

MEAL KITS

Heemskerk
fresh & easy

Article		Ingredients	Serie ANR	Vega	Vegan	Nutriscore
Meal kit Cauliflower casserole		Cauliflower, red pepper, leek, white onion, pommes rouge, cajun herb mix	12471	✓	✓	C
Meal kit Chicken curry		Green beans, red pepper, white onion, lime, garlic, coconut milk, herb mix curry, vegetable stock cube	12524	✓	✓	B
Meal kit Chicken Piri Piri		Tomatoes, courgette, yellow pepper, red pepper, white onion, lime, garlic, peppers, herb mix piri piri	12469	✓	✓	A
Meal kit Chicken Rendang		White onion, green beans, ginger, red pepper, spice paste rendang, coconut milk	12472	✓	✓	B
Meal kit Chicken Siam		Red pepper, green pepper, white onion, peppers, garlic, green beans, cashews, chicken siam sauce	12090	✓	✓	A
Meal kit Chili con carne		Chili beans, plum tomatoes, green pepper, white onion, red onion, peppers, pointed red pepper, garlic, herb mix chili con carne	12545	✓	✓	B
Meal kit Couscous		Red pepper, couscous, raisin apricot mix, garlic, aubergine, white onion, courgette, herb mix couscous	12555	✓	✓	B
Meal kit Dahl Indian style		Sweet potato, tomatoes, carrot, white onion, red pepper, ginger, garlic, red lentils, herb mix Indian, vegetable stock cube	12594	✓	✓	B
Meal kit Indian Curry Madras		Cauliflower, red onion, tomatoes, lime, red pepper, peppers, coconut milk, Indian curry madras	12406	✓	✓	B
Meal kit Indian Tikka Masala		Coconut milk, white onion, aubergine, tomatoes, red pepper, tomato puree, garlic, ginger, spice paste tikka masala	12567	✓	✓	C

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Meal kit Italian quiche		Red pepper, garlic, bottom mix savory tart, herb mix savory tart, leek, white onion, carrot, curled parsley	11391	✓		C
Meal kit Leek curry casserole		Potato, leek, red apple, red pepper, parsnip, red onion, garlic, spice paste curry	12439	✓	✓	B
Meal kit Mexican wraps		Red pepper, green pepper, red onion, corn can, fajita sauce, wrapped tortillas, garlic	11387	✓	✓	C
Meal kit Noodles soy		Green beans, red onion, red pepper, green pepper, carrot, leek, peppers, garlic, spice paste ketjap	12459	✓	✓	B
Meal kit Risotto		Risotto rice, fennel, vegetable stock cube, garlic, rosemary, thyme, courgette, white onion, lemon	11627	✓	✓	C
Meal kit Tagliatelle Pomodoro		Courgette, plum tomatoes, yellow pepper, white onion, garlic, tomato cream sauce	12470	✓		A
Meal kit Teriyaki		Carrot, red pepper, green pepper, white onion, leek, mini cucumber, garlic, ginger, wok sauce teriyaki, sesame seeds	12442	✓	✓	A
Meal kit Thai green curry		Courgette, aubergine, tomatoes, red onion, green pepper, coconut milk, mini cucumber, Thai green curry	12556	✓	✓	B
Meal kit Traybake sweet potatoes		Baby potatoes, tomatoes, courgette, sweet potato, red pepper, white onion, garlic, rosemary, herb mix traybake	12540	✓	✓	C

SOUP KITS

Article		Ingredients	Serie ANR	Vega	Vegan	Nutriscore
Soup kit Indian carrot soup		Carrot, sweet potato, white onion, coconut milk, lime, vegetable stock cube, peppers, celery, herb mix carrot soup	12566	✓	✓	C
Soup kit Leek curry soup		Parsnip, apple, white onion, leek, potato, vegetable stock cube, garlic, cooking cream, herb mix curry	12383	✓	✓	C
Soup kit Mustard soup		Celeriac, carrot, white onion, leek, potato, vegetable stock cube, garlic, mustard sauce	12538	✓		C
Soup kit Red Lentils soup		Red onion, vegetable stock cube, red pepper, red lentils, bay leave, garlic, carrot, tomatoes, thyme, ginger, celery	18014	✓	✓	A
Soup kit Tomato soup		Plum tomatoes, white onion, carrot, garlic, thyme, tomato puree, vegetable stock cube	12404	✓	✓	B
Soup kit Tomato vegetable soup		Tomatoes, red pepper, carrot, leek, white onion, celery, vegetable stock cube, garlic, rosemary	12456	✓	✓	A
Soup kit Vegetable soup		Cauliflower, leek, white onion, carrot, vegetable stock cube, celery, curled parsley	11389	✓	✓	C

SOUP KITS (SEASON)

Article		Ingredients	Serie ANR	Vega	Vegan	Nutriscore
Soup kit Asparagus soup		White asparagus, cooking cream, potato, shallot onion, vegetable stock cube, curled parsley	12400	✓		B
Soup kit Courgette soup		Courgette, lemon, shallot onion, garlic, vegetable stock cube thyme	11512	✓	✓	B
Soup kit Goulash soup		Green pepper, red pepper, carrot, white onion, garlic, plum tomatoes, potato, tomato puree, vegetable stock cube, herb mix goulash	12099	✓	✓	C
Soup kit Pea soup		Carrot, bay leaf, split peas, leek, celeriac, white onion, celery	11476	✓	✓	A
Soup kit Pumpkin soup		Pumpkin, carrot, ginger, garlic, orange, apple, vegetable stock cube, red onion	11475	✓	✓	A