Pasta pesto in tuna sauce

With cherry tomatoes and mesclun





MASAN ROUGE

Serving red wine with fish? Good choice, certainly with a firm-fleshed fish - such as tuna. As long as it's not too full-bodied, like this Masan.



Mesclun ❄



Green pesto Genovese ❄



Onions



Red cherry tomatoes



Canned tuna in oil



Tricolore conchiglie

Total: 25-30 min.

Easy

Eat within 3 days

Original

Family

Quick & Easy

Who doesn't like green pesto? This pasta is a genuine classic. The varicoloured pasta makes this dish look festive, while it is also healthy on account of the tuna. What's more, it takes hardly any time to prepare.

A GOOD START

EQUIPMENT

Pan with a lid, **a salad bowl** and a **wok** or **deep saucepan**.

Let's start cooking the **pasta pesto in tuna sauce.**



1 BOIL WATER

Bring 500 ml water per person to the boil in a pan (with the lid on) to cook the tricolore conchiglie in.



2 CHOP THE VEGETABLES

Finely dice the **onion** and halve the **cherry tomatoes**. Drain the **tuna**, reserving the oil.



3 COOK THE PASTA

In the meantime, cook the **conchiglie** in the pan with the lid, covered, for 8 - 10 minutes and drain.



4 FINISHING THE SALAD

While the **pasta** is cooking, **mix** the **mesclun** with a little bit of the **pesto** in a salad bowl. Season to taste with salt and pepper. Sprinkle with a little extra virgin olive oil to taste.

★TIP

Are you running short of time? Make a lukewarm salad with pasta and mix all the mesclun through the pasta.



5 MAKE THE SAUCE

Heat 1 tbsp oil from the **tuna** per person in a wok or deep saucepan and fry the **cherry tomatoes** and the **onion** for 5 minutes at medium heat (be careful, the oil can spatter if the pan is too hot). Add the **tuna**, the **conchiglie** and the remaining **pesto**. Season to taste with salt and pepper.



6 SERVE

Serve the **pasta** in **tuna sauce** with the **mesclun**.

★TIP

This dish is also nice with roasted pine nuts. Mix some through the pasta and some through the salad.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Onions (pcs)	½	1	1½	2	2½	3
Red cherry tomatoes (g)	125	250	375	500	625	750
Canned tuna in oil (g) 4)	80	160	240	320	400	480
Tricolore conchiglie (g) 1)	90	180	270	360	450	550
Mesclun (g) 23) ❄	30	60	80	120	150	180
Green pesto Genovese (g) 7) 8) ❄	40	80	120	160	200	240
Extra virgin olive oil *	To taste					
Salt & pepper*	To taste					

*Not included | ❄Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3610 / 863	400 / 96
Total fat (g)	49	5
Of which: saturated (g)	8.2	0.9
Carbohydrates (g)	71	8
Of which: sugars (g)	7.0	0.8
Fibre (g)	10	1
Protein (g)	29	3
Salt (g)	1.0	0.1

ALLERGENS

1) Gluten 4) Fish 8) Nuts

Can contain traces of: 23) celery

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WEEK 22 | 2017

HelloFRESH

White asparagus with ham and eggs

The classic recipe for white gold





LAVILA BLANC

Asparagus need an aromatic white wine to bring out their subtle flavour. Lavila is made partly from the aromatic Colombard grape, making it a perfect match with this traditional dish.



White asparagus ❄



Fresh curly parsley ❄



Butcher-quality ham, sliced ❄



Nicola potatoes



Free-range eggs

Total: 30-35 min.

Easy

Eat within 5 days

Original

Discovery

Gluten-free

Of course you should never miss out on eating asparagus when they are in season! After the end of June it will be too late. Today, you will be cooking this white gold in the traditional manner. The subtle taste of ham, eggs and parsley beautifully brings out the flavour of the asparagus.

A GOOD START

EQUIPMENT

Large pan or **asparagus pan with a lid**, a **pan with a lid** and a **saucepan**.

Let's start cooking the **white asparagus with ham and eggs.**



1 BOIL WATER

Bring 1 litre water per person to the boil in a big pan, or an asparagus pan, with the lid on to cook the asparagus in. Bring 400 ml water per person to the boil in another pan for the potatoes.



2 PEEL AND CHOP

Thoroughly rinse or peel the **potatoes** (nicola) and cut in half. Cut the bigger **potatoes** into quarters. Peel the **asparagus** from the head to the end of the stalk using a vegetable peeler or an asparagus peeler. Remove the bottom 2 cm of the stalks. The head does not need to be peeled.



3 BOIL THE POTATOES

Boil the **potatoes**, covered, for 15 - 20 minutes in the pan with the lid. Drain and set aside uncovered to steam dry. Thoroughly rinse the **eggs**.



4 BOIL

Boil the **asparagus** in the big pan with the lid or the asparagus pan for 12 - 15 minutes. Boil the **eggs** along with the **asparagus** for the first 7 minutes. Take out the **eggs** and rinse under cold streaming water.



5 MELT THE BUTTER

Finely chop the **curly parsley**. Just before serving, melt the butter in a saucepan at medium heat and add the **curly parsley**. Season to taste with salt and pepper. Peel the **eggs** and cut in half, lengthwise. Unstack the **ham** slices.

★TIP

Do you prefer your ham warm? Wrap the ham in aluminium foil and heat for 5 minutes in a 175-degree oven.



6 SERVE

Transfer the **asparagus** and the **potatoes** to plates. Arrange the **ham** slices diagonally across the **asparagus**. Pour the melted butter over the **potatoes** and arrange the **egg** halves on top of the **asparagus**.

★TIP

Do you prefer a soft-boiled egg? Boil it for 5 instead of 7 minutes.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Nicola potatoes (g)	250	500	750	1000	1250	1500
White asparagus (g) ❄	250	500	750	1000	1250	1500
Free-range eggs (pcs) 3) ❄	1	2	3	4	5	6
Fresh curly parsley (sprigs) 23) ❄	5	5	10	10	20	20
Butcher-quality ham, sliced (g) ❄	30	60	90	120	150	180
Butter* (tbsp)	1½	3	4½	6	7½	9
Salt & pepper*	To taste					

*Not included | ❄Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2959 / 707	471 / 113
Total fat (g)	42	7
Of which: saturated (g)	25.7	4.1
Carbohydrates (g)	65	10
Of which: sugars (g)	5.6	0.9
Fibre (g)	9	1
Protein (g)	21	3
Salt (g)	0.3	0.0

ALLERGENS

3) Eggs

Can contain traces of: 23) Celery

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Spicy harissa-flavoured couscous with feta

With aubergines, tomatoes and olives



Total: 30-35 min.

Original

Easy

Vegetarian

Eat within 3 days

This Mediterranean dish is ready in no time at all. The couscous is enriched with tomato, tomato paste and harissa. This allows the flavours to penetrate deeper into the grain and gives the dish an intense taste. Our Greek feta forms an interesting contrast to the spicy harissa.



L'AURÉOLE ROUGE

L'Auréole is made from Merlot and Grenache grapes, and has a mellow, fruity and aromatic taste. It is a delightful partner to the spicy harissa-flavoured couscous and the savoury feta.



Leccino olives ❄



Harissa ❄



Feta ❄



Lamb's lettuce ❄



Onions



Aubergines



Tomatoes



Thyme



Tomato paste



Whole-wheat couscous

A GOOD START

EQUIPMENT

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

Let's start cooking the **spicy harissa-flavoured couscous with feta.**



1 PREPARATION

Prepare the stock for the couscous. Finely dice the **onion** and cut the **aubergines** and **tomatoes** into 1cm-cubes.



2 FRY THE AUBERGINE

Heat half the olive oil in a wok or deep saucepan with a lid and sauté the **onion** for 2 minutes at low heat. Add the **aubergine**, the **thyme**, the **olives** and 2 tbsp water per person and simmer, covered, for 10 - 12 minutes at medium heat. Stir regularly and season with salt and pepper.



3 SOAK THE COUSCOUS

In the meantime, heat the olive oil in a pan with a lid and fry the **tomato**, **tomato paste**, **harissa** (be careful: this is hot!), **couscous** and black balsamic vinegar, stirring constantly at medium heat for 1 minute. Add the stock, bring to the boil and take off the stove. Set aside, covered, to absorb the moisture for 10 minutes.



4 MAKE THE SALAD

In the meantime, crumble the **feta** and mix part of this through the **lamb's lettuce** in a salad bowl. Season with extra-virgin olive oil, salt and pepper to taste.



5 SEASON

Add the fried **aubergine** to the **couscous** and season to taste with **harissa**, salt and pepper.



6 SERVE

Mix the **lamb's lettuce** through the **couscous** or serve separately. Garnish with the remaining **feta**. Drizzle with a little extra-virgin olive oil to taste.

★TIP

Don't like salad on the side? Mix the lamb's lettuce through the couscous and garnish with the feta.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Onions (pcs)	½	1	1½	2	2½	3
Aubergines (pc)	½	1	1½	2	2½	3
Tomatoes (pcs)	1	2	3	4	5	6
Thyme (tsp)	1	2	3	4	5	6
Leccino olives, pitted (g) ❄	25	50	75	100	125	150
Tomato paste (can)	⅓	⅔	1	1⅓	1⅔	2
Harissa (tsp) ❄	½	1	1½	2	2½	3
Whole-wheat couscous (g) 1)	85	170	250	335	420	500
Feta (g) 7) ❄	40	75	100	125	150	175
Lamb's lettuce (g) 23)	40	80	120	160	200	240
Vegetable stock* (ml)	175	350	525	700	875	1050
Olive oil* (tbsp)	1	1	2	2	3	3
Black balsamic vinegar* (tsp)	1	2	3	4	5	6
Extra virgin olive oil *	To taste					
Salt & pepper*	To taste					

*Not included | ❄ Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2920 / 698	424 / 101
Total fat (g)	33	5
Of which: saturated (g)	10.3	1
Carbohydrates (g)	72	11
Of which: sugars (g)	14.7	2
Fibre (g)	15	2
Protein (g)	23	3
Salt (g)	3.4	0

ALLERGENS

1) Gluten 7) Milk/lactose

Can contain traces of: 23) Celery

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MACKEREL WITH CAULIFLOWER RICE

With red chili peppers and spicy cumin



Total: 25-30 min.

Easy

Eat within 5 days

Gluten-free

Discovery

Calorie-conscious

Lactose-free

Finely chopping cauliflower and serving it instead of rice has become a popular alternative. The cauliflower is done very quickly and stays crunchy, giving it a nuttier taste than if you were to boil it. The combination of spicy chili peppers, sweet potatoes and smoked mackerel makes for a very interesting dish!



ESPIGA BRANCO

Portuguese white wine and fish are actually always a good combination. This Espiga is made from grapes native to the vineyards surrounding Lisbon.



Smoked mackerel ❄



Red chili peppers ❄



Spring onions ❄



Cauliflower ❄



Sweet potatoes



Cumin seed

A GOOD START

EQUIPMENT
A **pan with a lid or a wok** and a **deep saucepan**.
Let's start cooking the **mackerel with cauliflower rice.**



1 PREPARE THE SWEET POTATOES

In the meantime, bring 400 ml of water per person to the boil in another pan with a lid, with a pinch of salt, for the **sweet potatoes**. Peel the **sweet potato** and cut into cubes of 2 - 3 cm. Boil for 4 - 6 minutes until just tender. Drain and set aside uncovered to steam dry.



2 CHOP THE VEGETABLES

In the meantime, cut the **chili pepper** and the **spring onions** into narrow rings, saving the white and green parts separately. Chop the **cauliflower** into extremely fine grains. You now have **cauliflower rice**!



3 BAKE

Heat the olive oil in a wok or deep saucepan and gently fry the **chili pepper** and the **cumin seed** for 1 - 2 minutes at medium heat. Add the cooked **sweet potato** and fry, while stirring, for 6 - 8 minute.



4 CAULIFLOWER

Add the **cauliflower rice** and the white parts of the **spring onion** to the **sweet potato**. Stir-fry for 4 - 5 minutes at high heat or until the **cauliflower rice** has reached just the degree of doneness.



5 MACKEREL

In the meantime, divide the **mackerel** into bite-sized pieces using a fork. Add the **mackerel** to the wok or deep saucepan and fry for 1 minute. Season to taste with salt and pepper.

★TIP

Do you like your food more spicy? Add an entire chili pepper, or a few chili flakes, to the dish. Serve with a slice of lime for tartness.



6 SERVE

Transfer the **cauliflower rice** with **sweet potato** to plates and garnish with the green parts of the **spring onion**. Add a little sambal to taste.

★TIP

Do you have a little more time? Bake the sweet potato in the oven by pricking it with a fork and wrapping it into some tin foil together with a few cloves of garlic. Bake in the oven for 30 - 45 minutes at 190 degrees. It is ready when it is soft.

SERVES 1 - 6
INGREDIENTS

	1P	2P	3P	4P	5P	6P
Sweet potatoes (g)	250	500	750	1000	1250	1500
Red chili peppers (pcs) ❄	¼	½	¾	1	1¼	1½
Spring onions (pcs) ❄	1½	3	4½	6	7½	9
Cauliflower (g) ❄	200	400	600	800	1000	1200
Cumin seed (ground) (tsp)	1	2	3	4	5	6
Smoked mackerel (g) 4) ❄	80	160	240	320	400	480
Olive oil* (tbsp)	½	1	1½	2	2½	3
Sambal* (tsp)	1	2	3	4	5	6
Salt & pepper*	To taste					

*Not included | ❄Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2505 / 599	411 / 98
Total fat (g)	26	4
Of which: saturated (g)	6.6	1.1
Carbohydrates (g)	62	10
Of which: sugars (g)	19.5	3.2
Fibre (g)	12	2
Protein (g)	23	4
Salt (g)	1.8	0.3

ALLERGENS

4) Fish

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HelloFRESH

Noodle salad with peanut meatballs

With bimi and an oriental dressing



SYNERA TINTO

Tempranillo, the grape from which this red is wine is made, goes surprisingly well with dishes with an Indonesian twist, like these meatballs.

- Orientally-seasoned minced beef ❄
- Mushrooms ❄
- Salted peanuts
- Soy sauce
- Red onions
- Red chili peppers
- Noodles
- Bimi

Total: 20-25 min.
Several steps
Eat within 3 days
Original
Family
Lactose-free

You will be making meatballs for this dish with a HelloFresh twist: they contain salted peanuts. This summery noodle salad is served with crunchy bimi and sauteed mushrooms.

A GOOD START

EQUIPMENT
A **bowl**, a **pan with a lid**, a **salad bowl**, a **wok or deep saucepan** and **tin foil**.
Let's start cooking the **noodle salad with peanut meatballs.**



1 PREPARE THE MARINADE

Finely chop the **peanuts**. Make the marinade by mixing half the **soy sauce**, half the sunflower oil, half the white wine vinegar, half the honey and salt and pepper to taste in a bowl. Add the **peanuts** and the **seasoned minced beef** and mix thoroughly. Refrigerate until needed.



2 CHOP THE VEGETABLES

Bring 500 ml water per person to the boil in a pan with a lid. Cut the **red onion** in half rings. Remove the seed pods from the red **chili pepper** and finely chop the red **chilli pepper**. Cut the **mushrooms** into quarters and the larger ones even smaller.



3 PREPARE THE DRESSING

Whisk together the dressing in a salad bowl from the remaining **soy sauce**, white wine vinegar and honey. Season to taste with salt and pepper. Remove the bottom 2cm from the bimi stalks.



4 PREPARE THE NOODLES

In a pan with a lid, boil the **noodles** and the **bimi** together for 4 – 5 minutes, covered. Drain, rinse under cold water and mix with the dressing in the salad bowl.



5 MAKE THE MEATBALLS

In the meantime, make 4 meatballs per person from the marinated **minced beef**. Heat the remaining sunflower oil in a wok of deep saucepan and fry the **marinated meatballs** until golden brown all around at high heat, for 3 minutes or until done. Remove from the pan and keep warm in tin foil. Next, fry the **red onion**, **red chili peppers** and **mushrooms** for another 3 minutes.



6 SERVE

Mix the meatballs, red onion, **red chili peppers** and **mushrooms** with the **noodles** and the **bimi** in the salad bowl and season to taste with salt and pepper. Transfer to salad bowls or plates and drizzle with the drippings from the **meatballs**.

★TIP

Are you in a rush? You can also simply fry the minced meat with the red onion and the mushrooms.

SERVES 1 - 6
INGREDIENTS

	1P	2P	3P	4P	5P	6P
Salted peanuts (g) 5) 22)	10	20	30	40	50	60
Soy sauce (ml) 1) 6) 19)	10	20	30	40	50	60
Orientally-seasoned minced beef (g) ❄	120	240	360	480	600	720
Red onions (pcs)	½	1	1½	2	2½	3
Red chili peppers (pcs)	¼	½	¾	1	1¼	1½
Mushrooms (g)	125	250	375	500	625	750
Bimi (g) ❄	50	100	150	200	250	300
Noodles (g) 1) 20)	70	140	200	270	340	400
Sunflower oil* (tbsp)	1	2	3	4	5	6
White wine vinegar* (tsp)	1	2	3	4	5	6
Honey* (tsp)	1	2	3	4	5	6
Salt & pepper*	To taste					

*Not included | ❄Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3527 / 843	588 / 141
Total fat (g)	39.4	7
Of which: saturated (g)	11.3	1.9
Carbohydrates (g)	67	11
Of which: sugars (g)	9.5	1.6
Fibre (g)	6.4	1
Protein (g)	52	9
Salt (g)	2.5	0.4

ALLERGENS

1) Gluten 5) Peanuts 6) Soy
Can contain traces of: 19) Peanuts 20) Soy 22) Nuts

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Creamy risotto with courgette

With celery, mozzarella and fresh basil



Total: 35-40 min.

Easy

Eat within 5 days

Family

Vegetarian

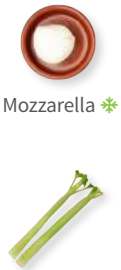
Gluten-free

Risotto with courgette is a recipe in which a typical Italian dish is paired with a typical Italian vegetable: the courgette, or zucchini. The creamy effect is created by stirring the mozzarella though the dish before serving.

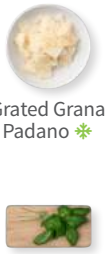


LA VIEILLE FERME BLANC

La Vieille Ferme is a mellow, full-bodied blended wine from the Rhône region and a perfect match for this creamy risottto, in texture as well as in flavour.



Celery ❄



Mozzarella ❄

Grated Grana Padano ❄

Fresh basil ❄

Red onions

Garlic cloves

Red chili peppers

Courgettes

Risotto rice

A GOOD START

EQUIPMENT
A **wok or a deep saucepan** with a **lid**.
Let's start cooking the **creamy risotto with courgette.**



1 CHOP THE VEGETABLES

Mince the **red onion**, and press or finely chop the **garlic**. Halve the **celery** lengthwise and cut into cubes (see tip!). Remove the seed pods from the red **chili pepper** and finely chop the red **chili pepper**. Cut the **courgette** into cubes of 2 - 3 cm. Remove the leaves from the **basil sprigs**. Finely cut or chop. Prepare the stock with the **basil sprigs**, reserving the leaves.



2 FRY THE VEGETABLES

Heat the butter and olive oil in a wok or deep saucepan and gently fry the **red onion**, **garlic** and **celery** for 5 minutes at medium heat. Turn down the heat, add the **chili pepper** and the **risotto rice** and fry, stirring constantly, for 1 minute. Remove the **basil sprigs** from the stock and add 1/3 of the stock to the pan. Allow the grains of rice to slowly absorb the stock. Stir regularly.



3 PREPARE THE RISOTTO

As soon as the stock has been absorbed, add more stock until 2/3 of the stock has been absorbed. Stir the **courgette** into the **risotto** and add the remaining stock. The **risotto** is done as soon as the grains are soft on the outside but are still 'al dente' at the centre. This takes approximately 15 - 20 minutes. Add more water if necessary.



4 SHRED THE MOZZARELLA

Shred the **mozzarella** into small pieces.



5 SEASON

Remove the pan from the heat. Stir half the **basil leaves** and the **mozzarella** through the **risotto**. Season the **risotto** to taste, if necessary, with salt and pepper.

★TIP
If you want to use more celery, use 2 stalks per person.



6 SERVE

Transfer the **risotto** to plates and garnish with the remaining **basil leaves** and the **Grana Padano.**

★TIP
Do not add the basil stems to the risotto. These are intended purely to flavour the stock.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Red onions (pcs)	½	1	1½	2	2½	3
Garlic (cloves)	1	2	3	4	5	6
Celery (stalks) 9) ❄	1	2	3	4	5	6
Red chili peppers (pcs)	¼	½	¾	1	1¼	1½
Fresh basil (sprigs) 23) ❄	5	10	15	20	25	30
Courgettes (pcs)	½	1	1½	2	2½	3
Risotto rice (g)	75	150	225	300	375	450
Mozzarella (g) 7) ❄	65	125	180	250	375	500
Grated Grana Padano (g) 3) 7) ❄	10	20	30	40	50	60
Butter* (tbsp)	1	2	3	4	5	6
Olive oil* (tbsp)	1	2	3	4	5	6
Vegetable stock* (ml)	200	400	600	800	1000	1200
Salt & pepper*	To taste					

*Not included | ❄Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3056 / 730	468 / 112
Total fat (g)	37	6
Of which: saturated (g)	20.1	3.1
Carbohydrates (g)	74	11
Of which: sugars (g)	13.1	2.0
Fibre (g)	4	1
Protein (g)	24	4
Salt (g)	2.9	0.4

ALLERGENS

3) Eggs 7) Milk/lactose 9) Celery
Can contain traces of: 23) Celery

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Fennel-carrot soup with an aubergine topping

With yoghurt, ginger and a turmeric roll



Total: 25-30 min.

Easy

Eat within 5 days

Original

Vegetarian

Calorie-conscious

The fennel and the carrot give this soup a hint of sweetness, while the pumpkin seeds used as a garnish deliver a lovely crunch. You can add more flavour to the turmeric roll by spreading it with butter and a pinch of salt.



VARAS ROSÉ

The aromatic fennel and the earthy taste of the carrot form a perfect complement to this full-bodied rosé.

- Fresh coriander ❄
- Full-fat yoghurt ❄
- Fennel ❄
- Carrots ❄
- Red chili peppers
- Ginger
- Turkish aubergine
- Curry spices
- Turmeric rolls
- Pumpkin seeds

A GOOD START

EQUIPMENT

A **soup pan with a lid**, a **frying pan** and a **hand-held blender**.

Let's start cooking the **fennel-carrot soup with an aubergine topping.**



1 PEEL AND CHOP

Bring 500 ml water per person to the boil and preheat the oven to 200 degrees. Remove the seed pods from the red **chili pepper** and finely chop the red **chili pepper**. Peel and finely chop the **ginger**. Cut the **fennel** into quarters, remove the core and cut the **fennel** into thin strips. Slice the **carrots** and cut the **aubergine** into small cubes.



2 FRY THE VEGETABLES

Heat half the olive oil in a soup pan with a lid and fry the red **chili pepper**, ⅔ of the **curry spices** and half the **ginger** for 2 minutes at medium heat. Add the **fennel** and the **carrot** and fry, constantly stirring, for 1 minutes.



3 OVEN

Next, add to 400 ml water per person to the soup pan, crumble half the stock cube into the water and simmer, covered, for 15 minutes at medium heat. In the meantime, bake the **turmeric rolls** in the oven for 8 minutes.



4 FRY

In the meantime heat the frying pan at high heat and roast the **pumpkin seeds**, without any oil, until they start to pop. Remove from the pan and set aside. Heat the remaining olive oil in the same frying pan and fry the **aubergine**, the remaining **ginger** and the rest of the **curry spices** at medium heat. Next, add the **pumpkin seeds**.



5 PURÉE THE SOUP

Remove the soup pan from the stove and purée the soup using a hand-held blender. Season to taste with salt and pepper. If the soup is too thick, add some of the boiled water.



6 SERVE

Tear the **coriander leaves** from the sprigs. Pour the soup into soup bowls. Top with the **aubergine topping**, add a dollop of **yoghurt** and garnish with **coriander leaves**. Serve the **fennel-carrot soup** with the **turmeric rolls**.

★TIP

The soup look fantastic as it is, but if you have any fennel tops left over from Step 1 you can use these as an additional garnish.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Red chili peppers (pcs)	¼	½	¾	1	1¼	1½
Ginger (cm)	1	2	3	4	5	6
Fennel (bulbs) ❄	½	1	1½	2	2½	3
Carrots (pcs) ❄	½	1	1½	2	2½	3
Turkish aubergine (pcs)	⅓	⅔	1	1 ⅓	1⅔	2
Curry spices (tsp)	1½	3	4½	6	7½	9
Turmeric rolls (pcs) 1)	1	2	3	4	5	6
Pumpkin seeds (g) 19) 22)	10	20	30	40	50	60
Fresh coriander (sprigs) 23) ❄	2	4	6	8	10	12
Full-fat yoghurt (ml) 7) 19) 22) ❄	2	4	6	8	10	12
Olive oil* (tbsp)	1	2	3	4	5	6
Vegetable stock cubes (pcs) *	¾	1½	2¼	3	3¾	4½
Salt & pepper*	To taste					

*Not included | ❄Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2350 / 562	260 / 62
Total fat (g)	29	3
Of which: saturated (g)	6.8	0.8
Carbohydrates (g)	53	6
Of which: sugars (g)	13.9	1.5
Fibre (g)	11	1
Protein (g)	16	2
Salt (g)	5.3	0.6

ALLERGENS

1) Gluten 7) Milk/lactose

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

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Baby potato salad with apple and goat's cheese

With walnuts, honey and mixed lettuce





SYNERA BLANCO

We recommend a light, fruity and aromatic white wine to go with the tart apple and goat's cheese in this dish. Like this Catalan wine made from the Macabeo grape with a hint of Moscatel.



Romaine-radicchio lettuce mix ❄



Soft goat's cheese ❄



Baby potatoes



Shallots



Elstar apples



Walnuts

Total: 25-30 min.

Easy

Eat within 5 days

Vegetarian

Gluten-free

We hope that you are enjoying the sunshine when you prepare this main course salad! The combination of tangy apple, rich goat's cheese, crunchy walnuts and sweet honey makes this a perfect dinner on a warm and sunny evening.

A GOOD START

EQUIPMENT
A **pan with a lid** and **2 salad bowls**.
Let's start cooking the **baby potato salad with apple and goat's cheese.**



1 CUT THE POTATOES

Bring 250 ml water per person to the boil in a pan with a lid to cook the **baby potatoes**. Wash the **baby potatoes** and cut in half. Cut the bigger **baby potatoes** into quarters.



2 BOIL THE POTATOES

Boil the **baby potatoes**, covered, in the pan with a lid for 12 -15 minutes. Drain and set aside uncovered to steam dry.



3 CUT THE APPLE

Mince the **shallots**. Cut the **apples** (Elstar) into quarters, remove the cores cut into thin wedges.



4 PREPARE THE DRESSING

In a salad bowl, whisk together a dressing of extra-virgin olive oil, black balsamic vinegar and honey. Season to taste with salt and pepper.



5 ASSEMBLE

Transfer the **baby potatoes**, the **radicchio-romaine lettuce mix**, the **shallots** and the **apple** wedges to the salad bowl and **mix** with the dressing.



6 SERVE

Transfer the baby potato salad to the plates and top with the **goat's cheese**. Garnish with the **walnuts**.

★TIP

Toast the walnuts in a dry frying pan. This will heighten their flavour.

SERVES 1 - 6
INGREDIENTS

	1P	2P	3P	4P	5P	6P
Baby potatoes (g)	250	500	750	1000	1250	1500
Shallots (pcs)	¼	½	¾	1	1¼	1½
Elstar apples (pcs)	½	1	1 ½	2	2 ½	3
Romaine-radicchio lettuce mix (g) 23) ❄	50	100	150	200	250	300
Soft goat's cheese (g)7) ❄	50	100	150	200	250	300
Walnuts (g) 8) 19) 22)	20	40	60	80	100	120
Extra virgin olive oil* (tbsp)	1	2	2	3	3	3
Black balsamic vinegar* (tsp)	2	4	6	8	10	12
Honey* (tsp)	½	1	1 ½	2	2 ½	3
Salt & pepper*	To taste					

*Not included | ❄ Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2782 / 700	568 / 143
Total fat (g)	40	8
Of which: saturated (g)	10.8	2.2
Carbohydrates (g)	63	13
Of which: sugars (g)	14.8	3.0
Fibre (g)	9	2
Protein (g)	17	3
Salt (g)	0.5	0.1

ALLERGENS

Allergens 7) Milk/lactose 8) Nuts
Can contain traces of: 19) Peanuts 22) Nuts 23) Celery

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LENTILS WITH TURKEY SHAWARMA

With spinach and brown rice





CABRIZ TINTO

This full-bodied, pungent Portuguese wine is a perfect complement to the earthy flavour of lentils, the spiciness of the shawarma and the sweetness of the apricots



Turkey shawarma ❄



Spinach ❄



Yellow sweet peppers



Brown rice



Red lentils



Dried apricots



Plum tomatoes

Total: 25-30 min.

Easy

Eat within 3 days

Gluten-free

Calorie-conscious

Quick & Easy

Lactose-free

The red lentils in this recipe have had their skins removed. As a result, their cooking time has been reduced and you will be finished sooner. The turkey has been seasoned with cloves, turmeric and fennel seed. The apricots give this dish a hint of sweetness.

A GOOD START

EQUIPMENT
A **pan with a lid**, a **wok or deep saucepan with a lid** and **tin foil**.
Let's start cooking the **lentils with turkey shawarma**.



1 CHOP THE SWEET PEPPERS

Bring 250 ml water per person to the boil in a pan with a lid to cook the **brown rice** in. Remove the seedpods from the **yellow sweet pepper** and cut the **yellow sweet pepper** into thin strips.



2 FRY THE TURKEY SHAWARMA

Heat the olive oil in a wok or deep saucepan with a lid at medium heat. Fry the **yellow sweet peppers** and the **turkey shawarma** for 5 minutes. Remove from the pan and set aside, wrapped in tin foil.



3 BOIL

In the meantime, boil the **rice** in the pan with the lid for 12 - 15 minutes, covered, at low heat. Drain if needed, and allow to steam dry, uncovered. Fry the **lentils** in the wok or deep saucepan, constantly stirring, for 1 minute and add 75 ml of water per person. Cover and simmer for 12 minutes.



4 STIR-FRY THE SPINACH

In the meantime, chop the **apricots** and the **tomatoes** into tiny pieces. Around 6 minutes before the lentils are done, add the **tomatoes**, a small portion of the **apricots**, the **turkey shawarma** and the **sweet peppers** to the **lentils**, Add most of the **spinach** (in parts if necessary) and stir-fry until done.



5 SEASON

Transfer the remaining **spinach** to the plates and add the **rice** to the **lentils**. Season to taste with salt and pepper.

❄ FACTS

Because no sulphite was used when drying the apricots, they will turn brown. No cause for concern!



6 SERVE

Serve the lentil dish on top of the **spinach** and garnish with remaining **apricots**.

★ TIP

Don't like to eat your spinach raw? Use all the spinach in Step 4.

SERVES 1 - 6
INGREDIENTS

	1P	2P	3P	4P	5P	6P
Yellow sweet peppers (pcs)	1	2	3	4	5	6
Turkey shawarma (g) ❄	100	200	300	400	500	600
Brown rice (g)	45	85	130	170	210	250
Red lentils (g)	25	50	75	100	125	150
Dried apricots (g)	25	50	75	100	125	150
Plum tomatoes (pcs)	1	2	3	4	5	6
Spinach (g) 23) ❄	50	100	150	200	250	300
Olive oil* (tbsp)	½	1	1½	2	2½	3
Salt & pepper*	To taste					

*Not included | ❄ Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2390 / 571	365 / 87
Total fat (g)	20	3
Of which: saturated (g)	3.9	0.6
Carbohydrates (g)	66	10
Of which: sugars (g)	22.9	3.5
Fibre (g)	13	2
Protein (g)	30	5
Salt (g)	0.2	0

ALLERGENS

Can contain traces of: 23) Celery

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Leek lasagne with blue cheese and walnuts

With fresh basil and thyme





DANA BLUE

Text



Leeks ❄



Low-fat milk ❄



Fresh thyme ❄



Fresh basil ❄



Dana blue ❄



Lasagne sheets ❄



Walnuts

Total: 40-45 min.

Easy

Eat within 3 days

Discovery

Vegetarian

Quick & Easy

In this lasagne recipe, the pasta sheets are partly substituted with braised leek: tasty as well as healthy. The Dana Blue gives the sauce a savoury bite, while the toasted walnuts give it a nice crunch. This recipe can be prepared one day in advance, so that all you have to do is put it in the oven.

A GOOD START

EQUIPMENT

A **wok or a deep saucepan with a lid**, **tin foil** and a **casserole dish**.

Let's start cooking the **leek lasagne with blue cheese and walnuts.**



1 CHOP THE LEEKS

Pre-heat the oven to 200 degrees. Cut the white part of the **leeks** lengthwise in quarters, and then into 15cm pieces. Cut the light green part (not the darker, last part near the end) of the **leeks** in half rings.



2 COOK THE LEEK

Heat the butter in a wok or deep saucepan and stir-fry the **green leek** rings for 2 minutes. Add the **white leek** sections and 100 ml milk per person and simmer (cook at low heat), covered, for 8 -10 minutes at medium-low heat.



3 CHOP THE HERBS

Remove the leaves from the sprigs of **thyme** and chop finely. Coarsely chop the **basil**, reserving 2 leaves per person for garnishing. Coarsely chop the **walnuts**.



4 PREPARE THE SAUCE

Using a skimmer, remove only the **white leek** from the pan and set aside, wrapped in tin foil. Add the **flour** to the **green leek** and stir for 1 minute. Add the remaining milk, the **thyme** and the **basil**, and stir into a sauce. Mix in the **dana blue** and season with salt and pepper.



5 ASSEMBLE THE LASAGNE

Pour ¼ of the **cheese sauce** into the casserole dish and cover with half the **lasagne sheets**. Pour another ¼ of the **cheese sauce** onto this and cover with half the **white leek**. Repeat until all the **sauce** has been used up. Cover the top layer of **white leek** with the remaining sauce. Garnish with the remaining **basil leaves** and sprinkle the **walnuts** on top.



6 SERVE

Bake the **lasagne** in the oven for 20 -25 minutes. Before serving, allow the **lasagne** to rest so that it can firm up a little. Transfer the **lasagne** to plates.

★TIP

If you pull the white leek apart, this will make it easier to cover a layer of sauce.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Leeks (g) ❄	200	400	600	800	1000	1200
Low-fat milk (ml) 7) 15) 20) ❄	250	500	750	1000	1250	1500
Fresh thyme (sprigs) 23) ❄	1	2	3	4	5	6
Fresh basil (leaves) 23) ❄	4	8	12	16	20	24
Walnuts (g) 8) 19) 22)	25	50	75	100	125	150
Dana blue (g) 7) ❄	40	75	100	125	150	175
Lasagne sheets (pcs) 1) 3)	1	2	3	4	5	6
Butter* (tbsp)	1	1	2	2	3	3
Flour* (g)	25	50	75	100	125	150
Salt & pepper*	To taste					

*Not included | ❄ Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3757 / 898	597 / 143
Total fat (g)	47	7
Of which: saturated (g)	20	3
Carbohydrates (g)	79	12
Of which: sugars (g)	21	3
Fibre (g)	10	2
Protein (g)	35	6
Salt (g)	2	0

ALLERGENS

1) Gluten 3) Eggs 7) Milk (including lactose) 8) Nuts
Can contain traces of: 15) Gluten 19) Peanuts 20) Soy 22) Nuts 23) Celery

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PANNA COTTA WITH PINEAPPLE

With mint



Easy

Family

An Italian dessert with a tropical twist. Sounds good, no? We will be adding a topping of pineapple marinated in coconut milk and fresh mint to this velvety panna cotta.



Pineapple

A GOOD START

EQUIPMENT:
A **saucepan**, **2 bowls**, a **mixer** and **4 glasses**.

1 Cut the vanilla bean pod open and scrape out the vanilla inside.

2 Pour 300 ml whipped cream into the saucepan and bring to the boil, together with the icing sugar, the empty vanilla bean pod and the vanilla. Allow to thicken at low heat for 15 minutes, stirring regularly. Remove the vanilla bean pod after 15 minutes.

3 In the meantime, put the gelatin sheets in a bowl of cold water to soak. Squeeze out the water and add to the hot cream mixture. Stir until all the gelatin has been dissolved.

4 Beat the remaining whipping cream with the mixer until frothy, but not stiff. Gently fold the warm cream into the mixture. Scoop the cream into 4 glasses holding 150 ml and set in the refrigerator to chill for at least three hours, covered.

5 Cut the mint into thin strips. Cut the rind from the **pineapple**, remove the hard core and cut into small cubes. Put the **pineapple** in a bowl and mix with the coconut milk and the mint. Allow to marinate for 15 minutes.

6 Just before serving, garnish the glasses with the marinated **pineapple** and serve.

INGREDIENTS	2P
Pineapple	¼
Vanilla bean*	½
Whipped cream*	400 ml
Icing sugar*	30 g
Gelatin sheets*	2
Mint leaves*	4
Coconut milk*	3 tbsp

*Not included | ❄Store in the refrigerator

ALLERGENS

None of the products in the Fruit Box used in this recipe contain allergens.

★ TIP

Use Malibu instead of coconut milk.
The perfect start to a relaxing weekend!

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BREAKFAST BOX

GOOD MORNING!

1 **FULL-FAT YOGHURT WITH GRANOLA**
With raspberries

2 **MANGO SMOOTHIE**
With hemp seed

3 **SPINACH-CHEESE OMELETTE**
With a warm spelt baguette

EXTRA

- Apple-mint juice
- Apples

The nutrient values as stated here have been calculated per person, per serving. Rinse or otherwise clean the ingredients, if necessary, before using them in the recipe. Would you like to cancel your box next week, or make any changes? Please let us know no later than the Wednesday prior to your next delivery via your account. If you have any questions about our products or service please contact our customer service department.

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WEEK 22 | 2017

BREAKFAST 1 — 2x

FULL-FAT YOGHURT WITH GRANOLA

With raspberries



1 Pour the **full-fat yoghurt** into bowls. Top with the **granola** and garnish with **raspberries**.

INGREDIENTS FOR 1 BREAKFAST	2P	4P
Full-fat yoghurt (ml) 7) 15) 20) ❄	400	800
Granola (g) 8) 11) 15) 19)	60	120
Raspberries (g) ❄	125	250

*Not included | ❄Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	1142 / 273	390 / 93
Fats (g)	13	4
Of which: saturated (g)	4.7	1.6
Carbohydrates (g)	23	8
Of which: sugars (g)	17.7	6.0
Fibre (g)	4	1
Protein (g)	12	4
Salt (g)	0.4	0.1

ALLERGENS

7) Milk/lactose 8) Nuts 11) Sesame

Can contain traces of: 15) Glutens 19) Peanuts 20) Soy

BREAKFAST 2 — 2x

MANGO SMOOTHIE

With hemp seed



1 Peel the **mango** and cut the flesh from the pit.

2 Put the **mango**, the **vanilla yoghurt**, most of the **hemp seed** and the **orange-banana juice** into a blender and purée into a thick smoothie.

3 Pour the mango smoothie into tall glasses and garnish with the remaining **hemp seed**.

INGREDIENTS
FOR 1 BREAKFAST

	2P	4P
Mango	½	1
Vanilla yoghurt (g) 7) 15) 20) ❄	250	500
Hemp seed (g) 19) 22)	15	30
Orange-banana juice (ml) ❄	125	250

*Not included | ❄Store in the refrigerator

EQUIPMENT
Blender or hand-held blender with a tall mixing glass

NUTRIENT VALUE	PER PERSON PER SERVING
Energy (kJ/kcal)	196
Fats (g)	9
Of which: saturated (g)	26
Carbohydrates (g)	5
Of which: sugars (g)	2
Fibre (g)	3
Protein (g)	2
Salt (g)	

ALLERGENS
7) Milk/lactose

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

BREAKFAST 3 — 1x

SPINACH-CHEESE OMELETTE

With a warm spelt baguette



1 Pre-heat the oven to 210 degrees and bake the **spelt bread** in 6 - 8 minutes.

2 In the meantime, break the **eggs** into a bowl and beat using a fork. Mix in the **aged cheese**. Season to taste with salt and **pepper**.

3 Heat the **butter** in a frying pan. Tear in the **spinach** and sauté, stirring constantly.

4 Carefully transfer the **spinach** to a frying pan, covering the bottom. Pour in the egg mixture and fry the omelette at medium heat. Turn when halfway done.

5 Cut open the **spelt baguette** and top with **spinach-cheese omelette**.

INGREDIENTS
FOR 1 BREAKFAST

	2P	4P
Spelt baguette (pcs) 1) 17) 20) 21) 22) 25) 27)	2	4
Free-range eggs (pcs) 3) ❄	4	8
Aged cheese (g) 7) ❄	50	100
Spinach (g) 23) ❄	75	150
Butter* (tbsp)	1	2
Salt & pepper	To taste	

*Not included | ❄Store in the refrigerator

EQUIPMENT
A **bowl** and a **frying pan**

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2274 / 546	746 / 179
Fats (g)	25	8
Of which: saturated (g)	13.1	4
Carbohydrates (g)	56	18
Of which: sugars (g)	5.8	2
Fibre (g)	3	1
Protein (g)	29	10
Salt (g)	1.6	1

ALLERGENS
1) Glutens 3) Eggs 7) Milk/lactose.

Can contain traces of: 17) Eggs 20) Soy 21) Milk/lactose 22) Nuts 23) Celery 25) Sesame 27) Lupin