



# Pork tenderloin with strawberry-balsamic sauce

with roasted potatoes and green beans

**FAMILY** 45 min. • Eat within 5 days

**FAMILY**



Waxy potatoes



Fresh rosemary



Green beans



Shallot



Pork tenderloin



Strawberry jam

## Pantry items

Olive oil, black balsamic vinegar, butter, salt and pepper

## A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

### Equipment

Frying pan, baking sheet lined with baking paper, aluminum foil

### Serves 1—6

	1P	2P	3P	4P	5P	6P
Waxy potatoes (g)	300	600	900	1200	1500	1800
Fresh rosemary* (sprigs)	¼	½	¾	1	1¼	1½
Green beans* (g)	200	400	600	800	1000	1200
Shallot (g)	¼	½	¾	1	1¼	1½
Pork tenderloin* (pcs)	1	2	3	4	5	6
Strawberry jam (g) (19) 22)	30	45	75	105	120	150

#### Not included

Olive oil (tbsp)	2	4	6	8	10	12
Black balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Butter (tbsp)	1	2	3	4	5	6

Salt & pepper to taste

\* keep in the refrigerator

### Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3527 / 843	514 / 123
Total fat (g)	39	6
Of which: saturated (g)	12,2	1,8
Carbohydrates (g)	84	12
Of which: sugars (g)	16,2	2,4
Fibre (g)	13	2
Protein (g)	32	5
Salt (g)	0,2	0

### Allergens:

May contain traces of: 19) Peanuts 22) Nuts



## 1. Prepare the potatoes

Take the **pork tenderloin** from the refrigerator and allow to reach room temperature. Preheat the oven to 200 degrees. Thoroughly wash or peel the **potatoes** and cut into 1 cm dices. Finely chop the **rosemary** leaves. Transfer the potatoes to a baking sheet lined with baking paper. Mix with ½ tbsp olive oil per person and 1 tsp chopped rosemary per person (TIP). Season to taste with salt and pepper. Roast in the oven for 15 – 20 minutes.

**TIP:** Make sure there is enough space to add a second baking sheet for the green beans, or put the potatoes on one side of a baking sheet, so that the green beans fit next to them on the same sheet.



## 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 on medium heat. Place the pork tenderloin in the pan and fry for 10 – 13 minutes until brown all around. Cover with aluminum foil and allow to rest until serving. Save the cooking grease in the pan.



## 2. Cut

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



## 3. Fry the green beans

Once the potatoes are done, add the **green beans** to the potatoes on the baking tray (or on a different baking tray) (TIP), mix with ½ tbsp olive oil per person and season to taste with salt and pepper. Roast the green beans and potatoes for another 15 minutes.

**TIP:** Is your oven not that powerful? Roast the potatoes for 10 minutes longer than indicated. Is your oven too small to fit all the ingredients? You can also cook the green beans for 8 – 10 minutes in a pan with a lid.



## 5. Make the sauce

Heat the frying pan with the cooking grease on medium heat and fry the **shallot** and the remaining **rosemary** for 3 – 5 minutes. Add the **strawberry 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.



## 6. Serve

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

## Enjoy!

### Contact

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





# Pearl couscous with shrimps and courgette

with fresh thyme, red chili pepper and lemon

30 min. • Eat within 3 days



Red onion



Garlic clove



Red chili pepper



Lemon



Fresh thyme



Courgette



Pearl couscous



Shrimps



Rocket lettuce

## Pantry items

Vegetable stock, olive oil, sunflower oil, salt and pepper

## A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

### Equipment

Pan with a lid, wok or sauté pan, kitchen paper, grater, sauté pan

### Serves 1—6

	1P	2P	3P	4P	5P	6P
Red onion (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	1	2	2	3	4	5
Red chili pepper (pcs)	¼	½	¾	1	1¼	1½
Lemon (pcs)	¼	½	¾	1	1¼	1½
Fresh thyme* (g)	2½	5	7½	10	12½	15
Courgette (pcs)	½	1	1½	2	2½	3
Pearl couscous (g) 1)	85	170	250	335	420	505
Shrimps* (g) 2)	90	180	270	360	450	540
Rocket lettuce* (g) 23)	20	40	60	80	100	120
Not included						
Vegetable stock (ml)	200	400	600	800	1000	1200
Olive oil (tbsp)	1	2	2	2	4	4
Sunflower oil (tbsp)	½	1	1	1½	2	2½
Salt & pepper	to taste					

\* keep in the refrigerator

### Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2561 / 612	383 / 91
Total fat (g)	20	3
Of which: saturated (g)	3	0,5
Carbohydrates (g)	75	11
Of which: sugars (g)	15,2	2,3
Fibre (g)	5	1
Protein (g)	29	4
Salt (g)	3	0,4

### Allergens:

1) Grains containing gluten 2) Shellfish

May contain traces of: 23) Celery

### Contact

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### 1. Prepare

Prepare the stock. Chop the **red onion** and press or mince the **garlic**. Remove the seeds from the **red chili pepper** and finely chop the pepper. Grate the **lemon** peel with a fine grater and juice the lemon. Strip the leaves from the **thyme** sprigs and cut the **courgette** into dices.



### 4. Fry the courgette

Heat the sunflower oil in the same sauté pan and fry the **red onion**, **garlic** and **red chili pepper** for 2 minutes on medium-low heat. Add the **courgette**, **thyme** and lemon zest. Season to taste with salt and pepper and fry for 6 minutes.

**TIP:** Do you have children joining for dinner? You can leave out the red chili pepper and serve it separately as a topping.



### 2. Cook the pearl couscous

Heat half the olive oil in a pan with a lid and stir fry the **pearl couscous** for 1 minute on medium-high heat. Add the stock, reduce the heat to low and cook the pearl couscous for 12 minutes, covered with the lid. Keep stirring the pearl couscous to prevent it from burning. Add extra water if the couscous becomes too dry. Drain if necessary. Fluff the pearl couscous using a fork and set aside, uncovered, to steam dry.



### 5. Mix

Add the **shrimps**, including cooking grease, to the **courgette**. Season with ½ tbsp lemon juice per person, salt and pepper and heat for another minute. Turn off the heat. Tear the **rocket lettuce** into bite-sized pieces. Add the **pearl couscous** and **rocket lettuce** to the pan and mix well.

**TIP:** Rocket lettuce can taste a bit bitter after you heat it. Not a fan? Do not mix it with the warm courgette but use it as garnishing.



### 3. Fry the shrimps

In the meantime, heat the remaining olive oil in a wok or sauté pan and stir fry the **shrimps** for 3 minutes on medium-high heat. Remove from the pan, with cooking grease, and set aside.



### 6. Serve

Transfer the dish to plates and drizzle to taste with lemon juice.

### Enjoy!





# Yellow rice with spinach-coconut curry

with tomato, cashew nuts and a sunny-side up egg

**VEGETARIAN** 25 min. • Eat within 3 days

**VEGETARIAN**



Onion



Garlic clove



Tomato



Ground turmeric



Jasmine rice



Roasted cashew nuts



Grated coconut



Curry powder



Coconut milk



Free-range egg



Spinach

## Pantry items

Vegetable stock, Olive oil, Sunflower oil, Salt and pepper



## A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

### Equipment

Pan with a lid, wok or sauté pan, frying pan

### Serves 1—6

	1P	2P	3P	4P	5P	6P
Onion (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	1	2	2	3	4	5
Tomato (pcs)	1	2	3	4	5	6
Ground turmeric (tsp)	½	1	1½	2	2½	3
Jasmine rice (g)	85	170	250	335	420	505
Roasted cashew nuts (g) 8) 19) 25)	10	20	30	40	50	60
Grated coconut (g) 19) 22) 25)	5	10	15	20	25	30
Curry powder (tsp) 9) 10)	1	2	3	4	5	6
Coconut milk (ml) 26)	50	100	150	200	250	300
Free-range egg (pcs) 3)	1	2	3	4	5	6
Spinach* (g) 23)	100	200	300	400	500	600
<b>Not included</b>						
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	2	2

Salt & pepper to taste

\* keep in the refrigerator

### Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3368/805	497/119
Total fat (g)	43	6
Of which: saturated (g)	16,7	2,5
Carbohydrates (g)	82	12
Of which: sugars (g)	7,5	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 23) Celery  
 25) Sesame seed 26) Sulfite

### Contact

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



## 1. Prepare

Prepare the stock. Chop the **onion** and press or mince the **garlic**. Cut the **tomato** into dices.



## 4. Make the curry

Let the wok or sauté pan cool (or else the sunflower oil will immediately burn). Then heat the sunflower oil in the pan and fry the **garlic** and **curry powder** for 1 – 2 minutes on medium heat. Add the **tomato** and stir fry for 4 minutes. Add the **coconut milk**, season with salt and pepper and bring to a boil (TIP).

**TIP:** Sometimes the coconut milk is curdled, but this does not mean that the coconut milk has gone bad. The chunky parts are fat, which give the coconut milk its full flavour.



## 2. Prepare the rice

Heat half of the olive oil in a pan with a lid on medium heat, and fry the **onion** for 2 minutes. Add the **turmeric** and fry for 1 minute. Add the **rice** and the stock and cook the rice for 12 – 15 minutes, covered with the lid. Add some more water in case the rice gets too dry. Leave to steam dry without the lid.



## 5. Tear the spinach

In the meantime, heat the remaining olive oil in a frying pan and fry 1 sunny-side up **egg** per person. Tear the **spinach** over the wok or sauté pan and let it shrink while stirring for 1 – 2 minutes.



## 3. Roast the topping

Heat a wok or sauté pan on medium-high heat and roast the **cashew nuts** until golden brown, without oil or butter. After 1 minute, add the **grated coconut**. Remove both from the pan and set aside.



## 6. Serve

Transfer the rice and spinach to plates and garnish with the cashew nuts and grated coconut. Serve with the fried egg.

## Enjoy!





# Vietnamese Pho with fried portobello

with fresh herbs, bell pepper and lime

40 min. • Eat within 5 days



Star anise



Ground cinnamon



Garlic clove



Fresh ginger



Vietnamese sauce



Soy sauce



Red pointed pepper



Scallion



Red chili pepper



Lime



Portobello



Onion



Flat rice noodles



Fresh mint and Thai basil



Peanuts

## Pantry items

Sunflower oil, vegetable stock cube, butter, white wine vinegar



## A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

### Equipment

Small bowl, grater, stock pot or large pan with a lid, frying pan with a lid

### Serves 1—6

	1P	2P	3P	4P	5P	6P
Star anise (pcs)	1	1	1	1	2	2
Ground cinnamon (tsp)	¼	½	¾	1	1¼	1½
Garlic clove (pcs)	½	1	1½	2	2½	3
Fresh ginger (cm)	2	4	6	8	10	12
Vietnamese sauce (tbsp) 1) 6)	1	2	3	4	5	6
Soy sauce (ml) 1) 6)	10	20	30	40	50	60
Red pointed pepper* (pcs)	½	1	1½	2	2½	3
Scallion* (pcs)	2	4	6	8	10	12
Red chili pepper* (pcs)	¼	½	¾	1	1¼	1½
Lime (pcs)	¼	½	¾	1	1¼	1½
Portobello* (pcs)	1	2	3	4	5	6
Onion (pcs)	½	1	1½	2	2½	3
Flat rice noodles (g)	70	140	210	280	350	420
Fresh mint, coriander and Thai basil* (g)	5	10	15	20	25	30
Peanuts (g) 5) 22) 25)	10	20	30	40	50	60
<b>Not included</b>						
Sunflower oil (tbsp)	1	2	3	4	5	6
Vegetable stock cube (pcs)	¾	1½	2¼	3	3¾	4½
Butter (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

\* keep in the refrigerator

### Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2502/598	583/139
Total fat (g)	26	6
Of which: saturated (g)	6,9	1,6
Carbohydrates (g)	73	17
Of which: sugars (g)	11,2	2,6
Fibre (g)	7	2
Protein (g)	14	3
Salt (g)	7,8	1,8

### Allergens:

1) Grains containing gluten 5) Peanuts 6) Soy

May contain traces of: 22) Nuts 25) Sesame seed



## 1. Prepare

Boil 650 ml water per person. Heat a stock pot or large pan with a lid, without oil, on medium heat. Add the **star anise** and ¼ tsp **cinnamon** per person and heat for 3 – 4 minutes, until they release their aromas. Press or mince the **garlic**. Grate the **ginger** with a fine grater.



## 4. Fry the portobello

Cut the **portobello** into strips. Chop the **onion**. Heat 1 tbsp butter in a frying pan with a lid on medium-high heat. Fry the **onion** and the remaining **garlic** for 1 – 2 minutes. Add the portobello and fry for 7 – 8 minutes, or until juices are released from them. Deglaze with 1 tsp white wine vinegar per person. Cover the pan with a lid and let it simmer for 4 – 5 minutes on low heat.



## 2. Prepare the stock

Add 1 tbsp sunflower oil per person to the pan, together with half of the **garlic** and **ginger**, and fry for 1 – 2 minutes. Add the boiling water, the **Vietnamese sauce** and half of the **soy sauce**. Crumble the stock cube over the pan and bring to a boil. Reduce the heat and let the whole simmer for 25 minutes.

**TIP:** Are you watching your salt intake? Use low salt stock or use less of the Vietnamese sauce and soy sauce. Optionally, add some to taste at the end.



## 5. Cook the noodles

Remove the star anise from the stock pot or pan. Add the **rice noodles** and let them cook on low heat for 4 – 6 minutes. In the meantime, finely chop the fresh herbs. Add the **portobello** and **onion** to the pan and mix well.



## 3. Cut

Cut the **red pointed pepper** into thin rings. Cut the **scallion** into fine rings. Remove the seeds from the **red chili pepper** and cut the pepper into thin rings as well. Cut the **lime** into wedges. Keep the vegetables, pepper and lime in separate bowls, to garnish the pho later.



## 6. Serve

Transfer the pho to bowls. Garnish to taste with the leftover **soy sauce**, pointed pepper, scallion, red chili pepper, lime juice, fresh herbs en **peanuts**.

## Enjoy!





# Rice dish with minced meat, vegetables and crispy bacon with scallion and cashew nuts

**FAMILY** **QUICK & EASY** 25 min. • Eat within 3 days

**FAMILY**



Brown rice



Garlic clove



Scallion



Minced pork



Mixed vegetables



Bacon



Cashew nuts



Thai wok paste

**Pantry items**  
Sunflower oil, salt and pepper

## A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

### Equipment

Pan with a lid, frying pan, wok

### Serves 1—6

	1P	2P	3P	4P	5P	6P
Brown rice (g)	85	170	250	335	420	505
Garlic clove (pcs)	1	2	3	4	5	6
Scallion* (pcs)	1	2	3	4	5	6
Minced pork* (g)	100	200	300	400	500	600
Mixed vegetables* (g) 23)	200	400	600	800	1000	1200
Bacon* (g)	15	25	35	50	60	75
Cashew nuts (g) 8) 19) 25)	10	20	30	40	50	60
Thai wok paste (g) 1) 6)	35	70	105	140	175	210

#### Not included

Sunflower oil (tbsp)	½	½	1	1	1½	1½
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Salt & pepper to taste

\* keep in the refrigerator

### Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3410 / 815	725 / 173
Total fat (g)	37	8
Of which: saturated (g)	11,1	2,4
Carbohydrates (g)	87	18
Of which: sugars (g)	14,2	3
Fibre (g)	10	2
Protein (g)	30	6
Salt (g)	2	0,4

### Allergens:

1) Grains containing gluten 5) Peanuts 6) Soy 8) Nuts  
May contain traces of: 23) Celery 25) Sesame seed

### Contact

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



### 1. Cook the rice

Boil ample water with a pinch of salt in a pan with a lid, for the rice. Cook the **rice** for 12 – 15 minutes. Drain and leave to steam dry without the lid. Press or mince the **garlic** and finely chop the **scallion**. Keep the green and white parts separated.



### 2. Stir fry

Heat the sunflower oil in a wok on medium-high heat and fry the white parts of the scallion with the **garlic**, for 3 – 4 minutes. Add the **minced pork** to the wok and fry for 3 - 4 minutes. Then add the **vegetable mix** and fry for another 6 – 8 minutes.



### 3. Fry the bacon

In the meantime, heat a frying pan without oil on medium-high heat. Fry the **bacon** for 6 – 8 minutes, until crispy. Meanwhile, finely chop the **cashew nuts**.



### 4. Add the rice

Add the **wok paste** and the **rice** to the wok and mix well. Fry for another 2 – 3 minutes. Season with salt and pepper.



### 5. Fry the cashews

Crumble the crispy **bacon**. Mix with the green parts of the **scallion** and the **cashew nuts**, and fry for another 1 – 2 minutes in the frying pan.



### 6. Serve

Transfer the rice and vegetables to plates. Garnish with the bacon, cashew nuts and remaining scallion.

**Enjoy!**





# Naan pizza with goat cheese and vegetables

with refreshing tomato salad

**BALANCED** **FAMILY** **VEGETARIAN** 25 min. • Eat within 5 days

**BALANCED**

New: each week you can choose 3 recipes which are full of vegetables and low in calories.



Red onion



Courgette



Carrot



Passata



Naan bread



Dried oregano



Fresh goat cheese



Red cherry tomatoes



Fresh basil

## Pantry items

Olive oil, extra virgin olive oil, white balsamic vinegar, salt and pepper



## A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

### Equipment

Frying pan, salad bowl, peeler or cheese slicer

### Serves 1—6

	1P	2P	3P	4P	5P	6P
Red onion (pcs)	½	1	1½	2	2½	3
Courgette (pcs)	¼	½	¾	1	1¼	1½
Carrot* (g)	25	50	75	100	125	150
Passata (tbsp)	2	4	6	8	10	12
Naan bread (pcs) <b>1) 7)</b>	1	2	3	4	5	6
Dried oregano (tsp)	½	1	1½	2	2½	3
Fresh goat cheese* (g) <b>7)</b>	30	60	90	120	150	180
Red cherry tomatoes (g)	125	250	375	500	625	750
Fresh basil* (g)	5	10	15	20	25	30

#### Not included

Olive oil (tbsp)						
Extra virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½
White balsamic vinegar (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

\* keep in the refrigerator

### Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2605 / 623	520 / 124
Total fat (g)	25	5
Of which: saturated (g)	6,8	1,4
Carbohydrates (g)	77	15
Of which: sugars (g)	20,6	4,1
Fibre (g)	9	2
Protein (g)	18	4
Salt (g)	1,5	0,3

### Allergens:

**1)** Grains containing gluten **7)** Milk/lactose

### Contact

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



## 1. Prepare

Preheat the oven to 200 degrees. Cut half of the **onion** into thin half rings and finely chop the other half. Use a cheese slicer or peeler to separate the **courgette** and **carrot** into thin round slices.



## 4. Finish the pizza

Divide the fried onion, carrot and courgette among the naan bread. Crumble the **goat cheese** over them and heat the naan pizzas in the oven for another 4 – 6 minutes.

**TIP:** You will receive more goat cheese than needed for this recipe. Are you a big eater? Add some extra cheese to taste. You can also use the leftover goat cheese the next day, for lunch for example.



## 2. Fry the vegetables

Heat ¼ tbsp olive oil per person in a frying pan on medium-high heat. Fry the half onion rings and carrot slices for 4 – 6 minutes with a large pinch of salt. Add the courgette slices for the last minute.



## 5. Make the salad

Meanwhile, take a salad bowl and mix a dressing with per person: 1 tbsp extra virgin olive oil and ½ tbsp white balsamic vinegar. Season with salt and pepper. Cut the **cherry tomatoes** in half and finely chop the **basil** leaves. Mix the tomatoes, basil and chopped red onion with the dressing. Stir regularly.

**TIP:** Any leftover courgette? Cut it into strips and mix it with the cherry tomato salad, uncooked.



## 3. Prepare the pizza

In the meantime, spread 2 tbsp **passata** per person on each **naan bread**. Sprinkle with ½ tsp **dried oregano**, salt and pepper. Heat the naan bread in the oven for 2 minutes.



## 6. Serve

Cut the naan pizza into several pieces and serve with the salad.

**TIP:** This dish contains 4 different types of vegetables. Variation is important in order to reach the daily necessary vitamin and mineral intake. Vitamins and minerals are not only present in vegetables, but also in grains, protein and fats.

## Enjoy!





# Orzo with fried shallot and refreshing lemon ricotta

with chestnut mushrooms and pecorino

**VEGETARIAN** 30 min. • Eat within 5 days

**VEGETARIAN**



Shallot



Chestnut mushrooms



Lemon



Fresh tarragon  
and chervil



Orzo



Ricotta



Grated pecorino

## Pantry items

Vegetable stock, olive oil, butter, salt  
and pepper



## A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

### Equipment

Pan with a lid, frying pan, small bowl, kitchen paper, grater

### Serves 1—6

	1P	2P	3P	4P	5P	6P
Shallot (pcs)	2	4	6	8	10	12
Chestnut mushrooms* (g)	125	250	375	500	625	750
Lemon (pcs)	¼	½	¾	1	1¼	1½
Fresh tarragon and chervil* (g)	5	10	15	20	25	30
Orzo (g) 1)	85	170	250	335	420	505
Ricotta* (g)	50	100	150	200	250	300
Grated pecorino* (g) 7)	25	50	75	100	125	150
Not included						
Vegetable stock (ml)	175	350	525	700	875	1050
Olive oil (tbsp)	1	2	3	4	5	6
Butter (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\* keep in the refrigerator

### Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3029 / 724	464 / 111
Total fat (g)	32	5
Of which: saturated (g)	14,3	2,2
Carbohydrates (g)	76	12
Of which: sugars (g)	12,7	2
Fibre (g)	9	1
Protein (g)	27	4
Salt (g)	3,3	0,5

### Allergens:

1) Grains containing gluten 7) Milk/lactose

### Contact

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



### 1. Prepare

Prepare the stock. Cut each **shallot** into eights lengthwise. Clean the **chestnut mushrooms** with kitchen paper and cut them into slices. Grate the **lemon** peel with a fine grater and squeeze out the juice. Finely chop the **fresh chervil** and roughly chop the **fresh tarragon**.



### 4. Mix the ricotta

In a small bowl, mix the **ricotta** and the **grated pecorino**, with per person: ¼ tsp lemon zest and ½ tbsp lemon juice. Season to taste with salt and a considerable amount of black pepper.



### 2. Fry the mushrooms

Heat the olive oil in a large frying pan on medium heat and fry the **shallot** for 16 – 18 minutes until golden-brown and soft. For the final 5 – 7 minutes, add the **chestnut mushrooms** and stir fry until brown. Season to taste with salt and pepper.



### 5. Mix the orzo

Add the butter, half of the **chervil**, half of the mixed **ricotta** and the **orzo** to the frying pan with shallot and mushrooms; stir well.



### 3. Cook the orzo

In the meantime, heat a pan on medium-high heat without oil, and roast the **orzo** for 1 minute. Add the stock, reduce the heat and simmer for 12 minutes, covered with the lid, until all the stock has been absorbed. Fluff the **orzo** using a fork and set aside, uncovered, to steam dry.



### 6. Serve

Transfer the **orzo** to plates and garnish with the remaining lemon ricotta. Sprinkle the dish with the remaining **chervil**, **tarragon** (TIP) and the remaining lemon zest. Drizzle to taste with the remaining lemon juice.

**TIP:** Tarragon has an anise-like flavour, which is not for everyone. Taste it before you add it to your dish.

**Enjoy!**





# Feta stuffed tomato

with aromatic bulgur and chicken fillet strips

**VEGETARIAN** 30 min. • Eat within days

**VEGETARIAN**



Mint and parsley



Tomato



Onion



Feta



Sunflower &  
pumpkin seed mix



Marinated chicken  
fillet strips



Bulgur

## Pantry items

Olive oil, extra virgin olive oil, vegetable stock, black balsamic vinegar, salt and pepper

## A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

### Equipment

Oven dish, bowl, frying pan, wok or sauté pan with a lid

### Serves 1—6

	1P	2P	3P	4P	5P	6P
Mint, oregano and parsley* (g)	10	15	20	25	35	40
Tomato (pcs)	3	6	9	12	15	18
Onion (pcs)	½	1	1½	2	2½	3
Feta* (g) 7)	50	100	150	200	250	300
Sunflower & pumpkin seed mix (g) 19) 22) 25)	30	60	90	120	150	180
Marinated chicken fillet strips* (g)	100	200	300	400	500	600
Bulgur (g) 1)	70	140	210	280	350	420
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Vegetable stock (ml)	225	450	625	900	1075	1350
Black balsamic vinegar (tsp)	1	2	3	4	5	6

Salt & pepper to taste

\* keep in the refrigerator

### Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	4021 / 961	470 / 112
Total fat (g)	54	6
Of which: saturated (g)	14	1,6
Carbohydrates (g)	61	7
Of which: sugars (g)	13,2	1,5
Fibre (g)	16	2
Protein (g)	47	5
Salt (g)	4,3	0,5

### Allergens:

1) Grains containing gluten 7) Milk/lactose  
May contain traces of: 19) Peanuts 22) Nuts  
25) Sesame seed

### Contact

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



## 1. Prepare

Preheat the oven to 200 degrees. Prepare the stock. Remove the **mint** and **oregano** leaves from the stems. Finely chop the **fresh mint**, **oregano** and **parsley**. Cut a star shape onto the top of the **tomatoes**, but don't cut it all the way through. Chop the **onion**.



## 2. Roast the tomatoes

Crumble the **feta** over a bowl and mix with half of the **mixed seeds**, half of the fresh herbs, ½ tbsp olive oil per person, salt and pepper. Mix well. Transfer the tomatoes to an oven dish. Sprinkle them with ¼ tbsp olive oil per person. Carefully open the tomatoes at the top, where you cut the star-shape, and stuff with the feta mixture. Roast in the oven for 20 – 25 minutes. Sprinkle with 1 tsp black balsamic vinegar when you take them out of the oven.



## 3. Fry the chicken

Heat ¼ tbsp olive oil per person in a wok or sauté pan on medium-high heat. Fry the **spiced chicken fillet strips** and **onion** for 5 – 8 minutes, or until the chicken is cooked. Season with salt and pepper, remove from the pan and set aside. The onion may stay in the pan.



## 4. Prepare the bulgur

Add the **bulgur** to the same wok or sauté pan and stir fry for 1 minute on medium heat. Pour 175 ml stock over the bulgur, cover with the lid, and cook for 10 – 12 minutes on low heat, until dry. Regularly stir and add some extra stock in case the bulgur gets dry too quickly. In the meantime, heat a frying pan without oil and roast the leftover **mixed seeds**, until they start to pop.



## 5. Mix the bulgur

Mix the chicken fillet strips, the remaining green herbs, ½ tbsp extra virgin olive oil per person, salt and pepper with the bulgur. Heat for 1 – 2 minutes. Do not forget to add the balsamic vinegar to the tomatoes.

**TIP:** Next to vitamin A, C and E, tomatoes also contain lycopene, an antioxidant which protects our cells. The riper the tomatoes, the more lycopene they contain.



## 6. Serve

Transfer the bulgur to plates and serve with the stuffed tomatoes. Pour the liquid that was released from the tomatoes over the bulgur. Sprinkle the bulgur with extra virgin olive oil to taste and garnish with the leftover **mixed seeds**.

**TIP:** This dish contains more than half of the daily recommended amount of fibre, due to the bulgur and 300 g vegetables. Good for digestion!

## Enjoy!





# Healthy 'kapsalon'

with chicken fillet strips, tomato and cheese

**BALANCED** 45 min. • Eat within 5 days

**BALANCED**

New: each week you can choose 3 recipes which are full of vegetables and low in calories.



Waxy potatoes



Red onion



Marinated chicken fillet strips



Lettuce



Tomato



Grated matured cheese



Garlic clove



Fresh curly parsley



Low-fat yogurt

## Pantry items

Olive oil, white balsamic vinegar, salt and pepper



## A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

### Equipment

Oven dish, bowl, frying pan, small bowl, kitchen paper, salad bowl, baking sheet lined with baking paper

### Serves 1—6

	1P	2P	3P	4P	5P	6P
Waxy potatoes (g)	250	500	750	1000	1250	1500
Red onion (pcs)	½	1	1½	2	2½	3
Marinated chicken fillet strips* (g)	100	200	300	400	500	600
Lettuce* (head)	1	2	3	4	5	6
Tomato (pcs)	1	2	3	4	5	6
Grated matured cheese* (g 7)	10	25	35	50	60	75
Garlic clove (pcs)	¼	½	¾	1	1¼	1½
Fresh curly parsley* (g)	2½	5	7½	10	12½	15
Low-fat yogurt* (g 7) 19) 22)	50	100	150	200	250	300
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3

Salt & pepper to taste

\* keep in the refrigerator

### Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2496 / 597	365 / 87
Total fat (g)	24	3
Of which: saturated (g)	6,2	0,9
Carbohydrates (g)	58	9
Of which: sugars (g)	8,4	1,2
Fibre (g)	8	1
Protein (g)	33	5
Salt (g)	0,6	0,1

### Allergens:

7) Milk/lactose

May contain traces of: 19) Peanuts 22) Nuts

### Contact

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



### 1. Make the fries

Preheat the oven to 220 degrees. Thoroughly wash the **potatoes** and cut them into ½ - 1 cm thick strips (like fries). Pat them dry with kitchen paper and mix with ½ tbsp olive oil per person, salt and pepper in a bowl. Divide the fries over a baking sheet lined with baking paper and roast in the oven for 30 – 40 minutes. You can extend the oven time if you prefer your fries crispier. Turn them when halfway done.



### 4. Make the salad

In the meantime, cut the **lettuce** head into fine strips and the **tomato** into dices. Mix the lettuce and tomato in a salad bowl, together with ½ tbsp white balsamic vinegar per person, salt and pepper.



### 2. Fry the chicken

Cut the **red onion** into half rings. Heat ½ tbsp olive oil per person in a frying pan on medium-high heat and fry the onion for 2 – 3 minutes. Add the **chicken fillet strips** and fry for 5 – 8 minutes until cooked.



### 5. Build the kapsalon

Divide the salad over small oven dishes or heat-resistant plates, so that you have one dish or plate per serving. Top the salad with the fries and then with the chicken. Sprinkle with the **grated cheese** and roast the dishes in the oven for 5 minutes, or until the cheese has melted.



### 3. Make the sauce

Press or mince the **garlic**. Finely chop the **curly parsley**. In a small bowl, mix the **yogurt** with the garlic and curly parsley. Season with salt and pepper (TIP).

**TIP:** Be aware: raw garlic can be very spicy. Taste well while you add it.



### 6. Serve

Serve the 'kapsalon' with the garlic sauce.

**TIP:** Did you know that a 'normal' kapsalon contains more than 1000 kcal? This version does not even contain 600 kcal. Moreover, we added way more vegetables!

Enjoy!



# Omelette sandwich with spicy blue cheese

with fried portobello and coleslaw

**QUICK & EASY** 20 min. • Eat within 5 days

**QUICK &  
EASY**



Garlic clove



Fresh flat leaf parsley



Portobello



Red cabbage and carrot



Sourdough bread



Free-range egg



Danablu



## Pantry items

Extra virgin olive oil, white wine vinegar, mustard, honey, butter, salt and pepper



## A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

### Equipment

Bowl, frying pan, salad bowl

### Serves 1—6

	1P	2P	3P	4P	5P	6P
Garlic clove (pcs)	½	1	1½	2	2½	3
Fresh flat leaf parsley* (g)	2½	5	7½	10	12½	15
Portobello* (pcs)	1	2	3	4	5	6
Red cabbage and carrot* (g)	100	200	300	400	500	600
Sourdough bread (pcs) 1) 6) 11) 17) 21) 22)	1	2	3	4	5	6
Free-range egg (pcs) 3)	2	4	6	8	10	12
Danablu* (g) 7)	25	50	75	100	125	150
Not included						
Extra virgin olive oil (tbsp)	1½	3	4½	6	7½	9
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	¼	½	¾	1	1¼	1½
Honey (tsp)	¼	½	¾	1	1¼	1½
Butter (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

\* keep in the refrigerator

### Nutritive value

	Per portie	Per 100g
Energy (kJ/kcal)	3835 / 917	748 / 179
Total fat (g)	54	11
Of which: saturated (g)	19,5	3,8
Carbohydrates (g)	69	14
Of which: sugars (g)	4,6	0,9
Fibre (g)	8	2
Protein (g)	34	7
Salt (g)	2,4	0,5

### Allergens:

1) Grains containing gluten 3) Eggs 6) Soy 7) Milk/lactose 11) Sesame seed

May contain traces of: 17) Eggs 7) Milk/lactose 22) Nuts

### Contact

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



### 1. Cut the vegetables

- Preheat the oven to 210 degrees.
- Press or mince the **garlic** and roughly chop the **fresh parsley**.
- Cut the **portobello** into slices.
- In a salad bowl, mix the extra-virgin olive oil, white wine vinegar, mustard, honey, salt and pepper into a dressing.



### 3. Fry the omelette

- Heat half of the butter in a frying pan on medium-low heat, add the egg mixture and fry for 6 – 7 minutes. Make 1 omelette for 2 persons (TIP).
- Use another frying pan to heat the remaining butter on high heat and fry the **portobello** with the **garlic** for 4 minutes until done and brown. Season to taste with salt and pepper.
- Crumble the **danablu** over the omelette.

**TIP:** You can use more frying pans to fry the omelette if you are cooking for more than 2. You don't have to turn the omelette. It is cooked as soon as the top has firmed up.



### 2. Mix the coleslaw

- Add the **carrot and red cabbage** to the salad bowl, mix well and set aside.
- Heat the **sourdough bread** in the oven for 8 minutes.
- In a bowl, whisk the **eggs** with a fork and mix in the **fresh parsley**, salt and pepper.



### 4. Serve

- Cut the **sourdough bread** in half.
- Cut the omelette in half and transfer to the bread.
- Top the omelette with the portobello slices and a little bit of coleslaw.
- Serve the sandwiches with the remaining coleslaw.

### Enjoy!





# Quick pasta with a Mexican twist

with minced meat, cheddar and sour cream

**QUICK & EASY** 20 min. • Eat within 5 days

**QUICK &  
EASY**



Mexican spices



Mixed minced meat



Onion



Garlic clove



Green bell pepper



Penne



Diced tomato



Grated cheddar



Sour cream

## Pantry items

Olive oil, salt and pepper



## A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

### Equipment

Pan with a lid, sauté pan with a lid

### Serves 1—6

	1P	2P	3P	4P	5P	6P
Mexican spices (tsp)	1	2	3	4	5	6
Half beef, half pork minced meat* (tsp)	100	200	300	400	500	600
Onion (pcs)	¼	½	¾	1	1¼	1½
Garlic clove (pcs)	½	1	1½	2	2½	3
Green bell pepper* (pcs)	½	1	1½	2	2½	3
Penne (g) <b>1) 17) 20)</b>	90	180	270	360	450	540
Diced tomato (pack)	¼	½	¾	1	1¼	1½
Grated cheddar* (g) <b>7)</b>	50	100	150	200	250	300
Sour cream* (g) <b>7)</b>	25	50	75	100	125	150
<b>Not included</b>						
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\* keep in the refrigerator

### Nutritive value

	Per portie	Per 100g
Energy (kJ/kcal)	3872 /926	820 /196
Total fat (g)	46	10
Of which: saturated (g)	20,5	4,4
Carbohydrates (g)	74	16
Of which: sugars (g)	10,8	2,3
Fibre (g)	7	1
Protein (g)	50	11
Salt (g)	1,7	0,4

### Allergens:

**1)** Grains containing gluten **7)** Milk/lactose

**May contain traces of: 17)** Eggs **20)** Soy

### Contact

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



### 1. Fry the minced meat

- Boil water with a large pinch of salt in a pan with a lid, for the penne.
- Heat ½ tbsp olive oil per person in a sauté pan and fry the **mixed minced meat** with the **Mexican spices**, for 4 – 5 minutes on medium-high heat. Then take the meat from the pan and set aside. Save the cooking grease in the pan.
- Chop the **onion** while frying the minced meat. Press or mince the **garlic**. Cut the **bell pepper** into dices.



### 3. Mix

- Add the cooked penne, fried minced meat and half of the **cheddar** to the sauté pan.
- Mix well and season with salt and pepper.
- Heat for another 2 – 3 minutes.



### 2. Fry the vegetables

- Cook the **penne** for 10 – 12 minutes, covered with the lid. Drain, rinse, and leave to steam dry without the lid.
- Reheat the sauté pan on medium-high heat and fry the **garlic** and **onion** for 1 – 2 minutes.
- Add the **bell pepper** and **diced tomato** and fry for another 6 – 8 minutes with the lid on the pan.



### 4. Serve

- Transfer the pasta to plates and add a spoonful of **sour cream** on top. Garnish with the leftover **cheddar**.

**Enjoy!**





# Luxurious veal stew with oven fries

with pear-chicory salad

**PREMIUM** 50 min. • Eat within 3 days

**PREMIUM**



Waxy potatoes



Carrot



Onion



Garlic clove



Veal stew



Fresh thyme



Bay leaf



Cranberry chutney



Fresh curly parsley



Chicory



Pear



Lemon



Mayonnaise



Raisins



Lamb's lettuce

## Pantry items

Beef stock, olive oil, butter, mustard



## A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

### Equipment

Baking sheet lined with baking paper, sauté pan, lid

### Serves 1—6

	1P	2P	3P	4P	5P	6P
Waxy potatoes (g)	200	400	600	800	1000	1200
Carrot* (g)	100	200	300	400	500	600
Onion (pcs)	1	2	3	4	5	6
Garlic clove (pcs)	1	2	3	4	5	6
Veal stew* (g) 1)	150	300	450	600	750	900
Fresh thyme* (g)	2½	5	7½	10	12½	15
Bay leaf (pcs)	1	1	2	2	3	3
Cranberry chutney* (g) 19) 22)	20	40	60	80	100	120
Fresh curly parsley* (g)	2½	5	7½	10	12½	15
Chicory* (pcs)	1	2	3	4	5	6
Pear (pcs)	½	1	1½	2	2½	3
Lemon (pcs)	¼	½	¾	1	1¼	1½
Mayonnaise* (g) 3) 10) 19) 22)	25	50	75	100	125	150
Raisins (g) 19) 22) 25)	15	30	45	60	75	90
Lamb's lettuce* (g) 23)	20	40	60	80	100	120

#### Not included

Beef stock (ml)	125	250	375	500	625	750
Olive oil (tbsp)	1	2	3	4	5	6
Butter (tbsp)	1	2	3	4	5	6
Mustard (tsp)	1	2	3	4	5	6

Salt & pepper to taste

\* keep in the refrigerator

### Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	4310 / 1030	406 / 97
Total fat (g)	50	5
Of which: saturated (g)	13,9	1,3
Carbohydrates (g)	94	9
Of which: sugars (g)	41,8	3,9
Fibre (g)	14	1
Protein (g)	42	4
Salt (g)	2,2	0,2

### Allergens:

1) Grains containing gluten 3) Eggs 10) Mustard

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

25) Sesame seed

### Contact

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



### 1. Make the oven fries

Preheat the oven to 210 degrees and prepare the stock. Peel or thoroughly wash the **potatoes** and cut them into ½ thick fries. On a baking sheet lined with baking paper, mix them with 1 tbsp olive oil per person, salt and pepper. Roast them in the middle of the oven for 35 – 40 minutes, until golden brown. Flip them over when halfway done.



### 4. Stew

Bring the whole to a boil and let it simmer for 15 minutes, covered with the lid. The veal will fall apart a little bit. Remove the lid for the last 5 minutes and increase the heat. Add some extra water in case the stew gets dry too quickly, or cook a little bit longer if it stays too moist. Remove the thyme sprigs and bay leaf from the stew.



### 2. Cut and fry

In the meantime, weigh the **carrot** and cut into very small dices. Chop the **onion** and press or mince the **garlic**. Heat 1 tbsp butter per person in a deep sauté pan with a lid on medium-high heat. Fry the **garlic** and **onion** for 2 – 3 minutes. Add the **carrot** and fry for 6 – 8 minutes.



### 5. Make the salad

In the meantime, roughly chop the **curly parsley**. Cut the **endive** and **pear** into thin strips and transfer to a salad bowl (TIP). Juice the **lemon**. Mix ¼ of the mayonnaise, ¼ tbsp extra-virgin olive oil and ½ tbsp lemon juice per person with the endive. Add the pear, **raisins** and half of the curly parsley to the endive salad. Season to taste with salt and pepper.

**TIP:** Is the pear in your box too hard? Finely grate it, or cut into very thin slices.



### 3. Make the stew

Reduce the heat to low and add the **veal stew**, stock, **thyme** sprigs, **bay leaf**, **cranberry chutney** and mustard to the sauté pan.



### 6. Serve

Transfer the **lamb's lettuce** to plates and top with the endive salad. Add the veal stew next to the salad and garnish with the remaining **curly parsley**. Serve with the oven fries and the remaining **mayonnaise**.

### Enjoy!



# Poached salmon fillet with roasted green beans

with baby potatoes, lemon, dill and capers

**PREMIUM** 30 min. • Eat within 3 days

**PREMIUM**



Green beans



Baby potatoes



Lemon



Shallot



Fresh dill



Garlic clove



Salmon fillet



Crème fraîche



Capers

## Pantry items

Olive oil, fish stock cube, mustard, salt and pepper



## A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

### Equipment

Pan with a lid, saucepan, baking sheet lined with baking paper, aluminium foil, measuring cup

### Serves 1—6

	1P	2P	3P	4P	5P	6P
Green beans* (g)	200	400	600	800	1000	1200
Baby potatoes (g)	200	400	600	800	1000	1200
Lemon (pcs)	½	1	1½	2	2½	3
Shallot (pcs)	½	1	1½	2	2½	3
Fresh dill* (g)	5	10	15	20	25	30
Garlic clove (pcs)	½	1	1½	2	2½	3
Salmon fillet* (pcs) 4)	1	2	3	4	5	6
Crème fraîche* (g) 7)	25	50	75	100	125	150
Capers* (g)	20	40	60	80	100	120
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Fish stock cube (pcs)	½	1	1½	2	2½	3
Mustard (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

\* keep in the refrigerator

### Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3167 / 757	477 / 114
Total fat (g)	42	6
Of which: saturated (g)	9,8	1,5
Carbohydrates (g)	55	8
Of which: sugars (g)	6	0,9
Fibre (g)	13	2
Protein (g)	33	5
Salt (g)	4,2	0,6

### Allergens:

4) Fish 7) Milk/lactose

### Contact

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



### 1. Roast the green beans

Preheat the oven to 200 degrees. Boil ample water in a pan with a lid, for the baby potatoes. Cut the ends off the **green beans**. Mix them with olive oil, salt and pepper on a baking sheet lined with baking paper. Roast in the oven for 20 – 22 minutes. Cook the **baby potatoes** for 12 – 15 minutes. If necessary, cut the larger ones in half before you cook them. Drain and leave to steam dry without the lid.



### 4. Make the sauce

Carefully remove the salmon from the pan and wrap it inside a sheet of aluminium foil. Transfer the stock to a measuring cup and remove the lemon slices. Pour 2 tbsp stock per person back into the saucepan and bring to a boil. Mix in the **crème fraîche** and heat the whole for 1 – 2 minutes. Season with salt and pepper.



### 2. Cut

Cut the **lemon** in half lengthwise. Cut one half into slices and the other half into wedges. Chop the **shallot** and finely chop the **dill**. Press or mince the **garlic**.



### 5. Finish the potatoes

Mix the **garlic** with the warm, roasted green beans. Drain the **baby potatoes**. Mix the remaining **shallot** and 1 tsp mustard per person with the baby potatoes.



### 3. Poach the salmon

Boil a little bit of water in a saucepan, together with the **dill**, lemon slices, half of the **shallot** and the fish stock cube. There has to be just enough water to cover the salmon fillet. Once the water softly boils, add the **salmon fillet** to the pan and cover with the lid. Let it cook for 2 minutes, then remove from the heat and let it rest for 5 minutes, so the salmon can cook a little bit more.



### 6. Serve

Divide the poached salmon among plates. Garnish with the sauce, capers, the remaining dill and lemon wedges. Serve with the roasted green beans and baby potatoes.

**Enjoy!**



# Haddock fillet with lentils and bacon

with carrot and leek

**BALANCED** 35 min. • Eat within 3 days

**BALANCED**

New: each week you can choose 3 recipes which are full of vegetables and low in calories.



Onion



Garlic clove



Carrot



Leek



Diced bacon



Lentils



Haddock fillet without skin

## Pantry items

Olive oil, white balsamic vinegar, salt and pepper



## A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

### Equipment

Frying pan, wok or sauté pan with a lid

### Serves 1—6

	1P	2P	3P	4P	5P	6P
Onion (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	1	2	3	4	5	6
Carrot* (g)	100	200	400	400	600	600
Leek* (g)	100	200	200	400	400	600
Diced bacon* (g)	25	50	75	100	125	150
Lentils (pack)	½	1	1½	2	2½	3
Haddock fillet without skin* (pcs) 4)	1	2	3	4	5	6
Not included						
Olive oil (tbsp)	1½	3	4½	6	7½	9
White balsamic vinegar (tsp)	1	2	3	4	5	6

Salt & pepper to taste

\* keep in the refrigerator

### Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2182 / 522	443 / 106
Total fat (g)	28	6
Of which: saturated (g)	6,5	1,3
Carbohydrates (g)	29	6
Of which: sugars (g)	10,1	2,1
Fibre (g)	12	2
Protein (g)	32	6
Salt (g)	2,4	0,5

### Allergens:

4) Fish



#### 1. Cut

Chop the **onion** and press or mince the **garlic**. Cut the **carrot** into ½ cm dices and cut the **leek** into fine rings.



#### 2. Fry the vegetables

Heat 1 tbsp olive oil per person in a wok or sauté pan with a lid, and fry the **onion** and **garlic** for 2 - 3 minutes on medium-low heat. Add the **carrot** and **leek** and fry for 5 - 7 minutes on medium-high heat, covered with the lid. The carrot may still be crunchy.



#### 3. Fry the bacon

In the meantime, heat a frying pan without oil on medium-high heat, and fry the **diced bacon** for 3 - 4 until crispy. Drain the **lentils**.

**TIP:** All types of beans contain loads of iron, but lentils contain the most. Kidney beans come in second. Lentils also contain the most potassium of all legumes. This mineral plays a role in healthy blood pressure.



#### 4. Mix

Add the **diced bacon**, **lentils** and 1 tsp white balsamic vinegar per person to the wok or sauté pan with the fried vegetables. Season with salt and pepper (TIP).

**TIP:** Be aware: the bacon is quite salty already. Taste well and mainly season this dish with pepper.



#### 5. Fry the fish

Pat dry the **haddock fillet** with kitchen paper. Heat ½ tbsp olive oil per person in the same frying pan you used for the bacon. Fry the haddock fillet for 1 - 2 minutes per side, on medium-high heat. Season with salt and pepper.



#### 6. Serve

Transfer the lentil-vegetable mixture to deep plates and serve with the haddock fillet.

**TIP:** Did you know that this dish contains almost half of the daily recommended amount of fibre?

**Enjoy!**

### Contact

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





# Ribeye with homemade chimichurri

with corn on the cob and oven roasted baby potatoes

**FESTIVE** 40 min. • Eat within 5 days

**FESTIVE**



Baby potatoes



Corn cob



Red bell pepper



Garlic clove



Fresh flat leaf  
parsley and oregano



Chili flakes



Cucumber



Ribeye



Sour cream

## Pantry items

Butter, olive oil, red wine vinegar, extra virgin olive oil, salt and pepper



## A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

### Equipment

Frying pan, small bowl, salad bowl, baking sheet lined with baking paper, aluminium foil

### Serves 1—6

	1P	2P	3P	4P	5P	6P
Baby potatoes (g)	250	500	750	1000	1250	1500
Corn cob* (pcs)	1	2	3	4	5	6
Red bell pepper* (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	1	2	3	4	5	6
Fresh flat leaf parsley, coriander and oregano* (g)	10	15	20	25	35	40
Chili flakes (tsp)	⅓	⅔	1	1½	2	2½
Cucumber* (pcs)	½	1	1½	2	2½	3
Ribeye* (g)	150	300	450	600	750	900
Sour cream* (g) 7)	50	75	100	125	175	200
Not included						
Butter (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1½	3	4½	6	7½	9
Red wine vinegar (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3

Salt & pepper to taste

\* keep in the refrigerator

### Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	4182 / 1000	516 / 123
Total fat (g)	57	7
Of which: saturated (g)	21,3	2,6
Carbohydrates (g)	73	9
Of which: sugars (g)	21	2,6
Fibre (g)	10	1
Protein (g)	45	6
Salt (g)	0,3	0

### Allergens:

7) Milk/lactose

### Contact

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



## 1. Fry the baby potatoes

Take the **ribeye** from the refrigerator. Preheat the oven to 200 degrees. Wash the **baby potatoes** and cut them in half. Transfer them to a baking sheet lined with baking paper and mix with 1 tbsp olive oil per person. Season with salt and pepper. Roast them in the oven for 25 – 30 minutes. Turn when halfway done.



## 4. Make the salad

Cut the **cucumber** in half lengthwise. Remove the seeds with a spoon and cut the cucumber into half moons. In a salad bowl, mix the bell pepper strips with the cucumber and optionally, season with salt and pepper.



## 2. Prepare the corn and bell pepper

Remove the leaves and strings from the **corn cob**. Spread the corn cob with butter and sprinkle with salt and pepper. Transfer the corn cob to the oven and place between the baby potatoes, for the last 20 minutes. Remove the seeds from the **bell pepper** and cut into long strips. Press or mince the **garlic**. Heat ½ tbsp olive oil per person in a frying pan on medium-high heat, and fry the garlic for 1 minute. Add the bell pepper and fry for another 7 – 9 minutes. Season with salt and pepper.



## 5. Fry the ribeye

Rub both sides of the **ribeye** with salt and pepper. Heat a frying pan with ½ tbsp butter per person on high heat. Add the ribeye when the pan is really hot, and fry it for 2 – 4 minutes per side. Remove from the pan and wrap in aluminium foil. Set aside.



## 3. Make the chimichurri

Remove the **oregano** leaves from the stems. Finely chop the **coriander, oregano and flat leaf parsley**. In a small bowl, mix the fresh herbs with per person: ½ tbsp extra virgin olive oil, 1 tsp red wine vinegar and, if you like spiciness, ⅓ tsp **chili flakes**. Season with salt and pepper and mix well. Set aside.



## 6. Serve

Transfer the corn cob and baby potatoes to plates. Serve the bell pepper salad next to it and garnish the salad with the **sour cream**. Cut the **ribeye** against the grain, into strips, and garnish the meat with the chimichurri.

**Enjoy!**





# Vietnamese Pho with fried portobello

with fresh herbs, bell pepper and lime

HELLOEXTRA 40 min. • Eat within 5 days

HELLO  
EXTRA



Star anise



Ground cinnamon



Garlic clove



Fresh ginger



Vietnamese sauce



Soy sauce



Red pointed pepper



Scallion



Red chili pepper



Lime



Portobello



Onion



Flat rice noodles



Shrimps



Fresh mint  
and Thai basil



Peanuts

## Pantry items

Sunflower oil, vegetable stock cube, butter



## A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

### Equipment

Small bowl, grater, stock pot or large pan with a lid, frying pan with a lid

### Serves 1—6

	1P	2P	3P	4P	5P	6P
Star anise (pcs)	1	1	1	1	2	2
Ground cinnamon (tsp)	¼	½	¾	1	1¼	1½
Garlic clove (pcs)	½	1	1½	2	2½	3
Fresh ginger (cm)	2	4	6	8	10	12
Vietnamese sauce (tbsp) 1) 6)	1	2	3	4	5	6
Soy sauce (ml) 1) 6)	10	20	30	40	50	60
Red pointed pepper* (pcs)	½	1	1½	2	2½	3
Scallion* (pcs)	2	4	6	8	10	12
Red chili pepper* (pcs)	¼	½	¾	1	1¼	1½
Lime (pcs)	¼	½	¾	1	1¼	1½
Portobello* (pcs)	1	2	3	4	5	6
Onion (pcs)	½	1	1½	2	2½	3
Flat rice noodles (g)	70	140	210	280	350	420
Shrimps* (g) 2)	90	180	270	360	450	540
Fresh mint, coriander and Thai basil* (g)	10	15	20	25	35	40
Peanuts (g) 5) 22) 25)	10	20	30	40	50	60

#### Not included

	1	2	3	4	5	6
Sunflower oil (tbsp)	1	2	3	4	5	6
Vegetable stock cube (pcs)	¾	1½	2¼	3	3¾	4½
Butter (tbsp)	½	1	1½	2	2½	3
Olive oil (el)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\* keep in the refrigerator

### Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2975/711	559/134
Total fat (g)	32	6
Of which: saturated (g)	8	1,5
Carbohydrates (g)	74	14
Of which: sugars (g)	11,4	2,1
Fibre (g)	7	1
Protein (g)	28	5
Salt (g)	9,5	1,8

### Allergens:

1) Grains containing gluten 2) Shellfish 5) Peanuts 6) Soy  
May contain traces of: 22) Nuts 25) Sesame seed



## 1. Prepare

Boil 650 ml water per person. Heat a stock pot with a lid on medium heat. Add the **star anise** and ¼ tsp **cinnamon** per person and heat for 3 – 4 minutes. Press or mince the **garlic**. Grate the **ginger** with a fine grater. Add 1 tbsp sunflower oil per person to the pan with spices, together with half of the ginger and garlic, and fry for 1 – 2 minutes. Add the boiling water, the **Vietnamese sauce** and half of the **soy sauce**. Crumble the stock cube over the pan and bring to a boil.

**TIP:** Are you watching your salt intake? Use low salt stock or use less of the Vietnamese sauce and soy sauce. Optionally, add some to taste at the end.



## 4. Fry the shrimps

Remove the star anise from the stock pot. Add the **rice noodles** and cook on low heat for 4 – 6 minutes. Pat dry the **shrimps** with kitchen paper. Heat ½ tbsp olive oil per person in a frying pan on high heat, and fry the shrimps for 2 minutes until brown all around. They do not have to be cooked yet. Season with salt and pepper and remove from the pan.



## 2. Cook and chop

Reduce the heat and let the whole simmer for 25 minutes. In the meantime, cut the **red pointed pepper** into thin rings. Cut the **scallion** into fine rings. Remove the seeds from the **red chili pepper** and cut the pepper into thin rings as well. Cut the **lime** into wedges. Keep the vegetables, pepper and lime in separate bowls, to garnish the pho later.



## 5. Finish the soup

In the meantime, finely chop the fresh herbs. Add the portobello, onion and shrimps, including cooking grease, to the stock pot. Heat for ½ minute.



## 3. Fry the portobello

Cut the **portobello** into strips. Chop the **onion**. Heat ½ tbsp butter in a frying pan with a lid on medium-high heat. Fry the onion and the remaining garlic for 1 – 2 minutes. Add the portobello and fry for 7 – 8 minutes, or until juices are released from them. Deglaze with 1 tsp white wine vinegar per person. Cover the pan with a lid and leave to fry for 4 – 5 minutes on low heat.



## 6. Serve

Transfer the pho to bowls. Garnish to taste with the leftover **soy sauce**, **pointed pepper**, **scallion**, **red chili pepper**, lime juice, **portobello**, fresh herbs and **peanuts**.

## Enjoy!





# Broccoli-coconut rice with chicken fillet

with sesame-cucumber salad and honey-garlic sauce

**QUICK & EASY** 20 min. • Eat within 5 days

**QUICK &  
EASY**



Chicken fillet



Garlic clove



Honey



Broccoli rice



Cucumber



Sesame seed



Sesame oil



White long grain rice



Coconut milk

## Pantry items

Butter, chicken stock cube, white wine vinegar or rice vinegar, white balsamic vinegar, salt and pepper

## A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

### Equipment

Pan with a lid, salad bowl, frying pan with lid

### Serves 1—6

	1P	2P	3P	4P	5P	6P
Chicken fillet* (g)	100	200	300	400	500	600
Garlic clove (pcs)	1	2	3	4	5	6
Honey (jar)	½	1	1½	2	2½	3
Broccoli rice* (g)	100	200	300	400	500	600
Cucumber* (pcs)	½	1	1½	2	2½	3
Sesame seed (g) <b>11) 19) 22)</b>	5	10	15	20	25	30
Sesame oil (ml) <b>11)</b>	5	10	15	20	25	30
White long grain rice (g)	70	140	210	280	350	420
Coconut milk (ml) <b>26)</b>	75	150	225	300	375	450
Not included						
Butter (tbsp)	1	2	3	4	5	6
Chicken stock cube (ml)	¼	½	¾	1	1¼	1½
White wine vinegar or rice vinegar (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3

Salt & pepper to taste

\* keep in the refrigerator

### Nutritive value

	Per portie	Per 100g
Energy (kJ/kcal)	3201 / 765	579 / 138
Total fat (g)	36	7
Of which: saturated (g)	21,6	3,9
Carbohydrates (g)	74	13
Of which: sugars (g)	15	2,7
Fibre (g)	5	1
Protein (g)	34	6
Salt (g)	1,6	0,3

### Allergens:

**11)** Sesame seed

**May contain traces of: 19)** Peanuts **22)** Nuts **26)** Sulfite

### Contact

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



### 1. Prepare

- Boil 175 ml water per person with the **coconut milk** and ¼ chicken stock cube per person, in a pan with a lid.
- Press or mince the **garlic**.
- Cook the **rice** for 12 – 14 minutes in the pan with stock and coconut milk on low heat, covered with the lid.
- Add the **broccoli rice** for the final 2 minutes. Drain if necessary and leave to steam dry without the lid. Taste the rice and season with salt and pepper if necessary.



### 3. Make the salad

- Cut the **cucumber** in half lengthwise and remove the seeds with a spoon. Then cut into thin half moons.
- In a salad bowl, mix a dressing with the **sesame oil**, **sesame seeds** and per person: ½ tbsp white wine vinegar and ½ white balsamic vinegar.
- Mix the dressing with the cucumber and season with salt and pepper.

**TIP:** Sesame oil has quite a strong flavour. Add less to no sesame oil if you're not a fan.



### 2. Fry the chicken

- Heat 1 tbsp butter per person in a frying pan with a lid on medium-high heat, and fry the **garlic** and **chicken fillet** for 1 – 2 minutes.
- Add the honey and 1 tbsp water per person and mix well. Cover the pan with a lid and fry for 3 – 4 minutes. Regularly turn the chicken fillet.
- Remove the lid from the pan and fry for another 2 – 3 minutes. Season with salt and pepper.



### 4. Serve

- Transfer the coconut-broccoli rice to plates. Put the chicken fillet and the honey-garlic sauce on top.
- Serve with the cucumber salad.

### Enjoy!





# Pork tenderloin with strawberry-balsamic sauce

with roasted potatoes and green beans

**HELLOEXTRA** 45 min. • Eat within 5 days

**HELLO  
EXTRA**



Waxy potatoes



Fresh rosemary



Green beans



Shallot



Pork tenderloin



Strawberry jam

## Pantry items

Olive oil, black balsamic vinegar, butter, salt and pepper



## A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

### Equipment

Frying pan, baking sheet lined with baking paper, aluminum foil

### Serves 1—6

	1P	2P	3P	4P	5P	6P
Waxy potatoes (g)	300	600	900	1200	1500	1800
Fresh rosemary* (sprigs)	¼	½	¾	1	1¼	1½
Green beans* (g)	200	400	600	800	1000	1200
Shallot (g)	¼	½	¾	1	1¼	1½
Pork tenderloin* (pcs)	2	4	6	8	10	12
Strawberry jam (g) (19) 22)	60	90	150	210	240	300

#### Not included

Olive oil (tbsp)	2	4	6	8	10	12
Black balsamic vinegar (tbsp)	1	2	3	4	5	6
Butter (tbsp)	2	4	6	8	10	12

Salt & pepper to taste

\* keep in the refrigerator

### Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	4686 / 1120	565 / 135
Total fat (g)	53	6
Of which: saturated (g)	21	2,5
Carbohydrates (g)	99	12
Of which: sugars (g)	31,4	3,8
Fibre (g)	13	2
Protein (g)	55	7
Salt (g)	0,5	0,1

### Allergens:

May contain traces of: 19) Peanuts 22) Nuts

### Contact

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



## 1. Prepare the potatoes

Take the pork tenderloin from the refrigerator and allow to reach room temperature. Preheat the oven to 200 degrees. Thoroughly wash or peel the **potatoes** and cut into 1 cm dices. Finely chop the **rosemary** leaves. Transfer the potatoes to a baking sheet lined with baking paper. Mix with ½ tbsp olive oil per person and 1 tsp chopped rosemary per person (TIP). Season to taste with salt and pepper. Roast in the oven for 15 – 20 minutes.

**TIP:** Make sure there is enough space to add a second baking sheet for the green beans, or put the potatoes on one side of a baking sheet, so the green beans fit next to them on the same sheet.



## 4. Fry the pork

In the meantime, rub the **pork tenderloin** with salt and pepper. Heat 1 tbsp olive oil per person in a frying pan on medium heat. Place the pork tenderloin in the pan and fry for 10 – 13 minutes until brown all around. Cover with aluminium foil and allow to rest until serving. Save the cooking grease in the pan.



## 2. Cut

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



## 3. Fry the green beans

Once the potatoes are done, add the green beans to the potatoes on the baking tray (or on a different baking tray) (TIP), mix with ½ tbsp olive oil per person and season to taste with salt and pepper. Roast the green beans and potatoes for another 15 minutes.

**TIP:** Is your oven not that powerful? Roast the potatoes for 10 minutes longer than indicated. Is your oven too small to fit all the ingredients? You can also cook the green beans for 8 - 10 minutes in a pan with a lid.



## 5. Make the sauce

Heat the frying pan with the cooking grease on medium heat and fry the **shallot** and the remaining **rosemary** for 3 – 5 minutes. Add the **strawberry jam**, black balsamic vinegar and 4 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.



## 6. Serve

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

## Enjoy!





## BREAKFAST BOX

# Good morning!

# 1

**Apple crumble with muesli**  
with semi-skimmed yogurt

# 2

**Whole grain rusk**  
with avocado, goat cheese and garden cress

# 3

**Greek yogurt with passion fruit**  
with figs and pumpkin seed

# Apple crumble with muesli

with semi-skimmed yogurt

**1X** 25 min.



### Equipment

Bowl, oven dish

### Ingredients for 1 breakfast

	2P	4P
Jonagold apple (st)	2	4
Ground cinnamon (tbsp)	½	1
Honey (jar)	1	2
Muesli (g) 1) 8) 12) 19) 25)	100	200
Semi-skimmed yogurt* (ml) 7)	250	500

\* keep in the refrigerator

### Nutritive value

	Per portion	Per 100g
Energy (kJ/kcal)	1605 / 384	472 / 113
Total fat (g)	6	2
Of which: saturated (g)	1,8	0,5
Carbohydrates (g)	68	20
Of which: sugar (g)	48,2	14,2
Fibres (g)	7	2
Protein (g)	9	3
Salt (g)	0,1	0,0

### Allergens

1) Grains containing gluten 7) Milk/lactose 8) Nuts

12) Sulfite

May contain traces of: 19) Peanuts 25) Sesame seed

1. Preheat the oven to 200 degrees. Peel the **apple** and cut into dices.
2. In a bowl, mix the apple with the **cinnamon** and half of the **honey**.
3. Grease an oven dish with butter. Divide the apple mixture over the oven dish. Sprinkle with the **muesli** and roast in the oven for 20 – 25 minutes.
4. Transfer the crumble to bowls and serve with the **semi-skimmed yogurt** and the remaining **honey**.

# Whole grain rusk

with avocado, goat cheese and garden cress

**2X** 20 min.



## Equipment

-

## Ingredients for 1 breakfast

	2P	4P
Whole grain rusk (pcs) 1) 3) 6) 7) 11) 13)	4	8
Avocado (pcs)	1	2
Old goat cheese flakes (g) 7)	50	100
Garden cress (g)	2	4

\* keep in the refrigerator

## Nutritive value

	Per portion	Per 100g
Energy (kJ/kcal)	1780 / 426	1295 / 310
Total fat (g)	31	22
Of which: saturated (g)	8,6	6,3
Carbohydrates (g)	19	14
Of which: sugar (g)	5,3	3,8
Fibres (g)	6	5
Protein (g)	15	11
Salt (g)	0,7	0,5

## Allergens

1) Grains containing gluten 3) Eggs 6) Soy 7) Milk/lactose  
11) Sesame seed 13) Lupin

1. Divide the **rusks** among plates. Cut the **avocado** into slices. Top the rusks with the avocado slices.
2. Cut the tops off the **garden cress** with scissors. Sprinkle the **goat cheese** on the avocado and garnish with the garden cress. Optionally, add pepper and salt to taste.

# Greek yogurt with passion fruit

with figs and pumpkin seed

**2X** 20 min.



## Equipment

-

## Ingredients for 1 breakfast

	2P	4P
Greek yogurt* (ml) 7)	250	500
Whole grain flakes (g) 1) 19) 22) 25)	50	100
Passion fruit* (pcs)	2	4
Chopped dried figs (g) 19) 22) 25)	20	40
Pumpkin seed (g) 19) 22) 25)	20	40

\* keep in the refrigerator

## Nutritive value

	Per portion	Per 100g
Energy (kJ/kcal)	1427 / 341	732 / 175
Total fat (g)	18	9
Of which: saturated (g)	8,9	4,6
Carbohydrates (g)	28	15
Of which: sugar (g)	11,7	6,0
Fibres (g)	4	2
Protein (g)	13	7
Salt (g)	0,3	0,1

## Allergens

1) Grains containing gluten 7) Milk/lactose  
May contain traces of: 19) Peanuts 22) Nuts  
25) Sesame seed

1. Divide the **Greek yogurt** among bowls. Stir in the **whole grain flakes**.
2. Cut the **passion fruit** in half, separate the fruit with a spoon and divide among the bowls with yogurt.
3. Garnish with the **chopped figs** and **pumpkin seeds**.