



## SHOPPING LIST

### **Fish stew with coconut milk and lime**

Olive oil | vegetable stock cube | salt & pepper

### **Burger with spicy green chilli pepper and piccalilli**

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

### **Italian flatbread pizzas with buffalo mozzarella**

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

### **Carrot-pumpkin burger with lime mayonnaise**

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

### **Aubergine au gratin with sweet potato mash**

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

### **Orzo with spinach and cherry tomatoes**

Vegetable stock | butter | salt & pepper

### **Three-tomato tart**

Extra virgin olive oil | olive oil | red wine vinegar | honey | mustard | salt & pepper

### **Paprika-almond pork sausage with patatas bravas**

Olive oil | salt & pepper

### **Homemade 'boomstammetjes'**

Butter | olive oil | white balsamic vinegar | milk | mustard | salt & pepper

### **🍜 Japanese noodle soup with chicken fillet**

Chicken stock | sunflower oil | black pepper

### **🍜 Courgette-spaghetti in a sour cream sauce**

Olive oil | salt & pepper

### **🍜 Pearl couscous salad with 'German steak'**

Vegetable stock cube | olive oil | extra-virgin olive oil | black balsamic vinegar | butter | salt & pepper

### **★ Pork tenderloin with honey-orange sauce**

Butter | milk | mustard | white balsamic vinegar | salt & pepper

### **★ Fresh ravioli with north sea shrimp and green asparagus**

Butter | olive oil | white balsamic vinegar | extra virgin olive oil | salt & pepper

## **BREAKFASTBOX:**

### **Apple crumble with muesli**

Butter

### **Full-fat yoghurt with apple**

-

### **Multi-grain rusks**

-