După gust

2–8 November 2026 · Menu for 4 people

Day	Breakfast	Lunch	Snack	Dinner
Monday, 2 November	Mushroom omelette with rye bread	Chicken with leeks and mustard sauce, with rice	Yogurt with apple and walnuts	Chicken noodle soup
Tuesday, 3 November	Rye bread with cottage cheese and peppers	Grilled beef with baked potatoes and beetroot salad	Pear and almonds	Transylvanian beef and turkey meatball ciorbă (sour soup)
Wednesday, 4 November	Rye bread with bean spread and roasted onion	Roasted cauliflower with chickpeas and lemon tahini sauce	Apples and walnuts	Tomato soup with rice
Thursday, 5 November	Yogurt with pear and pumpkin seeds	Baked trout with pumpkin and potato mash	Grapes and walnuts	Potato soup with dill
Friday, 6 November	Rye bread with avocado, lemon and olive oil	Pasta with braised cabbage and mushrooms	Baked quinces with cinnamon	Roasted garlic soup with potatoes, no cream
Saturday, 7 November	Cottage cheese pancakes with apples	Duck breast with red cabbage and apples	Plain kefir	Clear chicken soup with root vegetables
Sunday, 8 November	Boiled eggs with rye bread and telemea (feta-style cheese)	Turkey roulade with mushrooms and polenta	Small apple and walnut galette	Chicken soup with lemon and parsley

The recipes follow on pages 2–8.

Monday, 2 November

Raw boneless meat; vegetables and fruit after peeling. Dry cereals; legumes cooked and drained. Times are estimates. Nutrition values are indicative; method and sources on the site.

BREAKFAST

Mushroom omelette with rye bread

Prep time: 10 min
Cooking time: 12–15 min

Ingredients · 4 servings
8 pcs eggs; 300 g button mushrooms; 15 ml olive oil; 240 g rye bread; 10 g parsley.

1. Slice the mushrooms. Heat the oil in a large frying pan and cook the mushrooms for 7–8 minutes, until the water has evaporated.

2. Beat the eggs with salt and pepper, pour them over the mushrooms and cook over a low heat with the lid on for 5–7 minutes, until set. Divide into four and serve with the bread and parsley.

Estimate / serving: 300 kcal · P 19 g · C 23 g · G 14 g.

LUNCH

Chicken with leeks and mustard sauce, with rice

Prep time: 15 min
Cooking time: 25–30 min

Ingredients · 4 servings
700 g chicken breast; 400 g leek; 30 g dijon mustard; 120 g sour cream 20%; 20 ml olive oil; 280 g rice, uncooked; 800 ml water.

1. Rice: cook the rice in 560 ml water with a little salt, covered, over a low heat for 15–18 minutes or according to the packet. Leave it covered for 5 minutes.

2. Chicken and sauce: cut the meat into 3 cm pieces and the leek into rounds, then wash the leek well. Brown the meat in the oil in two batches, 5–6 minutes in total; lift it out onto a plate.

3. In the same pan, soften the leek for 5 minutes. Add 240 ml water and the meat; simmer covered for 10–12 minutes. Stir in the mustard and sour cream and cook for another 2–3 minutes. The meat must reach 74°C in the centre. Serve with rice.

Thermomix TM6
The rice and meat are cooked the classic way. For the sauce, put the sliced leek and the oil into the mixing bowl: 5 min/120°C/reverse/speed spoon, with the splash guard. Add 240 ml water: 10 min/100°C/reverse/speed spoon. Add the mustard and sour cream: 2 min/90°C/reverse/speed spoon. Pour over the cooked chicken and simmer together for 2 minutes.

Estimate / serving: 570 kcal · P 50 g · C 60 g · G 14 g.

SNACK

Yogurt with apple and walnuts

Prep time: 5 min
Cooking time: 0 min

Ingredients · 4 servings
800 g plain yogurt; 400 g apples; 60 g walnuts.

1. Divide the yogurt between four bowls. Add the diced apples and chopped walnuts. Sprinkle with cinnamon if you like.

Estimate / serving: 310 kcal · P 14 g · C 26 g · G 17 g.

DINNER

Chicken noodle soup

Prep time: 15 min
Cooking time: 40–45 min

Ingredients · 4 servings
500 g chicken breast; 250 g carrots; 150 g celeriac; 100 g onion; 15 g parsley; 1500 ml water; 100 g dried noodles.

1. Put the whole piece of meat into cold water in a pot of at least 3 litres. Bring to the boil, skim off the foam, then turn down the heat.

2. Add the whole onion and the chopped carrots and celeriac. Simmer gently for 30–35 minutes, until the vegetables are tender and the meat reaches 74°C in the centre.

3. Lift out the meat, cut it into pieces and return it to the pot. Add the noodles and cook for the time given on the packet, about 6–8 minutes. Season with salt and pepper. Sprinkle with the parsley.

Thermomix TM6
For this quantity, use a pot: the meat, vegetables and liquid exceed the working volume suitable for a single TM6 batch.

Estimate / serving: 255 kcal · P 34 g · C 24 g · G 2 g.

Tuesday, 3 November

Raw boneless meat; vegetables and fruit after peeling. Dry cereals; legumes cooked and drained. Times are estimates. Nutrition values are indicative; method and sources on the site.

BREAKFAST

Rye bread with cottage cheese and peppers

Prep time: 10 min
Cooking time: 0 min

Ingredients · 4 servings
320 g rye bread; 400 g cottage cheese; 300 g bell pepper; 10 ml olive oil.

1. Mix the cheese with the oil and a little salt. Wash the pepper and cut it into strips.
2. Spread the cheese on the bread and divide the pepper alongside, in four portions.

Estimate / serving: 310 kcal · P 18 g · C 35 g · G 11 g.

LUNCH

Grilled beef with baked potatoes and beetroot salad

Prep time: 20 min
Cooking time: 50–60 min

Ingredients · 4 servings
700 g beef sirloin; 1000 g potatoes; 600 g cooked beetroot; 35 ml olive oil; 1 pcs lemons; 10 g parsley.

1. Potatoes: cut them into thick slices and mix them with 20 ml oil, salt and pepper. Bake at 200°C in a conventional oven for 40–50 minutes; turn them halfway through.
2. Salad: dice the cooked beetroot. Add 5 ml oil and lemon juice to taste.
3. Meat: cut the sirloin into 4 steaks about 2.5 cm thick, pat them dry and brush them with 10 ml oil. Cook on a very hot grill pan for about 3–5 minutes on each side, adjusting for thickness. Check that the centre reaches at least 63°C, then rest for 3 minutes. Serve with the sides and parsley.

Estimate / serving: 605 kcal · P 44 g · C 61 g · G 19 g.

SNACK

Pear and almonds

Prep time: 5 min
Cooking time: 0 min

Ingredients · 4 servings
600 g pears; 80 g almonds.

1. Wash the pears and remove the cores. Divide the pear slices and almonds into four portions.

Estimate / serving: 175 kcal · P 5 g · C 17 g · G 10 g.

DINNER

Transylvanian beef and turkey meatball ciorbă (sour soup)

Prep time: 25 min
Cooking time: 35–40 min

Ingredients · 4 servings
250 g minced beef; 250 g minced turkey; 50 g rice, uncooked; 1 pcs eggs; 150 g onion; 250 g carrots; 150 g celeriac; 150 g bell pepper; 100 g sour cream 20%; 1 pcs lemons; 10 g parsley; 1500 ml water.

1. Meatballs: mix the two kinds of meat with the washed rice, the egg, 50 g finely chopped onion, salt and pepper. Shape 20 small meatballs.
2. Soup: bring the water to the boil in a pot of at least 4 litres. Add the carrots, celeriac, pepper and the rest of the onion, all diced. Simmer for 10 minutes.
3. Drop the meatballs into the gently simmering broth. Cook for 25–30 minutes, until the rice is soft and the centre of the meatballs reaches 74°C.
4. Mix the sour cream with two ladlefuls of the hot broth. Turn off the heat, stir in the mixture and sharpen with lemon juice to taste. Sprinkle with parsley; you can add a little dried tarragon.

Thermomix TM6
The TM6 can chop the vegetables, cut into pieces, separately: 4–5 sec/speed 5. For the full quantity and the meatballs, use a pot; do not go over the 2.2 litre limit of the mixing bowl.

Estimate / serving: 365 kcal · P 31 g · C 20 g · G 18 g.

Wednesday, 4 November

Raw boneless meat; vegetables and fruit after peeling. Dry cereals; legumes cooked and drained. Times are estimates. Nutrition values are indicative; method and sources on the site.

BREAKFAST

Rye bread with bean spread and roasted onion

Prep time: 10 min
Cooking time: 25–30 min

Ingredients · 4 servings
600 g white beans, cooked and drained; 250 g onion; 25 ml olive oil; 1 pcs lemons; 5 g garlic; 280 g rye bread; 60 ml water.

1. Onion: slice it, mix with 15 ml oil and roast at 190°C in a conventional oven for 25–30 minutes, until soft and lightly browned.

2. Spread: mash the beans with the garlic, 10 ml oil, 2 tbsp lemon juice, salt and the water, added a little at a time. Serve on the bread with the roasted onion.

Thermomix TM6
Spread: put the beans, garlic, 10 ml oil, lemon juice, salt and 30 ml water into the mixing bowl: 20 sec/speed 5. Scrape down the sides, add the rest of the water if needed and repeat 15 sec/speed 5. The onion is roasted separately.

Estimate / serving: 370 kcal · P 18 g · C 53 g · G 9 g.

LUNCH

Roasted cauliflower with chickpeas and lemon tahini sauce

Prep time: 15 min
Cooking time: 30–35 min

Ingredients · 4 servings
1000 g cauliflower; 800 g chickpeas, cooked and drained; 30 ml olive oil; 60 g tahini; 1 pcs lemons; 5 g garlic; 15 g parsley; 80 ml water.

1. Tray: break the cauliflower into florets, pat the chickpeas dry and toss them with the oil, salt, pepper and a little paprika. Spread over two trays without crowding. Roast at 200°C in a fan oven for 30–35 minutes, swapping the trays and turning everything halfway through.

2. Sauce: mix the tahini with the crushed garlic, 3 tbsp lemon juice and the water, added gradually, until runny. Pour over the warm cauliflower and chickpeas; sprinkle with parsley.

Thermomix TM6
You can blend the sauce smooth in the mixing bowl: 20 sec/speed 4, then scrape down the sides and repeat 10 sec/speed 4. The cauliflower and chickpeas are still roasted in the oven.

Estimate / serving: 490 kcal · P 26 g · C 44 g · G 23 g.

SNACK

Apples and walnuts

Prep time: 5 min
Cooking time: 0 min

Ingredients · 4 servings
600 g apples; 80 g walnuts.

1. Wash the apples, core them and slice them. Divide the fruit and walnuts into four portions.

Estimate / serving: 215 kcal · P 4 g · C 17 g · G 15 g.

DINNER

Tomato soup with rice

Prep time: 10 min
Cooking time: 25–30 min

Ingredients · 4 servings
800 g tinned chopped tomatoes; 100 g rice, uncooked; 120 g onion; 150 g carrots; 15 ml olive oil; 900 ml water; 10 g parsley.

1. Soften the chopped onion and carrot in the oil for 5 minutes. Add the tomatoes and water; simmer for 10 minutes.

2. Add the washed rice and simmer gently for another 15 minutes, or until tender. Top up with a little hot water if it gets too thick. Season with salt and pepper and sprinkle with parsley.

Thermomix TM6
The full quantity is more than the working space needed in the mixing bowl. Use a pot; the TM6 can chop the onion and carrot 5 sec/speed 5.

Estimate / serving: 180 kcal · P 4 g · C 32 g · G 4 g.

Thursday, 5 November

Raw boneless meat; vegetables and fruit after peeling. Dry cereals; legumes cooked and drained. Times are estimates. Nutrition values are indicative; method and sources on the site.

BREAKFAST

Yogurt with pear and pumpkin seeds

Prep time: 5 min
Cooking time: 0 min

Ingredients · 4 servings
800 g plain yogurt; 600 g pears; 60 g pumpkin seeds.

1. Divide the yogurt between four bowls. Add the sliced pears and the pumpkin seeds.

Estimate / serving: 305 kcal · P 16 g · C 33 g · G 13 g.

LUNCH

Baked trout with pumpkin and potato mash

Prep time: 20 min
Cooking time: 30–35 min

Ingredients · 4 servings
800 g trout fillets; 600 g pumpkin; 600 g potatoes; 150 ml milk; 25 g butter; 15 ml olive oil; 1 pcs lemons; 15 g dill.

1. Mash: dice the potatoes and pumpkin. Boil the potatoes in salted water for 10 minutes, add the pumpkin and boil for another 10–15 minutes. Drain very well. Mash with the butter and the warm milk, poured in gradually.

2. Fish: check the fillets for bones, lay them skin side down in a baking tin, brush with oil and season. Add lemon slices. Bake at 190°C in a conventional oven for about 15–20 minutes, until the thickest part reaches 63°C.

3. Serve with the mash and the chopped dill. Check the children's portions for bones again.

Thermomix TM6
TM6 mash: put 500 ml water into the mixing bowl, the diced potatoes into the simmering basket and the pumpkin into the Varoma. Cook 25–30 min/Varoma/speed 1; check that they are tender. Empty the mixing bowl, add the drained vegetables, the butter and 100 ml warm milk: 15 sec/speed 3. Add more milk if needed. The fish is baked separately.

Estimate / serving: 500 kcal · P 45 g · C 32 g · G 21 g.

SNACK

Grapes and walnuts

Prep time: 5 min
Cooking time: 0 min

Ingredients · 4 servings
600 g grapes; 80 g walnuts.

1. Wash the grapes and pull them off the stalks. Divide the fruit and walnuts into four portions.

Estimate / serving: 235 kcal · P 4 g · C 24 g · G 14 g.

DINNER

Potato soup with dill

Prep time: 15 min
Cooking time: 25–30 min

Ingredients · 4 servings
700 g potatoes; 200 g carrots; 120 g onion; 100 g celeriac; 15 ml olive oil; 20 g dill; 1200 ml water.

1. Soften the chopped onion, carrot and celeriac in the oil for 5 minutes. Add the diced potatoes and the water.

2. Simmer for 20–25 minutes, until the potatoes are soft. Crush a few pieces in the pot to thicken the soup slightly. Season with salt and pepper and add the dill once the heat is off.

Thermomix TM6
Use a pot for the full quantity. The TM6 can chop the onion, carrot and celeriac 5 sec/speed 5.

Estimate / serving: 205 kcal · P 4 g · C 38 g · G 4 g.

Friday, 6 November

Raw boneless meat; vegetables and fruit after peeling. Dry cereals; legumes cooked and drained. Times are estimates. Nutrition values are indicative; method and sources on the site.

BREAKFAST

Rye bread with avocado, lemon and olive oil

Prep time: 10 min
Cooking time: 0 min

Ingredients · 4 servings
320 g rye bread; 320 g avocado, flesh; 1 pcs lemons; 20 ml olive oil.

1. Mash the avocado with lemon juice, salt and pepper to taste.

2. Spread on the bread, drizzle with the olive oil and divide into four portions.

Estimate / serving: 350 kcal · P 9 g · C 32 g · G 21 g.

LUNCH

Pasta with braised cabbage and mushrooms

Prep time: 15 min
Cooking time: 30–35 min

Ingredients · 4 servings
320 g dried egg-free pasta; 800 g white cabbage; 400 g button mushrooms; 150 g onion; 35 ml olive oil.

1. Cabbage: finely shred the cabbage and chop the onion. Soften the onion in 20 ml oil for 5 minutes, then add the cabbage and salt. Cook over a medium-low heat for 20–25 minutes, stirring; add a tablespoon of water at a time if it sticks.

2. Mushrooms: slice them and brown them in another frying pan with 15 ml oil for 8–10 minutes, until the liquid has evaporated.

3. Pasta: cook it according to the packet. Keep 150 ml of the cooking water, then drain. Mix the pasta with the cabbage and mushrooms; add a little of the reserved water if needed. Finish with freshly ground pepper.

Estimate / serving: 415 kcal · P 13 g · C 67 g · G 10 g.

SNACK

Baked quinces with cinnamon

Prep time: 15 min
Cooking time: 40–50 min

Ingredients · 4 servings
700 g quinces; 20 g sugar; 150 ml water.

1. Cut the quinces into thick slices and remove the cores. Arrange them in a small dish, sprinkle with the sugar and cinnamon and pour the water around the fruit.

2. Cover and bake at 190°C in a conventional oven for 30 minutes. Uncover and bake for another 10–20 minutes, until tender. Divide into four.

Estimate / serving: 65 kcal · P 1 g · C 16 g · G 0 g.

DINNER

Roasted garlic soup with potatoes, no cream

Prep time: 15 min
Cooking time: 45–50 min

Ingredients · 4 servings
120 g garlic; 600 g potatoes; 150 g onion; 20 ml olive oil; 1100 ml water.

1. Garlic: put the peeled cloves in a small dish with 10 ml oil and 2 tbsp of the measured water. Cover and bake at 180°C in a conventional oven for 35–40 minutes, until very soft but not burnt.

2. Soup: meanwhile, soften the chopped onion in the rest of the oil for 5 minutes. Add the diced potatoes and the rest of the water. Simmer for 20–25 minutes.

3. Add the roasted garlic and the liquid from the dish. Blend with a stick blender, season with salt and pepper and heat for another 2 minutes. The garlic is weighed after peeling.

Thermomix TM6
The garlic is roasted separately. For the TM6, work in two equal halves: onion 5 sec/speed 5, then oil 3 min/120°C/speed 1; potatoes and water 25 min/100°C/speed 1. Add half the roasted garlic. Let the temperature drop, fit the lid and measuring cup properly, then blend for 30 sec, gradually increasing to speed 4–7. Do not use Turbo for hot liquids.

Estimate / serving: 205 kcal · P 6 g · C 34 g · G 5 g.

Saturday, 7 November

Raw boneless meat; vegetables and fruit after peeling. Dry cereals; legumes cooked and drained. Times are estimates. Nutrition values are indicative; method and sources on the site.

BREAKFAST

Cottage cheese pancakes with apples

Prep time: 15 min
Cooking time: 20 min

Ingredients · 4 servings
400 g cottage cheese; 2 pcs eggs; 120 g wheat flour; 100 ml milk; 300 g apples; 20 ml sunflower oil; 4 g baking powder.

1. Coarsely grate the apples. Mix the cheese with the eggs and milk; add the flour, baking powder, apples and a little cinnamon. Rest the batter for 5 minutes.

2. Heat a non-stick frying pan and grease it with a little oil. Spoon in 12 small pancakes. Cook over a medium-low heat for 3–4 minutes on each side, in batches, until golden and set all the way through. Allow three per person.

Thermomix TM6
Grate the apples separately. In the mixing bowl: the cheese, eggs and milk 15 sec/speed 4; add the flour and baking powder 10 sec/speed 3. Fold in the apples with the spatula. Cook in a frying pan as in the classic method.

Estimate / serving: 340 kcal · P 17 g · C 35 g · G 15 g.

LUNCH

Duck breast with red cabbage and apples

Prep time: 20 min
Cooking time: 40–50 min

Ingredients · 4 servings
800 g duck breast, skin on; 900 g red cabbage; 400 g apples; 150 g onion; 15 ml olive oil; 30 ml cider vinegar; 150 ml water.

1. Side: finely shred the cabbage and onion, and slice the apples. Soften the onion in the oil in a wide saucepan for 5 minutes. Add the cabbage, vinegar, water, salt and pepper. Cover and cook over a low heat for 25 minutes, stirring. Add the apples and cook for another 10–15 minutes, until soft.

2. Duck: pat the breasts dry and lightly score the skin without cutting into the meat. Season. Place them skin side down in a cold frying pan, without extra oil. Cook over a medium-low heat for 10–14 minutes, until the fat renders and the skin browns; pour off the excess fat into a heatproof bowl.

3. Turn the meat over and cook for 2–3 minutes, then transfer to a baking tin at 180°C in a conventional oven for about 8–15 minutes, depending on thickness. Check for 74°C in the centre of the meat when serving it to the family. Rest for 5–10 minutes before slicing.

4. Divide the meat and the side into four portions. The times are a guide; the thermometer tells you when it is done.

Thermomix TM6
The duck is cooked in a frying pan and in the oven. Make the TM6 side in two equal batches: onion 5 sec/speed 5; add the oil 3 min/120°C/speed 1. Add the sliced cabbage, vinegar and water: 25 min/100°C/reverse/speed spoon. Add the apples: 10 min/100°C/reverse/speed spoon. Adjust the time to how tender you want it. To serve everything at the same time, the saucepan method is more practical.

Estimate / serving: 415 kcal · P 40 g · C 23 g · G 18 g.

SNACK

Plain kefir

Prep time: 2 min
Cooking time: 0 min

Ingredients · 4 servings
800 ml plain kefir.

1. Gently shake the kefir and divide it between four 200 ml glasses.

Estimate / serving: 115 kcal · P 7 g · C 7 g · G 7 g.

DINNER

Clear chicken soup with root vegetables

Prep time: 15 min
Cooking time: 40–45 min

Ingredients · 4 servings
500 g chicken breast; 250 g carrots; 150 g celeriac; 100 g onion; 15 g parsley; 1500 ml water.

1. Put the whole piece of meat into cold water in a pot of at least 3 litres. Bring to the boil, skim off the foam, then turn down the heat.

2. Add the whole onion and the chopped carrots and celeriac. Simmer gently for 30–35 minutes, until the vegetables are tender and the meat reaches 74°C in the centre.

3. Lift out the meat, cut it into pieces and return it to the pot. Season with salt and pepper. Sprinkle with the parsley.

Thermomix TM6
For this quantity, use a pot: the meat, vegetables and liquid exceed the working volume suitable for a single TM6 batch.

Estimate / serving: 170 kcal · P 31 g · C 7 g · G 2 g.

Sunday, 8 November

Raw boneless meat; vegetables and fruit after peeling. Dry cereals; legumes cooked and drained. Times are estimates. Nutrition values are indicative; method and sources on the site.

BREAKFAST

Boiled eggs with rye bread and telemea (feta-style cheese)

Prep time: 5 min
Cooking time: 7–10 min

Ingredients · 4 servings
8 pcs eggs; 240 g rye bread; 120 g telemea (feta-style cheese).

1. Carefully lower the eggs into gently simmering water. Boil for 7 minutes for a creamy yolk or 10 minutes for hard-boiled eggs; for children, serve them hard-boiled.

2. Cool briefly in cold water, peel and serve two eggs per person, with bread and telemea.

Estimate / serving: 335 kcal · P 23 g · C 23 g · G 17 g.

LUNCH

Turkey roulade with mushrooms and polenta

Prep time: 30 min
Cooking time: 60–75 min

Ingredients · 4 servings
800 g turkey breast; 400 g button mushrooms; 150 g onion; 10 g garlic; 25 ml olive oil; 15 g parsley; 240 g cornmeal; 1100 ml water.

1. Filling: chop the onion and mushrooms. Soften the onion in 15 ml oil for 5 minutes, add the mushrooms and cook for 10 minutes, until all the water has evaporated. Add the garlic and cook for 1 more minute. Turn off the heat, add the parsley and let it cool.

2. Roulade: butterfly the turkey breast into as even a sheet as possible, pound it lightly between two sheets of baking paper and season. Spread the filling over it, leaving the edges clear. Roll it up and tie with kitchen string.

3. Brush with 10 ml oil, put in a baking tin with 100 ml water and roast at 180°C in a conventional oven for about 45–60 minutes. Check for 74°C in the centre of the roulade, including the filling. Rest for 10 minutes, remove the string and slice.

4. Polenta: bring 1 litre of water to the boil with salt, pour in the cornmeal in a thin stream and stir. Cook over a low heat for 15–20 minutes or according to the packet, stirring often.

Thermomix TM6
The filling and meat are made the classic way. TM6 polenta: heat 1 litre of water with salt for about 8–10 min/100°C/speed 1. Add the cornmeal gradually, then 20 min/100°C/speed 2, with the simmering basket on the lid instead of the measuring cup. Check the time your cornmeal needs and extend it if necessary.

Estimate / serving: 505 kcal · P 56 g · C 44 g · G 10 g.

SNACK

Small apple and walnut galette

Prep time: 20 min
Cooking time: 35–40 min

Ingredients · 4 servings
120 g wheat flour; 60 g butter; 35 ml water; 400 g apples; 30 g walnuts; 25 g sugar.

1. Pastry: rub the flour and the cold diced butter together until you get crumbs. Add the cold water, quickly bring the dough together and chill for 30 minutes; the chilling time is added to the prep time.

2. Filling: thinly slice the apples. Roll out the pastry into a 25 cm disc on baking paper. Sprinkle with the chopped walnuts, add the apples and sugar, leaving a 3 cm border. Add cinnamon.

3. Fold the edge over the fruit and bake at 190°C in a conventional oven for 35–40 minutes, until the pastry is golden. Leave to cool for 15 minutes and cut into four.

Thermomix TM6
TM6 pastry: the flour and cold butter 10 sec/speed 6; add the water 10 sec/speed 4. Bring the dough together without any extra kneading. Carry on with the chilling, filling and baking as in the classic method.

Estimate / serving: 345 kcal · P 5 g · C 40 g · G 18 g.

DINNER

Chicken soup with lemon and parsley

Prep time: 15 min
Cooking time: 40–45 min

Ingredients · 4 servings
500 g chicken breast; 250 g carrots; 150 g celeriac; 100 g onion; 15 g parsley; 1500 ml water; 1 pcs lemons.

1. Put the whole piece of meat into cold water in a pot of at least 3 litres. Bring to the boil, skim off the foam, then turn down the heat.

2. Add the whole onion and the chopped carrots and celeriac. Simmer gently for 30–35 minutes, until the vegetables are tender and the meat reaches 74°C in the centre.

3. Lift out the meat, cut it into pieces and return it to the pot. Season with salt and pepper. Add the lemon juice gradually, to taste. Sprinkle with the parsley.

Thermomix TM6
For this quantity, use a pot: the meat, vegetables and liquid exceed the working volume suitable for a single TM6 batch.

Estimate / serving: 170 kcal · P 31 g · C 8 g · G 2 g.