



Pasta tricolore in tuna-pesto sauce with cherry tomatoes

With a green salad garnished with pine nuts



ESPIGA BRANCO

This pasta dish is typified by rich, outspoken flavours. Espiga is full-bodied and well able to hold its own: a perfect complement!



Onion



Red cherry tomatoes



Tuna in olive oil



Conchiglie tricolore



Pine nuts



Mesclun



Green pesto Genovese



Total:



Easy



Eat within 3 days



Original



Quick & Easy



Family

Conchiglie tricolore are conch-shaped pasta in three colours. Together with the green pesto and red cherry tomatoes, they make this dish a feast for the eyes! Green pesto is a wonderful ingredient in many dishes, but did you know that it's also a delicious combination with tuna?

A GOOD — START

EQUIPMENT

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

Let's start cooking the **pasta tricolore with a tuna-pesto sauce and cherry tomatoes**.



1 PREPARATION

Bring 500 ml water per person to the boil in a pan with a lid for the **conchiglie tricolore**. Mince the **onion** and halve the **red cherry tomatoes**. Drain the **tuna**, reserving the olive oil.



2 COOK THE CONCHIGLIE

In the meantime, cook the **conchiglie** in the pan with a lid, covered, for 14 - 16 minutes. Drain and set aside, uncovered, to steam dry.



3 TOAST THE SUNFLOWER SEEDS

Heat a wok or deep saucepan at high heat and toast the **sunflower seeds**, without any oil, until golden brown.



4 MAKE THE SALAD

While the **pasta** is cooking, mix the **mesclun** with a little bit of the **pesto** in a salad bowl. Season to taste with salt and pepper. Drizzle with a little extra-virgin olive oil to taste.



5 PREPARE THE SAUCE

Heat 1 tbsp oil reserved from the **tuna** per person in the same wok or deep saucepan and fry the **cherry tomatoes** and the **onion** for 5 minutes at medium heat (be careful, the oil can spatter if the pan is too hot). Add the **tuna**, the **conchiglie** and the remaining **pesto**. Season to taste with salt and pepper.



6 SERVE

Serve the **pasta** in **tuna sauce** with the **mesclun**. Garnish with the **pine nuts**.

★ TIP

Are you running short of time? Make a lukewarm pasta salad. Mix the tuna, cherry tomatoes, pesto, mesclun and onion directly with the cooked pasta.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Onions (pcs)	½	1	1½	2	2½	3
Red cherry tomatoes (g) *	125	250	375	500	625	750
Tuna in olive oil (tin) 4)	1	2	3	4	5	6
Conchiglie tricolore (g) 1)	90	180	270	360	450	550
Pine nuts (g) 19) 22)	10	20	30	40	50	60
Mesclun (g) 23) *	30	60	80	120	140	160
Green pesto Genovese (g) 7) 8) *	40	80	120	160	200	240
Extra-virgin olive oil *				to taste		
Salt & pepper*				to taste		

*Not included | * Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3753 / 897	637 / 152
Total fat (g)	51	9
Of which: saturated (g)	8.3	1.4
Carbohydrates (g)	72	12
Of which: sugars (g)	7.4	1.3
Fibre (g)	10	2
Protein (g)	31	5
Salt (g)	1.0	0.2


ALLERGENS

1) Glutens 4) Fish 7) Milk/lactose 8) Nuts

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

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Savoury köfte in a sweet and spicy sauce

With rice and curly parsley



SWEET PEPPER IN THE SPOTLIGHTS

In the next few months, we will be putting the sweet pepper in the spotlights and inspiring you with surprising sweet pepper recipes.



Shallot



Turkish chilli peppers



Green sweet pepper



Tomato



Seasoned minced beef



Brown rice



Ground cinnamon



Ground cumin



Tomato paste



Raisins



Curly parsley

Total: 40-45 min.

Original

Several steps

Gluten-free

Eat within 3 days

Lactose-free

The minced beef that you will use for the köfte has been seasoned by our butcher especially for this recipe with delicious Oriental flavourings such as cumin, cardamom and coriander. The sauce is bursting with flavour. The sambal makes it spicy, while the raisins add a sweet touch.

A GOOD START

EQUIPMENT

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

Let's start cooking the **savoury köfte** in a **sweet and spicy sauce**.



1 PREPARE THE KÖFTE

Bring 200 ml water per person to the boil for the rice. Finely dice the **shallots**. Discard the top of the **Turkish pepper**. Take the pepper between your hands and rub gently. Rinse with water to remove the seeds. Slice the **Turkish pepper** into thin rings and dice the **green sweet pepper** and the **tomato**. Make four meatballs per person from the **minced beef**, and roll into **sausages** approximately as long as your thumb (köfte).



4 MAKE THE SAUCE

Heat the same wok or deep saucepan to low heat and sauté the remaining **shallot** for 1 minute in the fat from the köfte. Add the **Turkish pepper**, **green sweet pepper**, **tomato**, **sambal**, **cinnamon** and **cumin** and stir-fry for another minute.

★ TIP

This dish is rich in calories. Are you keeping an eye on your calorie intake? Use only half the amount of rice. You can use the rest to make a delicious breakfast porridge. You will find the recipe on our blog.



2 BOIL THE RICE

Heat the olive oil in a pan with a lid and gently fry half the **shallot** for 1 minute at low heat. Add the **rice**, season to taste with salt and fry, stirring constantly, for 1 minute. Pour the boiling water over the **rice** and bring to the boil, covered. Gently simmer for 12 – 15 minutes. Drain if needed, and allow to steam dry, uncovered (if necessary).



5 CHOP THE PARSLEY

Next, add the **tomato paste** and 50 ml water per person to the sauce and season to taste with salt and pepper. Put the köfte back in the pan, add the **raisins** and simmer gently, covered, for 10 minutes. In the meantime, finely chop the **curly parsley**.



3 FRY THE KÖFTE

In the meantime, heat the remaining olive oil in a wok or deep saucepan and fry the köfte for 5 minutes at medium to high heat until brown on all sides. Remove from the pan and set aside.



6 SERVE

Transfer the **rice** to plates. Scoop the sauce onto the rice and garnish with the **curly parsley**.

★ TIP

To make the meatballs softer, you can add a beaten egg to the minced beef before shaping them.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Shallots (pcs)	1	2	3	4	5	6
Turkish red chilli peppers (pcs) *	1	2	3	4	5	6
Green sweet peppers (pcs) *	½	1	1½	2	2½	3
Tomatoes (pcs) *	1	2	3	4	5	6
Seasoned minced beef (g) *	110	220	330	440	550	660
Brown rice (g)	85	170	250	335	420	500
Ground cinnamon (tsp)	¼	½	¾	1	1¼	1½
Ground cumin (tsp)	½	1	1½	2	2½	3
Tomato paste (tin)	⅓	⅔	1	1⅓	1⅔	2
Raisins (g) (19) (22)	20	30	40	50	60	70
Curly parsley (sprigs) (23) *	5	8	10	13	16	20
Olive oil* (tbsp)	½	1	1½	2	2½	3
Sambal* (tsp)	½	1	1½	2	2½	3
Salt & pepper*	to taste					

*Not included | * Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3360 / 803	432 / 103
Total fat (g)	23	3
Of which: saturated (g)	7.1	0.9
Carbohydrates (g)	99	13
Of which: sugars (g)	35.6	4.6
Fibre (g)	9	1
Protein (g)	44	6
Salt (g)	0.6	0.1

ALLERGENS

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

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ORIENTAL NOODLES WITH CHINESE CABBAGE AND COCONUT

With chestnut mushrooms, coriander and peanuts



Total: **25-30** min.

Easy

Eat within **5** days

Original

Quick & Easy

Lactose-free

This tasty Oriental noodle dish is sweet as well as spicy. The grated coconut gives it a sweet touch, while the red chilli peppers and ginger add a contrastingly spicy note. You will be making a sauce with brown sugar, soy sauce and white vinegar that brings all the flavours perfectly into balance.



CABRIZ TINTO

We selected a red wine because of the chestnut mushrooms. Cabriz is ripened in oak casks, giving it a hint of vanilla and a creaminess that perfectly complements the coconut in this dish.



Red onion



Red chilli pepper *



Fresh ginger



Chestnut mushrooms *



Chinese cabbage *



Noodles



Ground lemongrass



Soy sauce



Salted peanuts



Fresh coriander *



Grated coconut

A GOOD START

EQUIPMENT

A pan with a lid, a grater and a wok or deep saucepan.

Let's start cooking the **Oriental noodles with Chinese cabbage and coconut**.



1 CHOP THE VEGGIES

Bring 500 ml water per person to the boil in a pan with a lid to cook the noodles in. Finely dice the **red onion**. Remove the seed pods from the **red chilli pepper** and finely chop the **red chilli pepper**. Peel the **ginger** and grate it with a fine grater. Cut the **chestnut mushrooms** into quarters, and any bigger ones into smaller pieces. Cut the **Chinese cabbage** into strips



4 PEANUTS AND CORIANDER

In the meantime, coarsely chop the **peanuts** and finely chop the **coriander**.



2 COOK THE NOODLES

Cook the **noodles** in the pan with a lid, covered, for 3 minutes. Drain and rinse under cold water.



5 SEASON

Add most of the **grated coconut** and half the **peanuts** to the vegetables. Next, add the **noodles**, season to taste with salt and pepper and heat for another minute at medium to high heat.

★ TIP

Do you like your food spicy? Use a little more red chilli pepper or add a little sambal.



3 FRY THE VEGETABLES

While the noodles are cooking, heat the olive oil in a wok or deep saucepan and stir-fry the **red chilli pepper** and the **lemongrass** for 2 – 3 minutes at medium-high heat. Add the **chestnut mushrooms** and the **Chinese cabbage** and stir-fry for 5 – 6 minutes at high heat (see tip). After 3 minutes, add the **soy sauce**, brown sugar and white wine vinegar.



6 SERVE

Transfer the dish to plates and garnish with the **coriander**, the remaining **peanuts** and the rest of the **grated coconut**.

★ TIP

Cabbage reduces enormously in volume when you cook it. Do you have any Chinese cabbage left over, and would like more vegetables? Simply add more to this dish.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Red onions (pcs)	½	1	1½	2	2½	3
Red chilli peppers (pcs) *	¼	½	¾	1	1¼	1½
Fresh ginger (cm)	1	2	3	4	5	6
Chestnut mushrooms (g) *	100	200	300	400	500	600
Chinese cabbage (g) *	150	300	450	600	750	900
Noodles (packet 1)	⅓	⅔	1	1⅓	1⅔	2
Ground lemongrass (tsp)	½	1	1½	2	2½	3
Soy sauce (ml) 1) 6)	10	20	30	40	50	60
Salted peanuts (g) 5) 22) 25)	25	50	75	100	125	150
Fresh coriander (sprigs) 23) *	8	10	12	14	16	18
Grated coconut (g) 19) 22) 25)	5	10	15	20	25	30
Olive oil* (tbsp)	½	1	1½	2	2½	3
Brown sugar* (tsp)	1	2	3	4	5	6
White wine vinegar* (tsp)	1	2	2	3	3	4

Salt & pepper* to taste

*Not included | * Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2385 / 570	492 / 118
Total fat (g)	24	5
Of which: saturated (g)	6.0	1.2
Carbohydrates (g)	65	13
Of which: sugars (g)	8.7	1.8
Fibre (g)	9	2
Protein (g)	21	4
Salt (g)	2.6	0.5

ALLERGENS

1) Glutens 5) Peanuts 6) Soy

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

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Fish en papillote with fennel and dill

With fried potatoes and cucumber in an orange dressing



SYNERA BLANCO

You would think Synera Blanco had been made specially to go with this delicious, light fish dish. This wine is fresh and aromatic, with plenty of fruity citrus notes.



Nicola potatoes



Dried thyme



Fennel *



Orange



Cucumber *



Cod *



Dill *

Total: **40-45** min.

Discovery

Several steps

Calorie-conscious

Eat within **3** days

Lactose-free

Gluten-free

The cod is prepared by wrapping it in tin foil and baking it in the oven. Because the heat and moisture are trapped by the foil, the fish will steam in its own juices and flavours. Since you will not need to add any fat or oil, this preparation method is not only delicious, but very healthy!

A GOOD START

EQUIPMENT

A wok or deep saucepan with a lid, a wok or deep saucepan, a grater, some tinfoil and a mixing bowl.
Let's start cooking the **fish en papillote with fennel and dill**.



1 FRY THE POTATOES

Pre-heat the oven to 200 degrees. Thoroughly scrub or peel the **potatoes** (Nicola) and cut into wedges. Heat the olive oil in a wok or deep saucepan with a lid and fry the **potato wedges**, together with the **thyme**, covered, for 25 – 30 minutes at medium-high heat. Turn regularly and season with salt and pepper. Take the lid off the pan after 20 minutes.



2 CHOP THE FENNEL

While the potatoes are cooking, cut the **fennel** into quarters, remove the hard core and cut the **fennel** into thin strips. Heat the sunflower oil in another wok or deep saucepan and gently fry the **fennel** for 4 – 6 minutes at medium-high heat.



3 SLICE THE CUCUMBER

In the meantime, grate the **orange** peel (zest) and juice the **orange**. Slice the **cucumber** lengthwise into long ribbons using a knife or vegetable peeler.



4 MAKE THE PAPILOTES

Transfer the **fennel** to 1 sheet of tin foil per person. Put a piece of **cod** and 1 sprig of **dill** per person in the centre of each sheet. Garnish with 1 tbsp **orange zest** per person, and sprinkle with 1 tbsp **orange juice** per person. Season to taste with salt and pepper (see tip!). Carefully fold the papillotes to seal them closed and bake for 11 – 14 minutes in the oven, or until the fish is done.



5 PREPARE THE DRESSING

In the meantime, chop the remaining **dill**. In a bowl, whisk together a dressing of extra-virgin olive oil, mustard, white balsamic vinegar, honey, **dill** and 2 tbsp **orange juice** per person and season with salt and pepper. Add the **cucumbers** to the dressing and toss well.

★ TIP

Do you like your food spicy? Sprinkle a little Tabasco or cayenne pepper on the fish in the papillotes.



6 SERVE

Transfer the **potato wedges** and the fish papillotes to plates (open carefully: hot steam will escape!) Serve with the **cucumber salad**.

★ TIP

Are keeping an eye on your calorie intake? Don't whisk any extra-virgin olive oil into the dressing. Boil the potato wedges, or make mashed potatoes using only stock.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Nicola potatoes (g)	300	600	900	1200	1500	1800
Dried thyme (tsp)	1	2	3	4	5	6
Fennel (bulbs) *	½	1	1½	2	2½	3
Oranges (pcs)	¼	½	¾	1	1¼	1½
Cucumbers (pcs) *	¼	½	¾	1	1¼	1½
Cod (skinned) (100g) 4) *	1	2	3	4	5	6
Dill (sprigs) 23) *	2	4	6	8	10	12
Olive oil* (tbsp)	1	2	3	4	5	6
Sunflower oil* (tbsp)	½	1	1½	2	2½	3
Extra-virgin olive oil* (tbsp)	1	2	3	4	5	6
Mustard* (tsp)	1	2	3	4	5	6
White balsamic vinegar* (tsp)	1	2	3	4	5	6
Honey* (tsp)	½	1	1½	2	2½	3
Salt & pepper*	to taste					

*Not included | * Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2502 / 598	379 / 90
Total fat (g)	23	3
Of which: saturated (g)	3.4	1
Carbohydrates (g)	65	10
Of which: sugars (g)	10.3	2
Fibre (g)	10	2
Protein (g)	28	4
Salt (g)	0.5	0


ALLERGENS

4) Fish

May contain traces of: 23) Celery

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CHICKEN DRUMSTICKS WITH ONION GRAVY AND POTATOES

With roasted broccoli



MASAN ROUGE

The best drink to go with this no-nonsense dish is – you guessed it – a no-nonsense wine. Masan is a juicy and uncomplicated wine, with red fruit and a hint of Mediterranean herbs.



Broccoli ✨



Seasoned chicken drumsticks ✨



Garlic



Nicola potatoes



Fresh parsley ✨



Savoury onion chutney ✨

Total: **30-35** min.

Original

Easy

Family

Eat within **3** days

Quick & Easy

Gluten-free

If you cook a simple ingredient like onion slowly, this cooking process will bring out an intense flavour. In this recipe, you will be making a quick gravy with savoury onion chutney for an outspoken flavour. Additionally, the gravy goes wonderfully well with the chicken and boiled potatoes.

A GOOD START

EQUIPMENT

A **baking tray lined with baking paper**, a **deep saucepan with a lid** and a **pan with a lid**.
Let's start cooking the **chicken drumsticks with onion gravy and potatoes**.



1 ROAST THE BROCCOLI

Pre-heat the oven to 220 degrees. Cut the **broccoli** head into florets and dice the stem. Transfer the **broccoli** to a baking tray lined with baking paper, drizzle with olive oil and season to taste with salt and pepper. Roast in the oven for 15 – 20 minutes (see tip). Turn when halfway done. In the meantime, scar the **chicken drumsticks** through to the bone at two places and press or finally chop the **garlic**.



4 CHOP THE PARSLEY

In the meantime, finely chop the **fresh parsley**.



2 FRY THE CHICKEN

Heat the butter in a deep saucepan with a lid and fry the **chicken drumsticks** for 5 minutes at high heat until brown all around. Add the **garlic** and fry for another minute. Turn down the heat, add 1 tbsp water per person and simmer, covered, for 15 – 18 minutes at medium-low heat. Turn regularly. Remove the **drumsticks** from the pan when they are done and set aside.



5 MAKE THE JUS

Heat the same deep saucepan to medium-high heat and add the red wine vinegar, the **savoury onion chutney** and 1 – 2 tbsp water per person (see tip). Turn down the heat and allow to simmer for 1 – 2 minutes, or until the gravy has reached the desired viscosity.

★ TIP

Why add red wine vinegar to gravy? The slightly acidic note makes for a deeper, more complex flavour.



3 BOIL THE POTATOES

While the drumsticks are cooking, thoroughly rinse or peel the **potatoes** (Nicola) and cut into coarse pieces. Put the **potatoes**, barely covered with water in a pan with a lid. Bring to the boil and cook for 12 – 15 minutes until done. Drain and set aside, uncovered, to steam dry.



6 SERVE

Transfer the **potatoes** to plates and pour a little gravy over them. Serve with the **broccoli** and the **chicken drumsticks**. Garnish with the **parsley**.

★ TIP

Do you like to try out new things? Roast the broccoli for 5 – 10 minutes longer until it begins to show dark spots. This will make the broccoli crunchier and give it a more intense flavour.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Broccoli (g) *	200	400	600	800	1000	1200
Seasoned chicken drumsticks (pcs) *	2	4	6	8	10	12
Garlic (cloves)	1	2	3	4	5	6
Nicola potatoes (g)	250	500	750	1000	1250	1500
Fresh parsley (sprigs) 23) *	3	6	9	12	15	18
Savoury onion chutney (g) 19) 22) *	40	80	120	160	200	240
Olive oil* (tbsp)	1	2	3	4	5	6
Butter* (tbsp)	¾	1½	2¼	3	3¾	4½
Red wine vinegar* (tsp)	½	1	1½	2	2½	3
Salt & pepper*	to taste					

*Not included | * Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3535 / 845	509 / 122
Total fat (g)	41	6
Of which: saturated (g)	12.2	1.8
Carbohydrates (g)	70	10
Of which: sugars (g)	23.0	3.3
Fibre (g)	12	2
Protein (g)	44	6
Salt (g)	0.7	0.1

ALLERGENS

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

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Green curry with noodles and a boiled egg

With stir-fried veggies



RAMON ROQUETA BLANCO

Chardonnay and coconut both have something creamy, and the tastes merge together beautifully. A combination always guaranteed to be a hit!



Spring onions



Lime



Fresh coriander ✨



Sesame seeds



Coconut milk



Free-range egg ✨



Noodles



Green curry paste ✨



Vegetable mix ✨

Total: 25-30 min.

Family

Easy

Vegetarian

Eat within 5 days

This curry with coconut milk and stir-fried veggies is a perfect dish for the entire family: ready in no time at all and, depending on how much curry paste you add, you can make it as spicy as you like. Today, you will be making this dish with noodles instead of the customary rice. Just before serving, you will mix a beaten egg through the noodles for a lovely, velvety texture.

A GOOD START

EQUIPMENT

A pan with a lid, a frying pan, a small saucepan with a lid, a mixing bowl and a wok or deep saucepan. Let's start cooking the **green curry with noodles and a boiled egg**.



1 CHOP THE VEGGIES

Bring 500 ml water per person to the boil in a pan with a lid to cook the noodles in. Cut the **spring onions** into thin rings, setting aside the white and green parts separately. Slice the **lime** into wedges and coarsely chop the **coriander**.



2 TOAST THE SESAME SEEDS

Heat a frying pan, without oil, at high heat and toast the **sesame seeds** for 3 - 4 minutes. Remove from the pan and set aside. In the meantime, thoroughly stir the **coconut milk** to remove any lumps.



3 BOIL THE EGGS

Bring plenty of water to the boil in a saucepan with a lid, add one **egg** per person and boil for 6 - 8 minutes until hard. Immerse the **eggs** in cold water and peel the **eggs**. In the meantime, beat the remaining **eggs** in a bowl using a fork. Boil the **noodles**, covered, in the pan with a lid for 3 - 4 minutes. Drain and rinse under cold water.



4 FRY THE VEGETABLES

In the meantime, heat the remaining sunflower oil in a wok or deep saucepan and stir-fry the white part of the **spring onion** for 1 minute at medium-low heat. Stir in the **green curry paste** and fry for another minute (see tip). Add the **veggie mix** and stir-fry for 2 - 3 minutes.



5 PREPARE THE CURRY

Add the **coconut milk** to the **vegetables** and heat for another minute. Stir the **noodles** and the beaten raw **egg** into the vegetables and heat until the **egg** has set. Season to taste with salt and pepper.



6 SERVE

Transfer the curry to plates. Cut the boiled **eggs** in half and place on top of the curry. Garnish with the toasted **sesame seeds**, the green part of the **spring onions**, the **coriander** and a wedge of **lime** (see tip).

★ TIP

Do you like your food spicy? Add all the green curry paste.

★ TIP

Coriander and spring onion both have a rather outspoken taste. Not a big fan? Serve then separately so that everyone can add them to taste.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Spring onions (pcs) *	2	4	6	8	10	12
Limes (pcs)	¼	½	¾	1	1¼	1½
Fresh coriander (sprigs) 23 *	5	10	15	20	25	30
Sesame seeds (g) 11) 19) 22)	10	20	30	40	50	60
Coconut milk (ml)	50	100	150	200	250	300
Free-range eggs (pcs) 3) *	2	4	6	8	10	12
Noodles (g) 1) 17) 20)	75	150	200	250	300	350
Green curry paste (g) 7) 19) 22) *	40	80	120	160	200	240
Vegetable mix (g) 23) *	200	400	600	800	100	1200
Sunflower oil* (tbsp)	½	1	1½	2	2½	3
Salt & pepper*	to taste					

*Not included | * Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2979 / 712	550 / 131
Total fat (g)	34	6
Of which: saturated (g)	13.2	2.4
Carbohydrates (g)	73	13
Of which: sugars (g)	6.6	1.2
Fibre (g)	11	2
Protein (g)	27	5
Salt (g)	1.3	0.2

ALLERGENS

1) Glutens 3) Eggs 7) Milk/lactose 11) Sesame
 May contain traces of: 17) Eggs 19) Peanuts 20) Soy
 22) Nuts 23) Celery

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ORZO WITH PUMPKIN, SPINACH AND GRANA PADANO

With pecan nuts and fresh thyme



SYNERA TINTO

A vegetarian dish with an exorbitant bouquet of flavours like this demands a full-bodied, yet mellow red wine that can also be served lightly chilled.



Fresh thyme *



Pecan nuts



Orzo



Diced pumpkin *



Spinach *



Grated Grana Padano *

Total: 25-30 min.

5 Original

Easy

Vegetarian

3 Eat within 3 days

The first vegetable you associate with autumn is pumpkin. Did you know that pumpkin belongs to the same family as cucumber and melon? We have diced the pumpkin for you to make things easier. In combination with the orzo, thyme and Grana Padano this is a heart-warming meal, perfect for this season.

A GOOD — START

EQUIPMENT

Two **woks and/or deep saucepans with a lid.**

Let's start cooking the **orzo with pumpkin, spinach and Grana Padano.**



1 PREPARATION

Prepare the stock. Strip the leaves from the sprigs of **thyme**. Coarsely chop the **pecan nuts**.



2 ROAST THE PECAN NUTS

Heat a wok or deep saucepan with a lid at high heat and roast the **pecan nuts**, without any oil, for 2 minutes. Remove from the pan and set aside.



3 COOK THE ORZO

Heat half the butter in the same wok or deep saucepan with a lid and stir-fry the **orzo** for 1 minute at medium heat. Add the stock and allow the **orzo** to simmer, covered, for 10 – 12 minutes at low heat until all the stock has been absorbed. Stir occasionally, being sure to scrape the bottom of the pan to prevent the **orzo** from burning.



4 STIR-FRY THE PUMPKIN

In the meantime, heat the remaining butter in another wok or deep saucepan with a lid and stir-fry the **diced pumpkin**, together with the **thyme** and 1 tbsp water per person, covered, for 4 – 6 minutes. Add the **spinach**, and stir-fry until wilted (see tip).



5 SEASON

Stir half the **Grana Padano** into the **orzo**. Next, add the **pumpkin** and the **spinach** and stir. Season to taste with salt and pepper.



6 SERVE

Transfer the dish to plates. Garnish with the remaining **Grana Padano** and the **pecan nuts**.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Fresh thyme (sprigs) 23) *	2	4	6	8	10	12
Pecan nuts (g) 8) 19) 22)	15	30	40	50	60	70
Orzo (g) 1)	85	170	250	335	420	500
Diced pumpkin (g) 23) *	125	250	375	500	625	750
Spinach (g) 23) *	100	200	300	400	500	600
Grated Grana Padano (g) 3) 7) *	25	50	75	100	125	150
Vegetable stock* (ml)	175	350	525	700	875	950
Butter* (tbsp)	1	2	3	4	5	6
Salt & pepper*	to taste					

*Not included | * Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2778 / 664	514 / 123
Total fat (g)	32	6
Of which: saturated (g)	14.1	2.6
Carbohydrates (g)	72	13
Of which: sugars (g)	5.9	1.1
Fibre (g)	7	1
Protein (g)	24	4
Salt (g)	2.4	0.4

ALLERGENS

1) Glutens 3) Eggs 7) Milk/lactose 8) Nuts
May contain traces of: 19) Peanuts 22) (Other) nuts 23) Celery

★ TIP

Would you like a salad to go with this dish? Add only ⅓ of the spinach to the **orzo** and serve the remaining spinach, dressed with a little extra-virgin olive oil and vinegar, as a side dish.

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BROCCOLI-COURGETTE SOUP WITH OLIVE CIABATTAS

With courgette ribbons and pumpkin seeds



CABRIZ BRANCO

Making broccoli and courgette into soup alters their texture, making it creamy and velvety. A full-bodied white wine is the best choice to go along with this soup.



Onion



Frieslander potatoes



Broccoli



Courgette



Pumpkin seeds



Olive ciabatta



Creme fraiche *

Total: 30-35 min.

Calorie-conscious

Easy

Vegetarian

Eat within 5 days

The courgette will be playing the starring role in today's dish: not only will you be turning it into soup; you will also be garnishing it with grilled courgette ribbons. Paired with the broccoli, it makes for a soup simply brimming with vitamins. You will be serving the soup with an olive ciabatta.

A GOOD START

EQUIPMENT

A **soup pan with a lid**, a **grill or frying pan** and a **hand blender**.
Let's start cooking the **broccoli-courgette soup with olive ciabattas**.



1 PREPARE THE VEGETABLES
Preheat the oven to 180 degrees and bring 400ml of water per person to the boil. Mince the **onion**. Thoroughly rinse or peel the **potatoes** (Frieslander) and cut into 1-centimetre cubes. Cut the **broccoli** head into florets and chop the stem into cubes. Grate or chop 3 thin ribbons of **courgette** per person and dice the rest.



2 MAKE THE SOUP
Heat half the olive oil in a stockpot or other large pan with a lid and sauté the onion for 2 minutes at low heat. Add the **broccoli** and the diced **courgette** and fry, continuously stirring, for 3 minutes. Add the potatoes and 300ml of water per person. Crumble in the stock cube. Cover and simmer for 15 minutes.



4 TOAST THE SUNFLOWER SEEDS
In the meantime, toast the **pumpkin seeds** in a grill or frying pan at high heat, without any oil, for 2 minutes or until they start to pop. Remove from the pan and set aside. Next, heat the remaining olive oil in the same grill or frying pan and fry the **courgette ribbons** for 5 minutes at medium-high heat. Flip over when halfway done.



5 PURÉE THE SOUP
Purée the soup using a hand blender, adding a little water, if necessary, until the right consistency is reached. Stir in 1 tbsp **creme fraiche** per person and season with salt and pepper.



3 BAKE THE BREAD
Bake the **olive ciabatta** in the oven for 8 minutes.



6 SERVE
Ladle the soup into soup bowls. Top with a dollop of the remaining **creme fraiche** and the **courgette ribbons** and garnish with the toasted **pumpkin seeds**. Add a little extra pepper to taste. Serve with the **whole-meal olive ciabattas**.

★ TIP

Would you like to speed up this recipe? Leave out the courgette ribbons. Dice all the courgette and fry in Step 2.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Onions (pcs)	½	1	1½	2	2½	3
Frieslander potatoes (g)	75	150	225	300	375	450
Broccoli (g) *	200	400	600	800	1000	1200
Courgettes (pcs) *	½	1	1½	2	2½	3
Pumpkin seeds (g) 19) 22)	10	20	30	40	50	60
Olive ciabattas (pcs) 1) 17) 20) 21)	1	2	3	4	5	6
Creme fraiche (tbsp) 7) 15) 20) *	2	4	6	8	10	12
Olive oil* (tbsp)	1	1	2	2	3	3
Vegetable stock cubes* (pcs)	¾	1½	2¼	3	3¾	4½
Salt & pepper*	to taste					

*Not included | * Store in the refrigerator


NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2502 / 598	201 / 48
Total fat (g)	28	2
w	7.5	0.6
Carbohydrates (g)	61	5
Of which: sugars (g)	10.3	0.8
Fibre (g)	13	1
Protein (g)	20	2
Salt (g)	4.6	0.4

ALLERGENS

1) Glutens 7) Milk/lactose
May contain traces of: 15) Glutens 17) Eggs 19) Peanuts
20) Soy 21) Lactose 22) Nuts

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Fettuccine with chipolata sausages in spicy tomato sauce

With roasted sweet peppers, harissa and basil



L'AURÉOLE ROUGE

If you are serving a spicy dish, a Merlot is an excellent choice. Tannins collide with pepper, and because Merlot contains few tannins and has a full-bodied flavour, the wine is a perfect complement.



Yellow sweet pepper



Red sweet pepper *



Garlic



Red onion



Plum tomato *



Fresh basil *



Beef chipolata



sausages *



Fettuccine di semola



Sieved tomatoes



Harissa *

Total: 25-30 min.

Discovery

Several steps

Calorie-conscious

Eat within 3 days

Lactose-free

The sauce for this pasta is made from fresh plum tomatoes and flavoured with spicy harissa. Do you like your food spicy? You can easily add a little more. For an intense, sweet taste you will be roasting the sweet pepper in the oven until charred.

A GOOD START

EQUIPMENT

A **baking tray lined with baking paper**, a **deep saucepan with a lid** and a **frying pan with a lid**.
Let's start cooking the **fettuccine with chipolata sausages in spicy tomato sauce**.



1 ROAST THE SWEET PEPPERS

Pre-heat the oven to 220 degrees. Put both the **red and yellow sweet pepper** on a baking tray lined with baking paper and roast for 25 – 30 minutes in the oven. Turn after 15 minutes (see tip). Take the **sweet peppers** out of the oven, transfer to a bowl and cover with cling film immediately (see tip). Set aside for a few minutes. Then, cut the **sweet peppers** in half, carefully pull off the skin and cut the **sweet peppers** into strips.



4 MAKE THE SAUCE

In the meantime, heat the same frying pan to medium-high heat and sauté the **red onions** and **garlic** for 2 minutes in the fat left over from frying the **sausages**. Turn down the heat and add the **sieved tomatoes**, the diced **plum tomatoes**, the **harissa**, the **oregano**, the red wine vinegar and the sugar and simmer gently, covered, for 10 minutes. Season to taste with salt and pepper.



2 CHOP THE VEGGIES

In the meantime, press or finely chop the **garlic** and mince the **red onion**. Finely dice the **plum tomatoes**. Cut the **basil** in thin strips. Bring plenty of water per person to the boil in a pan with a lid to cook the fettuccine in.

★ TIP

Be careful when cutting open the sweet peppers: hot steam will escape!



5 ASSEMBLE THE PASTA

While the sauce is simmering, cut the **sausage** into 1cm pieces and add, together with the **fettuccine** and half the **red and yellow sweet peppers**, to the sauce in the frying pan. Mix well. Season to taste with salt and pepper and drizzle with a little extra-virgin olive oil to taste.

★ TIP

Is the skin of the sweet pepper rather charred? No problem! This is what gives it that wonderful, smoky flavour.



3 FRY THE SAUSAGES

Heat the olive oil in a frying pan and stir-fry the **beef chipolata sausages** at medium-high heat for 4 – 6 minutes until brown all around. Remove from the pan and set aside. In the meantime, boil the **fettuccine**, covered, in the pan with a lid for 11 – 13 minutes. Drain and set aside, uncovered, to steam dry.

★ TIP

No need to keep an eye on your calorie intake? Use all the fettuccine in Step 3.



6 SERVE

Transfer the **pasta** dish to plates and garnish with the **basil** and the remaining **sweet pepper**.

★ FACTS

By transferring the sweet peppers to a bowl and covering them with cling film directly after taking them out of the oven, the sweet peppers will be steamed in their own moisture. The heat in the bowl will allow the skin come loose much easier.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Yellow sweet peppers (pcs) *	½	1	1½	2	2½	3
Red sweet peppers (pcs) *	½	1	1½	2	2½	3
Garlic (cloves)	1	2	3	4	5	6
Red onions (pcs)	½	1	1½	2	2½	3
Plum tomatoes (pcs) *	2	4	6	8	10	12
Fresh basil (leaves) 23) *	7	14	21	28	35	42
Beef chipolata sausages (50 g) *	2	4	6	8	10	12
Fettuccine di semola (g) 1)	50	100	150	200	250	300
Sieved tomatoes (g)	100	200	300	400	500	600
Harissa (tsp) *	½	1	1½	2	2½	3
Dried oregano (tsp)	1	2	3	4	5	6
Olive oil* (tbsp)	½	1	1½	2	2½	3
Red wine vinegar* (tsp)	¼	½	¾	1	1¼	1½
Sugar* (tsp)	¼	½	¾	1	1¼	1½
Extra-virgin olive oil*				to taste		
Salt & pepper*				to taste		

*Not included | * Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2644 / 632	331 / 79
Total fat (g)	24	3
Of which: saturated (g)	8.0	1.0
Carbohydrates (g)	61	8
Of which: sugars (g)	24.4	3.1
Fibre (g)	11	1
Protein (g)	38	5
Salt (g)	1.1	0.1

ALLERGENS

1) Glutens

May contain traces of: 23) Celery

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ORIENTAL CURRY WITH ENDIVES AND FRIED EGGS

With coconut milk and spicy honey peanuts



VARAS ROSÉ

Rosé and Oriental dishes often go together surprisingly well: refreshing, but with enough power to hold their own when pitted against the outspoken flavours of Oriental cuisine.



Basmati rice



Shallot



Tomato *



Spicy honey peanuts



Coconut milk



Curry powder



Turmeric



Cardamom



Endives *



Soy sauce



Free-range eggs *

Total: 25-30 min.

Discovery

Easy

Lactose-free

Eat within 3 days

In the Netherlands, endives are generally eaten only in hotch-potch. But did you know that this vegetable is also extremely well-suited to other dishes? In a curry, for example. We have washed and sliced the endives in this week's box for you to save you some time.

A GOOD START

EQUIPMENT

A pan with a lid, a wok or deep saucepan with a lid and a frying pan
Let's start cooking the **oriental endive curry with fried eggs**.



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 PREPARATION

In the meantime, mince the **shallots**. Dice the **tomatoes**, coarsely chop the **honey peanuts** and stir the **coconut milk** to remove any lumps (see tip).

★ TIP

Coconut milk can form lumps. This does not mean that the milk has turned bad. The lumps are the fatty substances in the coconut milk that give it its rich flavour.



4 PREPARE THE CURRY

Next, add the **coconut milk** and season to taste with salt and pepper. Simmer the curry, covered, for 5 minutes at low heat. Add the **tomatoes** halfway. In the last minute, add the **soy sauce**.



5 FRY THE EGG

In the meantime, heat the remaining sunflower oil in a frying pan and fry two **eggs** per person, sunny side up. Season to taste with salt and pepper.



3 STIR-FRY

Heat half the sunflower oil in a wok or a deep saucepan with a lid and gently fry the **shallots**, together with the **curry powder**, **turmeric** and **cardamom** for 2 – 3 minutes at medium-high heat.



6 SERVE

Transfer the **rice** and the **endive curry** to plates. Sprinkle with a little ketjap and serve with the **fried eggs**. Top with the **honey peanuts**.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Basmati rice (g)	85	170	250	335	420	500
Shallots (pcs)	½	1	1½	2	2½	3
Tomatoes (pcs) *	1	2	3	4	5	6
Spicy honey peanuts (g) 5) 22) 25)	15	30	45	60	75	90
Coconut milk (ml)	100	150	200	250	300	350
Ground curry spices (tsp)	2	3	4	5	6	7
Turmeric (tsp)	1	2	3	4	5	6
Cardamom (tsp)	1	2	3	4	5	6
Endives (g) 23) *	150	300	450	600	750	900
Soy sauce (ml) 1) 6)	5	10	15	20	25	30
Free-range eggs (pcs) 3) *	2	4	6	8	10	12
Sunflower oil* (tbsp)	1	2	2	2	3	3
Ketjap* (tbsp)	½	1	1½	2	2½	3
Salt & pepper*	to taste					

*Not included | * Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3674 / 878	489 / 117
Total fat (g)	47	6
Of which: saturated (g)	21.8	2.9
Carbohydrates (g)	85	11
Of which: sugars (g)	14.5	1.9
Fibre (g)	7	1
Protein (g)	27	4
Salt (g)	2.3	0.3

ALLERGENS

1) Glutens 3) Eggs 5) Peanuts 6) Soy
May contain traces of: 22) Nuts 23) Celery 25) Sesame

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BAKED APPLES IN PUFF PASTRY

With cinnamon and walnuts



 Very simple

Today, you will be making a traditional Dutch pastry with apples. It is an easy recipe that produces a delicious result. It can be eaten as a dessert or served with tea or coffee. Serve the apple pastry with cinnamon and honey when still hot, with some ice cream or whipped cream on the side.



Delcorf apples

A GOOD— START

EQUIPMENT

A **baking sheet lined with baking paper**

- 1 Pre-heat the oven to 200 degrees. Defrost the puff pastry.
- 2 Peel the **apples** and cut them in half. Remove the cores.
- 3 Put 4 sheets of puff pastry on a baking sheet lined with baking paper and put half an **apple** on each sheet. Sprinkle the **apple** with cinnamon and drizzle with honey. Top each half **apple** with two walnuts.
- 4 Fold the puff pastry around the apple and seal (see tip). Sprinkle the pastry with granulated sugar.
- 5 Bake the **apple pastries** in the oven for 20 – 25 minutes or until they are golden brown. Serve with ice cream or whipped cream.

★ TIP

Moisten the edges of the puff pastry with a little water. This will make the edges stick better.

INGREDIENTS

	2P
Delcorf apples (pcs)	2
Frozen puff pastry (sheets)*	4
Cinnamon* (tsp)	2
Honey* (tsp)	2
Walnuts* (pcs)	8
Granulated sugar* (tbsp)	2
Ice cream or whipped cream*	to taste

*Not included | *Store in the refrigerator

ALLERGENS

None of the products in the Fruit Box used in this recipe contain allergens.

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BREAKFAST 1

CIABATTAS WITH A HAM & CHEESE OMELETTE

With orange juice



1

CIABATTAS WITH A HAM & CHEESE OMELETTE

With orange juice

2

BANANA-ORANGE SMOOTHIE

With hemp seed and cinnamon

3

CRACKERS WITH AGED CHEESE

With avocado and tomato

EXTRA

- Apple-strawberry smoothie
- Pineapple, melon, mango & passion fruit juice

The nutrient values as stated here have been calculated per person, per serving. Rinse or otherwise clean the ingredients, if necessary, before using them in the recipe. Would you like to cancel your box next week, or make any changes? Please let us know no later than the Wednesday prior to your next delivery via your account. If you have any questions about our products or service please contact our customer service department.

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INGREDIENTS

FOR 1 BREAKFAST

	2P	4P
Whole-wheat ciabattas (pcs) 1) 6) 7) 17) 22) 25) 27)	2	4
Free-range eggs (pcs) 3) *	4	8
Ham (slices) 7) 15) *	2	4
Grana Padano (g) 3) 7) *	50	100
Juice oranges (pcs)	6	12
Olive oil* (tbsp)	1	2
Salt & pepper*	To taste	

*Not included | *Store in the refrigerator

EQUIPMENT

A bowl and a frying pan

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2238 / 535	603 / 144
Fats (g)	25	7
Of which: saturated (g)	9.1	2.5
Carbohydrates (g)	47	13
Of which: sugars (g)	15.2	4.1
Fibre (g)	5	1
Protein (g)	28	8
Salt (g)	1.6	0.4

ALLERGENS

1) Glutens 3) Eggs 6) Soy 7) Milk/lactose.

Can contain traces of: 15) Glutens 17) Eggs 22) Nuts 25) Sesame 27) Lupins

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

2 In a bowl, beat the **eggs** using a fork. Sprinkle with salt and pepper. Juice the **oranges**.

3 Heat the olive oil in a frying pan, add the **egg mixture** and, when it starts to set, top with the **ham** and sprinkle with the **Grana Padano**.

4 Cut open the **ciabatta** and cut the **omelette** into quarters. Put a quarter **omelette** on each roll. Serve with the freshly squeezed **orange juice**.

BANANA-ORANGE SMOOTHIE

With hemp seed and cinnamon



1 Peel the **banana** and cut into pieces.

2 In a blender or a hand blender pitcher, purée the **orange juice, cinnamon, yoghurt, banana** and most of the **hemp seed** into a thick smoothie. If it is too thick, dilute with a little water.

3 Pour the smoothie into tall glasses and garnish with the remaining **hemp seed**.

INGREDIENTS

FOR 1 BREAKFAST

	2P	4P
Bananas (pcs)	2	4
Fresh orange juice (ml) *	200	400
Low-fat yoghurt (ml) 7) 15) 20) *	200	400
Cinnamon (tsp)	1	2
Hemp seed (g) 19) 22) 25)	40	80

*Not included | *Store in the refrigerator

EQUIPMENT

A blender or a hand-held blender with a pitcher

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	1402 / 335	399 / 95
Fats (g)	12	3
Of which: saturated (g)	2.1	0.6
Carbohydrates (g)	43	12
Of which: sugars (g)	34.2	9.7
Fibre (g)	4	1
Protein (g)	12	3
Salt (g)	0.1	0.0

ALLERGENS

7) Milk/lactose

Can contain traces of: 15) Glutens 17) Eggs 19) Peanuts

20) Soy 22) Nuts 25) Sesame

CRACKERS WITH AGED CHEESE

With avocado and tomato



1 Halve the **avocado**, remove the pit and scoop out the flesh using a spoon. Slice the **tomatoes** into thin slices.

2 Arrange the **avocado** on top of the **high-fibre crackers** and top with the **aged cheese** and **tomato** slices. Sprinkle with a little pepper to taste.

INGREDIENTS

FOR 1 BREAKFAST

	2P	4P
Avocados (pcs)	½	1
Plum tomatoes (pcs) *	1	2
High-fibre crackers (pcs) 1) 11)	4	8
Aged cheese (slices) 7) *	2	4
Salt & pepper*	to taste	

*Not included | *Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	1146 / 274	819 / 196
Fats (g)	19	14
Of which: saturated (g)	7.2	5.1
Carbohydrates (g)	12	9
Of which: sugars (g)	2.8	2.0
Fibre (g)	7	5
Protein (g)	11	8
Salt (g)	0.6	0.4

ALLERGENS

1) Glutens 7) Milk/lactose 11) Sesame