



# Pan-fried sea bass with sage butter

With tomatoes, leeks and curry-potatoes



Nicola potatoes



Ground curry spices



Leeks ✱



Red cherry tomatoes ✱



Garlic



Fresh sage ✱



Fillet of sea bass ✱



Total: **35-40** min.



Family



Easy



Calorie-conscious



Eat within **3** days



Gluten-free

Of course, you can buy herb butter ready-to-eat, but making it yourself is surprisingly easy too. In this dish, we will be flavouring the butter with sage: an herb with a distinct flavour that goes extremely well with sea bass. Take a look at our blog for some other great herb butter recipes! Sprinkle the cherry tomatoes with a bit of sugar before putting them in the oven. This brings out their sweet flavour.

# A GOOD— START

## EQUIPMENT

A **baking sheet lined with baking paper**, a **frying pan** and a **small bowl**.  
Let's start cooking the **pan-fried sea bass with sage butter**.



## 1 PREPARE THE POTATOES

Pre-heat the oven to 200 degrees and take the butter out of the refrigerator\*. Thoroughly scrub or peel the **potatoes** and cut into wedges. Transfer the **potatoes** to a baking tray lined with baking paper. Drizzle with half the olive oil and the **ground curry spices**. Season to taste with salt and pepper and stir well. Roast the **potatoes** in the oven for 30 – 35 minutes or until they are crispy.



## 4 FRY THE LEEKS

In the meantime, heat the remaining olive oil in a frying pan at medium to high heat and fry the **leeks** for 5 – 7 minutes until soft. Season to taste with salt and pepper. Remove the **leeks** from the pan and keep it warm in aluminium foil. In the meantime, transfer the butter, **sage** and **garlic** to a small bowl and blend using a fork. Pat the **fillet of sea bass** dry with paper towels.



## 2 CHOP THE VEGGIES

In the meantime, thoroughly rinse the **leeks** and cut the white and light green parts into thin rings. Quarter the **red cherry tomatoes**. Press or finely chop the **garlic** and chop the **fresh sage** leaves as finely as possible.

★**TIP:** If possible, take the butter out of the refrigerator two hours before needed. It will be softer, which will make it easier to blend with the sage and garlic.



## 5 FRY THE SEA BASS

Use the same frying pan to heat ½ tbsp of the **sage butter** per person at medium-high heat and fry the **sea bass** skin-side down for 2 – 3 minutes. Reduce the heat, and fry the **fish** for another minute on the other side. Sprinkle with salt and pepper. Add the remaining **sage butter** and 1 tbsp water per person to the frying pan and fry for another minute.



## 3 BAKE THE TOMATOES

Transfer the **cherry tomatoes** to another baking tray lined with baking paper and sprinkle with salt and pepper and a little sugar. Bake the **cherry tomatoes** in the oven with the **potatoes** for the final 10 minutes.



## 6 SERVE

Serve the **fillet of sea bass** with the spicy **potatoes**, **leeks** and **cherry tomatoes**. Drizzle with the baking fat from the frying pan.

★**TIP:** Make sure the fish stays in place while frying it on the skin side. Using a spatula, press it carefully against the bottom of the frying pan from time to time. This will make the skin extra crispy!

SERVES 1 - 6

# INGREDIENTS

	1P	2P	3P	4P	5P	6P
Nicola potatoes (g)	250	500	750	1000	1250	1500
Ground curry spices (tsp) 9) 10)	1½	3	4½	6	7½	9
Leeks (pcs) *	½	1	1½	2	2½	3
Red cherry tomatoes (g) *	125	250	375	500	625	750
Garlic (cloves)	½	1	1½	2	2½	3
Fresh sage (leaves) 23) *	3	6	9	12	15	18
Fillet of sea bass (unskinned) (80g) 4) *	1	2	3	4	5	6
Butter* (tbsp)	¾	1½	2¼	3	3¾	4½
Olive oil* (tbsp)	1	2	3	4	5	6
Sugar* (tsp)	to taste					
Salt & pepper*	to taste					

\*Not included | \*Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2473 / 591	423 / 101
Total fat (g)	25	4
Of which: saturated (g)	8,8	1,5
Carbohydrates (g)	59	10
Of which: sugars (g)	6,3	1,1
Fibre (g)	10	2
Protein (g)	57	10
Salt (g)	0,2	0,0

## ALLERGENS

4) Fish 9) Celery 10) Mustard  
May contain traces of: 23) Celery

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## CHICKEN THIGH PIECES WITH FOREST MUSHROOM PESTO

With baby potatoes, red sweet pepper and spinach



Baby potatoes



Onion



Red sweet pepper ✱



Spinach ✱



Seasoned chicken thigh pieces ✱



Forest mushroom pesto ✱



Total: **25-30** min.



Gluten-free



Easy



Eat within **3** days

Our butcher has seasoned the chicken thigh pieces for you with oregano, parsley and paprika, so that you can get started a little faster today. For even more flavour, you will be enhancing this dish with forest mushroom pesto.

# A GOOD — START

## EQUIPMENT

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

Let's start cooking the **chicken thigh pieces with forest mushroom pesto**.



## 1 PREPARATION

Bring 300 ml water per person to the boil in a pan with a lid to cook the baby potatoes in. Halve the **baby potatoes** and cut any bigger ones into quarters. Boil the **baby potatoes**, covered, in the pan with a lid for 12 – 15 minutes.



## 2 SLICE THE SWEET PEPPERS AND ONION

While the potatoes are being boiled, dice the **onion** and **sweet pepper**.



## 3 TEAR THE SPINACH

Tear the **spinach** into bite-size pieces.



## 4 FRY

Heat the olive oil in a wok or deep saucepan and fry the **onion**, **sweet pepper** and **season chicken thigh pieces** for 5 minutes at low to medium heat. Add half the **spinach** and stir. Season to taste with salt and pepper.



## 5 MAKE THE SALAD

Transfer the **baby potatoes**, **sweet pepper**, **seasoned chicken thigh pieces** and the remaining **spinach** to a salad bowl and toss ★.



## 6 SEASON

Add the **forest mushroom pesto**, toss, and season to taste with salt and pepper. Transfer the dish to plates.

★**TIP:** Don't like raw spinach? Fry all the spinach at once.

SERVES 1 - 6

# INGREDIENTS

	1P	2P	3P	4P	5P	6P
Baby potatoes (g)	200	400	600	800	1000	1200
Onions (pcs)	½	1	1½	2	2½	3
Red sweet peppers (pcs) *	½	1	1½	2	2½	3
Spinach (g) 23 *	50	100	150	200	250	300
Seasoned chicken thigh pieces (g) *	100	200	300	400	500	600
Forest mushroom pesto (g) 7) 8) *	40	80	120	160	200	240
Olive oil* (tbsp)	½	1	1	2	2	3
Salt & pepper*	to taste					

\*Not included | \* Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2992 / 715	574 / 137
Total fat (g)	40	8
Of which: saturated (g)	8.0	1.5
Carbohydrates (g)	49	9
Of which: sugars (g)	9.4	1.8
Fibre (g)	7	1
Protein (g)	29	6
Salt (g)	0.1	0.0

## ALLERGENS

7) Milk/lactose 8) Nuts

May contain traces of: 23) Celery

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# Italian flatbread pizzas with buffalo mozzarella

With courgette and yellow sweet pepper



Garlic



Courgette ✱



Yellow sweet pepper ✱



Buffalo mozzarella ✱



Sieved tomatoes



Paprika



Lebanese flatbread



Mature cheese ✱



Dried oregano

Total: 20-25 min.

Vegetarian

Very simple

Eat within 5 days

Pizza, who doesn't love it? In this recipe, you will be using flatbread, a type of Middle Eastern bread, as a pizza crust. You will be topping the pizza generously with tomato sauce and vegetables, making it a well-balanced evening meal – not to be compared with the average frozen pizza! The creamy buffalo mozzarella adds the perfect finishing touch.



## A GOOD — START

### EQUIPMENT

A **frying pan**, a **mixing bowl** and a **baking sheet** lined with **baking paper**.  
Let's start cooking the **Italian flatbread pizzas with buffalo mozzarella**.



### 1 PREPARATION

Preheat the oven to 200 degrees. Press or finely chop the **garlic**.



### 2 SLICING AND TEARING

Thinly slice the **courgette** and cut the **yellow sweet pepper** into narrow strips. Tear the **buffalo mozzarella** into bite-size pieces.



### 3 FRY THE COURGETTE

Heat the olive oil in a frying pan at high heat and stir-fry the **courgette** for 3 – 4 minutes.



### 4 TOP THE PIZZAS

Put the **sieved tomatoes**, the **garlic** and the **paprika** in a bowl and mix thoroughly. Season to taste with salt and pepper. Spread the **tomato** sauce onto the **flatbread**. Top with the **courgette**, **sweet pepper** and **aged cheese** and sprinkle with the **oregano**.



### 5 BAKE THE PIZZAS

Bake the **flatbread pizzas** on a baking sheet lined with baking paper in the oven for approximately 7 – 8 minutes ★. After you have taken the pizza out of the oven, garnish it with the **buffalo mozzarella** and allow to melt ★★.

★**TIP:** Is your oven too small to bake all the pizzas at once? Wait to put the toppings on your second batch until the first batch is baking (and so on). This will prevent the crusts from getting soggy.



### 6 SERVE

Transfer the **flatbread pizza** to plates and drizzle with a little extra-virgin olive oil to taste.

★★**TIP:** Do you prefer buffalo mozzarella to be completely melted? Top the pizzas with the buffalo mozzarella when they are halfway done and return them to the oven.

## SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Garlic (cloves)	½	1	1½	2	2½	3
Courgettes (pcs) *	½	1	1½	2	2½	3
Yellow sweet peppers (pcs) *	½	1	1½	2	2½	3
Buffalo mozzarella (g) 7) *	65	125	190	250	315	380
Sieved tomatoes (ml)	100	200	300	400	500	600
Paprika (tsp)	1	2	3	4	5	6
Lebanese flatbread (pcs) 1)	2	4	6	8	10	12
Mature cheese (g) 7) *	25	50	75	100	125	150
Dried oregano (tsp)	1	2	3	4	5	6
Olive oil* (tbsp)	½	1	1½	2	2½	3
Extra-virgin olive oil*	to taste					to taste
Salt & pepper*	to taste					to taste

\* Not included | \* Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2803 / 670	571 / 136
Total fat (g)	30	6
Of which: saturated (g)	15.9	3.2
Carbohydrates (g)	64	13
Of which: sugars (g)	14.2	2.9
Fibre (g)	11	2
Protein (g)	31	6
Salt (g)	1.7	0.3

### ALLERGENS

1) Glutens 7) Milk/lactose

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# Shrimp with noodles and green beans

With radish, lemon grass and soy sauce



Green beans ✱



Red chilli peppers ✱



Radishes ✱



Lemon grass ✱



Noodles



Shrimps ✱



Soy sauce



Total: **30-35** min.



Calorie-conscious



Easy



Lactose-free



Eat within **3** days

Lemon grass is popular in Asian cuisine and has a fresh, lemony flavour. It cannot be consumed raw, but it will infuse its flavour into your dish when boiled or stewed whole. The spicy red chilli pepper adds some spice. Boiling the green beans briefly ensures they remain nice and crispy.



# A GOOD— START

## EQUIPMENT

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

Let's start cooking the **shrimp with noodles and green beans**.



## 1 PREPARATION

Bring ample water to the boil in a pan with a lid. Trim the ends off the **green beans** and cut them into 2 equal parts. Remove the seed pods from the **red chilli pepper** and finely chop the **red chilli pepper**. Cut the **radishes** into quarters and finely chop the green **radish tops**.



## 2 BRUISE THE LEMON GRASS

Bruise the **lemon grass** by breaking the stem in 3 places or give it a couple of good whacks with the back of a chef's knife.



## 3 COOK

Boil the **green beans** and bruised **lemon grass** ★, covered, for 3 – 4 minutes in the pan with the lid. Next, add the **noodles** and boil for another 3 minutes. Drain and remove the **lemon grass**. It's ok if the **vegetables** and **noodles** cool down, you'll mix them in with the **shrimp** later on.



## 4 FRY

In the meantime heat the sunflower oil in a wok or deep saucepan and fry the **red chilli pepper** for 2 – 3 minutes at medium to high heat. Add the **radish** and fry for 4 – 5 minutes. Tap the **shrimp** dry with paper towels. Add the **shrimp** and **soy sauce** to the **radish** and fry for another 3 – 4 minutes at medium-high heat.



## 5 ASSEMBLE

Add the **radish leaf**, **noodles** and **green beans** to the wok or deep saucepan, heat for another 2 minutes at high heat and season to taste with salt and pepper.



## 6 SERVE

Transfer the dish to plates.

★**TIP:** Are you making this dish for more than 2 persons? Tie the lemon grass into a knot before adding it to the water. This keeps the sprigs together making it easy to remove the lemon grass later on.

SERVES 1 - 6

# INGREDIENTS

	1P	2P	3P	4P	5P	6P
Green beans (g) *	150	300	450	600	750	900
Red chilli peppers (pcs) *	¼	½	¾	1	1 ¼	1 ½
Radishes (pcs) *	5	10	14	19	24	28
Lemon grass (pcs) *	1	1	2	2	3	4
Noodles (g) 1)	70	140	200	270	340	400
Shrimps (g) 2) *	80	160	240	320	400	480
Soy sauce (ml) 1) 6)	10	20	30	40	50	60
Sunflower oil* (tbsp)	1	2	2	3	3	4
Salt & pepper*	to taste					

\*Not included | \* keep in the refrigerator


NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2113 / 505	409 / 98
Total fat (g)	15	3
Of which: saturated (g)	2.4	0.5
Carbohydrates (g)	63	12
Of which: sugars (g)	3.9	0.8
Fibre (g)	7	1
Protein (g)	24	5
Salt (g)	2.5	0.5

## ALLERGENS

1) Glutens 2) Shellfish 6) Soy

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# 'GERMAN STEAK' WITH SPICY SWEET POTATO MASH

With fried garlic-string beans



Sweet potatoes



Agria potatoes



Garlic



Spring onion ✱



Red chilli peppers ✱



Pre-cut string beans ✱



'German steak' ✱



Total: 25 min.



Easy



Eat within 3 days



Calorie-conscious



Quick & Easy



Family

'German steak' is made of coarsely ground, tender beef. No need to fry it extensively, the meat tastes great when kept medium-rare. The spring onions add some kick to the sweet potato mash. You can also make this dish with green onions - the only difference is that spring onions are harvested earlier on which gives them a slightly milder flavour than green onions.

## A GOOD — START

### EQUIPMENT

A **pan with a lid**, a **frying pan with a lid**, a **frying pan** and a **potato masher**.  
Let's start cooking the **'German steak' with spicy sweet potato mash**.



### 1 CHOP THE INGREDIENTS

Prepare the stock in a pan with a lid to cook the sweet potatoes and potatoes. Weigh the **sweet potatoes**, wash or peel the **sweet potatoes** and **potatoes** and cut both into coarse pieces. Press or finely chop the **garlic**. Slice the **spring onions** into thin rings, setting aside the white and green parts separately. Remove the seed pods from the **red chilli pepper** and finely chop the **red chilli pepper**.



### 4 FRY THE MEAT

In the meantime, heat the butter in a frying pan to medium-high heat and fry the **'German steak'** in 2 – 3 minutes on each side until brown all around. Season to taste with salt and pepper. Fry the **'German steak'** longer if you like your meat medium-rare ★.

★ **TIP:** Want to add gravy to the dish? Deglaze the shortening from the 'German steak' with 2 tbsp water per person, stir well and pour the gravy over the mash.



### 2 BOIL

In the meantime, boil the **potatoes** and **sweet potatoes** covered, for 10 – 12 minutes in the pan with the lid. Drain, reserving a little of the stock, and allow to steam dry, uncovered.



### 5 MAKE THE MASHED POTATOES

Mash the **sweet potatoes** and **potatoes** with a potato masher. Add a dash of milk and some of the cooking fluid, stir in the **red chilli pepper** and season to taste with salt and pepper 🍴. Add some extra butter to taste for an extra silky structure.



### 3 FRY THE STRING BEANS

In the meantime, heat a frying pan with olive oil to medium-high heat. Fry the **garlic** for 1 – 2 minutes. Add the **string beans**, the white part of the **spring onions**, 1 tbsp of water per person and fry, covered, for 6 minutes. Next, take the lid off the pan and fry the **string beans** for 4 minutes. Season to taste with salt and pepper.



### 6 SERVE

Transfer the **sweet potato mash** to plates and garnish with the green part of the **spring onion**. Serve with the **string beans** and **'German steak'**.

🍴 **TIP:** Will you be eating this dish with children who don't like spicy food? Leave out the red chilli pepper and season the sweet potato mash to taste with ½ tsp ground curry spices per person.

## SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Sweet potatoes (g)	250	500	750	1000	1250	1500
Agria potatoes (g)	100	200	300	400	500	600
Garlic (cloves)	½	1	1 ½	2	2 ½	3
Spring onions (pcs) *	½	1	1 ½	2	2 ½	3
Red chilli peppers (pcs) *	½	1	1 ½	2	2 ½	3
Pre-cut string beans (g) 23 *	150	300	450	600	750	900
'German steak' (100 g) *	1	2	3	4	5	6
Vegetable stock* (ml)	400	800	1200	1600	2000	2400
Olive oil* (tbsp)	½	1	1 ½	2	2 ½	3
Butter* (tbsp)	½	1	1 ½	2	2 ½	3
Milk*					splash	
Salt & pepper*					to taste	

\*Not included | \* keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2531 / 605	385 / 92
Total fat (g)	17	3
Of which: saturated (g)	6.1	0.9
Carbohydrates (g)	78	12
Of which: sugars (g)	19.4	3.0
Fibre (g)	10	2
Protein (g)	30	5
Salt (g)	1.1	0.2

### ALLERGENS

May contain traces of: 23 Celery

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# Orzo with spinach and cherry tomatoes

With grana padano and pine nuts



Shallots



Garlic



Cherry tomatoes ✨



Orzo



Pine nuts



Paprika



Spinach ✨



Grated Grana Padano ✨



Total: 25-30 min.



Family



Easy



Vegetarian



Eat within 5 days

This dish will take you on a trip to Italy. We'll be making a quick version of risotto by using orzo. This pasta variety resembles rice but is much quicker to prepare than risotto rice. Roasting the cherry tomatoes makes them nice and sweet. You'll add a finishing touch with Grana padano; the younger cousin of the well-known Parmigiana cheese. This cheese has a shorter ageing process which gives it a slightly softer flavour.



# A GOOD — START

## EQUIPMENT

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

Let's start cooking the **orzo with spinach and cherry tomatoes**.



## 1 CHOP THE INGREDIENTS

Prepare the stock. Mince the **shallot** and press or finely chop the **garlic**. Halve the **red cherry tomatoes**.



## 2 COOK THE ORZO

Heat half the butter in a pan with a lid and gently fry the **shallot** and **garlic** for 2 minutes at low heat. Add the **orzo** and stir-fry for 1 minute. Stir in the stock and simmer for 10 – 12 minutes, covered, at low heat until all the stock has been absorbed. Turn regularly. Add a little extra water if the **orzo** becomes too dry.



## 3 ROAST THE CHERRY TOMATOES

In the meantime, heat a wok or deep saucepan to medium-low heat and toast the **pine nuts**, without any oil, for 4 – 5 minutes until golden-brown. Remove from the pan. Melt the remaining butter in the same frying pan and fry the **cherry tomatoes** with the **paprika** at medium to high heat for 3 minutes.



## 4 FRY THE SPINACH

Tear the **spinach** into bite-sized pieces over the pan and allow to reduce while stirring. Season with salt and pepper and fry for 3 minutes at medium-high heat.



## 5 ASSEMBLE

Add half the **Grana padano** to the **orzo** and allow to melt while stirring. Add the **orzo** to the **vegetables** and heat for another minute.



## 6 SERVE

Transfer the **orzo** to plates and garnish with the **pine nuts** and the remaining **Grana Padano**.

SERVES 1 - 6

# INGREDIENTS

	1P	2P	3P	4P	5P	6P
Shallots (pcs)	½	1	1 ½	2	2 ½	3
Garlic (cloves)	1	2	3	4	5	6
Cherry tomatoes (g) *	125	250	375	500	625	750
Orzo (g) 1)	85	170	250	335	420	500
Pine nuts (g) 19) 22) 25)	10	20	30	40	50	60
Paprika (tsp)	1	2	3	4	5	6
Spinach (g) 23) *	150	300	450	600	750	900
Grated Grana Padano (g) 3) 7) *	25	50	75	100	125	150
Vegetable stock* (ml)	175	350	525	700	875	1050
Butter* (tbsp)	1	2	3	4	5	6
Salt & pepper*	to taste					

\*Not included | \* keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2841 / 679	445 / 106
Total fat (g)	28	4
Of which: saturated (g)	13.9	2.2
Carbohydrates (g)	73	11
Of which: sugars (g)	6.0	0.9
Fibre (g)	10	2
Protein (g)	28	4
Salt (g)	2.3	0.4

## ALLERGENS

1) Glutens 3) Eggs 7) Milk/lactose

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

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# Peruvian potato soup with feta cheese

With courgette, cashew nuts and cumin



Garlic



Onions



Sweet potatoes



Agria potatoes



Courgettes \*



Ground cumin



Paprika



Fresh coriander \*



Feta \*



Roasted cashew nuts



Brown ciabatta



Total: 30-35 min.



Vegetarian



Easy



Eat within 5 days

This main dish soup was inspired by the potato soup locro de papa from Peru. This soup is also served in other South-American countries and each region has its own recipes. Our version is vegetarian, seasoned with cumin and all kinds of toppings for freshness and a nice crunch.

## A GOOD— START

### EQUIPMENT

A **soup pan** with a lid, a **frying pan** and a **hand blender**.  
Let's start cooking the **Peruvian potato soup with feta cheese**.



### 1 CHOP THE INGREDIENTS

Prepare the stock and pre-heat the oven to 210 degrees. In the meantime, press or finely chop the **garlic** and mince the **onion**. Peel the **sweet potato** and the **potatoes** and cut into cubes of 2 cm. Cut the **courgette** into ½ cm cubes.



### 2 MAKE THE SOUP

Heat half the olive oil in a stockpot with a lid and sauté the **garlic** and **onion** for 1 minute at medium-high heat. Add the **ground cumin** and **paprika** halfway through and fry with the rest. Add the **stock**, **potatoes** and **sweet potato**, bring to the boil and turn the heat to medium-low. Cover the pan and allow the **potatoes** and **sweet potato** to simmer for 15 minutes.



### 4 FRY THE COURGETTE

In the meantime, heat the remaining olive oil in a frying pan and fry the **courgette** cubes for 6 - 8 minutes at medium to high heat or until brown and done. Season to taste with salt and pepper.



### 5 PURÉE THE SOUP

Purée the soup using a hand blender, adding a little water, if necessary, until the right consistency is reached. Stir in the black balsamic vinegar and season the soup to taste with salt and pepper.



### 3 CHOP THE GARNISH

In the meantime, coarsely chop the fresh **coriander** and dice the **feta cheese**. Coarsely chop the **roasted cashews**. Bake the **white ciabatta rolls** in the oven for 6 - 8 minutes.



### 6 SERVE

Transfer the soup to soup plates and garnish with the **feta cheese**, **cashew nuts**, **fried courgette** and **coriander**. Serve with the **ciabatta**.

★**TIP:** Are you keeping an eye on your calorie intake? Don't serve the roll. Then the dish contains 703 kcal, 30 g fat, 61 g carbohydrates, 7 g fibre and 18 g protein.

## SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Garlic (cloves)	½	1	1½	2	2½	3
Onions (pcs)	½	1	1½	2	2½	3
Sweet potatoes (g)	100	200	300	400	500	600
Agria potatoes (g)	125	250	375	500	625	750
Courgettes (pcs) *	½	1	1½	2	2½	3
Ground cumin (tsp)	1	2	3	4	5	6
Paprika (tsp)	1	2	3	4	5	6
Fresh coriander (sprigs) 23) *	2	4	6	8	10	12
Feta cheese (g) 7) *	50	100	150	200	250	300
Roast cashews (g) 5) 8) 9) 22) 25)	10	20	30	40	50	60
Brown ciabatta (pcs) 1) 6) 7) 17) 22) 25) 27)	1	2	3	4	5	6
Vegetable stock* (ml)	350	700	1050	1400	1750	2100
Olive oil* (tbsp)	1	2	3	4	5	6
Black balsamic vinegar* (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)	3197 / 764	344 / 82
Total fat (g)	32	3
Of which: saturated (g)	11,9	1,3
Carbohydrates (g)	92	10
Of which: sugars (g)	19,3	2,1
Fibre (g)	12	1
Protein (g)	21	2
Salt (g)	5,1	0,5

### ALLERGENS

1) Glutens 5) Peanuts 6) Soy 7) Milk/lactose 8) Nuts  
May contain traces of: 17) Eggs 22) (Other) nuts 23) Celery 25) Sesame 27) Lupins

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# COCONUT RICE WITH PEANUT SAUCE AND BRAISED VEGETABLES

With a fried egg and roasted peanuts



Jasmine rice



Grated coconut



Garlic



Fresh ginger



Peanut sauce



Vegetable mix ✨



Ground curry spices



Ground coriander seeds



Soy sauce



Fresh coriander ✨



Salted peanuts



Free-range eggs ✨



Total: **30-35** min.



Vegetarian



Easy



Eat within **5** days

With a creamy peanut sauce and crispy roaster peanuts, this is a dish for the true peanut lover. Want to know where the peanuts in your box were sourced? Read all about our visit to nut specialist Jan Gotjé in our blog. The peanut sauce in this dish is quick and easy, you'll mix the ingredients while cold and add them to the dish last-minute.



# A GOOD— START

## EQUIPMENT

A **pan with a lid**, a **bowl**, a **wok or deep saucepan with a lid** and a **frying pan**.  
Let's start cooking the **coconut rice with peanut sauce and braised vegetables**..



## 1 BOIL AND CUT

Bring 250 ml water per person to the boil in a pan with a lid for the rice and cook the **rice** together with the **ground coconut**, covered, for 12 – 15 minutes. Drain and set aside, uncovered, to steam dry. In the meantime, press or finely chop the **garlic**. Peel and finely chop the **ginger**.



## 4 CUT, CHOP AND FRY THE INGREDIENTS

In the meantime, cut the **fresh coriander** and add the stems of the **coriander** to the wok or deep saucepan. Coarsely chop the **peanuts**. Heat the sunflower oil in a frying pan and fry two **eggs**, sunny side up, per person. Season to taste with salt and pepper.



## 2 MAKE THE SAUCE

Use a bowl and a fork to whip up a thick **sauce** by mixing the **peanut butter** with the milk, ketjap, sambal and white wine vinegar★. Set the **sauce** aside.

★**TIP:** The peanut butter will become lumpy at first while stirring, but a thick sauce will form if you continue stirring for a while. Any remaining lumps will melt as soon as you add the sauce to the dish.



## 5 MIX

Add the **peanut sauce** and half the **peanuts** to the **vegetables** and heat while stirring for another minute.

✂**TIP:** Will you be serving this dish to children? Go easy on the curry spices. Do you like your food spicy? Add more sambal to taste.



## 3 FRY

Heat the butter in a wok or deep saucepan with a lid at medium to high heat. Add the **vegetable mix**, **garlic**, **ginger**, **ground curry spices**, **ground coriander**, **soy sauce** and 1 tbsp water per person. Fry, covered, for 8 – 10 minutes at medium-low heat or until the **vegetables** are cooked to your liking. Stir regularly.



## 6 SERVE

Transfer the **rice** to plates. Serve the **vegetables** on top of the **rice** and garnish with the **coriander leaves** and the remaining **peanuts**. Serve with the **fried egg**.

🍯**TIP:** Don't have any ketjap? Use honey to sweeten the peanut sauce instead.

# SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Jasmine rice (g)	85	170	250	335	420	500
Grated coconut (g) 19) 22) 25)	5	10	15	20	25	30
Garlic (cloves)	1	2	3	4	5	6
Fresh ginger (cm)	1	2	3	4	5	6
Peanut butter (container) 5) 22)	1	2	3	4	5	6
Vegetable mix (g) 23) ✳	200	400	600	800	1000	1200
Ground curry spices (tsp) 9) 10)	1	2	3	4	5	6
Ground coriander seeds (tsp)	1	2	3	4	5	6
Soy sauce (ml) 1) 6)	10	20	30	40	50	60
Fresh coriander (sprigs) 23) ✳	3	6	9	12	15	18
Salted peanuts (g) 5) 22) 25)	25	50	75	100	125	150
Free-range eggs (pcs) 3) ✳	2	4	6	8	10	12
Milk* (tbsp)	3	6	9	12	15	18
Ketjap* (tbsp)	1	2	3	4	5	6
Sambal* (tsp)	½	1	1 ½	2	2 ½	2
White wine vinegar* (tsp)	½	1	1 ½	2	2 ½	3
Butter* (tbsp)	1	1	2	2	3	3
Sunflower oil* (tbsp)	1	1	2	2	3	3
Salt & pepper*	to taste					

\*Not included | ✳ keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3916 / 936	564 / 135
Total fat (g)	47	7
Of which: saturated (g)	14.8	2.1
Carbohydrates (g)	90	13
Of which: sugars (g)	8.5	1.2
Fibre (g)	11	2
Protein (g)	34	5
Salt (g)	3.4	0.5

## ALLERGENS

1) Glutens 3) Eggs 5) peanuts 6) Soy 7) Milk/lactose 9) Celery 10) Mustard  
May contain traces of: 19) Peanuts 22) Nuts 23) Celery 25) Sesame

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# Steak sandwich with roasted sweet pepper

With caramelized shallot and blue cheese



Red sweet peppers ✱



Shallots



Mesclun ✱



Demi-baguette ✱



Steak strips ✱



Danablu ✱



Total: **40-45** min.



Easy



Eat within **3** days

This steak sandwich is a party of various flavours. The sweet shallots and spicy blue cheese make a perfect pair to go with the steak strips. By roasting the sweet pepper in the oven, the flavour intensifies and they become deliciously soft.

# A GOOD — START

## EQUIPMENT

A **baking sheet lined with tin foil**, 2 x a **frying pan**. 2x a **bowl** and **cling film**.

Let's start cooking the **steak sandwich with roasted sweet pepper**.



## 1 OVEN-ROAST THE SWEET PEPPERS

Pre-heat the oven to 220 degrees. Transfer the **red sweet pepper** to a baking tray lined with tin foil. Roast the **sweet pepper** (with the cutting edge facing down, if applicable) in the oven for 25 – 35 minutes or until it is soft and the skin has charred ★. If you're roasting your **sweet peppers** whole, turn halfway. Add the **baguettes** to the **sweet peppers** in the oven for the final 6 – 8 minutes.



## 4 SKIN THE SWEET PEPPERS

Take the **sweet peppers** out of the oven and transfer to a bowl right away. Cover with tin foil and allow to cool until you can touch the **sweet peppers** without hurting yourself. Carefully pull the skin off the **sweet peppers** and cut into strips. Attention: they may release hot steam that was caught inside!

★**TIP:** Is the skin of the sweet pepper rather charred? No problem! This is what gives it that wonderful, smoky flavour. You'll skin the sweet pepper later on.



## 2 CARAMELIZE THE SHALLOTS

In the meantime, slice the **shallots** into thin half rings. Heat the butter in a frying pan to medium-high heat. Turn the heat down to medium-low heat, add the **shallots** and sprinkle with salt. Allow to caramelize for 20 – 25 minutes. Stir regularly ★★.



## 5 FRY THE STEAKS

Tap the **steak strips** dry with a paper towel or a clean tea towel. Heat the olive oil in a frying pan to high heat ★★★. Add the **steak strips** to the frying pan and fry for 1 – 2 minutes until brown. Season to taste with salt and pepper.

★★★**TIP:** Turn the heat up high. The frying time for these steak strips is super short and they won't turn brown if the heat is too low. They will have much more flavour once they reach the right colour.



## 3 MAKE THE SALAD

In the meantime, use a bowl to whip up a dressing of black balsamic vinegar and extra-virgin olive oil. Season to taste with salt and pepper, add mix in the **mesclun**.

★★**TIP:** Fry the shallots at relatively low heat to bring out their sweet tones. When you turn the heat up too high, the shallots are fried which makes them savoury rather than sweet.



## 6 SERVE

Cut open the **baguettes** and spread with mustard to taste. Top with the **sweet pepper**, **steak strips** and **shallots** and sprinkle with **danablu**. Transfer the **steak sandwiches** to plates and serve with the **mesclun**.

SERVES 1 - 6

# INGREDIENTS

	1P	2P	3P	4P	5P	6P
Red sweet peppers (pcs) *	½	1	1 ½	2	2 ½	3
Shallots (pcs)	2	4	6	8	10	12
Mesclun (g) 23) *	30	60	80	100	120	140
Demi-baguettes (pcs) 1) 17) 20) 21) 22) 25) 27) *	1	2	3	4	5	6
Steak strips (g) *	100	200	300	400	500	600
Danablu (g) 7) *	25	50	75	100	125	150
Butter* (tbsp)	1	1 ½	2	2 ½	3	3
Black balsamic vinegar* (tsp)	½	1	1 ½	2	2 ½	3
Extra-virgin olive oil* (tbsp)	½	1	1 ½	2	2 ½	3
Olive oil* (tbsp)	½	1	1 ½	2	2 ½	3
Mustard*	to taste					
Salt & pepper*	to taste					

\*Not included | \* keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3389 / 810	657 / 157
Total fat (g)	33	6
Of which: saturated (g)	13.3	2.6
Carbohydrates (g)	82	16
Of which: sugars (g)	11.0	2.1
Fibre (g)	8	2
Protein (g)	41	8
Salt (g)	2.1	0.4

## ALLERGENS

1) Glutens 7) Milk/lactose

May contain traces of: 17) Eggs 20) Soy 21) Milk/lactose

22) Nuts 23) Celery 25) Sesame 27) Lupin

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# Creamy fettuccine with broccoli

With goat's cheese, walnuts and sun-dried tomatoes



Broccoli ✱



Shallot



Garlic



Sun-dried tomatoes ✱



Walnuts



Fettuccine



Dried oregano



Single cream ✱



Grated mature goat's cheese ✱



Total: 20 min.



Quick & Easy



Very simple



Vegetarian



Eat within 5 days

There are numerous types of goat's cheese available. In this dish, we have chosen a mature variant. The sharp taste of the sun-dried tomatoes makes them a perfect match with the cheese, while the crunchy walnuts gave the dish a nice bite. Our Quick & Easy tip: cook the broccoli along with the pasta - faster *and* one less pan to clean!

# A GOOD — START

## EQUIPMENT

A **pan with a lid** and a **wok or deep frying pan**.  
Let's start cooking the **creamy fettuccine with broccoli**.



## 1 PREPARATION

- Prepare the stock.
- Bring plenty of water per person to the boil in a pan with a lid to cook the fettuccine and the **broccoli** in.
- Chop the **broccoli** head into florets and dice the stem.
- Mince the **shallot**, and press or finely chop the **garlic**.



## 3 MAKE THE SAUCE

- Heat the olive oil in a wok or deep frying pan and gently fry the **shallots**, **garlic** and **oregano** for 2 – 3 minutes at medium heat.
- Add the stock and the **single cream** and bring to the boil.
- Stir in the **fettuccine**, **broccoli** and half the **goat's cheese** ★★ and heat for another minute.
- Lastly, add the **sun-dried tomatoes** and season to taste with salt and pepper.



## 2 COOK THE FETTUCCINE

- Cut the **sun-dried tomatoes** into tiny pieces.
- Coarsely chop the **walnuts** ★.
- Boil the **fettuccine**, covered, in the pan with a lid for 10 – 12 minutes.
- After 5 – 7 minutes, add the **broccoli**. Drain and set aside, uncovered, to steam dry.



## 4 SERVE

- Transfer the **pasta** to plates.
- Garnish with the remaining **goat's cheese** and the **walnuts**.

★**TIP:** In this recipe, we will not be roasting the walnuts. Do you prefer the taste of roasted walnuts? Heat a frying pan to high heat and roast the walnuts, without any oil, until they start to darken.

# SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Broccoli (g) *	200	400	600	800	1000	1200
Shallots (pcs)	½	1	1½	2	2½	3
Garlic (cloves)	1	2	3	4	5	6
Sun-dried tomatoes (g) *	35	60	90	120	155	180
Walnuts (g) 8) 19) 22) 25)	10	20	30	40	50	60
Fettuccine (g) 1) 17) 20)	90	180	270	360	450	540
Dried oregano (tsp)	1	2	3	4	5	6
Single cream (tbsp) 7)	2	4	6	8	10	12
Grated mature goat's cheese (g) 3) 7) *	25	50	75	100	125	150
Vegetable stock* (ml)	75	150	225	300	375	450
Olive oil* (tbsp)	½	1	1	2	2	3
Salt & pepper*	to taste					

\*Not included | \*Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3368 / 805	482 / 115
Fats (g)	38	5
Of which: saturated (g)	13.4	1.9
Carbohydrates (g)	81	12
Of which: sugars (g)	14.0	2.0
Fibre (g)	11	2
Protein (g)	28	4
Salt (g)	2.7	0.4

## ALLERGENS

1) Glutens 3) Eggs 7) Milk/lactose 8) Nuts  
May contain traces of: 17) Eggs 19) Peanuts 20) Soy 22) (Other) nuts 25) Sesame

★★**TIP:** Will you be eating this dish with children who don't like the taste of goat's cheese? Don't blend it into the sauce but put it on the table for people to add as they like.

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# Chicken shawarma with couscous salad

With pita and garlic sauce



Garlic



Mayonnaise ✱



Whole-wheat  
couscous



Chicken  
shawarma ✱



Pitas



Tomatoes ✱



Cucumber ✱



Fresh mint ✱



Fresh parsley ✱



Mixed lettuce ✱



Total: **20** min.



Quick & Easy



Very simple



Lactose-free



Eat within **3** days

This chicken shawarma won't be lacking in flavour, our butcher has flavoured it for you with a lot of goodies like allspice, cayenne, grated coriander, paprika and cinnamon. Combined with the easy couscous salad, it will make for a lightning quick and delicious meal.

## A GOOD — START

**EQUIPMENT:** A **bowl** and a **frying pan**.  
Let's start cooking the **chicken shawarma with couscous salad**.



### 1 PREPARATION

- Pre-heat the oven to 200 degrees or use a toaster to heat the pitas.
- Prepare the stock.
- Press or finely chop the **garlic** and mix into the **mayonnaise** 🥒.
- Transfer the **couscous** to a bowl, pour the stock over it, cover and allow to soak for 10 minutes ★.



### 3 CHOP THE INGREDIENTS

- In the meantime, dice the **tomato** and the **cucumber**.
- Coarsely chop the **parsley leaves**.
- Mix the **tomato**, **cucumber**, **mint** and **parsley** into the **couscous** and season to taste with salt and pepper

★ **TIP:** You can cover the couscous with a plate or clingfilm. Make sure you tighten the clingfilm firmly around the bowl to prevent any air from getting in.



### 2 FRY THE CHICKEN SHAWARMA

- In the meantime, heat a frying pan with sunflower oil to medium-low heat.
- Fry the **chicken shawarma** for 6 – 8 minutes until done.
- In the meantime, toast the **pitas** in the oven for 3 – 4 minutes or heat them in the toaster.



### 4 SERVE

- Transfer the **pitas** to plates.
- Let everyone stuff their own **pitas** with **chicken shawarma**, **mixed lettuce** and **garlic sauce**.
- Serve with the **couscous salad**.

## SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Garlic (cloves)	¼	½	¾	1	1 ¼	1 ½
Mayonnaise (g) 3) 10) 19) 22) *	25	50	75	100	125	150
Whole-wheat couscous (g) 1)	40	80	120	160	200	240
Chicken shawarma (g) *	100	200	300	400	500	600
Pitas (pcs) 1)	2	4	6	8	10	12
Tomatoes (pcs) *	1	1	2	2	3	3
Cucumber (pcs) *	¼	½	¾	1	1 ¼	1 ½
Fresh mint (leaves) 23) *	5	10	15	20	25	30
Fresh parsley (sprigs) 23) *	3	6	9	12	15	18
Mixed lettuce (g) 23) *	50	100	150	200	250	300
Vegetable stock* (ml)	100	200	300	400	500	600
Sunflower oil* (tbsp)	½	1	1 ½	2	2 ½	3
Salt & pepper*	to taste					

\*Not included | \* keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3770 / 901	619 / 148
Fats (g)	38	6
Of which: saturated (g)	6,1	1,0
Carbohydrates (g)	101	17
Of which: sugars (g)	7,4	1,2
Fibre (g)	9	1
Protein (g)	36	6
Salt (g)	2,7	0,4

#### ALLERGENS

1) Glutens 3) Eggs 10) Mustard

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

📌 **TIP:** This dish is calorie-rich. We recommend to use less mayonnaise than you've received in your box. Want to have more sauce and not worried about your calorie intake? Use all the mayonnaise.

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# WHITE ASPARAGUS WITH GRIBICHE SAUCE

## WITH ROSEVAL POTATOES AND A BOILED EGG



Roseval potatoes



White asparagus ✨



Free-range eggs ✨



Capers and pickles ✨



Fresh curly parsley ✨




Lime



Mayonnaise ✨

 40-45 min

 Several steps

 Eat within 5 days

White asparagus is a truly seasonal vegetable. The season begins in April and only lasts for a couple of months. Check our blog about our asparagus farm visit for more information. Today you'll make a Gribiche sauce to go with the 'white gold', a classic French sauce with a foundation of boiled egg.

# A GOOD — START

## EQUIPMENT

3x a pan with a lid, a potato peeler and a bowl.

Let's start cooking the **white asparagus** with **gribiche sauce**.



## 1 BOIL AND PEEL THE INGREDIENTS

Bring a pan with ample water to the boil and boil 1 **egg** per person for 8 – 10 minutes until hard-boiled. In the meantime, wash the **potatoes** and halve them lengthwise. Cut the tough ends off the **white asparagus** (about 1 – 2 cm) and carefully peel the **asparagus** with a potato peeler. Do not peel the tips ★.



## 4 BOIL THE POTATOES AND A SOFT EGG

Bring 2 pans with ample water to the boil, 1 for the **asparagus** ★★ and 1 for the **potatoes**. Boil the **potatoes** for 12 – 15 minutes, covered, until done. In the meantime, wash 1 **egg** per person and boil it together with the **potatoes** for the final 5 – 6 minutes. Drain, remove the **egg** from the pan, rinse under a cold tap and peel the **egg**. Toss the **potatoes** with the butter and remaining **curly parsley**. Season to taste with salt and pepper.



## 2 CHOP THE INGREDIENTS

Finely chop the **capers** and **pickles**. Finely chop the **curly parsley** and squeeze the **lemon**. Cool the **hard boiled egg** under a cold tap, peel and finely chop.

★ **TIP:** Make sure you peel the asparagus thoroughly, otherwise they will turn stringy once boiled. Use a potato peeler and peel downwards starting around 1 cm beneath the tip. Don't apply any pressure because this will cause the asparagus to break.



## 5 BOIL THE ASPARAGUS

In the meantime, make sure the **white asparagus** are in upright position in the other pan and boil them for 7 – 10 minutes until done. Drain, allow to steam-dry without a lid and season to taste with salt and pepper.

★★ **TIP:** Use an asparagus pan if you've got one. It is tall and narrow which helps the asparagus stay upright and cook them to perfection. Don't have one? Use a regular narrow pan or place them horizontally.



## 3 PREPARE THE GRIBICHE SAUCE

Use a bowl to mix the **capers**, **pickles**, half the **curly parsley** and ½ tbsp **lemon juice** per person with the **chopped egg**, mustard and **mayonnaise**. Season to taste with salt and pepper.



## 6 SERVE

Transfer the **potatoes** to plates. Place the **white asparagus** parallel to each other, top with the **soft-boiled egg** and cut it open to allow the yolk to run out onto the **asparagus**. Serve with the **Gribiche sauce**.

★★★ **TIP:** Be careful when you add the eggs to the pan to prevent them from breaking. Feeling uncertain about this? Use a separate pan for the eggs.

# SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Roseval potatoes (g)	300	600	900	1200	1500	1800
White asparagus (g) *	350	750	1000	1250	1500	1750
Free-range eggs (pcs) 3) *	2	4	6	8	10	12
Capers and pickles (g) *	25	50	75	100	125	150
Fresh curly parsley (sprigs) 23) *	5	10	15	20	25	30
Lime (pcs)	¼	½	¾	1	1 ¼	1 ½
Mayonnaise (g) 3) 10) 19) 22) *	25	50	75	100	125	150
Mustard* (tsp)	½	1	1 ½	2	2 ½	3
Butter* (tbsp)	1	2	3	4	5	6
Salt & pepper*	to taste					

\*Not included | \* keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3042 / 727	452 / 108
Fats (g)	40	6
Of which: saturated (g)	13.2	2.0
Carbohydrates (g)	65	10
Of which: sugars (g)	6.0	0.9
Fibre (g)	10	1
Protein (g)	22	3
Salt (g)	2.1	0.3

## ALLERGENS

3) Eggs 10) Mustard  
Can contain traces of: 19) Peanuts 22) Nuts 23) Celery

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# PUFF PASTRY TARTLET WITH WHIPPED CREAM

With orange and grated coconut



Very simple



Total: **15** min.



Eat within **5** days

Is it a dessert or is it a pie? Whenever you may decide to have this tartlet, it will be a party in your mouth! Deliciously creamy and quick to prepare thanks to the ready-to-go puff pastry cup.



Oranges



Whipping cream ✱



Puff pastry cup ✱



Grated coconut

# DELICIOUS — DESSERT

## PUFF PASTRY TARTLET WITH WHIPPED CREAM

### EQUIPMENT:

A **high bowl** and a **hand-held blender**.



**1** Cut off the top and bottom of the **orange**. Place the **orange** upright and cut off the skin with a knife from top to bottom. Next, cut the **orange** into slices.

**2** Use a hand-held blender to whip the **whipping cream** with the sugar in a large bowl. Make sure that the **whipping cream** is nice and silky but still firm.

**3** Scoop the **whipping cream** into the **puff pastry cups**. Top with the **oranges** and garnish with the **grated coconut**.

INGREDIENTS	2P.	4P.
Orange	1	2
Whipping cream (ml) 7) 15) 20) *	200	400
Puff pastry cup (pcs) 1) 7) 13) *	2	4
Grated coconut (g) 19) 22) 25)	10	20
Granulated or powdered sugar* (tbsp)	3	6

\*Not included | \*Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3004 / 718	1268 / 303
Fats (g)	51	22
Of which: saturated (g)	34.1	14.4
Carbohydrates (g)	56	24
Of which: sugars (g)	32.6	13.8
Fibre (g)	2	1
Protein (g)	7	3
Salt (g)	0.4	0.2

### ALLERGENS

1) Glutens 7) Milk/lactose 13) Lupin

Can contain traces of: 15) Glutens 19) Peanuts 20) Soy  
22) Nuts 25) Sesame

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## BREAKFAST BOX GOOD MORNING!

1

**SOURDOUGH BREAD**  
with scrambled eggs  
and avocado

2

**FULL-FAT QUARK**  
WITH PASSION FRUIT  
With apple and raisin-seed mix

3

**RUSKS WITH PEANUT**  
**BUTTER**  
With banana and coconut

### EXTRA

- Juice oranges

The nutrient values as stated here have been calculated per person, per serving. Make sure you clean ingredients that require cleaning before putting them into the dish. Want to pause or change your box for next week? Let us know through your account no later than Wednesday prior to the next delivery. Got any questions about the products or our service? please contact our customer service department.

We would be happy to hear your opinion of HelloFresh. Don't hesitate to call, email or contact us through our social media channels.



#HelloFresh



**Running into a problem while cooking?** Send a WhatsApp (free of charge) to +31 (0) 6 2727 3232 between 4 and 9pm.

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WEEK 20 | 2018



## BREAKFAST 1

# SOURDOUGH BREAD

with scrambled eggs and avocado



**1** Pre-heat the oven to 200 degrees. Bake the **sourdough bread** in the oven for 8 minutes.

**2** In the meantime, cut the **avocado** in half, remove the pit and cut the flesh into slices.

**3** Use a bowl and a fork to whisk the **eggs** and season to taste with salt and pepper. Melt half the butter in a frying pan. Add the **egg** mixture and fry while stirring until scrambled.

**4** Cut the **bread**, spread with the remaining butter and top with the **avocado** and the **scrambled eggs**. Sprinkle with a little more salt and pepper to taste.

1x

### INGREDIENTS

#### FOR 1 BREAKFAST

	2P	4P
Sourdough bread (pcs) 1) 6) 11) 17) 21) 22) 27)	2	4
Avocado (pcs)	½	1
Free-range eggs (pcs) 3) *	4	8
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)	2577 / 616	895 / 214
Fats (g)	28	10
Of which: saturated (g)	8.7	3.0
Carbohydrates (g)	63	22
Of which: sugars (g)	1.8	0.6
Fibre (g)	5	2
Protein (g)	25	9
Salt (g)	1.6	0.6

### ALLERGENS

1) Glutens 3) Eggs 6) Soy 11) Sesame

Can contain traces of: 17) Eggs 21) Milk/lactose 22) Nuts  
27) Lupin

## BREAKFAST 2

2x

# FULL-FAT QUARK WITH PASSION FRUIT

With apple and raisin-seed mix



**1** Cut the **apple** into cubes. Transfer the **quark** and **apple** to breakfast bowls. Scoop the flesh out of the **passion fruit** and transfer on top of the **quark**. Garnish with the **raisin-seed mix**.

### INGREDIENTS FOR 1 BREAKFAST

	2P	4P
Yonagold apple (st)	1	2
Full-fat quark (g) 7) 15) 20) *	500	1000
Passion fruit (pcs)	1	2
Raisin-seed mix (g) 19) 22) 25)	30	60

\*Not included | \*Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	1736 / 415	514 / 123
Fats (g)	24	7
Of which: saturated (g)	13.9	4.1
Carbohydrates (g)	25	7
Of which: sugars (g)	22.3	6.6
Fibre (g)	2	1
Protein (g)	20	6
Salt (g)	0.2	0.1

### ALLERGENS

7) Milk/lactose

Can contain traces of: 15) Glutens 19) Peanuts 20) Soy 22) Nuts 25) Sesame

## BREAKFAST 3

2x

# RUSKS WITH PEANUT BUTTER

With banana and coconut



**1** Spread the **multi-grain rusks** with the **peanut butter**.

**2** Slice the **bananas** and top the **rusks**.

**3** Garnish the **multi-grain rusks** with the **grated coconut**.

### INGREDIENTS FOR 1 BREAKFAST

	2P	4P
Multi-grain rusks (pcs) 1) 3) 6) 7) 11) 13)	4	8
Peanut butter (container) 5) 22)	2	4
Bananas (pcs)	2	4
Grated coconut (g) 19) 22) 25)	10	20

\*Not included | \*Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	1795 / 429	920 / 220
Fats (g)	20	10
Of which: saturated (g)	5.0	2.6
Carbohydrates (g)	48	25
Of which: sugars (g)	26.0	13.3
Fibre (g)	5	3
Protein (g)	12	6
Salt (g)	0.3	0.2

### ALLERGENS

1) Glutens 3) Eggs 5) peanuts 6) Soy 7) Milk/lactose 11) Sesame 13) Lupin

Can contain traces of: 19) Peanuts 22) Nuts 25) Sesame