



SHOPPING LIST

Fried cod with butter sauce

Vegetable stock | olive oil | butter | salt & pepper

'German steak' patty with caramelised chicory

Olive oil | butter | mustard | white wine vinegar | extra-virgin olive oil | honey | salt & pepper

Mushroom risotto made with orzo

Vegetable stock | butter | olive oil | salt & pepper

Crispy white fish with pesto gnocchi

Olive oil | salt & pepper

Crispy coconut chicken

Sunflower oil | butter | salt & pepper

Creamy spinach gratin with fried egg

Olive oil | butter | salt & pepper

Penne with a lentil-bolognese sauce and feta

Olive oil | vegetable stock cubes | brown sugar | black balsamic vinegar | extra-virgin olive oil | salt & pepper

Italian flat-bread pizza with buffalo mozzarella

Olive oil | extra-virgin olive oil | salt & pepper

Celeriac mash with serrano ham

Butter | mustard | milk | salt & pepper

Crispy chickpeas with roasted brussel sprouts

Olive oil | extra-virgin olive oil | salt & pepper

DESSERTS:

Greek yoghurt with honey

Butter

Vanilla custard with 'pepernoten'

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BREAKFASTBOX:

Frisian sugar bread with orange butter

Butter

Banana-kiwi smoothie

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Rusks with avocado

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FRUITBOX INSPIRATION RECIPE:

Light apple-pear cookies

Oatmeal | whole-wheat or spelt flour | baking powder | raisins | free-range eggs | low-fat quark | salt