

Nilus Family Box

13 ingredients

20kg of food

56 portions

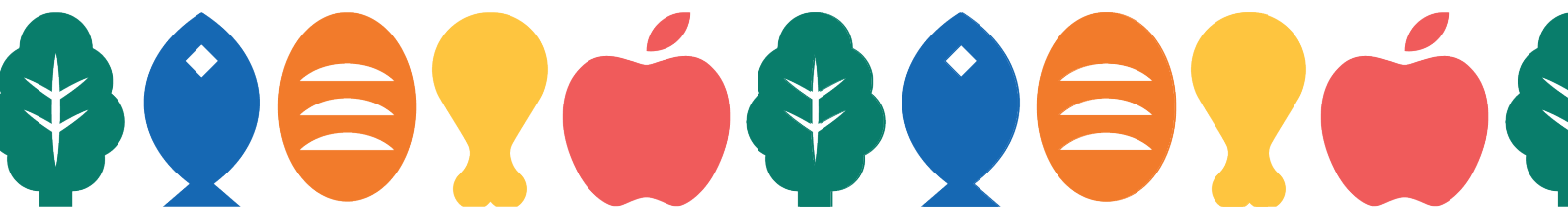
7 recipes

We created this box so you can make the most out of the nutrients in each ingredient, by cooking 7 different recipes specially designed by a professional nutritionist 🏆👍🥇

- Lentil stew with rice
- Polenta with vegetarian bolognese sauce
- Vegan bolognese spaghetti
- Meatballs with rice and sauce
- Lentil stew with pasta
- Vegetable stew with chickpeas
- Meatballs with carrot salad

- 🥗 Superfoods
- 🏆 Great iron and vitamin contribution
- 🚫 Low sodium content
- 🌱 Plant-based proteins
- 🍲 High fiber content
- ⚡ High energy intake
- 🍎 Natural foods, low level of processing

In Nilus, we give you strength through a balanced and healthy diet 🍌



Lentil stew with rice

Ingredient	Quantity	Approximate Measure
Lentil	480g	2 cups
White Rice	480g	2 cups
Potatoes	720g	3 medium potatoes
Carrot	960g	10 small carrots
Onion	300g	2 small onions
Oil	144g	½ cup
Tomato sauce	1,2kg	2 cartons
Garlic	36g	1 head

Optional seasoning: pepper, bay leaf and oregano.

Approximate yield:

8 servings **250g** weight per serving **487kcal** energy per serving



Instructions:

- 1) Chop the onion and garlic, sauté them with the oil.
- 2) Add the diced vegetables and season.
- 3) Add the rice together with water or broth. For 2 cups of rice, use 4 cups of liquid
- 4) Add the lentils and the tomato sauce.
- 5) Add water, so that they are always covered
- 6) Cook until all the ingredients are tender and ready to eat

Nutritional value per serving (250g)

Energy	487 Kcal	24% DV
Carbohydrates	82 g	27% DV
Proteins	15 g	20% DV
Total Fats	12 g	22% DV
Dietary Fiber	0,68 g	2,72% DV
Sodium	53 mg	2% DV

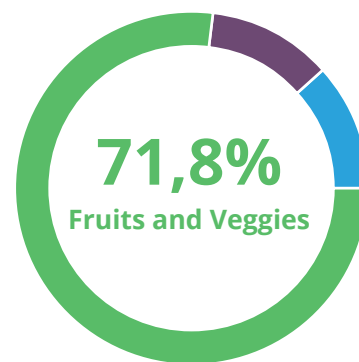
Potassium 1424 mg

Calcium 82 mg

Phosphorus 272 mg

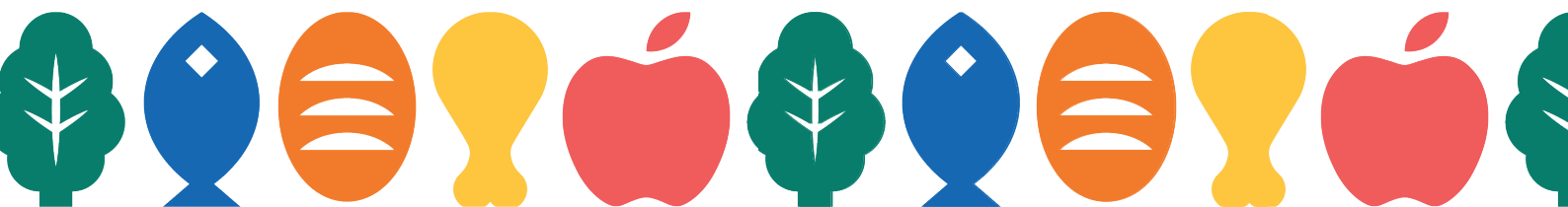
Iron 4 mg

Vitamin C 18 mg



Tips:

- Remember to Always wash the lentils with plenty of water to remove dirt.
- Leaving the lentils to soak for 12 hours speeds up cooking time and helps them digest better.



Polenta with vegetarian bolognese sauce

Ingredient	Quantity	Approximate Measure
Ingredient	500 g	4 cups
Corn flour	170 g	1 cups
Lentils	272 g	2 small onions
Onion	136 g	1 carrots
Carrot Oil	32 g	1 splash
Tomato puree	528 g	1 carton

Optional seasoning: pepper, bay leaf and oregano.

Approximate yield:

8 servings **200g** weight per serving **130kcal** energy per serving

Instructions for the vegetarian bolognese sauce:

- 1) Cook the lentils
- 2) Cut the vegetables into small pieces.
- 3) Sauté the onion and carrot in oil.
- 4) Add the lentils, sauté 5 minutes, and add the tomato sauce and seasonings to taste
- 5) Add water (avoid excess) and let it cook all together until the preparation is reduced

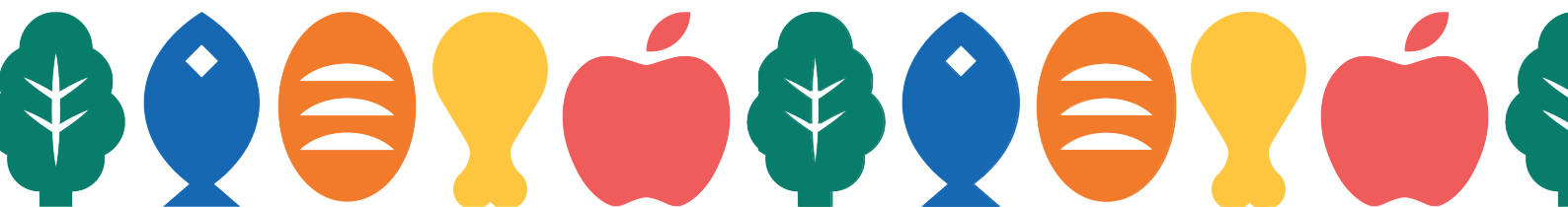
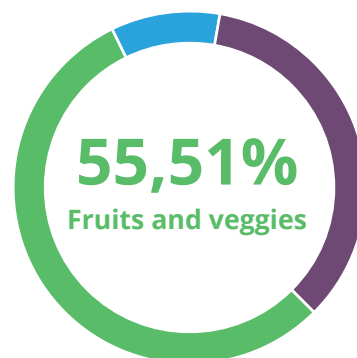
Instructions for the polenta:

- 1) Boil 6 cups of salted water to taste
- 2) When it comes to a boil, add the corn flour, stirring constantly to avoid lumps.
- 3) Stir for 3-5 minutes, until the desired consistency is achieved. You can add water if you prefer a more liquid consistency
- 4) Serve and top with the prepared sauce



Nutritional value per serving (200g)

Energy	130 Kcal	6% DV
Carbohydrates	18 g	6% DV
Proteins	5 g	7% DV
Total Fats	4 g	7% DV
Dietary Fiber	0 g	0% DV
Sodium	20 mg	1% DV
Potasio	554 mg	
Calcio	26 mg	
Fósforo	100 mg	
Hierro	2 mg	
Vitamina C	4 mg	



Vegan bolognese Spaghetti

Ingredient	Quantity	Approximate Measure
Spaghetti	1 kg	2 packages
Lentils	200 g	1 cup
Onion	320 g	2 small onions
Carrot	160 g	2 small carrots
Oil	100 g	¼ cup
Tomato sauce	528 g	1 carton

Approximate yield:

8 servings **250g** weight per serving **345kcal** energy per serving

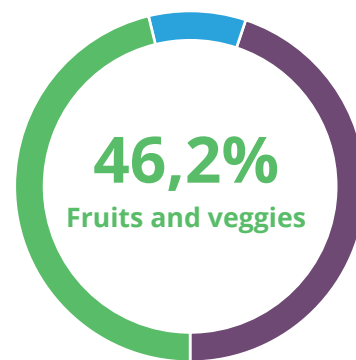


Instructions:

- 1) Cook the lentils
- 2) Clean and wash the vegetables. Cut them into small pieces
- 3) Sauté the onion and carrot in oil
- 4) Add the lentils, sauté 5 minutes, and add the tomato sauce and optional seasonings
- 5) Add water (avoid excess of it) and let it cook together until the preparation is reduced
- 6) Boil water separately and cook the spaghetti. When ready, strain the water and add the sauce.

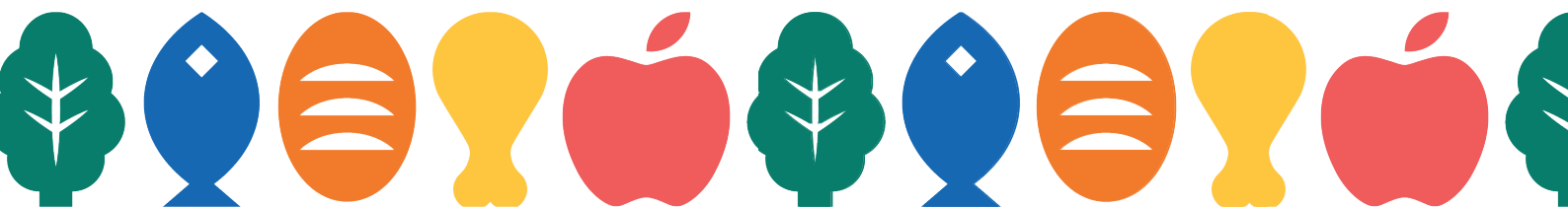
Nutritional value per serving (250g)

Energy	345 Kcal	17% DV
Carbohydrates	42 g	14% DV
Proteins	12 g	4% DV
Total Fats	14 g	26% DV
Dietary Fiber	0 g	0% DV
Sodium	23 mg	1% DV
Potassium	612 mg	
Calcium	31 mg	
Phosphorus	112 mg	
Iron	2 mg	
Vitamin C	4 mg	



💡 Tips:

- Remember to always wash the lentils with plenty of water to remove eventual dirt.
- Leaving the lentils to soak from the day before makes them cook faster and helps them digest better later.



Meatballs with rice and sauce

Ingredient	Quantity	Approximate Measure
Lentils	400 g	2 cups
Onion	160 g	1 onion
Garlic	8 g	4 cloves
Tomato sauce	528 g	1 carton
White rice	480 g	2 cups
Oil	160 g	½ cup
Wheat flour	160 g	1 cup

Approximate yield:

8 servings **240g** weight per serving **570kcal** energy per serving

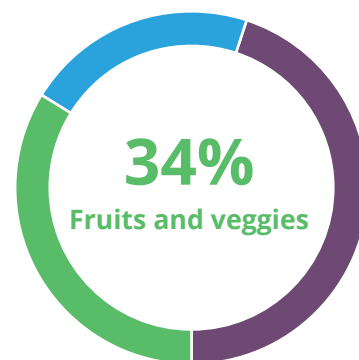


Instructions::

- 1) Cook the lentils
- 2) Cut the vegetables into small pieces
- 3) Sauté the onion, half of the carrot and the garlic in oil
- 4) Mix the lentils and the sautéed and process or crush them well until it becomes a 'pure'
- 6) Add flour to the mixture and make the meatballs with the hands
- 7) Cook the remaining carrot together with the tomato puree for 10 minutes. Season to taste.
- 8) Add the meatballs in the sauce and cook for 15/20 min.
- 9) Boil the rice separately and serve together with the meatballs and sauce.

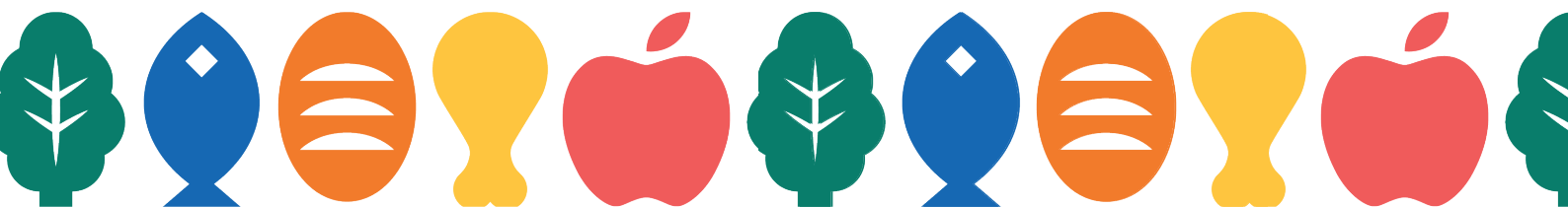
Nutritional value per serving (240g)

Energy	570 Kcal	29% DV
Carbohydrates	82 g	27% DV
Proteins	15 g	20% DV
Total Fats	20 g	37% DV
Dietary Fiber	1 g	4% DV
Sodium	19 mg	1% DV
Potassium	842 mg	
Calcium	35 mg	
Phosphorus	221 mg	
Iron	3 mg	
Vitamin C	2 mg	



💡 Tips:

- Remember to always wash the lentils with plenty of water to remove dirt.
- Leaving the lentils to soak from the day before makes them cook faster and helps them digest better later.



Lentil stew with pasta

Ingredient	Quantity	Approximate Measure
Lentils	204 g	1 cup
Short pasta	496 g	1 packet
Potatoes	408 g	2 potatoes
Carrot	480 g	5 small carrots
Onion	176 g	1 small onions
Oil	40 g	1 splash
Tomato sauce	528 g	1 carton
Garlic	24 g	1 head

Approximate yield:

8 servings **270g** weight per serving **278kcal** energy per serving

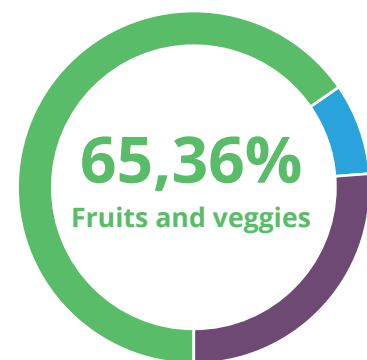


Instructions:

- 1) Chop the onion and garlic, sauté them with the oil
- 2) Add the vegetables cut into cubes and season
- 3) Add the lentils and tomato sauce
- 4) Cook for 30 minutes and add the pasta. Add water until all the ingredients are submerged
- 5) Cook until all the ingredients are cooked.

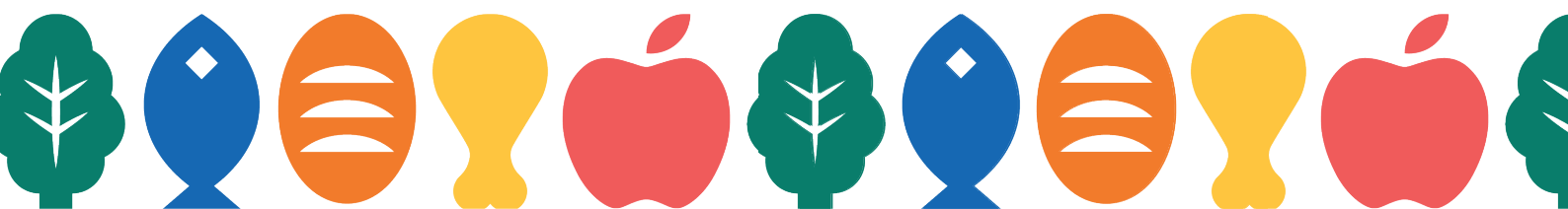
Nutritional value per serving (270g)

Energy	278 Kcal	13% DV
Carbohydrates	46 g	15% DV
Proteins	11 g	14% DV
Total Fats	6 g	11% DV
Dietary Fiber	0 g	0% DV
Sodium	39 mg	1% DV
Potassium	997 mg	
Calcium	59 mg	
Phosphorus	165 mg	
Iron	2 mg	
Vitamin C	15 mg	



💡 Tips:

- Remember to always wash the lentils with plenty of water to remove dirt.
- Leaving the lentils to soak from the day before makes them cook faster and helps them digest better later.



Vegetable stew with chickpeas

Ingredient	Quantity	Approximate Measure
Chickpeas	400 g	1 package
Carrot	640 g	6 small carrots
Potatoes	960 g	3 big potatoes
Sweet potato	800 g	3 big sweet potatoes
Onion	160 g	1 onion
Oil	96 g	1 splash
Garlic	24 g	1 head

Approximate yield:

8 servings **320g** weight per serving **399kcal** energy per serving

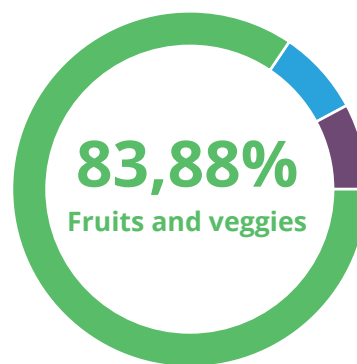


Instructions:

- 1) Chop the onion and garlic, sauté them with oil
- 2) Add the remaining vegetables cut into cubes and season to taste
- 3) Incorporate the previously soaked chickpeas
- 4) Cook until all the ingredients are cooked

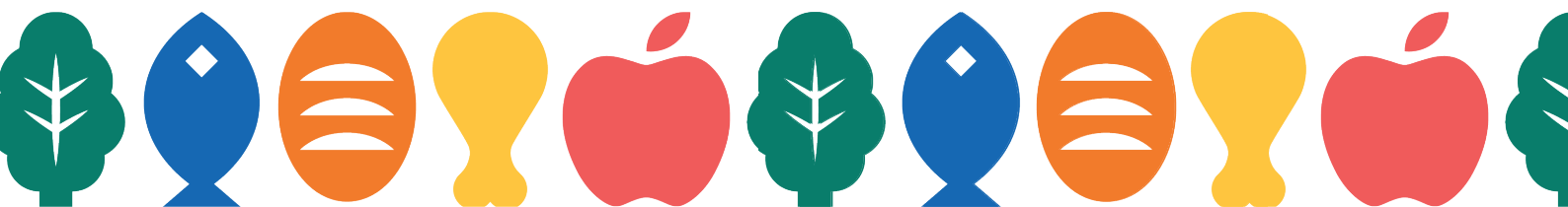
Nutritional value per serving (320g)

Energy	399 Kcal	20% DV
Carbohydrates	64 g	21% DV
Proteins	8 g	11% DV
Total Fats	13 g	23% DV
Dietary Fiber	0 g	0% DV
Sodium	61 mg	2% DV
Potassium	1487 mg	
Calcium	129 mg	
Phosphorus	270 mg	
Iron	3 mg	
Vitamin C	51 mg	



💡 Tips:

- Remember to always wash the chickpeas with plenty of water to remove dirt.
- Leaving the chickpeas to soak from the day before makes them cook faster and helps them digest better later.



Meatballs with carrot salad

Ingredient	Quantity	Approximate Measure
Lentils	480 g	2 cups
Onion	160 g	1 onion
Garlic	1 g	1 clove
Tomato sauce	528 g	1 carton
Carrot	1,280 kg	10 small carrots
Oil	40 g	a splash
Wheat flour	160 g	1 cup

Approximate yield:

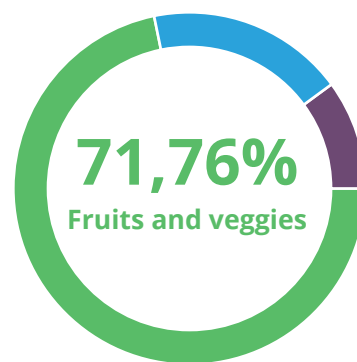
8 servings **350g** weight per serving **331kcal** energy per serving

Instructions:

- 1) Cook the lentils
- 2) Clean and wash the vegetables. Cut them into small pieces.
- 3) Sauté the onion, a carrot, and half the garlic in oil.
- 4) Mix the lentils and the sautéed and process or crush them well until a 'puree' is formed
- 6) Add flour to the mixture and make the meatballs with the hands
- 7) Cook the garlic with the tomato puree for 10 minutes. Season to taste.
- 8) Put the meatballs in the sauce, and cook for 15/20 minutes
- 9) Line the remaining carrot and serve together with the meatballs and the sauce

Nutritional value per serving (350g)

Energy	331 Kcal	17% DV
Carbohydrates	60 g	20% DV
Proteins	15 g	4% DV
Total Fats	5 g	10% DV
Dietary Fiber	0 g	0% DV
Sodium	53 mg	2% DV
Potassium	1491 mg	
Calcium	93 mg	
Phosphorus	265 mg	
Iron	4 mg	
Vitamin C	8 mg	



💡 Tips:

- Remember to always wash the lentils with plenty of water to remove dirt.
- Leaving the lentils to soak from the day before makes them cook faster and helps them digest better later.

