



Pearl couscous with shrimp and courgette

With fresh thyme, red chilli peppers and lemon



Red onion



Garlic



Red chilli pepper ✱



Lemon



Fresh thyme ✱



Courgette ✱



Pearl couscous



Shrimp ✱



Rocket salad ✱



Total: 25-30 min.



Family



Easy



Calorie-conscious



Eat within 3 days



Lactose-free

This sunny shrimp dish is a fusion of European and Middle Eastern cuisine. You will find pearl couscous in Israel and Lebanon, for example, but ingredients like rocket salad, fresh thyme and lemon give this dish a decidedly Italian twist.

A GOOD START

EQUIPMENT

A **fine grater**, a **pan with a lid** and a **wok or deep frying pan**.
Let's start cooking the **pearl couscous with shrimp and courgette**.



1 PREPARATION

Prepare the stock. Mince the **red onion** and press or finely chop the **garlic**. Remove the seed pods from the **red chilli pepper** and finely chop the **red chilli pepper**. Grate the yellow rind of the **lemon** (zest) with a fine grater and squeeze out the **lemon** juice. Remove the leaves from the sprigs of **thyme** and chop finely. Dice the **courgette**.



4 FRY THE COURGETTE

Heat the remaining sunflower oil in the same wok or deep frying pan and gently fry the **red onion**, **garlic** and **red chilli pepper** for 2 minutes at medium-low heat. Add the **courgettes**, **thyme**, **lemon zest**, salt and pepper and fry for 6 minutes.



2 COOK THE PEARL COUSCOUS

Heat half the olive oil in a deep frying pan with a lid and fry the **pearl couscous** for 1 minute at medium-high heat, stirring constantly. Pour in the stock, turn down the heat and simmer, covered, for 12 minutes. Drain if necessary. Fluff the **pearl couscous** using a fork and set aside, uncovered, to steam dry.



5 ASSEMBLE

Add the **shrimps**, including any moisture released while cooking, to the **courgettes**. Season to taste with ½ tbsp **lemon juice** per person and a little salt and pepper. Heat for another minute. Turn off the cooker. Tear the **rocket salad** into bite-size pieces. Add the **pearl couscous** and the **rocket salad** to the ingredients in the wok or deep frying pan and mix well ★★.

★**TIP:** Are your shrimps very moist? If you pat them dry with a paper towel before frying, they will come out golden brown!



3 STIR-FRY THE SHRIMPS

Heat the remaining olive oil in the wok or deep frying pan and stir-fry the **shrimps** for 3 minutes at medium to high heat ★. Remove from the pan and set aside.



6 SERVE

Transfer the dish to plates and sprinkle with a little **lemon juice** to taste.

★★**TIP:** Rocket salad can taste bitter after heating. If you don't like the taste, don't add it to the warm courgettes, but use it as a garnish instead.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Red onions (pcs)	½	1	1½	2	2½	3
Garlic (cloves)	1	2	2	3	3	4
Red chilli peppers (pcs) *	¼	½	¾	1	1¼	1½
Lemons (pcs)	¼	½	¾	1	1¼	1½
Fresh thyme (sprigs) 23 *	3	6	9	12	15	18
Courgettes (pcs) *	½	1	1½	2	2½	3
Pearl couscous (g) 1)	85	170	250	335	420	500
Shrimps (g) 2) *	80	160	240	320	400	480
Rocket salad (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	3	3
Sunflower oil* (tbsp)	½	1	1	1½	1½	2
Salt & pepper*	to taste					

*Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2456 / 587	410 / 98
Total fat (g)	21	4
Of which: saturated (g)	3,5	0,6
Carbohydrates (g)	72	12
Of which: sugars (g)	12,7	2,1
Fibre (g)	6	1
Protein (g)	25	4
Salt (g)	2,8	0,5

ALLERGENS

1) Glutens 2) Crustaceans

May contain traces of: 23) Celery

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Patatas bravas with beef Merguez sausages

With roasted Turkish chilli peppers and aioli



Nicola potatoes



Paprika



Turkish green chilli pepper



Garlic



Red chilli pepper ✱



Sieved tomatoes



Beef Merguez sausages ✱



Aioli ✱



Total: **40-45** min.



Lactose-free



Easy



Gluten-free



Eat within **5** days

In Spain, they eat *patatas bravas* as a tapa, served together with lots of other small dishes. Today, you will be combining these crispy potatoes with a spicy tomato sauce, piquant Merguez sausages and roasted Turkish green chilli peppers with lots of salt. You will be preparing these mild peppers similarly to pimientos de padron, another well-known tapas dish.

A GOOD — START

EQUIPMENT

A **bowl**, a **deep frying pan with a lid**, a **baking tray lined with baking paper**, a **saucepan** and a **frying pan**.

Let's start cooking the **patatas bravas with beef Merguez sausages**.



1 FRY THE POTATOES

Pre-heat the oven to 220 degrees. Peel the **potatoes** and cut into dice of 1 – 2 cm. In a bowl, mix together the **potatoes**, ½ tbsp olive oil per person, the **paprika**, and a little salt and pepper. Heat the sunflower oil in a deep frying pan with a lid and fry the **potatoes** for 25 – 30 minutes, covered, at medium-high heat. Take the lid off the pan after 20 minutes. Turn the **potatoes** regularly.



2 ROAST THE SWEET PEPPERS

Transfer the **Turkish green chilli peppers** to a baking sheet lined with baking paper. Drizzle with ½ tsp olive oil per person and mix. Season to taste with salt and pepper★. Put the baking sheet with the **peppers** in the oven and roast for 10 – 15 minutes, or until they start to darken. Turn when halfway done.



3 CHOP THE INGREDIENTS

In the meantime, press or finely chop the **garlic**. Remove the seed pods from the **red chilli pepper** and finely chop the **red chilli pepper**.



4 MAKE THE SAUCE

Heat ½ tbsp olive oil per person in a saucepan at medium-high heat. Fry the **garlic** and **red chilli pepper** for 2 – 3 minutes. Turn down the heat, pour in the **sieved tomatoes** and simmer into a sick sauce for 5 minutes. Season to taste with salt and pepper.



5 FRY THE SAUSAGES

In the meantime, heat the remaining olive oil in a frying pan and fry the **Merguez sausages** at medium heat for 8 – 10 minutes until brown on all sides.



6 SERVE

Transfer the **Turkish peppers** and the **Merguez sausages** to plates. Serve with the **patatas bravas**, spicy **tomato sauce** and a good dollop of **aioli**.

★**TIP:** Do you happen to have some coarse sea salt? You can intensify the flavours of the Turkish green chilli peppers by sprinkling them with coarse sea salt. The grains will remain firm while roasting, and will not be absorbed into the peppers.

★**TIP:** Don't worry about the Turkish green chilli peppers being too hot! Contrary to what you would think, they are actually not hot at all, but rather mild.

✓**TIP:** Do you like food with a spicy kick? Double the amount of red chilli peppers in the sauce in Step 4.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Nicola potatoes (g)	200	400	600	800	1000	1200
Paprika (tsp)	1½	3	4½	6	7½	9
Turkish green chilli peppers (pcs)	5	10	15	20	25	30
Garlic (cloves)	½	1	1½	2	2½	3
Red chilli peppers (pcs) *	¼	½	¾	1	1¼	1½
Sieved tomatoes (g)	50	100	150	200	250	300
Beef Merguez sausages (60 g) *	2	4	6	8	10	12
Aioli (tbsp) 3) 10) 19) 22) *	1	2	3	4	5	6

*Not included

Olive oil* (tbsp)	1½	3	4½	6	7½	9
Salt & pepper*	to taste					

*Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3535 / 845	600 / 143
Total fat (g)	49	8
Of which: saturated (g)	12.0	2.0
Carbohydrates (g)	57	10
Of which: sugars (g)	8.5	1.4
Fibre (g)	9	2
Protein (g)	37	6
Salt (g)	0.9	0.2

ALLERGENS

3) Eggs 10) Mustard

May contain traces of: 19) Peanuts 22) Nuts

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Tomato soup with sweet pepper-pesto bruschette

With Grana Padano



Onions



Garlic



Carrots ✱



Plum tomatoes ✱



Dried thyme



Paprika



Tomato paste



Whole-wheat ciabatta



Red sweet pepper pesto ✱



Grana Padano ✱



Total: 25-30 min.



Family



Easy



Vegetarian



Eat within 5 days



Calorie-conscious

This is a delicious home-made soup of fresh vegetables. For an extra-sweet flavour, you will be adding carrot on top of the tomatoes. You will be using the ciabatta to make bruschette with fresh sweet pepper pesto.

A GOOD — START

EQUIPMENT

A soup pan with a lid, a baking sheet lined with baking paper and a hand blender.

Let's start cooking the **tomato soup with sweet pepper pesto bruschette**.



1 CHOP THE VEGGIES

Preheat the oven to 200 degrees and bring 300 ml of water per person to the boil for the soup. Cut the **onion** into half rings and press or finely chop the **garlic**. Slice the **carrots** into thin half moons and the **tomatoes** into wedges.



2 FRY THE VEGETABLES

Heat half the olive oil in a soup pan with a lid and sauté the **onion** and **garlic** for 2 minutes at medium to low heat. Add the **carrots**, **plum tomato**, **dried thyme**, **paprika** and **tomato paste** and fry for 2 minutes.



3 MAKE THE SOUP

Add the honey and the boiling water to the soup pan. Crumble ½ stock cube per person over the pan. Simmer the soup, covered, for 12 – 15 minutes at low heat.



4 MAKE THE BRUSCHETTE

In the meantime, cut the **ciabatta** into slices 1 cm thick. Transfer the **ciabatta** slices to a baking tray or grill lined with baking paper, spread with the **red sweet pepper pesto**, drizzle to taste with the remaining olive oil and bake in the oven for 6 – 8 minutes.



5 PURÉE THE SOUP

In the meantime, take the soup off the heat, add half the **Grana Padano** and puree the soup with a hand blender. Add a little extra (hot) water if the soup becomes too thick and season with salt and pepper.



6 SERVE

Transfer the soup to bowls and garnish with the remaining **Grana Padano**. Drizzle to taste with extra-virgin olive oil and serve with the sweet pepper pesto bruschette.

★**TIP:** This soup can also be served cold in summer as a delicious gazpacho. Serve the soup in a serving glass and don't use any cheese, or use the cheese as topping for the bruschette.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Onions (pcs)	½	1	1 ½	2	2 ½	3
Garlic (cloves)	1	2	2	3	3	4
Carrots (pcs) *	⅓	⅔	1	1 ½	1 ¾	2
Tomatoes (pcs) *	3	6	9	12	15	18
Dried thyme (tsp)	1	2	3	4	5	6
Paprika (tsp)	1	2	3	4	5	6
Tomato paste (tin)	½	1	1 ½	2	2 ½	3
Whole-wheat ciabattas (pcs) 1) 6) 7) 17) 22) 25) 27)	1	2	3	4	5	6
Red sweet pepper pesto (g) 7) 8) *	25	50	75	100	125	150
Grana Padano (g) 3) 7) *	25	50	75	100	125	150

*Not included

Olive oil* (tbsp)	½	1	2	2	3	3
Honey* (tsp)	½	1	1 ½	2	2 ½	3
Vegetable stock* (cubes)	½	1	1 ½	2	2 ½	3
Extra-virgin olive oil*	to taste					
Salt & pepper*	to taste					

*Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2456 / 587	275 / 66
Total fat (g)	27	3
Of which: saturated (g)	8.7	1.0
Carbohydrates (g)	60	7
Of which: sugars (g)	26.2	2.9
Fibre (g)	13	1
Protein (g)	19	2
Salt (g)	4.9	0.5

ALLERGENS

1) Glutens 3) Eggs 6) Soy 7) Milk/lactose 8) Nuts
May contain traces of: 17) Eggs 22) Nuts 25) Sesame
27) Lupins

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Sea bass with potatoes in tomato sauce

With cherry tomatoes and Leccino olives



LECCINO OLIVES

The colour of olives depends on when they were harvested: the earlier, the lighter their colour.



Firm potatoes



Garlic



Shallot



Tomato ✱



Red cherry tomatoes ✱



Tomato paste



Leccino olives ✱



Fillet of sea bass (unskinned) ✱



Total: 30-35 min.



Lactose-free



Easy



Gluten-free



Eat within 3 days

This recipe makes for a holiday on your plate! The flavour-rich combination of fish, tomatoes and olives takes you right to the Mediterranean Sea. Sea bass is a delicate fish with a mild flavour, suitable for frying on the skin.

A GOOD— START

EQUIPMENT

An **oven dish**, a **pan with a lid**, a **wok or a deep saucepan** and a **frying pan**.
Let's start cooking the **sea bass with potatoes in tomato sauce**.



1 PREPARATION

Pre-heat the oven to 200 degrees and prepare the stock. Peel the **potatoes** and cut into 2 cm cubes. Press or finely chop the **garlic** and mince the **shallots**. Cut the **tomatoes** into small cubes.



2 BAKE THE TOMATOES

Transfer the **red cherry tomatoes** to an oven dish with half the **garlic** and mix with ½ tbsp olive oil per person. Season with salt and pepper and roast in the oven for 10 – 15 minutes ★.



3 BOIL THE POTATOES

In the meantime, put the **potatoes** in a pan with a lid, barely cover with water, bring to the boil and simmer for 12 – 15 minutes. Drain, season to taste with salt and pepper and set aside uncovered to steam dry.



4 MAKE THE SAUCE

In the meantime, heat ½ tbsp olive oil per person in a wok or a deep saucepan to medium-low heat and fry the remaining **garlic** and **shallots** for 2 – 3 minutes. Add the **tomatoes** and fry for another minute. Deglaze with the **tomato paste** and stock, bring to the boil and boil for 12 – 15 minutes until about half the fluid has evaporated. Stir regularly. Next, carefully toss the oven-roasted **cherry tomatoes** into the **tomato sauce**.



5 FRY THE SEA BASS

In the meantime, slice the **Leccino** into thin rings. Tap the **sea bass fillet** dry with a paper towel and rub with salt and pepper. Heat the remaining olive oil in a frying pan at medium to high heat and fry the **sea bass** for 2 – 3 minutes on the skin. Reduce the heat, turn the **sea bass** and fry for another 1 – 2 minutes on the other side.



6 SERVE

Transfer the **potatoes** with **sauce** to plates, place the **sea bass fillet** on the side and garnish the dish with the **Leccino olives**.

★**TIP:** You can also fry the tomatoes in the pan together with the sea bass. This will eliminate the oven from the process. They will retain a bit more of their firmness but it's still tasty! Do make sure you use a large pan to allow the fish to become nice and crunchy.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Firm potatoes (g)	250	500	750	1000	1250	1500
Garlic (cloves)	½	1	1 ½	2	2 ½	3
Shallots (pcs)	½	1	1 ½	2	2 ½	3
Tomatoes (pcs) *	½	1	1 ½	2	2 ½	3
Red cherry tomatoes (g) *	125	250	375	500	625	750
Tomato paste (g)	100	200	300	400	500	600
Leccino olives (g) *	15	25	35	45	60	70
Fillet of sea bass (unskinned) (100 g) 4) *	1	2	3	4	5	6

*Not included

Vegetable stock* (ml)	100	200	300	400	500	600
Olive oil* (tbsp)	1 ½	3	4 ½	6	7 ½	9
Salt & pepper*	to taste					

* keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2498 / 597	326 / 78
Total fat (g)	25	3
Of which: saturated (g)	4.0	0.5
Carbohydrates (g)	61	8
Of which: sugars (g)	9.6	1.3
Fibre (g)	10	1
Protein (g)	27	4
Salt (g)	2.2	0.3

ALLERGENS

4) Fish

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CREAMY FARFALLE WITH SPICY MINCED CHICKEN

With fennel, spinach and matured cheese



Onions



Garlic



Red chilli peppers ✱



Fennel ✱



Farfalle



Italian-style minced chicken ✱



Spinach ✱



Creme fraiche ✱



Grated matured cheese ✱



Total: **20 - 25** min.



Quick & Easy



Easy



Family



Eat within **3** days

Fennel is a fresh vegetables with a slight anise-like flavour. The fennel bulb, or 'finocchio', is used in a lot of Italian dishes. Want to find out how to best cut this bulb? Check our blog for a handy step-by-step instruction.

A GOOD START

EQUIPMENT

A **pan with a lid** and a **wok or deep saucepan with a lid**.
Let's start cooking the **creamy farfalle with seasoned minced chicken**.



1 MINCE THE ONIONS AND GARLIC

Bring plenty of water per person to the boil in a pan with a lid to cook the farfalle in. Mince the **onion** and press or finely chop the **garlic**.



2 CUT THE PEPPER AND FENNEL

Remove the seed pods from the **red chilli pepper** and finely chop the **red chilli pepper**★. Halve the **fennel**, cut into quarters and remove the hard core. Finely dice the **fennel**.



3 BOIL THE FARFALLE

Boil the **farfalle**, covered, for 10–12 minutes in the pan with the lid and drain. Set aside, uncovered, to steam dry.



4 FRY

In the meantime, heat the olive oil in a wok or deep saucepan with a lid and fry the **minced chicken** at medium to high heat, loosening it as you fry, for 3 minutes. Add the **onion, garlic** and **red chilli pepper** and fry for another 2 minutes. Add the **fennel** and 1 tbsp water per person, sprinkle with salt and pepper and fry, covered, for 5 minutes.



5 PREPARE THE SAUCE

Turn down the heat and tear the **spinach** into bite-size pieces, in portions if necessary, into the wok or deep saucepan and stir-fry until wilted. Blend in the **creme fraiche** and half the **matured cheese** and stir well. Add the **farfalle** and season to taste with salt and pepper. Heat for another minute.



6 SERVE

Transfer the **pasta** to plates. Garnish with the remaining **matured cheese**.

★ **TIP:** These seed pods and seeds are the hottest part of the chilli pepper. This is why we take them out. Do you like your food spicy? Simply don't remove them.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Onions (pcs)	½	1	1 ½	2	2 ½	3
Garlic (cloves)	1	2	3	4	5	6
Red chilli peppers (pcs) *	¼	½	¾	1	1 ¼	1 ½
Fennel (pcs) *	½	1	1 ½	2	2 ½	3
Farfalle (g) 1) 17) 20)	90	180	270	360	450	540
Italian-style minced chicken (g) *	100	200	300	400	500	600
Spinach (g) 23) *	100	200	300	400	500	600
Crema fraiche (tbsp) 7) 15) 20) *	3	6	9	12	15	18
Grated aged cheese (g) 7) *	25	50	75	100	125	150

*Not included

Olive oil* (tbsp)	½	1	1 ½	2	2 ½	3
Salt & pepper*	to taste					

* keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3402 / 813	503 / 120
Total fat (g)	38	6
Of which: saturated (g)	17.1	2.5
Carbohydrates (g)	71	11
Of which: sugars (g)	9.9	1.5
Fibre (g)	11	2
Protein (g)	42	6
Salt (g)	0.9	0.1

ALLERGENS

1) Glutens 7) Milk/lactose

May contain traces of: 15) Glutens 17) Eggs 20) Soy 23) Celery

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SPINACH-SWEET POTATO CURRY WITH FRIED EGG AND YOGHURT

With red chilli pepper and fresh coriander



Basmati rice



Onions



Garlic



Red chilli peppers ✱



Sweet potatoes



Coconut milk



Ground curry spices



Fresh coriander ✱



Free-range eggs ✱



Spinach ✱



Yoghurt ✱



Total: 25-30 min.



Family



Easy



Vegetarian



Eat within 3 days

The sweet potato is actually not a potato but a vegetable. It contains more vitamins and minerals, more fibres and also more carbs than potatoes. In addition, it has a deliciously sweet flavour which fits this aromatic curry like a glove.

A GOOD START

EQUIPMENT

A **pan with a lid**, a **wok** or a **deep saucepan with a lid** and a **frying pan**.
Let's start cooking the **spinach-sweet potato curry with fried egg and yoghurt**.



1 BOIL THE RICE

Bring 250 ml water per person to the boil in a pan with a lid and boil the **rice**, covered, for 12 – 15 minutes. Drain if needed, and allow to steam dry, uncovered.



2 CHOP THE VEGETABLES

In the meantime, mince the **onion** and press or finely chop the **garlic**. Remove the seed pods from the **red chilli pepper** and finely chop the **red chilli pepper**. Peel the **sweet potato** and cut into cubes of 1 cm. Thoroughly stir the **coconut milk** to remove any lumps.



3 FRY THE SWEET POTATOES

Heat the sunflower oil in a wok or deep saucepan with a lid and gently fry the **onion**, **garlic** and **red chilli** pepper for 2 minutes at medium-low heat. Add the **sweet potato** and the **ground curry spices** halfway and fry for the final minute.



4 FINISH THE CURRY

Next, add the **coconut milk** and 25 ml of water per person. Crumble in ¼ stock cube per person. Bring to the boil, covered, and gently simmer for 10 minutes. In the meantime, finely chop the **coriander**.



5 FRY THE EGG

When the sweet potatoes are almost done, heat the butter in a frying pan and fry one **egg**, sunny side up, per person. You can, of course, fry several eggs in the same frying pan. Sprinkle a little salt and pepper onto the **eggs**. In the meantime, tear the **spinach** into bite-sized pieces, add to the **sweet potatoes** and allow to wilt.

★**TIP:** There is more coriander in this box than you will need. Use as much as you like!



6 SERVE

Transfer the **rice** to plates. Top with the **curry** and the **fried egg**. Garnish with a dollop of **yoghurt** and the **coriander**.

🌿**TIP:** Will you be serving this dish to children who don't like spicy food? Add the red chilli pepper to taste.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Basmati rice (g)	40	80	120	160	200	240
Onions (pcs)	½	1	1	2	2	3
Garlic (cloves)	1	1	2	2	3	3
Red chilli peppers (pcs) *	¼	½	¾	1	1½	1½
Sweet potatoes (g)	100	200	300	400	500	600
Coconut milk (ml) 26)	75	150	200	250	325	400
Ground curry spices (tsp) 9) 10)	2	4	6	8	10	12
Fresh coriander (sprigs) 23) *	2	4	6	8	10	12
Free-range eggs (pcs) 3) *	1	2	3	4	5	6
Spinach (g) 23) *	200	400	600	800	1000	1200
Yoghurt (tbsp) 7) 19) 22) *	2	4	6	8	10	12
*Not included						
Sunflower oil* (tbsp)	1	1	2	2	3	3
Vegetable stock cubes* (pcs)	¼	½	¾	1	1¼	1½
Butter* (tbsp)	½	½	1	1	1¼	1½
Salt & pepper*	to taste					

* keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2711 / 648	396 / 95
Total fat (g)	33	5
Of which: saturated (g)	18,8	2.8
Carbohydrates (g)	63	9
Of which: sugars (g)	11.7	1.7
Fibre (g)	9	1
Protein (g)	22	3
Salt (g)	1.8	0.3

ALLERGENS

3) Eggs 7) Milk/lactose 9) Celery 10) Mustard
May contain traces of: 19) Peanuts 22) Nuts 23) Celery
26) Sulphite

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Risotto with buffalo mozzarella

With tomato, basil cream and pecorino



MOZZARELLA

Mozzarella is the most consumed cheese in Italy. It can be made of cow's milk, but the most creamy, flavour-rich variety is buffalo mozzarella.



Onion



Garlic



Celery ✱



Plum tomato ✱



Risotto rice



Red chilli peppers ✱



Basil cream ✱



Buffalo mozzarella ✱



Pecorino, grated ✱



Total: 30-35 min.



Vegetarian



Several steps



Gluten-free



Eat within 5 days

Preparing this risotto will transport you right into an Italian cucina. The classic trinity of mozzarella, basil and tomato steals the show in this summery dish. Got some white wine left over in the fridge? Deglaze the rice with a small dash before adding the stock. Adding more acidity to the rice adds depth to the dish.

A GOOD— START

EQUIPMENT

A **pan with a lid** and a **salad bowl**.

Let's start cooking the **risotto with buffalo mozzarella**.



1 PREPARE THE VEGGIES

Prepare the stock. Mince the **onion** and press or finely chop the **garlic**. Cut the **celery** into thin half arches. Melt the butter in a pan with a lid at medium to low heat and add the **onion, garlic, celery**, olive oil and 2 tbsp water per person. Sauté the **vegetables** for 5 minutes at low heat, or until soft.



4 FINISH THE RISOTTO

Stir the **diced tomatoes** into the **risotto**. Add the remaining stock to the **risotto** and allow the grains of **rice** to slowly absorb the stock. Keep stirring. The **risotto** is done as soon as the grains are soft on the outside but are still 'al dente' at the centre. This takes around 20 – 25 minutes ★★. Add a little extra water if the grains are not yet soft enough.



2 FRY THE RISOTTO RICE

In the meantime, cut the **plum tomatoes** into 1 cm cubes and set aside. Add the **risotto rice** to the pan with a lid and stir-fry for 1 minute.



5 SEASON

Remove the pan from the heat. Tear the **buffalo mozzarella** into pieces and stir into the **risotto**, together with half the **basil cream**. Next, add half the **grated pecorino**. Season to taste with salt and pepper and set aside to rest, covered, for 2 minutes.

★★**TIP:** The amount of stock you'll need to cook the risotto depends on the size of your pan. So keep tasting as you go and add more stock or water if necessary.



3 PREPARE THE RISOTTO

Add ⅓ of the stock to the pan with the lid and allow the grains of rice to slowly absorb the stock ★. Stir regularly. As soon as the stock has been absorbed by the **rice**, add another ⅓ of the stock. In the meantime, remove the seed pods from the **red chilli** and finely chop the **red chilli pepper**.



6 SERVE

Transfer the **risotto** to plates and garnish with the **red chili pepper** and the remaining **pecorino**. Finish with a drizzle of the remaining **basil cream**.

★**TIP:** Use 50 ml white wine per person instead of stock for added flavour, if desired.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Onions (pcs)	¼	½	¾	1	1 ¼	1 ½
Garlic (cloves)	1	2	3	4	5	6
Celery (stalks) 9) ★	1	2	3	4	5	6
Plum tomatoes (pcs) ★	1 ½	3	4 ½	6	7 ½	9
Risotto rice (g)	75	150	225	300	375	450
Red chilli peppers (pcs) ★	¼	½	¾	1	1 ¼	1 ½
Basil cream (ml) 23) ★	8	15	24	30	39	48
Buffalo mozzarella (g) 7) ★	70	125	200	250	300	375
Pecorino, grated (g) 7) ★	10	20	30	40	50	60
*Not included						
Vegetable stock* (ml)	250	500	750	1000	1250	1500
Butter* (tbsp)	1	1	2	2	3	3
Olive oil* (tbsp)	½	1	1 ½	2	2 ½	3
Salt & pepper*	to taste					

★ keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2845 / 680	423 / 101
Total fat (g)	35	5
Of which: saturated (g)	17.1	2.5
Carbohydrates (g)	68	10
Of which: sugars (g)	7.6	1.1
Fibre (g)	4	1
Protein (g)	21	3
Salt (g)	3.9	0.6

ALLERGENS

7) Milk/lactose 9) Celery

May contain traces of: 23) Celery

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Tortilla's with falafel & feta

With hummus-yoghurt sauce and fresh mint



MINT

.....
This herb grows like wildfire and does very well in a pot on the windowsill. From fresh mint tea to a salad flavouring - mint allows for a lot of variation.



Courgette ✱



Tomato ✱



Falafel with tomato ✱



Tortilla



Hummus ras el hanout ✱



Full-fat yoghurt ✱



Feta ✱



Fresh mint ✱



Total: 25-30 min.



Vegetarian



Easy



Eat within 5 days

Mezze are to the Middle-East what tapas are to Spain. Today you'll be making all kinds of separate little bites that make up a surprisingly summery dish with falafel, hummus and tortilla's. For a true holiday feeling, you'll serve everything separately so everyone can make up their own servings.

A GOOD— START

EQUIPMENT

2x a **frying pan**, a **baking sheet** lined with **baking paper** and a **bowl**.

Let's start cooking the **tortilla's with falafel & feta**.



1 CHOP THE INGREDIENTS

Pre-heat the oven to 180 degrees. Cut the **courgette** and **tomato** into thin half moons.



2 FRY THE FALAFEL

Heat half the olive oil in a frying pan and sauté the **falafel balls** for 7 – 8 minutes at medium-low heat. Turn regularly. Next, remove from the pan and set aside on a plate lined with a paper towel.



3 FRY THE COURGETTE

In the meantime, heat the remaining olive oil in another frying pan and fry the **courgette** at medium to high heat for 7 – 8 minutes. Season to taste with salt and pepper.



4 HEAT TORTILLA'S

In the meantime, wrap the **tortilla's** in tinfoil and heat in the oven for 2 – 3 minutes.



5 PREPARE THE GARNISH

Stir the **hummus** into the **yoghurt** and season to taste with salt and pepper. Crumble the **feta** and finely chop the **fresh mint**. Cut the **fried falafel** in half.



6 SERVE

Transfer the **hummus-yoghurt sauce** to the **tortilla's**. Top with the **tomato** and **courgette** slices and finally with the **falafel**. Garnish with the **feta** and **fresh mint** and sprinkle with pepper to taste. Roll your **tortilla** to make it easy-to-eat.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Courgettes (pcs) *	½	1	1 ½	2	2 ½	3
Tomatoes (pcs) *	1	2	3	4	5	6
Falafel with tomato (g) *	125	250	375	500	625	750
Tortilla's (pcs) 1) 20) 22)	2	4	6	8	10	12
Hummus ras el hanout (g) 11) 19) 22) *	40	80	120	160	200	240
Full-fat yoghurt (g) 7) 19) 22) *	25	50	75	100	125	150
Feta (g) 7) *	40	75	100	125	150	175
Fresh mint (leaves) 23) *	10	20	30	40	50	60

* Not included

Olive oil* (tbsp)	2	2	3	3	4	4
Salt & pepper*	to taste					

* keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3448 / 824	594 / 142
Total fat (g)	46	8
Of which: saturated (g)	11.8	2.0
Carbohydrates (g)	72	12
Of which: sugars (g)	16.4	2.8
Fibre (g)	11	2
Protein (g)	25	4
Salt (g)	3.7	0.6

ALLERGENS

1) Glutens 7) Milk/lactose 11) Sesame

May contain traces of: 19) Peanuts 20) Soy 22) Nuts 23) Celery

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Candied chicken thighs with French lentil salad

With rocket salad and plum tomatoes



LENTILS

There's a broad variety of lentils. From red lentils in a curry to green lentils in a French salad - these small legumes are versatile, nutritious and hearty.



Green lentils



Plum tomato ✱



Dried thyme



Candied chicken thigh ✱



Shallot



Roasted hazelnuts



Rocket salad ✱



Total:



Easy



Eat within 3 days



Lactose-free



Gluten-free

Vive la France! The rich flavours of this dish will transport you right to a French bistro. We've made the preparation as easy as possible by candying the chicken for you. This technique involves slow-cooking the meat in its own fat, resulting in a deliciously tender chicken. Mixing the lentils with the vinaigrette while they are still warm really brings out their flavour.

A GOOD— START

EQUIPMENT

A **pan with a lid**, an **oven dish**, a **baking sheet**, **tin foil**, a **frying pan** and a **small bowl**.
Let's start cooking the **candied chicken thighs with French lentil salad**.



1 COOK THE LENTILS

Pre-heat the oven to 200 degrees. Prepare the stock. Mix the **green lentils** with the stock in a pan with a lid, bring to the boil and allow to simmer at low heat for 25 – 30 minutes ★. Next, drain and set aside to steam dry.



4 MAKE THE VINAIGRETTE

Coarsely chop the **roasted hazelnuts**. Heat a frying pan to high heat and roast the **hazelnuts** until golden brown. In the meantime, mince the **shallots**. Use a small bowl to whip up a dressing of red wine vinegar, extra-virgin olive oil, honey and mustard. Add the **shallots**, toss and season to taste with salt and pepper.

★**TIP:** The boiling time for the lentils may vary. If your lentils are still tough after 30 minutes, let them boil for another couple of minutes.



2 ROAST THE TOMATOES

In the meantime, cut the **plum tomatoes** into 2 cm cubes. Mix the **tomato cubes** in an oven dish with olive oil and the **dried thyme**. Season to taste with salt and pepper and roast the **tomatoes** in the oven for 20 – 22 minutes.



5 MAKE THE SALAD

Add the **vinaigrette** and **tomatoes** to the pan with **green lentils** and toss well.



3 CHICKEN THIGH IN THE OVEN

Transfer the **candied chicken thigh** to a baking sheet lined with tin foil, place the baking sheet high up in the oven and roast together with the **tomato** for the final 15 minutes or until the skin turns brown and crispy ★★.

★★**TIP:** The candied chicken is already cooked. All you need to do is heat it and wait until the skin turns crispy.



6 SERVE

Transfer the **rocket salad** to plates and top with the **green lentils** and **tomatoes**. Place the **candied chicken thighs** on top and finish with the **hazelnuts**.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Green lentils (g)	60	120	180	240	300	360
Plum tomatoes (pcs) *	2	4	6	8	10	12
Dried thyme (tsp)	1	2	3	4	5	6
Candied chicken thigh (pcs) *	1	2	3	4	5	6
Shallots (pcs)	¼	½	¾	1	1 ¼	1 ½
Roasted hazelnuts (g) 8) 19) 22) 25)	20	40	60	80	100	120
Rocket salad (g) 23) *	20	40	60	80	100	120

*Not included

	200	400	600	800	1000	1200
Vegetable stock* (ml)	200	400	600	800	1000	1200
Olive oil* (tbsp)	¼	½	¾	1	1 ¼	1 ½
Red wine vinegar* (tsp)	½	1	1 ½	2	2 ½	3
Extra-virgin olive oil* (tbsp)	1 ½	3	4 ½	6	7 ½	9
Honey* (tsp)	½	1	1 ½	2	2 ½	3
Mustard* (tbsp)	½	1	1 ½	2	2 ½	3
Salt & pepper*	to taste					

* keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3397 / 812	506 / 121
Total fat (g)	49	7
Of which: saturated (g)	12.1	1.8
Carbohydrates (g)	46	7
Of which: sugars (g)	10.6	1.6
Fibre (g)	15	2
Protein (g)	44	7
Salt (g)	2.5	0.4

ALLERGENS

8) Nuts

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

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Linguine with courgetti and olive paste

With goat's cheese and baby spinach



COURGETTI

Courgette shaped like spaghetti - also known as courgetti - is a true trend. It is done before you know it and you can use it for light meals instead of spaghetti.



Linguine



Garlic



Courgetti ✱



Baby spinach ✱



Green olive paste ✱



Grated goat's cheese ✱



Total: 20 min.



Quick & Easy



Easy



Vegetarian



Eat within 3 days



Calorie-conscious

Cooking up a delicious meal doesn't have to take up much of your time if you're smart about your combinations. Today you'll be using vegetables that you don't need to cut and that are done before you know it. A quick sauce is made by using powerful flavourings like curry paste, tapenade, pesto or like today: olive paste.

A GOOD — START

EQUIPMENT: A **pan with a lid** and a **wok**.
Let's start cooking the **linguine with courgetti and olive paste**.



1 PREPARATION

- Bring plenty of water to the boil in a pan with a lid, add the **linguine** and boil for 12 – 14 minutes. Drain and set aside a little cooking fluid.
- In the meantime, press or finely chop the **garlic**.



3 ASSEMBLE THE PASTA

- Add the majority of the **baby spinach**, the **olive paste**, half the **grated goat's cheese**, the **linguine**, 1 ½ tbsp cooking fluid per person, the white balsamic vinegar and a generous amount of black pepper to the wok and toss well.
- Heat at medium-low heat until the **spinach** begins to wilt.



2 FRY THE COURGETTI

- 5 minutes before the **linguine** is done, heat the butter in a wok to medium-high heat, add the **garlic** and fry for 1 minute.
- Add the **courgetti**, crumble the stock cube over the pan and stir-fry for 1 – 2 minutes.



4 SERVE

- Transfer the remaining **baby spinach** to plates.
- Scoop the **linguine** on top and sprinkle with the remaining **goat's cheese**.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Linguine (g) 1) 17) 20)	90	180	270	360	450	540
Garlic (cloves)	½	1	1 ½	2	2 ½	3
Courgetti (g) 23) *	100	200	300	400	500	600
Baby spinach (g) 23) *	65	125	190	250	325	375
Green olive paste (g) 7) *	40	80	120	160	200	240
Grated goat's cheese (g) 3) 7) *	25	50	75	100	125	150

Not included*

Butter* (tbsp)	1	2	3	4	5	6
Vegetable stock cubes* (pcs)	⅛	¼	⅜	½	⅝	¾
White balsamic vinegar* (tbsp)	½	1	1 ½	2	2 ½	3
Salt & pepper*	to taste					

* keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3050 / 729	490 / 117
Fats (g)	38	6
Of which: saturated (g)	21.1	3.4
Carbohydrates (g)	72	12
Of which: sugars (g)	8.6	1.4
Fibre (g)	5	1
Protein (g)	21	3
Salt (g)	1.4	0.2

ALLERGENS

1) Glutens 3) Eggs 7) Milk/lactose

Can contain traces of: 17) Eggs 20) Soy 23) Celery

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Japanese ramen with fried cod

With udon noodles, conical cabbage and broccoli



Fresh ginger



Red chilli pepper ✱



Carrot ✱



Mushrooms ✱



Conical cabbage and broccoli veggie mix ✱



Udon noodles



Soy sauce



Fillet of cod ✱



Total: 20 min.



Quick & Easy



Very simple



Calorie-conscious



Eat within 5 days

Ramen is a clear Japanese noodle soup, chock-full of veggies and served with slices of meat, fish or egg. Ramen is not the name of the noodles, but of the dish itself. In Japan, this soup is eaten at every moment of the day: even for breakfast!

A GOOD — START

EQUIPMENT

A **wok or soup pan** and a **frying pan**.
Let's start cooking the **Japanese ramen with cod**.



1 PREPARATION

- Prepare the stock ★.
- Peel and finely chop or grate the **ginger**.
- Remove the seed pods from the **red chilli pepper** and finely chop the **red chilli pepper**.
- Slice the **carrots** into thin half rings. Slice the **mushrooms** into quarters.



3 FRY THE FISH

- In the meantime, pat the **cod** dry with paper towels.
- Heat the remaining sunflower oil in a frying pan and fry the **cod** for 2 – 3 minutes on each side.
- Season to taste with salt and pepper.

★ **TIP:** Don't happen to have any fish stock cubes? Just use vegetable stock cubes instead.



2 PREPARE THE SOUP

- Heat half the sunflower oil in a wok or soup pan. Fry the **garlic** and **red chilli pepper** for 2 – 3 minutes at medium-high heat.
- Add the **carrot** and the **veggie mix** and stir-fry for 2 minutes.
- Pour in the **broth** and simmer for 6 – 8 minutes, adding the **mushrooms** and the **noodles** after 3 or 4 minutes ★★.



4 SERVE

- Season the soup with soy sauce and pepper.
- Transfer the ramen to soup bowls and serve with the **cod** on top.

★★ **TIP:** Break the noodles into smaller pieces before adding them to the broth in the pan. That will make it much easier to eat!

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Fresh ginger (cm)	1	2	3	4	5	6
Red chilli peppers (pcs) *	¼	½	¾	1	1¼	1½
Carrots (pcs) *	¼	½	¾	1	1¼	1½
Mushrooms *	60	125	190	250	315	375
Conical cabbage and broccoli veggie mix (g) 23 *	100	200	300	400	500	600
Udon noodles (g) 1	100	200	300	400	500	600
Soy sauce (sachet) 1) 6)	¼	½	¾	1	1¼	1½
Fillet of cod (skinned) (120 g) 4) *	1	2	3	4	5	6

Not included*

Vegetable stock* (ml)	400	800	1200	1600	2000	2400
Sunflower oil* (tbsp)	2	3	3	4	4	5
Salt & pepper*	to taste					

* Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2025 / 503	227 / 56
Fats (g)	22	2
Of which: saturated (g)	3.4	0.4
Carbohydrates (g)	41	5
Of which: sugars (g)	8.1	0.9
Fibre (g)	7	1
Protein (g)	32	4
Salt (g)	7.9	0.9

ALLERGENS

1) Glutens 4) Fish 6) Soy
May contain traces of: 23) Celery

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PORK TENDERLOIN WITH SUMMER GRATIN OF POTATOES AND CHERRY TOMATOES WITH CRUNCHY SERRANO HAM



SPECIAL INGREDIENT.



HELLO CAPERS

Capers are the flower buds of the caper plant before they open. If the flower is pollinated, you get little berries called caperberries.



Potatoes



Garlic



Weerribben Whipping cream BIO ✱



Red cherry tomatoes ✱



Capers ✱



Serrano ham ✱



Pork tenderloin medallion ✱



Fresh basil ✱

45-50 min

Several steps

Consume within 3 days

Don't let the preparation time of this dish fool you, the oven does most of the work for you. Pork tenderloin is the most tender piece of pork. You start by briefly searing the meat at high temperature until it is nice and brown but still moist. The gratin is nice and creamy because you'll pre-boil the potatoes in cream instead of water.

A GOOD — START

EQUIPMENT

A pan with a lid, a skimmer, 2x an oven dish, a baking sheet lined with baking paper, a frying pan and tin foil.
Let's start cooking the **pork tenderloin** with summer gratin.



1 BOIL THE POTATOES

Pre-heat the oven to 200 degrees. Peel the **potatoes** and cut into thin slices. Press or finely chop the **garlic**. Pour the **whipping cream** and milk into a pan with a lid, crumble the stock cube over it and add the **garlic** and the **potatoes**. Bring to the boil and gently simmer, covered, for 9 – 11 minutes. The **potatoes** don't need to be fully cooked.



4 PREPARE PORK TENDERLOIN

In the meantime, heat the olive oil in a frying pan to medium-high heat and season the **pork tenderloin** with a generous amount of salt and pepper. Fry in the hot oil for 4 minutes until brown on all sides. Turn off the heat, add the butter and toss well. Place the **pork tenderloin** including its reduction in another oven dish and roast for 7 – 10 minutes in the oven. Remove from the oven and allow to rest on a cutting board, covered by tin foil, for no more than 1 – 2 minutes.



2 MAKE THE GRATIN

Remove the **potatoes** from the pan with a skimmer and set aside. Allow the milk mixture to simmer, uncovered, for another 4 – 6 minutes or until it has reached the consistency of a thick cream. In the meantime, halve the **red cherry tomatoes**. Mix the **potatoes** and **capers** with the **cream** in an oven dish and transfer the **cherry tomatoes**.



5 CHOP THE INGREDIENTS

In the meantime, finely chop the **basil leaves**. Cut the **pork tenderloin** into slices.



3 FRY THE GRATIN AND HAM

Place the oven dish in the oven and roast for 20 – 25 minutes or until the **potatoes** are done and the **tomatoes** soft. In the meantime, transfer the **Serrano ham** to a baking tray lined with baking paper. Make sure the pieces don't overlap. Roast the **Serrano ham** together with the gratin in the oven for 8 – 10 minutes or until golden brown.



6 SERVE

Transfer the **tomato-potato gratin** to deep plates and serve with the **pork tenderloin**. Sprinkle the **gratin** with **basil** and crumble the crunchy **ham** over the **gratin** and **pork tenderloin**. Pour the reduction from the oven dish over the **pork tenderloin** to taste.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Potatoes (g)	250	500	750	1000	1250	1500
Garlic (cloves)	1	2	3	4	5	6
Whipping cream (ml) 7) 15) 20) *	100	200	300	400	500	600
Red cherry tomatoes (g) *	250	500	750	1000	1250	1500
Capers (g) *	20	40	60	80	100	120
Serrano ham (g) *	20	40	60	80	100	120
Pork tenderloin medallions (120 g) *	1	2	3	4	5	6
Fresh basil (leaves) 23) *	6	12	18	24	30	36

Not included*

Milk* (ml)	25	50	75	100	125	150
Vegetable stock cubes* (pcs)	¼	½	¾	1	1 ¼	1 ½
Olive oil* (tbsp)	¾	1 ½	2 ¼	3	3 ¾	4 ½
Butter* (tbsp)	¼	½	¾	1	1 ¼	1 ½
Salt & pepper*	to taste					

* keep in the refrigerator

NUTRIENT VALUE PER SERVING PER 100 G

Energy (kJ/kcal)	3925 / 938	488 / 117
Fats (g)	55	7
Of which: saturated (g)	28.7	3.6
Carbohydrates (g)	64	8
Of which: sugars (g)	4.1	0.5
Fibre (g)	10	1
Protein (g)	42	5
Salt (g)	4.9	0.6

ALLERGENS

7) Milk/lactose

Can contain traces of: 15) Glutens 20) Soy 23) Celery

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QUICK TRIPLE PANCAKE

With raisins and pink sauce



 Very simple

 Total: **15–20** min.

 Eat within **5** days

These three little pancakes were originally prepared with sweet fritter dough. Making the batter takes quite a long time so we've come up with a quick version with thick batter and raisins. You serve it with a simple pink sauce of jam and sour cream.



American pancake mix



Free-range egg ✱



Blue raisins



Sour cream ✱



Raspberry jam ✱

DELICIOUS DESSERT

QUICK TRIPLE PANCAKE

EQUIPMENT:

A **batter bowl**, a **whisk**, a **frying pan** and a **bowl**.



1 Whisk the **egg** with a whisk in a batter bowl. Stir in the **milk**. Then slowly add the **American pancake mix** and stir in the **blue raisins**. The mixture is supposed to be thick.



2 Heat part of the butter in a frying pan to medium-high heat. Pour 3 little **pancakes** into the pan. Turn the pancakes when holes appear in the batter. Repeat this 3 times with the remaining **batter** and butter. You can get about 6 small **pancakes** per person out of the batter.



3 In the meantime mix the **sour cream** with the **raspberry jam** in a bowl into a smooth pink **sauce**.



4 Transfer 3 **pancakes** per person to plates. Scoop the **pink sauce** onto the **pancakes** or serve it separately. Store the remaining pancakes in the refrigerator and eat them at breakfast, for example.

INGREDIENTS

	2P	4P
Free-range eggs (pcs) 3)	1	2
American pancake mix (g) 1) 27)	200	400
Blue raisins (g) 19) 22) 25)	40	80
Sour cream (g) 7) *	150	300
Raspberry jam (jar) 19) 22)	2	4

*Not included

Butter* (tbsp)	2	4
Semi-skimmed Milk* (ml)	100	200

*Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2105 / 503	1079 / 258
Fats (g)	26	13
Of which: saturated (g)	16.8	8.6
Carbohydrates (g)	56	29
Of which: sugars (g)	23.7	12.2
Fibre (g)	2	1
Protein (g)	40	21
Salt (g)	0.8	0.4

ALLERGENS

1) Glutens **3)** Eggs **7)** Milk/lactose

Can contain traces of: **19)** Peanuts **22)** Nuts **25)** Sesame **27)** Lupins

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BREAKFAST BOX

GOOD MORNING!

BREAKFAST 1

1x

SWEET FRISIAN PASTRY

With orange butter, full-fat yoghurt and orange juice



1

SWEET FRISIAN PASTRY

With orange butter, full-fat yoghurt and orange juice

2

PAPAYA BOATS WITH GREEK YOGHURT

With kiwi and muesli

3

RUSKS WITH GOAT'S CHEESE

With avocado and alfalfa

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.



WEEK 30 | 2018

1 Take the butter out of the refrigerator and pre-heat the oven to 180 degrees. Bake the **sweet pastry** in the oven for 2 – 3 minutes.

2 Thoroughly rinse the **orange** and grate the rind of ½ **orange** per person with a fine grater. Mix the **orange zest** with the butter in a bowl. Peel 1 **orange** per person and separate the wedges. Juice the remaining **oranges**.

3 Mix the **yoghurt** with the **orange juice**. Serve the **sweet Frisian pastry** with the **orange butter**, **orange wedges** and **yoghurt-orange drink**.

INGREDIENTS

FOR 1 BREAKFAST

	2P	4P
Sweet Frisian pastry (pcs) 1) 3) 7) 13) 20) 22) 25)	2	4
Full-fat yoghurt (ml) 7) 15) 20) *	300	600
Orange (pcs)	4	8

*Not included

Butter* (tbsp)	2	4
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* keep in the refrigerator

EQUIPMENT

A fine grater and a bowl.

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2469 / 590	499 / 119
Fats (g)	23	5
Of which: saturated (g)	13.4	2.7
Carbohydrates (g)	76	15
Of which: sugars (g)	49.9	10.1
Fibre (g)	6	1
Protein (g)	14	3
Salt (g)	0.9	0.2

ALLERGENS

1) Glutens 3) Eggs 7) Milk/lactose 13) Lupins

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

25) Sesame

BREAKFAST 2

2x

PAPAYA BOATS WITH GREEK YOGHURT

With kiwi and muesli



1 Cut the **papaya** in half lengthwise and scoop out the seeds using a spoon. Next, scoop out part of the flesh, leaving it in the **papaya**.

2 Transfer half a **papaya** to each plate.

3 Fill the **papaya** with the **Greek yoghurt**. Slice the **kiwi** and place on top of the **yoghurt**. Garnish with the **muesli**.

INGREDIENTS FOR 1 BREAKFAST

	2P	4P
Papayas (pcs)	1	2
Kiwis (pcs)	2	4
Greek yoghurt (g) 7) 15) 20) *	150	300
Muesli (g) 1) 8) 12) 19) 22) 25)	50	100

*Not included | *Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	1234 / 295	380 / 91
Fats (g)	11	3
Of which: saturated (g)	5.5	1.7
Carbohydrates (g)	39	12
Of which: sugars (g)	28.5	8.8
Fibre (g)	6	2
Protein (g)	7	2
Salt (g)	0.1	0.0

ALLERGENS

1) Glutens 7) Milk/lactose 8) Nuts 12) Sulphite

Can contain traces of: 15) Glutens 19) Peanuts 20) Soy 22) (Other) nuts 25) Sesame

BREAKFAST 3

2x

RUSKS WITH GOAT'S CHEESE

With avocado and alfalfa



1 Spread the rusks with **fresh goat's cheese**.

2 Cut the **avocados** in half, remove the pit and cut the flesh into cubes. Top the **goat's cheese** with the **avocado cubes**.

3 Garnish the **rusks** with the **alfalfa** and sprinkle with salt and pepper to taste.

INGREDIENTS FOR 1 BREAKFAST

	2P	4P
Rustic rusks (pcs) 1)	6	12
Fresh goat's cheese (g) 7) *	50	100
Avocado (pcs)	1	2
Alfalfa (tbsp) *	3	6

*Not included

Salt & pepper* to taste

*Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	1678 / 401	1011 / 242
Fats (g)	24	14
Of which: saturated (g)	5.9	3.6
Carbohydrates (g)	30	18
Of which: sugars (g)	2.8	1.7
Fibre (g)	14	8
Protein (g)	10	6
Salt (g)	0.8	0.5

ALLERGENS

1) Glutens 7) Milk/lactose