *

40 min

Several steps

Eat within 5 days

This burger isn't just any burger, and it demands quite some plating skills. The roll is generously topped with delicious ingredients: a tender veal burger, a fried egg, onion rings and slices of bacon. Veal is a lean meat with a deliciously mild and refined flavour.

A GOOD — START

EQUIPMENT

A baking sheet lined with baking paper, 2 x a frying pan and a salad bowl.
Let's start cooking the **deluxe burger** with potatoes.



1 FRY THE POTATOES

Pre-heat the oven to 200 degrees. Thoroughly scrub or peel the **potatoes** and cut into wedges. Transfer them to a baking sheet lined with baking paper, mix with half the olive oil and season with salt and pepper. Bake in the oven for 30 – 35 minutes ★. Drizzle the **rose roll** with some water and add to the oven for the final 6 – 8 minutes.



2 CUT AND FRY THE BACON

In the meantime, coarsely chop the **little gem**, halve the **mini Roma tomatoes** and cut the **red onion** into half rings. Heat a frying pan to medium to high heat and fry the **bacon**, without the fat, for 3 – 5 minutes until crispy. Remove from the pan and set aside. Break half the **bacon** into smaller pieces (to mix into the salad later).



3 PREPARE THE DRESSING

Whip up a dressing in a salad bowl using honey, mustard, extra-virgin olive oil and white wine vinegar. Season to taste with salt and pepper.



4 FRY THE BURGER AND EGG

Heat the butter in another frying pan and fry the **red onion** at medium to low heat for 2 minutes. Add the **veal burger** and fry for 4 – 5 minutes on each side ★★. In the meantime, heat the remaining olive oil in the frying pan you used for the **bacon** and fry one **egg**, sunny side up, per person.



5 MIX THE SALAD

Add the **little gem**, **mini Roma tomatoes**, **bacon pieces** and **sliced pickles** to the salad bowl and stir firmly ★.



6 SERVE

Cut open the **rose rolls**. Place the **veal burger** and **onions** on top. Top with the **fried egg** and the remaining **bacon**. Serve the **burger** with the **Roseval potatoes**, **mayonnaise** and **salad**.

★★**TIP:** The burgers will be pink on the inside. Not a fan? Extend the frying time.

SERVES 1 - 6 INGREDIENTS

| | 1P | 2P | 3P | 4P | 5P | 6P |
|---|----------|-----|-----|------|------|------|
| Roseval potatoes (g) | 250 | 500 | 750 | 1000 | 1250 | 1500 |
| White rose roll (pcs) 1) 17) 20) 21) 22) 25) | 1 | 2 | 3 | 4 | 5 | 6 |
| Little gem (head) * | 1 | 2 | 3 | 4 | 5 | 6 |
| Mini-Roma tomatoes (g) * | 100 | 150 | 200 | 250 | 300 | 350 |
| Red onions (pcs) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Bacon (g) * | 25 | 50 | 75 | 100 | 125 | 150 |
| Veal burger (pc) * | 1 | 2 | 3 | 4 | 5 | 6 |
| Free-range eggs (pcs) 3) * | 1 | 2 | 3 | 4 | 5 | 6 |
| Pickles and capers (container) * | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Mayonnaise (g) 3) 10) 19) 22) * | 40 | 50 | 75 | 100 | 125 | 150 |
| Not included | | | | | | |
| Olive oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Honey (tbsp) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Mustard (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Extra-virgin olive oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| White wine vinegar (tbsp) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Butter (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt & pepper | to taste | | | | | |

* Keep in the refrigerator

| NUTRIENT VALUE | PER SERVING | PER 100 G |
|-------------------------|-------------|-----------|
| Energy (kJ/kcal) | 5333 / 1275 | 634 / 152 |
| Fats (g) | 70 | 8 |
| Of which: saturated (g) | 16,2 | 1,9 |
| Carbohydrates (g) | 106 | 13 |
| Of which: sugars (g) | 10,8 | 1,3 |
| Fibre (g) | 10 | 1 |
| Protein (g) | 50 | 6 |
| Salt (g) | 2,6 | 0,3 |

ALLERGENS

1) Grains containing gluten 3) Eggs 10) Mustard
Can contain traces of: 17) Eggs 19) Peanuts 20) Soy 21) Milk/lactose
22) Nuts 25) Sesame

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





SUSHI BOWL WITH HOT SMOKED SALMON WITH PICKLED RADISHES, CUCUMBER AND AVOCADO



40 min

Easy

Eat within 3 days

Lactose-free

Fancy homemade sushi but don't have a lot of time? Then this sushi bowl is perfect for you - a bowl full of sushi flavours which can be varied endlessly. Today you will prepare a colourful variation with hot smoked salmon, avocado and radish. Of course you can't leave out the soy and ginger which add flavour and compliment the other ingredients.



Radish *



Cucumber *



Risotto rice



Avocado



Spring onion *



Fresh ginger



Soy sauce



Snow peas *



Sesame seed



Hot smoked salmon *

A GOOD — START

EQUIPMENT

Pan with a lid, frying pan, 2x bowls, grater and a sauté pan with a lid.

Let's start cooking the **sushi bowl** with hot smoked salmon.



1 CHOP THE VEGETABLES

Bring ample water to the boil in a saucepan with a lid and crumble $\frac{1}{8}$ of a stock cube per person over top. Remove the leaves from the **radishes** then slice them into thin slices. Cut the **cucumber** into thin sticks of about 4 cm long and 1/2 cm thick.

2 MIX AND BOIL

In a bowl, whisk (per person) $1\frac{1}{2}$ tbsp of white balsamic vinegar and 1 tsp sugar with a pinch of salt into a dressing. Mix the **cucumber** and **radish** through it. Set aside but stir regularly. Add the **risotto rice** to the pan with a lid and boil the **risotto rice**, covered, for 10 – 12 minutes. Drain if necessary then set aside without a lid to steam dry.



4 FRY THE SNOWPEAS

Heat $\frac{1}{2}$ tbsp of olive oil per person in a sauté pan with a lid on high heat. Add the snow peas, season with pepper and salt and stir fry for 3 – 5 minutes until just tender.

5 MIX

Meanwhile, heat the remaining olive oil in a frying pan on medium heat and stir fry the **sesame seeds** until golden brown. Add them to the **rice** and mix well. Pull the **hot smoked salmon** apart with two forks into coarse pieces.

6 SERVE

Divide the sesame rice over bowls and serve with the **hot smoked salmon**, the **pickled radishes** and **cucumber**, the **snow peas**, **spring onions** and the **avocado**.

SERVES 1 - 6

INGREDIENTS

| | 1P | 2P | 3P | 4P | 5P | 6P |
|-----------------------------|---------------|---------------|----------------|----------------|----------------|-----|
| Radish (bunch) * | $\frac{1}{2}$ | 1 | $1\frac{1}{2}$ | 2 | $2\frac{1}{2}$ | 3 |
| Cucumber (pc) * | $\frac{1}{3}$ | $\frac{2}{3}$ | 1 | $1\frac{1}{3}$ | $1\frac{1}{3}$ | 2 |
| Risotto rice (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Avocado (pc) | $\frac{1}{2}$ | 1 | $1\frac{1}{2}$ | 2 | $2\frac{1}{2}$ | 3 |
| Spring onion (pc) * | 2 | 4 | 6 | 8 | 10 | 12 |
| Fresh ginger (cm) | $\frac{1}{2}$ | 1 | $1\frac{1}{2}$ | 2 | $2\frac{1}{2}$ | 3 |
| Soy sauce (tsp) 1 6) | 1 | 2 | 3 | 4 | 5 | 6 |
| Snow peas (g) * | 75 | 150 | 225 | 300 | 375 | 450 |
| Sesame seed (g) 11) 19) 22) | 10 | 20 | 30 | 40 | 50 | 60 |
| Hot smoked salmon (g) 4) * | 160 | 320 | 480 | 640 | 800 | 960 |

Not included

| | | | | | | |
|-------------------------------|----------------|----------------|----------------|---------------|----------------|-----------------|
| Vegetable stock cube (pc) | $\frac{1}{8}$ | $\frac{1}{4}$ | $\frac{3}{8}$ | $\frac{1}{2}$ | $\frac{5}{8}$ | $\frac{3}{4}$ |
| White balsamic vinegar (tbsp) | $1\frac{1}{4}$ | $3\frac{1}{2}$ | $5\frac{1}{4}$ | 7 | $8\frac{3}{4}$ | $10\frac{1}{2}$ |
| Sugar (tsp) | $1\frac{1}{2}$ | 3 | $4\frac{1}{2}$ | 6 | $7\frac{1}{2}$ | 9 |
| Extra virgin olive oil (tbsp) | $\frac{3}{4}$ | $1\frac{1}{2}$ | $2\frac{1}{4}$ | 3 | $3\frac{3}{4}$ | $4\frac{1}{2}$ |
| Olive oil (tbsp) | $\frac{3}{4}$ | $1\frac{1}{2}$ | $2\frac{1}{4}$ | 3 | $3\frac{3}{4}$ | $4\frac{1}{2}$ |
| Salt & pepper | | | | | | to taste |

* keep in the refrigerator

| NUTRIENT VALUES | PER SERVING | PER 100 G |
|-------------------------|-------------|-----------|
| Energy (kJ/kcal) | 4437 / 1061 | 677 / 162 |
| Total fat (g) | 55 | 8 |
| Of which: saturated (g) | 9,2 | 1,5 |
| Carbohydrates (g) | 83 | 13 |
| Of which: sugars (g) | 16,5 | 2,5 |
| Fibre (g) | 9 | 1 |
| Protein (g) | 53 | 8 |
| Salt (g) | 3,6 | 0,5 |

ALLERGENS

1) Grains containing gluten 4) Fish 6) Soy 11) Sesame
May contain traces of: 19) Peanuts 22) Nuts

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





FRIED COD FILLET WITH BUTTER SAUCE

With pearl couscous, carrot and tomato



Carrots *



Red cherry tomatoes *



Fresh parsley *



Garden cress *



Pearl couscous



Raisins



Fillet of cod (skinned) *

Total: 45 min.

Several steps

Eat within 5 days

On today's menu is a hearty pearl couscous dish, with cod fillet as the star of the show. The cod in your box is caught in the waters around Iceland using the longline method. This sustainable fishing method uses separate hooks to catch the fish which results in hardly any by-catch – this is not only more durable, but it also ensures a better quality of fish.

A GOOD START

EQUIPMENT

An **oven dish**, a **pan with a lid**, a **frying pan** and **tin foil**.
Let's start cooking the **fried cod fillet with butter sauce**.



1 PREPARATION

Pre-heat the oven to 200 degrees and prepare the stock. Cut the **carrot** in half lengthwise and cut into thin half slices.



4 FRY THE COD

In the meantime, melt half the butter in a frying pan at medium to high heat and fry the **cod fillet** for 1 – 2 minutes on each side. Season to taste with salt and pepper. Remove the **cod** from the pan and set aside wrapped in tin foil. Do not remove the reduction from the frying pan.

5 MAKE THE BUTTER SAUCE

Heat the remaining butter in the frying pan with the reduction and add $\frac{1}{3}$ of the **parsley**. Season to taste with salt and pepper and stir firmly.

6 SERVE

Mix the **cherry tomatoes** and **carrot** into the **pearl couscous**. Transfer the **pearl couscous** to plates and garnish with the **garden cress** and the remaining **parsley**. Serve with the **cod** and the **butter sauce**.

SERVES 1 - 6 INGREDIENTS

| | 1P | 2P | 3P | 4P | 5P | 6P |
|------------------------------------|----------|-----|-----|-----|-----|------|
| Carrots (pcs) * | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Red cherry tomatoes (g) * | 125 | 250 | 375 | 500 | 625 | 750 |
| Fresh parsley (g) 23) * | 2½ | 5 | 7½ | 10 | 12½ | 15 |
| Garden cress (g) 15) 23) 24) * | 2 | 4 | 6 | 8 | 10 | 12 |
| Pearl couscous (g) 1) | 85 | 170 | 250 | 335 | 420 | 500 |
| Raisins (g) 19) 22) 25) | 15 | 30 | 40 | 60 | 75 | 90 |
| Fillet of cod (skinned) (pcs) 4) * | 1 | 2 | 3 | 4 | 5 | 6 |
| Not included | | | | | | |
| Vegetable stock (ml) | 175 | 350 | 525 | 700 | 875 | 1050 |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Butter (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Salt & pepper | to taste | | | | | |

* Keep in the refrigerator

| NUTRIENT VALUES | PER SERVING | PER 100 G |
|-------------------------|-------------|-----------|
| Energy (kJ/kcal) | 2906 / 695 | 448 / 107 |
| Total fat (g) | 22 | 3 |
| Of which: saturated (g) | 9,2 | 1,4 |
| Carbohydrates (g) | 83 | 13 |
| Of which: sugars (g) | 24,1 | 3,7 |
| Fibre (g) | 8 | 1 |
| Protein (g) | 35 | 5 |
| Salt (g) | 2,2 | 0,3 |

ALLERGENS

1) Grains containing gluten 4) Fish
May contain traces of: 15) Gluten 19) Peanuts 22) Nuts
23) Celery 24) Mustard 25) Sesame

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



1

**SOURDOUGH ROLL
WITH OMELETTE**

With bacon and fresh chives

2

**FULL- FAT YOGHURT
WITH APPLE**

with cranberry-walnut mix

3

**FIBRE RICH
CRACKERS**

With avocado

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.

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

**BREAKFAST 1****SOURDOUGH ROLL WITH OMELETTE**

With bacon and fresh chives



1 Pre-heat the oven to 210 degrees. Bake the **sourdough bread** in the pre-heated 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 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 **bread** in half and top with the **omelette**. Serve with a glass of **milk**.

**INGREDIENTS
FOR 1 BREAKFAST**

| | 2P | 4P |
|--|-----|----------|
| Sourdough bread (pcs) 1) 6) 11) 17) 21) 22) 27) | 2 | 4 |
| Fresh chives (g) 23) * | 5 | 10 |
| Free-range eggs (pcs) 3) * | 4 | 8 |
| Diced bacon (g) * | 40 | 80 |
| Milk 7) * | | dash |
| Not included | | |
| Butter (tbsp) | 1/2 | 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) | 2565 / 613 | 854 / 204 |
| Fats (g) | 26 | 9 |
| Of which: saturated (g) | 9,4 | 3,1 |
| Carbohydrates (g) | 64 | 21 |
| Of which: sugars (g) | 1,8 | 0,6 |
| Fibre (g) | 3 | 1 |
| Protein (g) | 29 | 10 |
| Salt (g) | 2,2 | 0,7 |

ALLERGENS

1) Grains containing gluten 3) Eggs 6) Soy 7) Milk/lactose
11) Sesame
May contain traces of: 17) Peanuts 21) Milk/lactose 22) Nuts
23) Celery 27) Lupin

BREAKFAST 2**2x****FULL-FAT YOGHURT WITH APPLE**

With cranberry-walnut mix



1 Cut the **apple** and **pear** into quarters and remove the core. Cut half of the **apple** and **pear** into cubes and the other half into thin slices.

2 Mix the **apple** and **pear** cubes into the **full-fat yoghurt** in a bowl. Garnish with the **apple** and **pear** slices and sprinkle with **cranberry-walnut mix**.

**INGREDIENTS
FOR 1 BREAKFAST**

| | 2P | 4P |
|---|-----|-----|
| Apple (pcs) | 1 | 2 |
| Pears (pcs) | 1 | 2 |
| Full-fat yoghurt (ml) 7) * | 400 | 800 |
| Cranberry-walnut mix (g) 8) 19) 22) 25) | 60 | 120 |

* Keep in the refrigerator

NUTRIENT VALUES**PER SERVING****PER 100 G**

| | | |
|-------------------------|------------|----------|
| Energy (kJ/kcal) | 1931 / 462 | 373 / 89 |
| Fats (g) | 19 | 4 |
| Of which: saturated (g) | 5,5 | 1,1 |
| Carbohydrates (g) | 61 | 12 |
| Of which: sugars (g) | 47,9 | 9,3 |
| Fibre (g) | 7 | 1 |
| Protein (g) | 9 | 2 |
| Salt (g) | 0,2 | 0,0 |

ALLERGENS

7) Milk/lactose 8) Nuts

May contain traces of: 19) Peanuts

22) (Other) nuts 25) Sesame

BREAKFAST 3**2x****FIBRE-RICH CRACKERS WITH AVOCADO**

With mature cheese and tomato



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

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

**INGREDIENTS
FOR 1 BREAKFAST**

| | 2P | 4P |
|--------------------------------|----------|----|
| Avocado (pc) | 1/2 | 1 |
| Plum tomatoes (pcs) * | 1 | 2 |
| Crackers (st) 1) 11) 21) | 4 | 8 |
| Aged cheese, slices (pcs) 7) * | 2 | 4 |
| Not included | | |
| Pepper | To taste | |

* Keep in the refrigerator

NUTRIENT VALUES**PER SERVING****PER 100 G**

| | | |
|-------------------------|------------|-----------|
| Energy (kJ/kcal) | 1063 / 254 | 818 / 195 |
| Fats (g) | 17 | 13 |
| Of which: saturated (g) | 7,1 | 5,4 |
| Carbohydrates (g) | 10 | 8 |
| Of which: sugars (g) | 2,5 | 1,9 |
| Fibre (g) | 8 | 6 |
| Protein (g) | 10 | 8 |
| Salt (g) | 0,6 | 0,5 |

ALLERGENS

1) Grains containing gluten 7) Milk/Lactose 11) Sesame

May contain traces of: 21) Milk/lactose