

CLIP & CLOSE

#Meal Prep

FIVE SIMPLE & DELICIOUS RECIPES
FOR YOU TO COOK AT HOME



MADE IN
GERMANY



*emsa.com/guarantee

YOUR #MEALPREP-WEEK WITH EMSA SIMPLY DELICIOUS

START THE NEW WEEK WELL PREPARED AND EAT A VARIED AND HEALTHY DIET! WE WILL SHOW YOU HOW TO QUICKLY AND EASILY PREPARE FIVE COLOURFUL RECIPES!

It's best to relax and buy everything you need on Saturday. On Sunday you start your Meal-Prep and prepare delicious dishes for each day of the week, which you will look forward to every day!

SHOPPING LIST

1 small tin	kidney beans
1 small tin	corn
50 g	lamb's lettuce
350 g	broccoli (fresh or frozen)
150 g	chicken
2	carrots, small
2	zucchini, small
1	sweet potato
50 g	red lentils
3	onions, small
2	garlic cloves
1 pack	feta
1 tin	chunky tomatoes
50 ml	cream

BASICS that you probably already have at home:

140 g	rice
100 g	penne pasta
	Olive oil
	Vegetable broth
	Salt and pepper
	Paprika powder
	Chilli powder
	Honey
	Medium-hot mustard
	Balsamic vinegar
	Parsley





MONDAY:

BUDDHA-BOWL WITH RICE AND HONEY- MUSTARD DRESSING

INGREDIENTS

- ½ tin corn
- ½ tin kidney beans
- 50 g lamb's lettuce
- 50 g broccoli
- 150 g chicken
- 80 g rice
- 1 carrot, small

DRESSING

- 2 tbsp. olive oil
- 1 tbsp. balsamic vinegar
- 2 tbsp. medium-hot mustard
- 2 tbsp. honey
- Salt + pepper

PREPARATION

1. Cook the rice according to the packaging instructions and 350 g broccoli until al dente. Sauté the chicken and cut into strips.
2. Use lamb's lettuce as the bottom layer. Place the rice, corn, kidney beans and about 50 g broccoli on top and arrange the chicken on top.
3. Peel two carrots, cut one of them into strips and add to the bowl as well. Place the second one aside.
4. For the dressing mix olive oil, balsamic vinegar, mustard and honey and season with salt + pepper.



**ANY
LEFTOVERS?**

**NO WORRIES!
THE REMAINING
INGREDIENTS WILL BE
USED FOR THE OTHER
RECIPES.**



+ IT APPLIES:
OTHER INGREDIENTS ARE USED FOR THE OTHER DISHES!

TUESDAY:

PENNE PASTA WITH ZUCCHINI-SAUCE & FETA

INGREDIENTS

- 1 zucchini
- ½ tin chunky tomatoes
- 1 garlic clove
- ½ pack. feta
- 100 g penne pasta
- 1 tbsp. olive oil
- Salt + pepper
- Paprika powder
- Chilli powder

PREPARATION

1. Cook penne according to the packaging instructions until al dente.
2. Peel two garlic cloves and dice them finely. Wash two zucchini and also dice them. Put half of each aside.
3. Fry the zucchini cubes in olive oil for about 10 minutes, then add the garlic. Add the chunky tomatoes and season with paprika powder, chilli powder, salt + pepper.
4. Pour cooked penne into the pan. Dice the feta. Crumble one half over the penne, put the other half aside.

WEDNESDAY:

ZUCCHINI-CARROT-SOUP

INGREDIENTS

- 1 carrot, small
- 1 zucchini, small
- 1 onion, small
- 400 ml vegetable broth
- 50 ml cream
- Salt + pepper
- Parsley

PREPARATION

1. Cut the previously peeled carrot into slices. Peel and chop all three onions.
2. Bring the vegetable stock to boil. Add carrots, diced zucchini and $\frac{1}{3}$ of the onions. Approx. cook for 15 minutes.
3. Then purée the soup and add the cream. Bring the soup to a boil briefly and season to taste with salt + pepper.
4. Garnish the soup with parsley.



TIP

**STORE
INGREDIENTS IN
THE REFRIGERATOR IN
SMALL CLIP & CLOSE
BOXES!**



INGREDIENTS

- 60 g rice
- 50 g red lentils
- ½ tin kidney beans
- ½ tin corn
- 100 ml vegetable broth
- 1 garlic clove
- 1 onion, small
- ½ tin chunky tomatoes
- Paprika powder
- Chilli powder
- Salt + pepper
- Olive oil

PREPARATION

1. Sauté half of the remaining onions and the rest of the garlic in a pot with some olive oil.
2. Add vegetable stock, chunky tomatoes and lentils. Season everything well with paprika + chilli powder, salt + pepper and simmer for about 15 minutes.
3. Drain the rest of the kidney beans and the corn and put them into the pot as well. Simmer for another 5 minutes until the lentils are soft. Serve the chili with the rice.



THURSDAY:

CHILLI SIN CARNE WITH RICE

FRIDAY:

SWEET POTATO AND BROCCOLI-MIX WITH FETA

INGREDIENTS

- 1 sweet potato,
medium
- 300 g broccoli
- ½ pack. feta
- 1 onion
- 2 tbsp. olive oil
- Paprika powder
- Chilli powder
- Salt + pepper

PREPARATION

1. Peel and dice the sweet potato. Then bring to a boil in a pot, then reduce the heat and continue cooking for about 15 minutes until done.
2. Heat olive oil in a pan and fry the chopped onions.
3. Then add the sweet potato cubes and season with paprika powder, chilli powder, salt + pepper
4. Fry everything and then fold in the broccoli and add the feta.



+
**BON
APPÉTIT!**