



Creamy soup with shrimp

With coconut milk, fresh corn and tomato



Total: **30-35** min.

Gluten-free

Easy

Eat within **3** days

This creamy soup was inspired by chowder, a soup from the United States. Chowder comes in many varieties but it is always a hearty soup, usually made with cream or milk. One of the most famous chowders is clam chowder from New England. We will give this soup our own twist with coconut milk and shrimp.



Shallots



Waxy potatoes



Paprika



Dried bay leaf



Corn cob *



Tomato *



Fresh chives *



Shrimps *



Coconut milk

A GOOD START

EQUIPMENT

A **soup pan** with a **lid** and a **frying pan**.

Let's start cooking the **creamy soup with shrimp and coconut milk**.



1 PREPARATION

Bring 225 ml water per person to the boil. Mince the **shallots**. Peel the **potatoes** and cut into cubes of 1 - 1½ cm. Heat the butter in a soup pan with a lid to medium-high heat and fry the **shallot** with a pinch of salt for 3 minutes. Add the **paprika** and **bay leaf** and fry for another 30 seconds.



4 STIR-FRY THE SHRIMPS

Pat the **shrimp** dry with a paper towel. Heat the olive oil in a frying pan at high heat and fry the **shrimp** for 2 minutes until brown all around. They don't have to be done yet. Season to taste with salt and pepper, remove from the pan and set aside.

5 MAKE THE SOUP

Add the **corn kernels**, **tomato** and **coconut milk** to the pan with **potatoes** and boil for 2 minutes. Add the **shrimp** including the reduction from the frying pan and heat for another ½ minute. Next, mix the white wine vinegar and half the **chives** into the soup.

6 SERVE

Transfer the **soup** to plates and garnish with the remaining **chives**.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Shallots (pcs)	½	1	1 ½	2	2 ½	3
Waxy potatoes (g)	200	400	600	800	1000	1200
Paprika (tsp)	½	1	1 ½	2	2 ½	3
Dried bay leaf (pcs)	1	2	3	4	5	6
Corn cob (pcs) *	½	1	1 ½	2	2 ½	3
Tomatoes (pcs) *	2	4	6	8	10	12
Fresh chives (g) 23) *	2½	5	7½	10	12½	15
Shrimps (g) 2) *	80	160	240	320	400	480
Coconut milk (ml) 26)	125	250	375	500	625	750

Not included

Vegetable stock cube (pcs)	¾	1 ½	2¼	3	3 ¾	4 ½
Butter (tbsp)	½	1	1 ½	2	2 ½	3
Olive oil (tbsp)	½	1	1 ½	2	2 ½	3
White wine vinegar (tsp)	1	2	3	4	5	6
Salt & pepper						to taste

* keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2866 / 685	383 / 92
Total fat (g)	38	5
Of which: saturated (g)	25,4	3,4
Carbohydrates (g)	60	8
Of which: sugars (g)	17,9	2,4
Fibre (g)	9	1
Protein (g)	23	3
Salt (g)	4,9	0,7

ALLERGENS

2) Shellfish

May contain traces of: 23) Celery 26) Sulphite

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





Chicken gyros with aromatic tabouleh

With little gem and with fresh herbs



Bulgur



Onion



Chicken gyros *



Ground cumin



Plum tomato *



Lemon



Fresh parsley & mint



Little gem *

Total: **25-30** min.

Lactose-free

Easy

Eat within **3** days

Tabouleh is a Lebanese salad of bulgur, tomatoes, mint and parsley with a dressing of olive oil and lemon. Today you'll be serving this refreshing salad with aromatic chicken gyros with crunchy little gem leaves.

A GOOD START

EQUIPMENT

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

Let's start cooking the **chicken gyros with aromatic tabouleh**.



1 PREPARE THE BULGUR

Prepare the stock in a pan with a lid for the bulgur. Once the stock is boiling, add the **bulgur** and boil, covered, for 10 – 12 minutes at low heat until all the stock has been absorbed. Turn regularly and use a fork to separate the **bulgur** once done.



2 FRY THE CHICKEN GYROS

In the meantime, mince the **onion**. Heat the olive oil in a frying pan and fry the **chicken gyros** for 2 minutes at high heat until brown all around. Add the **onion** and **ground cumin** and fry for another 5 – 6 minutes at medium-low heat.



3 CUT AND JUICE

In the meantime, dice the **plum tomato**. Juice the **lemon** and finely chop the **curly parsley** and **mint**.



4 CHOP THE LITTLE GEM

Separate 3 whole leaves per person from the **little gem** and set aside. Finely cut the remaining **little gem**.



5 MIX THE TABOULEH

Mix the **bulgur** with the **tomato**, **curly parsley**, **mint**, finely chopped **little gem**, 1 tsp **lemon juice** per person and extra-virgin olive oil to taste. Mix the **chicken gyros** into the **tabouleh**. Season to taste with salt and pepper.



6 SERVE

Transfer 3 **little gem** leaves per person to a plate. Top the **little gem** leaves with **tabouleh** with **chicken gyros** and serve the rest separately.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Bulgur (g) 1	85	170	250	335	420	500
Onions (pcs)	½	1	1½	2	2½	3
Chicken gyros (g) *	100	200	300	400	500	600
Ground cumin (tsp)	1½	3	4½	6	7½	9
Plum tomatoes (pcs) *	1	2	3	4	5	6
Lemons (pcs)	¼	½	¾	1	1¼	1½
Fresh parsley & mint (g) *	5	10	15	20	25	30
Little gem (head) *	1	2	3	4	5	6

	Not included					
Vegetable stock (ml)	175	350	500	675	850	1025
Olive oil (tbsp)	1	1	2	2	3	3
Extra-virgin olive oil						to taste
Salt & pepper						to taste

* Keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2454 / 587	382 / 91
Total fat (g)	19	3
Of which: saturated (g)	3,8	0,6
Carbohydrates (g)	63	10
Of which: sugars (g)	6,2	1,0
Fibre (g)	15	2
Protein (g)	33	5
Salt (g)	2,4	0,4

ALLERGENS

1) Glutens
May contain traces of: 23) Celery

FACT: Did you know that this recipe contains half of the daily recommended fibre and about 30% of the daily recommended amount of vitamin C?

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



#HelloFresh



Orzo-based mushroom risotto

With walnuts and Parmigiano reggiano



Total: **25-30** min.

Easy

Eat within **5** days

Orzo is a pasta variety. Its oval grain resembles rice. This makes it very suitable for a creamy risotto. You will be seasoning the risotto with Parmigiano cheese. This sharp cheese originated in the Parma region in Italy and is made from cow's milk.



Onion



Scallions *



Chestnut mushrooms *



Courgette *



Orzo



Walnuts



Parmigiano reggiano *

A GOOD START

EQUIPMENT

A **pan with a lid**, a **frying pan**, **kitchen towel** and a **grater**.
Let's start cooking the **orzo-based mushroom risotto**.



1 PREPARATION

Prepare the stock for the **orzo**. Mince the **onion** and cut the **scallion** into fine rings. Clean the **chestnut mushrooms** with a sheet of paper towel and cut them into quarters. Cut the **courgette** in quarters lengthwise and then into small cubes.



4 CHOP AND GRATE

In the meantime, coarsely chop the roasted **walnuts** and coarsely grate the **Parmigiano reggiano**.



2 PREPARE THE ORZO

Heat the butter in a pan with a lid and gently fry the **onion** for 2 minutes at medium-low heat. Add the **orzo** and stir-fry for 1 minutes. Add the stock to the **orzo** and boil the **orzo** for 10 – 12 minutes, covered, at low heat until all the stock has been absorbed. Stir regularly. Add a little extra water if the **orzo** becomes too dry. Next, heat a frying pan on high heat and dry roast the walnuts, golden brown. Remove from the pan and set aside.



5 MIX

Next, add the **chestnut mushrooms** and **courgette** with **scallion** and half the **Parmigiano reggiano** to the **orzo** and heat for 2 minutes while stirring.

★TIP: The spring onion is added to the chestnut mushrooms quite late in the process to make sure it maintains its spicy flavour. If you prefer a less outspoken flavour, fry the spring onion together with the chestnut mushrooms and courgette from the start.



3 FRY

Heat the olive oil in a frying pan at medium-high heat and fry the **courgette** and **chestnut mushrooms** for 4 – 6 minutes. Add the **scallion** and fry for another minute. Season to taste with salt and pepper. ★.



6 SERVE

Transfer the dish to plates. Garnish with the **walnuts** and the remaining **Parmigiano reggiano**.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Onions (pcs)	½	1	1½	2	2½	3
Scallions (pcs) *	2	4	6	8	10	12
Chestnut mushrooms (g) *	125	250	375	500	625	750
Courgette (pcs) *	½	1	1½	2	2½	3
Orzo (g) 1)	85	170	250	335	420	500
Walnuts (g) 8) 19) 22) 25)	15	30	45	60	75	90
Parmigiano reggiano, pcs (g) 7) *	25	50	75	100	125	150

	Not included					
Vegetable stock (ml)	175	350	525	700	875	1050
Butter (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper					to taste	

* Keep in the refrigerator

NUTRIENT VALUES	PER SERVING	PER 100 G
Energy (kJ/kcal)	3031 / 725	431 / 103
Total fat (g)	32	5
Of which: saturated (g)	11,4	1,6
Carbohydrates (g)	76	11
Of which: sugars (g)	16,4	2,3
Fibre (g)	9	1
Protein (g)	28	4
Salt (g)	2,3	0,3

ALLERGENS

1) Glutens 7) Milk/lactose 8) Nuts

May contain traces of: 19) Peanuts 22) (Other) nuts

25) Sesame

★FACT: Did you know that this dish contains more than 350 grams of vegetables per person?

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





Hake fillet with sweet and sour peppers

with olives and fried potatoes



Red pepper *



Garlic clove



Waxy potatoes



Hake fillet, skin on *



Leccino olives *

Total: **40-45** min.

Gluten free

Easy

Eat within **3** days

Heekfilet is zacht en mild van smaak, wat het een toegankelijke vis maakt. Je serveert de heek vandaag met een paprikastoof. Door de paprika lang te bakken wordt deze heel zacht en veel zoeter van smaak. De olijven zorgen voor een lekker hartig accent.

A GOOD START

EQUIPMENT

Small bowl, 2x deep frying pan with a lid, kitchen towel and a frying pan.

Let's start cooking the **hake fillet with sweet and sour peppers**.



1 SLICE

Cut the **red pepper** into very thin strips. Press or mince the **garlic**. Peel the **potatoes** or wash them thoroughly and cut into wedges.



2 FRY THE PEPPERS

Heat 1 tbsp of olive oil per person in a frying pan with a lid on medium-high heat and sauté the **garlic** for 1 minute. Add the strips of **red pepper**, season with salt and pepper then cover the pan. Fry the **red pepper** for 20 – 25 minutes. Stir regularly. Remove the lid from the pan, pour 1 tbsp of black balsamic vinegar per person in the pan and crumble the stock cube above it. Add the sugar and cook for another 6 – 8 minutes on medium heat.



3 FRY THE POTATOES

Heat the remaining olive oil in another frying pan with a lid and fry the **potatoes** for 25 – 35 minutes, covered, on medium heat until golden brown. After 20 minutes, remove the lid from the pan. Turn over regularly and season with salt and pepper.



4 FRY THE FISH

Meanwhile, in a small bowl, whip the extra virgin olive oil and the rest of the black balsamic vinegar, pepper and salt into a dressing. Pat the skin of the **hake fillet** dry with kitchen towel. ★ Heat the butter in a frying pan over medium heat and fry the **hake fillet** for 2 – 3 minutes on the skin. Reduce the heat and fry the **hake** for 1 – 2 minutes on the other side. Season with salt and pepper.



5 MIX

Mix the **olives** through the **stewed red peppers**. Taste then season with salt and pepper.



6 SERVE

Divide the **stewed red peppers** and fried **potatoes** over the plates. Place the fried **hake fillet** on the plate with the skin upwards. Serve together with the dressing and sprinkle a little dressing over the hake fillet as desired.

★ **TIP:** It is important to pat the skin of the hake fillet dry - this will help to prevent it from sticking to the bottom of the pan.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Red pepper (pc) *	2	4	6	8	10	12
Garlic clove (pc)	1	2	3	4	5	6
Waxy potatoes (g)	250	500	750	1000	1250	1500
Hake fille, skin on (pc)	1	2	3	4	5	6
4) *						
Leccino olives (g) *	15	30	45	60	75	90
Not included						
Olive oil (tbsp)	1½	3	4½	6	7½	9
Black balsamic vinegar (tbsp)	1¼	2½	3¾	5	6¼	7½
Vegetable stock cube (pc)	¼	½	¾	1	1¼	1½
Sugar (tl)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Butter (tbsp)	1	1	1½	2	2½	3
Salt & pepper						To taste

* Keep in the refrigerator

NUTRITIONAL VALUES	PER SERVING	PER 100 g
Energy (kJ/kcal)	3010 / 720	419 / 100
Total fat (g)	36	5
Of which: saturated (g)	8,4	1,2
Carbohydrates (g)	66	9
Of which: sugars (g)	19,6	2,7
Fibre (g)	10	1
Protein (g)	25	4
Salt (g)	2,0	0,3

ALLERGENS

4) Fish

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





Korean wraps with steak strips

With fresh raw vegetables and sweet and sour cucumber



Garlic



Fresh ginger



Red chilli peppers *



Soy sauce



Steak strips *



Cucumber *



Fresh coriander *



Lime



Tortilla



Vegetable mix *

Total: 25 min.

Easy

Eat within 3 days

Quick & Easy

Family

Calorie-conscious

Korean cuisine is known for its rich flavours that emerge, without a lot of fuss, because of the pure ingredients. In Korea, it is a custom to serve small bowls with so-called banchan, the collective term for side dishes, together with the main course. This allows everyone to build their own dish, just like with these wraps.

A GOOD START

EQUIPMENT

2x a bowl, tin foil, a fine grater, vegetable peeler and a frying pan.

Let's start cooking the **Korean wraps with steak strips**.



1 CHOP THE INGREDIENTS

Pre-heat the oven to 180 degrees. Press or finely chop the **garlic**. Peel and chop or grate the **ginger**. Remove the seed pods from the **red chilli pepper** and finely chop the **red chilli pepper**.



2 MARINATE THE FISH

Mix the **red chilli pepper** with the **garlic**, **ginger**, **soy sauce** and olive oil in a bowl. Cut the **steak strips** into 1 – 2 cm pieces and mix them into the **marinade**. Marinate the **steak strips** for at least 15 minutes ★.



3 MAKE THE PICKLES

In the meantime, cut or shave the **cucumber** into thin ribbons. Mix the **cucumber** with the white wine vinegar and sugar in a bowl. Season to taste with salt and set the **sweet and sour cucumber** aside. Stir every now and then to allow the flavours to soak in ★★.



4 HEAT THE TORTILLA

In the meantime, coarsely chop the **coriander** and cut the **lime** into wedges. Wrap the **tortillas** in tin foil and heat in the oven for 2 – 3 minutes.



5 FRY THE STEAKS

In the meantime, heat a frying pan to medium to high heat. Wait until the pan is hot and fry the **steak** with marinade for 2 – 3 minutes until brown all around. It's OK if the **steak** is still pink inside.



6 SERVE

Stuff the **wraps** with the **raw veggie mix**. Top with the **steak** and some **sweet and sour cucumber** and drizzle with some **lime juice**. Sprinkle with **coriander**. Serve the remaining **cucumber** separately.

★TIP: The longer you marinate the steak, the more flavour it soaks up. Got time in the morning? Make the marinade in advance, mix in the steak and store in the refrigerator for later use.

★★TIP: You can also mix half the vegetable mix into the sweet and sour cucumber in step 3.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Garlic (cloves)	½	1	1½	2	2½	3
Fresh ginger (cm)	1	2	3	4	5	6
Red chilli peppers (pcs) *	½	1	1½	2	2½	3
Soy sauce (ml) 1) 6)	15	30	45	60	75	90
Steak strips (g) *	120	240	360	480	600	720
Cucumber (pcs) *	½	1	1½	2	2½	3
Fresh coriander (g) *	2½	5	7½	10	12½	15
Lime (pcs) *	¼	½	¾	1	1¼	1½
Tortilla (pcs) 1) 20) 21)	2	4	6	8	10	12
Carrot & cabbage (g) 23) *	100	150	200	300	350	450

Not included

Olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	2	4	6	8	10	12
Sugar (tsp)	1	2	3	4	5	6
Salt						to taste

* Keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2778 / 664	516 / 123
Total fat (g)	19	4
Of which: saturated (g)	3,0	0,6
Carbohydrates (g)	79	15
Of which: sugars (g)	14,8	2,7
Fibre (g)	6	1
Protein (g)	41	8
Salt (g)	3,6	0,7

ALLERGENS

1) Glutens 6) Soy

May contain traces of: 20) Soy 21) Milk/lactose 23) Celery

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





PORTOBELLO BURGER WITH FRIED EGG

With fried potatoes and roasted courgettes



Firm potatoes



Dried rosemary



Dried thyme



Red onions



Courgette *



Portobello *



Grated aged cheese *



Hamburger buns



Free-range eggs *



Mayonnaise *

Total: 45-50 min.

Vegetarian

Easy

Family

Eat within 5 days

Portobello is a large mushroom. This robust, meaty, bad boy has a chestnut-brown hood and makes a perfect burger. Flavours like rosemary and thyme go well with the nutty, earthy flavour of the Portobello.

A GOOD START

EQUIPMENT

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

Let's start cooking the **Portobello burgers with fried egg**.



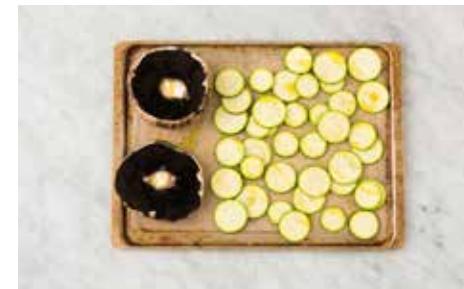
1 PREPARE THE POTATOES

Pre-heat the oven to 210 degrees. Thoroughly scrub the **potatoes** and cut into long thin wedges. Heat half the olive oil in a deep saucepan with a lid and fry the **potatoes**, covered, for 25 – 30 minutes at medium to high heat. Take the lid off the pan after 20 minutes. Add the **rosemary** and **thyme** during the last 2 minutes and season to taste with salt and pepper.



2 CHOP THE VEGGIES

In the meantime, slice the **red onion** into rings and cut the **courgette** into thin slices. Carefully remove the stem from the **portobello**.



3 IN THE OVEN

Transfer the **courgette** to one side of a baking tray lined with baking paper ★. Put the **portobello** on the other side, with the open side up. Drizzle the **courgette** and the **portobello** with the remaining olive oil and season with salt and pepper. Bake in the oven for 10 minutes.



4 IN THE OVEN

Carefully pour out the moisture that has escaped from the **portobello** and stuff the **portobello** with the **grated aged cheese**. Top the **courgette** with the **red onion**. Bake in the oven for another 5 – 10 minutes. In the last 4 – 6 minutes, toast the **hamburger buns** in the oven alongside the **courgette**.



5 FRY THE EGG

In the meantime, heat the butter in a frying pan and fry one **egg**, sunny side up, per person. Season to taste with salt and pepper. Cut open the **hamburger buns**.

6 SERVE

Make one burger per person by topping each **bun** with a **portobello**, a **fried egg** and half the fried **red onion**. Serve with the **courgette**, the remaining **red onion** and the **potatoes**. Garnish with **mayonnaise**.

★**TIP:** Arrange the courgette slices on the baking tray with as much distance in between as possible. The less they overlap, the better they will brown.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Firm potatoes (g)	250	500	750	1000	1250	1500
Dried rosemary (tsp)	1	2	3	4	5	6
Dried thyme (tsp)	1	2	3	4	5	6
Red onions (pcs)	½	1	1½	2	2½	3
Courgettes (pcs) *	½	1	1½	2	2½	3
Portobello (pcs) *	1	2	3	4	5	6
Grated matured cheese (g) 7) *	25	50	75	100	125	150
Hamburger buns (pcs) 1) 7) 11) 13) 17) 20) 22)	1	2	3	4	5	6
Free-range eggs (pcs) 3) *	1	2	3	4	5	6
Mayonnaise (tbsp) 3) 10) 19) 22) *	1	2	3	4	5	6
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Butter (tbsp)	½	1	1½	2	2½	3
Salt & pepper						to taste

* Keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	4111 / 983	568 / 136
Total fat (g)	56	8
Of which: saturated (g)	16,9	2,3
Carbohydrates (g)	83	11
Of which: sugars (g)	18,8	2,6
Fibre (g)	10	1
Protein (g)	32	4
Salt (g)	1,5	0,2

ALLERGENS

1) Glutens 3) Eggs 7) Milk/Lactose 10) Mustard 11) Sesame

13) Lupin

May contain traces of: 17) Eggs 19) Peanuts 20) Soy 22) Nuts

■**TIP:** This dish is calorie-rich. Are you keeping an eye on your calorie intake? Use 150g potatoes per person, half the matured cheese and ½ tbsp mayonnaise.

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





Penne with spinach-leek sauce

With green pesto and red chilli pepper



Shallots



Garlic



Leeks *



Red chilli peppers *



Penne



Parmigiano Reggiano *



Spinach *



Green pesto *

Total: **25-30** min.

Vegetarian

Easy

Calorie-conscious

Eat within **3** days

Pasta with leeks, you may not expect it, but this distant cousin of the onion actually goes great in this dish due to its mild flavour. You will be seasoning the sauce with green pesto and Parmigiano cheese. The red chilli pepper gives the dish some extra spice. The seeds are mainly responsible for the spicy flavour, so you will remove those to make sure it doesn't overshadow the dish.

A GOOD START

EQUIPMENT

A **pan with a lid**, a **grater** and a **wok or deep saucepan**.
Let's start cooking the **penne with spinach-leek sauce**.



1 CHOP THE INGREDIENTS

Bring plenty of water per person to the boil in a pan with a lid to cook the farfalle in. Mince the **shallots** and press or finely chop the **garlic**. Cut the **leek** into thin rings. Remove the seed pods from the **red chilli pepper** and finely chop the **red chilli pepper**.



2 BOIL THE PENNE

Boil the **penne**, covered, for 11 – 13 minutes in the pan with the lid and drain. Set aside uncovered to steam dry.



3 GRATE THE PARMIGIANO

In the meantime, grate the **Parmigiano** finely or coarsely to taste.



4 FRY THE VEGETABLES

Heat the olive oil in a wok or deep saucepan at medium-high heat and fry the **shallots**, **garlic** and **red chilli pepper** for 2 – 3 minutes, add the **leeks** and fry for another 5 minutes. Add the **spinach** and stir-fry until wilted. Season to taste with salt and pepper.

5 SEASON

Next, add the **green pesto** to the wok or deep saucepan. Season to taste with salt and pepper. Add the **penne** and half the **Parmigiano** and stir. Season to taste with salt and pepper.

6 SERVE

Transfer the **pasta** to plates and top with the remaining **Parmigiano**.

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
Leeks (pcs) *	½	1	1 ½	2	2 ½	3
Red chilli peppers (pcs) *	¼	½	¾	1	1 ¼	1 ½
Penne (g) 1) 17) 20)	90	180	270	360	450	540
Parmigiano Reggiano, pcs (g) 7) *	25	50	75	100	125	150
Spinach (g) 23) *	100	200	300	400	500	600
Green pesto (g) 7) 8) *	40	80	120	160	200	240
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)	3167 / 757	775 / 185
Total fat (g)	38	9
Of which: saturated (g)	8,6	2,1
Carbohydrates (g)	74	18
Of which: sugars (g)	8,7	2,1
Fibre (g)	9	2
Protein (g)	26	6
Salt (g)	1,4	0,3

ALLERGENS

1) Glutens 7) Milk/lactose 8) Nuts

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

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





Warm salad with sweet potato and chickpeas

With spinach, salted almonds and fresh labne



Sweet potato



Red onions



Garlic



Apple



Red sweet pointed pepper *



Spinach *



Chickpeas



Ras el hanout



Fresh coriander *



Lemon



Salted almonds



Labne *

Total: 35-40 min.

Easy

Eat within 5 days

Vegetarian

Gluten-free

Calorie-conscious

Today you will be serving a hearty vegetable dish. Chickpeas are a variety of legumes and full of protein. This makes them a favourite and nutritious ingredient for vegetarian dishes like this one. You will be frying them with ras el hanout, a Moroccan spice mix that infuses a warm, sweet flavour.

A GOOD START

EQUIPMENT

A sieve, a **baking sheet** lined with **baking paper** and a **deep saucepan**. Let's start cooking the **warm salad with sweet potato and chickpeas**.



1 PREPARE THE SWEET POTATOES

Pre-heat the oven to 220 degrees. Weigh the **sweet potato** and peel or thoroughly rinse. Cut the **sweet potato** into 1 cm slices and transfer the slices to a baking sheet lined with baking paper. Drizzle the **sweet potato** with ½ tbsp olive oil per person and season with salt and pepper. Roast the **sweet potato** in the oven for 20 – 30 minutes until done.



4 FRY AND CUT

Add the **chickpeas** to the deep saucepan and fry for 4 – 6 minutes. In the meantime, finely chop the **coriander**.

5 ADD THE SPINACH

Remove the deep saucepan from the heat and stir in the **spinach**. Season to taste with salt and pepper once again. Cut the **lemon** into wedges.

TIP: Are you keeping an eye on your calorie intake? Use 100 g sweet potato per person and fry the onion and garlic in ½ tbsp olive oil per person instead of 1 tbsp.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Sweet potatoes (g)	150	300	450	600	750	900
Red onions (pcs)	½	1	1½	2	2½	3
Garlic (cloves)	½	1	1½	2	2½	3
Apple (pcs)	¼	½	¾	1	1¼	1½
Red sweet pointed pepper (pcs) *	½	1	1½	2	2½	3
Spinach (g) *	100	200	300	400	500	600
Chickpeas (can)	½	1	1½	2	2½	3
Ras el hanout (tsp)	2	4	6	8	10	12
Fresh coriander (g) *	2½	5	7½	10	12½	15
Lemons (pcs)	¼	½	¾	1	1¼	1½
Salted almonds (g) 5) 8) 25)	10	20	30	40	50	60
Labne (g) 7) 19) 22) *	50	100	150	200	250	300
Not included						
Olive oil (tbsp)	½	3	4½	6	7½	9
Salt & pepper						to taste

* Keep in the refrigerator

NUTRIENT VALUES	PER SERVING	PER 100 G
Energy (kJ/kcal)	2780 / 665	458 / 109
Total fat (g)	33	5
Of which: saturated (g)	6,4	1,1
Carbohydrates (g)	63	10
Of which: sugars (g)	21,2	3,5
Fibre (g)	17	3
Protein (g)	18	3
Salt (g)	0,8	0,1

ALLERGENS

5) Peanuts 7) Milk/lactose 8) Nuts
May contain traces of: 19) Peanuts 22) Nuts 25) Sesame

6 SERVE

Transfer the **sweet potato** to plates. Top with the **chickpeas** and **vegetables** and garnish with the **almonds** and **coriander**. Serve with the **labne** and **lemon wedges**.

FACT: Did you know that this dish is very rich in fibre? It contains over half of the daily recommended amount. Most of this fibre is in the chickpeas, but the sweet potato and other vegetables contain them as well.

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





Asian style beef with chestnut mushrooms

with rice, pak choi and roasted sesame seed



Total: **25-30 min.**

Easy

Eat within **3** days

Calorie-conscious

Lactose free

Bok choy, tartar, mushrooms and soy sauce all in one dish? It may sound crazy, but these flavours go very well together and give the dish a Japanese twist. The roasted sesame seeds have a nutty flavour – a perfect way to garnish this meal.



Verse gember



Knoflookteentje



Sjalot



Sesamzaad



Chestnut mushrooms *



Spring onions *



Pak choi *



Brown rice



Fish sauce



Beef tartar *



Soy sauce

A GOOD START

EQUIPMENT

Pan with lid, kitchen towel and 2x frying pan.

Let's start cooking the **Asian style tartar with chestnut mushrooms**.



1 PREPARATION

Bring a generous amount of water to the boil in a saucepan with a lid for the **rice**. Peel the **ginger** and cut into thin slices. Press or mince the **garlic** and mince the **shallot**. Heat a frying pan without oil on medium-high heat and roast the **sesame seed** for 2 – 3 minutes until golden brown. Remove from the pan and set aside.



2 SLICE THE VEGETABLES

Clean the **chestnut mushrooms** with paper towel. Halve the **chestnut mushrooms** and cut any larger **chestnut mushrooms** in quarters. Cut the **spring onions** into fine rings. Remove the stalk from the **pak choi**, chop both the stems and the leaves of the **pak choi** into small pieces but keep the stems separate from the green leaves.



3 BOIL THE RICE

Cook the **rice** with the **ginger** ★, covered, for 12 – 15 minutes. Drain and set aside, with the lid on the pan. Remove the **ginger** from the **rice** before serving and season the **rice** with salt and pepper.



4 FRY THE PAK CHOI

Meanwhile, heat half of the sunflower oil in the same frying pan over medium heat and fry the **garlic** for 1 – 2 minutes. Add the white part of the **pak choi** and fry for 4 – 5 minutes, add the green of the **pak choi** and fry for another 2 minutes. Season with **fish sauce**.

5 FRY THE TARTAR

Meanwhile, heat the remaining sunflower oil in another frying pan over medium heat and fry the **shallot** for 2 minutes. Add the **beef tartar** and fry for 3 – 4 minutes. Add the **chestnut mushrooms** and the **soy sauce** and cook for another 4 – 5 minutes or until the **mushrooms** are soft. Season with pepper.



6 SERVE

Divide the **rice** over the plates and serve with the **tartar**, the **chestnut mushrooms** and the **pak choi**. Garnish with **spring onions** and **sesame seeds**.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Fresh ginger (cm)	2	3	4	5	6	7
Garlic clove (pc)	1	2	3	4	5	6
Shallot (pc)	1	2	3	4	5	6
Sesame seed (g) 11) 19) 22)	5	10	15	20	25	30
Chestnut mushrooms (g) *	125	250	375	500	625	750
Spring onions (pc) *	½	1	1½	2	2½	3
Pak choi (pc) *	½	¾	1	1½	1¾	2
Brown rice (g)	60	120	180	240	300	360
Fish sauce (ml) 4)	5	10	15	20	25	30
Beef tartar (g) *	100	200	300	400	500	600
Soy sauce (ml) 1) 6)	10	20	30	40	50	60
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	To taste					

* keep in the refrigerator

NUTRITIONAL VALUES	PER SERVING	PER 100 g
Energy (kJ/kcal)	2745 / 656	499 / 119
Total fat (g)	20	4
Of which: saturated (g)	4,6	0,8
Carbohydrates (g)	76	14
Of which: sugars (g)	8,1	1,5
Fibre (g)	10	2
Protein (g)	37	7
Salt (g)	3,1	0,6

ALLERGENS

1) Gluten 4) Fish 6) Soy 11) Sesame

May contain traces of: 19) Peanuts 22) Nuts

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





Farfalle with wild mushroom pesto

With chestnut mushrooms, lamb's ear lettuce and pecorino



Farfalle



Shallots



Chestnut mushrooms *



Wild mushroom pesto *



Lamb's lettuce *



Fresh curly parsley *



Grated pecorino *

Total: **20** min.

Quick & Easy

Very simple

Vegetarian

Eat within **5** days

Mushrooms are the king of this pesto dish. They are bursting with vitamin B which makes them perfect for boosting your immune system. The best moment to season fried mushrooms with salt is after frying them. This prevents them from losing too much moisture while frying. This changes the flavour as well as the texture.

A GOOD— START

EQUIPMENT: A **pan with a lid** and a **wok or deep saucepan**.
Let's start cooking the **farfalle with wild mushroom pesto**.



1 PREPARATION

- Bring plenty of water per person to the boil in a pan with a lid to cook the farfalle in.
- Boil the **farfalle**, covered, for 11 – 13 minutes. Drain and set aside, uncovered, to steam dry.
- Mince the **shallots**.
- Clean the **chestnut mushrooms** with a sheet of paper towel and cut them into quarters.



3 SEASON

- Coarsely tear the **lamb's ear lettuce**.
- Coarsely chop the **curly parsley**.
- Stir the **farfalle** into the **chestnut mushrooms** in the wok or deep saucepan and season with salt and pepper.

FACT: Farfalle has the shape of a bow tie, but the Italian translation for this pasta is literally 'butterflies'.



2 FRY

- Heat the olive oil in a wok or deep saucepan at medium-high heat and fry the **shallots** for 1 – 2 minutes.
- Add the **chestnut mushrooms** and fry for 5 – 7 minutes.
- Add the **wild mushroom pesto** and heat for 1 minute.



4 SERVE

- Transfer the **lamb's ear lettuce** to plates.
- Top with the **pasta**.
- Garnish with the **grated pecorino** and **curly parsley**.

SERVES 1 – 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Farfalle (g) 1) 17) 20)	90	180	270	360	450	540
Shallots (pcs)	½	1	1½	2	2½	3
Chestnut mushrooms (g) *	125	250	375	500	625	750
Wild mushroom pesto (g) 7) 8) *	40	80	120	160	200	240
Lamb's lettuce (g) 23) *	20	40	60	80	100	120
Fresh curly parsley (g) 23) *	2½	5	7½	10	12½	15
Grated pecorino (g) 7) *	15	25	50	65	75	100
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Salt & pepper						to taste

* Keep in the refrigerator

NUTRIENT VALUES	PER SERVING	PER 100 G
Energy (kJ/kcal)	3287 / 786	968 / 232
Fats (g)	45	13
Of which: saturated (g)	9,2	2,7
Carbohydrates (g)	70	21
Of which: sugars (g)	5,6	1,7
Fibre (g)	6	2
Protein (g)	22	7
Salt (g)	0,9	0,3

ALLERGENS

1) Glutens 7) Milk/lactose 8) Nuts
Can contain traces of: 17) Eggs 20) Soy 23) Celery

FACT: Did you know that all mushrooms are a fungi? They contain a similar amount of nutrients as vegetables. They are rich in vitamin B2, folic acid, potassium and fibres which makes them good for your energy level, blood pressure, digestion and sense of satiety.

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





GREEK GYROS DISH

with rice and fried peppers



Total: **20** min.

Easy

Eat within **5** days

Lactose free

Quick & Easy

Calorie-conscious

Gluten free

This evening you will be transported to a Greek taverna with this meal of gyros with rice and tomato. Greek cuisine is characterised by its generous use of herbs. You will also flavour this typical Greek comfort food with various herbs such as cumin, thyme and oregano. The flat leaf parsley gives the whole dish a little kick – the flavour of flat leaf parsley is slightly spicier than normal parsley.



Basmati rice



Yellow pepper *



Red pepper *



Onion



Garlic clove



Tomato paste



Ground cumin



Smoked paprika powder



Dried thyme



Dried oregano



Pork tenderloin gyros *



Tomato *



Fresh parsley *

A GOOD START

EQUIPMENT: Pan with a lid and a deep frying pan with a lid.
Let's start cooking the Greek gyros dish.



1 SLICE THE VEGETABLES

- Bring 250 ml of water per person to the boil in a saucepan with a lid for the **rice**. Crumble 1/2 stock cube per person above the pan and stir. Add the **rice** and cook the **rice**, covered, 10 – 12 minutes. Then drain if needed and set aside without a lid to steam dry.
- Slice the **yellow** and **red peppers** into thin strips. Cut the **onion** into thin half rings. Press or mince the **garlic**.



3 FINISH THE RICE

- In the meantime, dice the **tomato**.
- Finely chop the **flat leaf parsley**.
- Mix the **rice** with the **tomato** and half of the **flat leaf parsley**. Season with salt and pepper.



2 FRY THE GYROS

- Heat the olive oil in a frying pan with a lid on medium-high heat. Fry the **tomato paste**, **cumin**, **paprika powder**, **thyme**, **oregano** and **garlic** 1–2 minutes. Add the **onion** and the **red** and **yellow peppers** then fry for 2 – 3 minutes more.
- Add the **gyros** and stir fry for 1 – 2 minutes. Cover the pan, reduce the heat and let the **gyros** simmer for another 6 minutes.



4 SERVE

- Transfer the **rice** to plates and serve the **gyros** over top.
- Garnish with the remaining **flat leaf parsley**.

SERVING INGREDIËNTEN

	1P	2P	3P	4P	5P	6P
Basmati rice (g)	85	170	250	335	420	500
Yellow pepper (pc) *	½	1	1½	2	2½	3
Red pepper (pc) *	½	1	1½	2	2½	3
Onion (pc)	½	1	1½	2	2½	3
Garlic clove (pc)	½	1	1½	2	2½	3
Tomato paste (pot)	¼	½	¾	1	1¼	1½
Ground cumin (tsp)	½	1	1½	2	2½	3
Smoked paprika powder (tsp)	1	2	3	4	5	6
Dried thyme (tsp)	½	1	1½	2	2½	3
Dried oregano (tsp)	1	2	3	4	5	6
Pork tenderloin gyros (g) *	120	240	360	480	600	720
Tomato (pc) *	1	2	3	4	5	6
Fresh parsley (g) *	2½	5	7½	10	12½	15
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Vegetable stock cube (pc)	½	1	1½	2	2½	3
Salt & pepper	to taste					

* Keep in the refrigerator

NUTRITIONAL VALUES	PER SERVING	PER 100 G
Energy (kJ/kcal)	2784 / 666	509 / 122
Total fat (g)	18	3
Of which: saturated (g)	3,5	0,7
Carbohydrates (g)	85	16
Of which: sugars (g)	14,4	2,6
Fibre (g)	8	1
Protein (g)	35	6
Salt (g)	3,1	0,6

ALLERGENS

-

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





CHICKEN STUFFED WITH SPINACH AND GOAT CHEESE SERVED WITH PESTO-POTATOES AND ASPARAGUS SALAD



30 min

Easy

Eat within 5 days

Gluten free

Today you will place a flavourful, green dish on the table. Not only the salad contains green vegetables, but you will stuff the chicken with a lovely mixture of green pesto, spinach and goat cheese. Is the barbecue already outside? Then you can also cook the chicken on the barbecue.



Waxy potatoes



Green pesto *



Spinach *



Fresh goat cheese *



Chicken fillet *



Green asparagus *



Peas *



White courgette *



Lemon *



Hazelnuts

A GOOD — START

EQUIPMENT Salad bowl, deep frying pan with a lid, baking sheet lined with baking paper, vegetable peeler, frying pan and pan with lid.

Let's start cooking the **chicken** stuffed with **spinach** and **goat cheese**.



1 FRY THE POTATOES

Preheat the oven to 200 degrees. Wash the **potatoes** and cut into pieces of 1 to 2 cm. Heat 1 tbsp olive oil per person in a frying pan with a lid and fry the **potatoes**, covered, over medium heat, for 20 – 25 minutes. Turn regularly. After 15 minutes, remove the lid from the pan, add ½ tbsp **pesto** per person and stir. Season with salt and pepper.



2 SPINACH-CHEESE FILLING

Meanwhile, heat the remaining olive oil in a frying pan and fry half of the **spinach** for 2 – 3 minutes, or until the **spinach** wilts. Add ⅓ of the **goat cheese** and the remainder of the **pesto**. Stir well.



3 STUFF THE CHICKEN

Cut the **chicken fillet** down the length, but don't cut all the way through – you need to be able to stuff the **chicken fillet**. Place the **chicken fillet** on a baking sheet lined with baking paper. Stuff the **chicken fillet** with the **spinach-goat cheese** mixture, fold closed and season with pepper and salt. Bake the **chicken fillet** for 15 – 20 minutes in the oven.



4 PREPARE THE SALAD

Bring a small layer of water with a pinch of salt to the boil in a pan with a lid. Remove 2 cm from the bottom of the **asparagus**. Cook the **asparagus** and **peas** together for 2 – 3 minutes in the pan with a lid. Then drain and rinse with cold water. Grate the **white courgette** with a cheese slicer or vegetable peeler in ribbons. Cut the **lemon** into quarters, save 1 per person for serving and squeeze the rest. Coarsely chop the **hazelnuts**★.

5 MAKE A SALAD

In a salad bowl, make a dressing with the extra virgin olive oil, honey, mustard and 1/2 tbsp of lemon juice per person. Season with salt and pepper. Mix the rest of the **spinach**, the **courgette ribbons**, the **peas** and the **green asparagus** in the salad bowl with the dressing.

6 SERVE

Transfer the **pesto-potatoes** to plates. Place the **stuffed chicken fillet** next to it and crumble the rest of the **goat cheese** over top. Serve with the salad and garnish with the **hazelnuts** and **lemon wedges**.

★**TIP:** Hazelnuts get a lot of flavour by quickly frying or roasting them (without oil). Heat a frying pan over medium heat and roast the chopped hazelnuts until they start to colour.

1–6 PERSONEN INGREDIËNTEN

	1P	2P	3P	4P	5P	6P
Waxy potatoes (g)	300	600	900	1200	1500	1800
Green pesto (g) 7) 8) *	20	40	60	80	100	120
Spinach (g) *	50	100	150	200	250	300
Fresh goat cheese (g) 7) *	25	50	75	100	125	150
Chicken fillet (g) *	110	220	330	440	550	660
Green asparagus (g) *	50	100	150	200	250	300
Peas (g) 23) *	25	50	75	100	125	150
White courgette (pc) *	1/3	2/3	1	1 1/3	1 1/3	2
Lemon (pc) *	1/4	1/2	3/4	1	1 1/4	1 1/2
Hazelnuts (g) 8) 19) 25)	10	20	30	40	50	60
Not included						
Olive oil (tbsp)	1 1/2	3	4 1/2	6	7 1/2	9
Honey (tsp)	1	2	3	4	5	6
Mustard (tsp)	1/2	1	1 1/2	2	2 1/2	3
Extra virgin olive oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Salt & pepper						To taste

* Keep in the refrigerator

NUTRITIONAL VALUES PER SERVING PER 100 G

Energy (kJ/kcal)	3893 / 931	538 / 129
Total fat (g)	48	7
Of which: saturated (g)	9,8	1,4
Carbohydrates (g)	75	10
Of which: sugars (g)	13,4	1,9
Fibre (g)	11	2
Protein (g)	43	6
Salt (g)	0,8	0,1

ALLERGENS

7) Milk/lactose 8) Nuts

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

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



PORK TENDERLOIN WITH A PISTACHIO THYME CRUST WITH CARAMELISED CHICORY AND CREAMY CELERIAC-APPLE PUREE



Fresh
thyme *



Pistachios



Garlic
clove



Pork
tenderloin *



Celeriac



Floury
potatoes



Apple



Chicory *



Mascarpone *

45 min.

Gluten-free

Several steps

Eat within 3 days

This dish is an ode to beautiful flavour combinations such as pork, chicory and apple, and pistachio and thyme. Caramelising the chicory gives it a very different flavour than you're used to. Pork tenderloin is the most tender piece of pork. As opposed to other pieces of pork, this cut can also be eaten pink.

A GOOD — START

BASIC NECESSITIES

A baking sheet lined with baking paper, a pan with a lid, a frying pan with a lid and a potato masher.

Let's start cooking the **pork tenderloin** with a pistachio-thyme crust.



1 PREPARE THE PORK TENDERLOIN

Pre-heat the oven to 180 degrees. Strip the leaves from the **thyme** sprigs. Finely chop the **pistachios** and **garlic** and mix with half the **thyme**, salt and pepper on a plate ★. Roll the **pork tenderloin** through the **pistachio mixture** and press to form a crust. Transfer to a baking tray lined with baking paper and bake in the oven for 20 – 25 minutes. Allow to rest for a couple of minutes.



4 CARAMELISE THE CHICORY

In the meantime, cut the **chicory** in half lengthwise. Heat the butter with sugar in a frying pan with a lid at medium-high heat and place the **chicory** in the pan with the cutting edge facing down. Season to taste with salt. Leave it for 10 minutes, then turn and cook, covered, for 5 – 7 minutes. If you find the brown part of the **chicory** too tough, feel free to cut it off.



2 PREPARE THE PUREE

In the meantime, bring ample water to the boil in a pan with a lid for the potatoes and celeriac. Peel the **celeriac**, weigh 150 g per person and cut into 1 cm cubes ★. Peel the **potatoes** and cut into coarse pieces. Peel the **apple**, remove the core and cut into coarse pieces.



5 MAKE THE PUREE

Puree the **potatoes**, **celeriac**, **apple** and **mascarpone** with a potato masher to create a fine puree. Season to taste with salt and pepper.

★ **TIP:** You can also grind the garlic, pistachios and thyme in a blender.



3 BOIL

Add the **potatoes**, **celeriac** and a generous pinch of salt to the pan with boiling water and boil for 17 – 20 minutes until done. Add the **apple** for the final 2 – 3 minutes. Drain and set aside, uncovered, to steam dry.



6 SERVE

Cut the **pork tenderloin** into slices. Transfer the **puree** and **pork tenderloin** to plates. Serve with the caramelised **chicory**. Garnish with the remaining **thyme** and **pistachios** that have come off of the **pork tenderloin**.

★★ **TIP:** It is very important to cut the celeriac into smaller pieces than the potatoes. Celeriac needs more time to cook than the potatoes, so this will ensure they are done at the same time.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Fresh thyme (g) *	2½	5	7½	10	12½	15
Pistachios (g) 8) 19) 25)	25	50	75	100	125	150
Garlic (cloves)	1	2	3	4	5	6
Pork tenderloin (pcs) *	1	2	3	4	5	6
Celeriac (g) 9)	150	300	450	600	750	900
Crumbly potatoes (g)	150	300	450	600	750	900
Apple (pcs)	½	⅔	1	1½	1¾	2
Chicory (pcs) *	1	2	3	4	5	6
Mascarpone (g) 7) *	15	30	45	60	75	90
Not included						
Butter (tbsp)	1½	3	4½	6	7½	9
Sugar (tsp)	2	4	6	8	10	12
Salt & pepper	to taste					

* Keep in the refrigerator

NUTRIENT VALUES	PER SERVING	PER 100 G
Energy (kJ/kcal)	3433 / 821	515 / 123
Fats (g)	41	6
Of which: saturated (g)	19,6	2,9
Carbohydrates (g)	67	10
Of which: sugars (g)	23,2	3,5
Fibre (g)	15	2
Protein (g)	39	6
Salt (g)	0,2	0,0

ALLERGENS

7) Milk/lactose 8) Nuts 9) Celery

Can contain traces of: 19) Peanuts 25) Sesame

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

#HelloFresh

1

EGG MUFFINS

With bacon, spring onion and cheese

2

SMOOTHIE WITH BANANA

With coconut milk and date pieces

3

CRACKERS WITH HAM

With herbed cheese and lamb's lettuce seeds

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

**BREAKFAST 1****EGG MUFFINS**

With bacon, spring onion and cheese



- 1 Pre-heat the oven to 180 degrees. Grease 2 cavities of a muffin mould per person with sunflower oil.
- 2 Finely chop the **spring onion** and cut the **bacon** into thin strips. Break the **eggs** over a bowl and whisk together with the milk using a fork or whisk.
- 3 Mix the **spring onion**, **bacon** and **grated cheese** into the **eggs**. Season to taste with **paprika**, salt and pepper.
- 4 Transfer the **egg mixture** to the greased muffin moulds. Bake the **egg muffins** for 25 – 30 minutes until golden-brown.

INGREDIENTS FOR 1 BREAKFAST

	2P	4P
Spring onions (pcs) *	1	2
Bacon (rashers) *	4	8
Free-range eggs (pcs) 3) *	4	8
Grated matured cheese (g) 7) *	25	50
Paprika (tsp)	1/2	1
Not included		
Sunflower oil (tbsp)	1/2	1
Milk (tbsp)	2	4
Salt & pepper	To taste	

* Keep in the refrigerator

EQUIPMENT

A muffin mould and a bowl

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	1420 / 340	647 / 155
Fats (g)	26	12
Of which: saturated (g)	9,5	4,3
Carbohydrates (g)	4	2
Of which: sugars (g)	3,2	1,4
Fibre (g)	2	1
Protein (g)	23	10
Salt (g)	1,1	0,5

ALLERGENS

3) Eggs 7) Milk/lactose

BREAKFAST 2**SMOOTHIE WITH BANANA**

With coconut milk and date pieces



1 Cut the **banana** into slices and **mix** with the **coconut milk**, **oatmeal** and half the **date pieces** in a blender or hand-held blender with a blender pitcher until a thick smoothie forms.

2 Mix the **smoothie** with the **yoghurt** and a splash of water if necessary. Add half the honey and mix a bit more.

3 Transfer the **smoothie** to bowls or glasses and garnish with the remaining **date pieces** and honey.

2x**INGREDIENTS
FOR 1 BREAKFAST**

	2P	4P
Bananas (pcs)	2	4
Coconut milk (ml) 26)	75	150
Oatmeal (g) 1) 19) 22) 25)	75	150
Date pieces (g) 19) 22)	25	50
Bulgarian yoghurt (ml) 7) 15) 20) *	125	250
Honey (jar)	1	2

* Keep in the refrigerator

EQUIPMENT

A blender or hand-held blender with a blender pitcher.

NUTRIENT VALUE

	PER SERVING	PER 100 G
Energy (kJ/kcal)	1943 / 465	661 / 158
Fats (g)	13	4
Of which: saturated (g)	8,3	2,8
Carbohydrates (g)	74	25
Of which: sugars (g)	44,1	15,0
Fibre (g)	6	2
Protein (g)	10	3
Salt (g)	0,1	0,0

ALLERGENS

1) Glutens 7) Milk/lactose

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

26) Sulphite

2x**BREAKFAST 3****CRACKERS WITH HAM**

With herbed cheese and lamb's lettuce



1 Top 3 rusks per person with a slice of **ham**.

2 Transfer the **lamb's lettuce** to the rusks and sprinkle with the **herbed cheese** cubes.

TIP: Got some extra time and honey? Make a dressing of 1 tsp honey per person, 2 tsp olive oil per person, salt and pepper and drizzle over the ham.

**INGREDIENTS
FOR 1 BREAKFAST**

	2P	4P
Sourdough crackers (pcs) 1) 21) 25)	6	12
Ham (slices) 7) 15) *	6	12
Lamb's lettuce (g) 23) *	10	20
Herbed cheese cubes (g) 7) *	25	50

* Keep in the refrigerator

	PER SERVING	PER 100 G
Energy (kJ/kcal)	1002 / 240	915 / 219
Fats (g)	6	5
Of which: saturated (g)	3,2	3,0
Carbohydrates (g)	25	23
Of which: sugars (g)	0,3	0,3
Fibre (g)	8	7
Protein (g)	17	16
Salt (g)	1,8	1,7

ALLERGENS

1) Glutens 7) Milk/lactose

May contain traces of: 15) Glutens 21) Milk/lactose 23) Celery

25) Sesame