

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

25cm loaf tin, handheld mixer, large bowl, skewers, whisk

Ingredients

Banana (unit(s))	3
Banana bread mix (g)	400
Desiccated coconut (g)	30
Chopped walnuts (g)	40
From your pantry	
Sunflower oil (ml)	100
Water (ml)	90

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1300 /311
Total fat (g)	16
of which saturated (g)	3,8
Carbohydrates (g)	36
of which sugars (g)	19,4
Fibre (g)	2
Protein (g)	5
Salt (g)	0,6

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.

Banana Bread

with walnuts & coconut | 10 slices



Baking Total time: 60 - 70 min.



1. Prepare

- Preheat the oven to 160°C.
- Mash up two of the **bananas** with a fork (see Tip). Cut the other **banana** in half lengthways and set aside.
- Grease a loaf tin or line it with parchment paper.

Tip: the bananas will ripen faster if you store them next to an avocado or wrap them in newspaper. If the bananas are still a bit too hard to mash by hand, you can always use a blender instead.

3. Bake the banana bread

- Pour the batter into the cake tin.
- Put the two halves of the other **banana** on top and gently press them into the batter a little bit, making sure they're still visible.
- Put the banana bread in the oven and bake for 45 - 55 minutes.

2. Make the batter

- In a large bowl, mix the mashed **banana** with the **banana bread mix**, 100ml sunflower oil and 90ml water.
- Use an electric mixer or whisk to mix everything together until well combined.
- Add the **chopped walnuts** and two-thirds of the grated **coconut** and mix well.

4. Serve

- Check if the banana bread is done by piercing it with a skewer - if it comes out dry, then the banana bread is ready. Remove from the oven and leave it in the tin to cool down for 15 minutes.
- Garnish with the rest of the grated **coconut** and then cut into slices (see Tip).

Tip: if you're having a slice of banana bread the next day, quickly pop it in the oven or toaster to warm it up!

Enjoy!



In the mood for more?

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Utensils

25cm loaf tin, grater, large bowl, small bowl, whisk

Ingredients

Carrot* (unit(s))	2
Cake mix (g)	400
Speculaas spices (sachet(s))	1
Easy peel orange* (unit(s))	1
Mascarpone* (g)	100
Powdered sugar (g)	100
Kruidnoten (g)	200

From your pantry

Sunflower oil (tbsp)	1
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*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1262 /302
Total fat (g)	7
of which saturated (g)	4,1
Carbohydrates (g)	54
of which sugars (g)	29,1
Fibre (g)	2
Protein (g)	3
Salt (g)	0,8

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.

Kruidnoten Carrot Cake

with mascarpone-orange frosting | 10 servings



Baking Total time: 70 – 80 min.



1. Prepare

- Preheat the oven to 180°C.
- Grate the **carrot** (see Tip 1).
- Grease or line a 25cm long rectangular cake tin.
- Roughly chop half of the **kruidnoten** (see Tip 2).

Tip 1: if you have a food processor, you can use that to save time grating the carrots. **Tip 2:** you don't need to use all of the kruidnoten for this cake, so you can save the rest for Sinterklaas, or snack on them while the cake is in the oven!

3. Bake the cake

- Add the grated **carrot** and half of the chopped **kruidnoten** to the batter, then mix well.
- Pour the batter into the cake tin, then put it in the oven for 50 - 55 minutes.
- In the meantime, juice half of the **orange** into a small bowl. Mix the **mascarpone** with the **orange** juice, then add 3 tbsp **powdered sugar** and beat together until light and fluffy.
- Keep in the fridge until ready to use.

2. Mix the batter

- Pour the **cake mix** into a large bowl.
- Add the **speculaas spices**, 160ml cold water and the sunflower oil. Mix together with an electric mixer or whisk, until the batter is smooth and even.

4. Serve

- After 55 minutes, check if the cake is done by piercing it with a skewer.
- If it comes out clean then the cake is ready. Take it out of the oven and allow to cool fully.
- Spread the **mascarpone-orange** frosting over the top of the cake, then scatter over the rest of the chopped **kruidnoten**.
- Slice the cake before serving.

Enjoy!



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Utensils

Bowl, large bowl, oven dish, zester

Ingredients

Lemon* (unit(s))	1
Flour (g)	200
Ground cinnamon (tsp)	3
Cane sugar (g)	100
Cornflour (sachet(s))	½
Blueberries* (g)	375
From your pantry	
[Plant-based] butter (g)	100
Brown sugar (tbsp)	2½
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1020 /244
Total fat (g)	10
of which saturated (g)	6,2
Carbohydrates (g)	36
of which sugars (g)	19
Fibre (g)	2
Protein (g)	3
Salt (g)	0

Allergens

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Blueberry Crumble

with homemade crumble topping | 4 servings



Baking Total time: 50 min.



1. Prepare

- Preheat the oven to 200°C.
- Cut 100g butter into small cubes and keep in the fridge until use.
- Zest the **lemon**.

2. Knead

- In a large bowl, combine the **flour** with the **cinnamon, cane sugar** and **lemon zest**.
- Add the diced butter and combine with the flour mixture by using your hands. Keep kneading the dough until it reaches a sandy, crumbled texture and sticks together when squeezed.
- Make coarse crumbs of about 1 cm by rubbing and pressing the dough between your fingers.

3. Bake

- In a bowl, combine the **blueberries** with the **cornflour** and brown sugar.
- Transfer the berry mixture to a small oven dish.
- Pour the crumble topping evenly over the berry mixture.
- Bake the crumble for 25 - 30 minutes in the oven until golden brown.

4. Serve

- Let the crumble slightly cool down for 5 - 10 minutes before serving.

Enjoy!



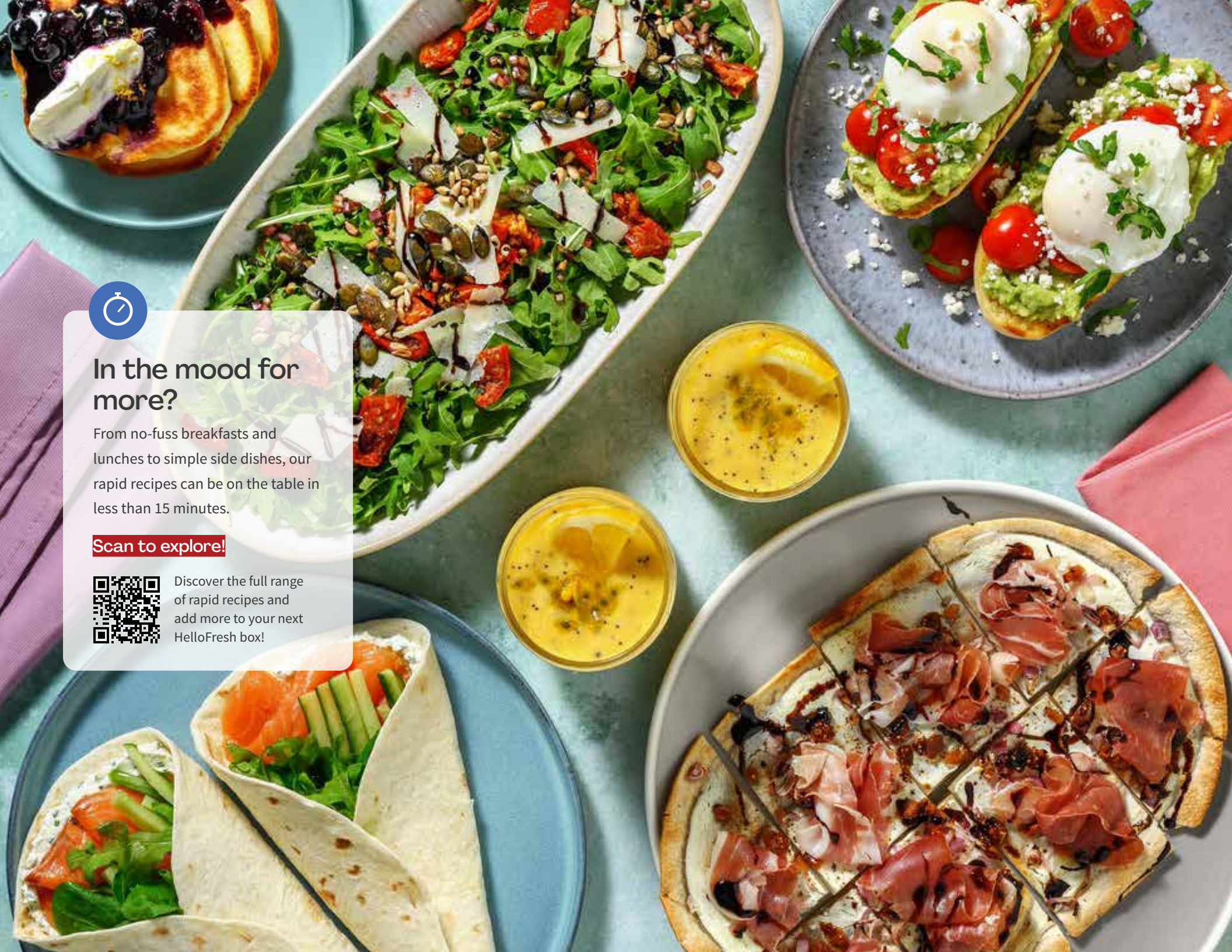
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Utensils

Saucepan, small bowl

Ingredients

Ham* (slice(s))	4
Herbed cream cheese* (g)	100
Arugula* (g)	20
Avocado (unit(s))	2
Grana Padano flakes DOP* (g)	20
Tomato (unit(s))	1
Egg* (unit(s))	4
Curry powder (sachet(s))	½
Cress* (g)	20
Cream cheese* (g)	100
Crackers (unit(s))	12

From your pantry

Salt & pepper to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	754 /180
Total fat (g)	14
of which saturated (g)	4,3
Carbohydrates (g)	2
of which sugars (g)	0,9
Fibre (g)	3
Protein (g)	6
Salt (g)	0,5

*The nutritional values are based on the average of the three variations.

Allergens

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Savoury Breakfast Crackers

with three variations of toppings | serves 2 per day



Breakfast Total time: 10 - 15 min.



1. Option 1: Herbed cream cheese, ham and lamb's lettuce

- Divide four **crackers** over two plates.
- Spread the herbed **cream cheese** on the **crackers**.
- Divide the **ham** over the **crackers** and garnish with the **arugula**.

2. Option 2: Smashed avocado, Grana Padano and tomato

- Divide four **crackers** over two plates.
- Halve and pit the **avocado**, then scoop out the flesh, transfer to a small bowl and mash well. Slice the **tomato**.
- Spread the smashed **avocado** on the **crackers**. Top with the **tomato** slices.
- Season with salt and pepper and garnish with the **Grana Padano**.

3. Option 3: Boiled eggs, cress and curry spices

- Boil plenty of water in a saucepan. Carefully transfer the **eggs** to the water and boil for 5 - 7 minutes.
- Rinse the **egg** under cold water, then remove the shell and cut the **egg** in half.
- Divide four **crackers** over two plates. Spread the **cream cheese** on the **crackers**.
- Add the **eggs** on top, sprinkle the **curry spices** and season with salt and pepper to taste. Garnish with the **cress**.

Enjoy!



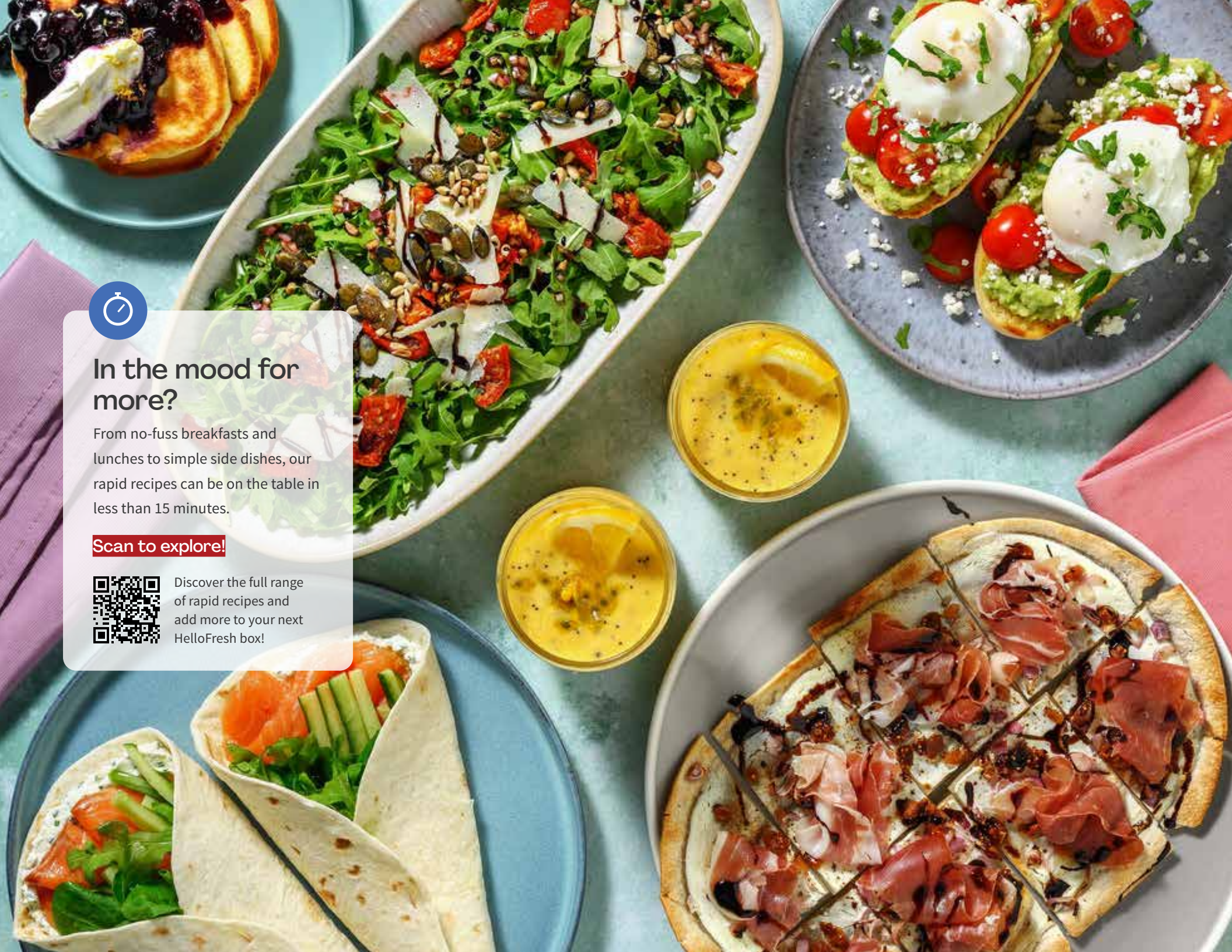
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Utensils

Ingredients

Organic Greek yogurt* (g)	1000
Pear* (unit(s))	2
Apple* (unit(s))	2
Chia seeds (g)	100
Blueberry jam (g)	15
Oats (g)	150
Blueberries* (g)	125

From your pantry

Honey to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	613 /147
Total fat (g)	7
of which saturated (g)	3,4
Carbohydrates (g)	14
of which sugars (g)	6,5
Fibre (g)	3
Protein (g)	4
Salt (g)	0,1

*The nutritional values are based on the average of the three variations.

Allergens

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Breakfast Bowls with Greek Yogurt and Fresh Fruit

with three variations of toppings | 2 servings per day



Breakfast Total time: 5 - 10 min.



1. Greek yogurt with blueberries and chia seeds

- Divide a third of the **yogurt** over two bowls.
- Garnish with the **blueberries** and a third of the **chia seeds**.
- Add honey to taste.

2. Greek yogurt with pear, oatmeal and chia seeds

- Peel and core the **pear**, then slice the flesh.
- Divide a third of the **yogurt** over two bowls.
- Garnish with the **pear**, oatmeal and a third of the **chia seeds**.
- Add honey to taste.

3. Greek yogurt with apple, blueberry jam and chia seeds

- Core and slice the **apple**.
- Divide a third of the **yogurt** over two bowls.
- Garnish with the **apple**, blueberry **jam** and a third of the **chia seeds**.
- Add honey to taste.

Enjoy!



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Utensils

Parchment-lined baking sheet, large bowl, saucepan, frying pan

Ingredients

Flour (g)	150
Egg* (unit(s))	2
Organic buttermilk* (ml)	200
Baking powder (g)	8
Bacon* (slice(s))	8
Cranberry chutney* (g)	80
Hazelnuts (g)	40
From your pantry	
Honey (tbsp)	2
Water for the sauce (ml)	50
[Plant-based] butter (tbsp)	2
Sugar (tsp)	½
Salt (tsp)	½

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3669 / 877	967 / 231
Total fat (g)	44	12
of which saturated (g)	15,5	4,1
Carbohydrates (g)	90	24
of which sugars (g)	33,6	8,9
Fibre (g)	6	2
Protein (g)	31	8
Salt (g)	4,5	1,2

Allergens

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American Pancakes with Bacon

with cranberry sauce & hazelnuts | 2 servings



Breakfast Total time: 25 min.



1. Prepare

- Preheat the oven to 200°C.
- Transfer the **bacon** strips to a parchment-lined baking sheet, leaving some room for the **hazelnuts**, and bake for 8 - 12 minutes.
- Chop the **hazelnuts** and bake along with the **bacon** during the last 4 - 5 minutes of cooking time.

2. Fry the pancakes

- Combine the **eggs** and **buttermilk** in a large mixing bowl.
- Add the **flour**, **baking powder** and a pinch of sugar and salt. Mix until just combined.
- Melt a generous knob of butter in a frying pan over medium-high heat. Pour a ladle full of batter into the pan. Fry the pancakes for about 2 minutes on each side until golden brown, then remove from the pan and cover with aluminium foil to keep warm.
- Melt a small knob of butter every time before frying the next pancake.

3. Make the sauce

- Add the water, honey, and **cranberry chutney** to a saucepan over medium-high heat and stir to combine.
- Heat the sauce for 2 - 3 minutes or until it has the desired thickness.

4. Serve

- Serve the pancakes on plates.
- Top the pancakes with the **bacon** and **hazelnuts**.
- Drizzle over the cranberry-honey syrup.

Enjoy!



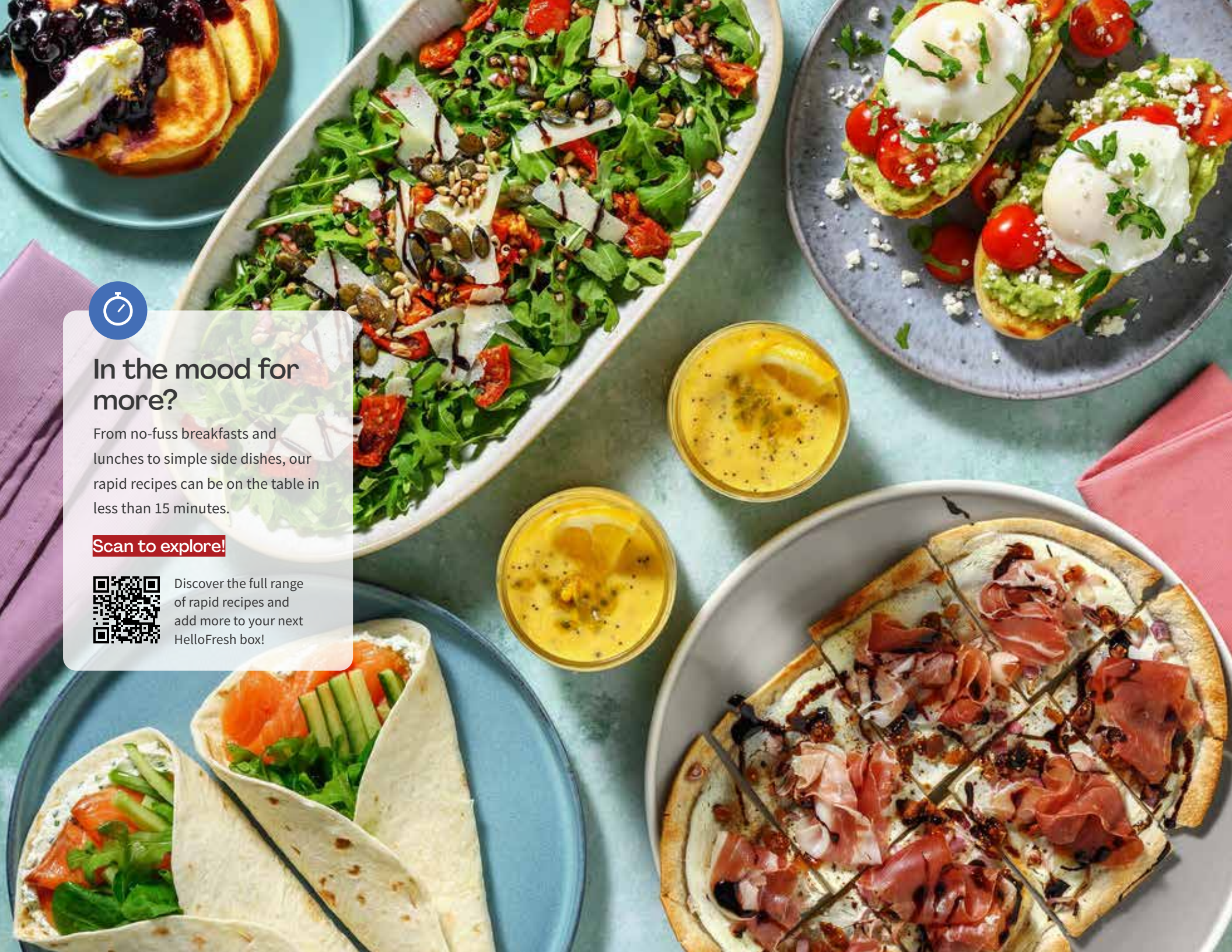
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Fondue Box | Homemade Cheese Fondue with Three Cheeses

with baguette, fresh veggies & charcuterie | 4 servings

Total time: 30 - 40 min.



- Grated emmentaler
- Grated Gruyère DOP
- Grated Gouda
- White wine
- Nutmeg
- Garlic
- Chestnut mushrooms
- Broccoli
- Romano pepper
- Ham
- Baby potatoes
- Serrano ham
- Lemon
- Italian seasoning
- Red cherry tomatoes
- White baguette



Scan the QR code to let us know what you thought of the recipe!

Before you begin

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Utensils

Large pot or saucepan, microplane, 2x lidded pot or saucepan, frying pan, two bowls, whisk

Ingredients for 4 servings

Grated emmentaler* (g)	400
Grated Gruyère DOP* (g)	300
Grated Gouda* (g)	100
White wine (ml)	374
Nutmeg (pinch)	2
Garlic (unit(s))	1
Chestnut mushrooms* (g)	250
Broccoli* (g)	360
Romano pepper* (unit(s))	1
Serrano ham* (g)	80
Baby potatoes (g)	400
Ham* (slice(s))	8
Lemon* (unit(s))	¼
Italian seasoning (sachet(s))	½
Red cherry tomatoes (g)	250
White baguette (unit(s))	1

From your pantry

Olive oil (tbsp)	1
Low sodium vegetable stock cube (unit(s))	½
Flour (tbsp)	½
Salt & pepper	to taste

**store in the fridge*

Nutritional values

	Per 100g
Energy (kJ/kcal)	664 / 159
Total fat (g)	9
of which saturated (g)	5,4
Carbohydrates (g)	10
of which sugars (g)	0,8
Fibre (g)	2
Protein (g)	10
Salt (g)	0,8

Allergens

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1. Boil the baby potatoes

Preheat the oven to 200°C. Boil plenty of water in a lidded pot or saucepan for the **baby potatoes** and crumble in the stock cube. In the meantime, wash the baby potatoes and cut any larger ones in half. Transfer to the pot and cook for 12 - 15 minutes, covered. Drain when finished and set aside without the lid.



2. Cook the broccoli

Boil plenty of salted water in another lidded pot or saucepan. Cut the **broccoli** into florets, then boil for 4 - 6 minutes, covered. Drain and set aside without the lid when finished.



3. Fry the mushrooms

Heat a drizzle of olive oil in a frying pan over medium-high heat, then fry the **mushrooms** for 4 - 6 minutes. Add the **Italian herbs** halfway through and season with salt and pepper. Put the **baguette** in the preheated oven and bake for 5 - 6 minutes, until golden brown and crunchy.



4. Prepare

Crush or mince the **garlic**. Deseed the **Romano pepper** and cut it into 2 - 3cm chunks (they need to be big enough for your fondue fork). Cut the **lemon** into 4 wedges and juice 1 wedge into a bowl. In another bowl, mix the flour with 0.5 tbsp water. Stir well, making sure there are no clumps left. Grate about 2 pinches of **nutmeg**.



5. Make the fondue

Heat a drizzle of olive oil in a fondue pan or large saucepan over medium-high heat, then fry the **garlic** for 1 - 2 minutes. Deglaze with the **white wine** and **lemon juice**, then bring to a boil. Add the **nutmeg**. Gradually add the **cheeses** and allow to melt. Stir well throughout using a whisk (see Tip). Add the flour mixture and keep stirring. Gently bring to a boil, but turn the heat to low once it starts bubbling. Simmer for 1 - 2 minutes over low heat.

Tip: keep the heat on medium-high while adding the cheese, so that it melts properly.



6. Serve

Serve the cheese fondue in the pan on the table. Use a tea light or food warmer to keep it warm (see Tip). Serve the **broccoli**, **mushrooms**, **Romano pepper**, **cherry tomatoes** and **baby potatoes** in separate bowls. Roll up the **ham** and **Serrano ham** and arrange on a plate, then slice up the **baguette**. Serve with the rest of the **lemon wedges**.

Tip: if you don't have anything to keep the fondue warm and the cheese starts to set, put the pan back on the heat briefly and warm it up while stirring until the cheese melts.

Enjoy!

Before you begin

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Utensils

Ingredients

Greek yogurt* (g)	1300
Granola (pack)	1
Blueberries* (g)	250
Mango* (unit(s))	1
Apple* (unit(s))	2
Raspberries* (g)	125
From your pantry	
Honey [or plant-based alternative]	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	694 / 166
Total fat (g)	9
of which saturated (g)	3,6
Carbohydrates (g)	14
of which sugars (g)	10,6
Fibre (g)	2
Protein (g)	5
Salt (g)	0,2

*The nutritional values are based on the average of the three variations.

Allergens

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Granola & Greek Yogurt Variations

with fresh raspberries, blueberries, mango and apple



Monday to Friday | Total time: 10 min. | Breakfast for two, for five days



Good morning!

If you're looking for a quick and easy way to add more variety to your breakfasts throughout the week, our breakfast boxes are just the ticket. On the recipe card, you'll find three different ways to enjoy granola with creamy Greek yogurt and fresh fruit, plus some tips for how to turn your breakfast into a smoothie or smoothie bowl.

Option 1: Mango & blueberry (2 portions)

- Peel and slice the **mango**.
- Serve 130g **Greek-style yogurt** per person in deep bowls (see Tip).
- Top with 50g **granola** per person.
- Garnish with half of the **mango** per person and 1 tbsp **blueberries** each.

Tip: if you want to turn this into a smoothie bowl, use a blender to blend the fruit and yogurt until smooth. Add some honey or agave syrup to taste, then scatter over a spoonful of granola.

Option 2: Apple & blueberry (4 portions)

- Core the **apple** and then slice it - you need half an **apple** per person (see Tip).
- Serve 130g **Greek-style yogurt** per person in deep bowls.
- Top with 50g **granola** per person.
- Garnish with the **apple** and 1.5 tbsp **blueberries** per person.

Tip: if you're in the mood for something warm, caramelize the apple! Just fry the apple with 1 tbsp butter for 4 - 5 minutes over medium-high heat. Once the apple is lightly browned, add 0.5 tbsp honey and fry for another 1 - 2 minutes, adding a pinch of cinnamon if preferred.

Option 3: Raspberry & blueberry (4 portions)

- Serve 130g **Greek-style yogurt** per person in deep bowls (see Tip).
- Top with 50g **granola** per person.
 - Garnish with 1 tbsp **raspberries** and 1 tbsp **blueberries** per person.

Tip: if you feel like switching things up, why not try turning this recipe into a pink smoothie? Put the fruit and yogurt in a blender, add 2 splashes of milk and then blend until smooth. Finish off with some granola, as well as honey or agave syrup to taste.

Enjoy

Before you begin

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Utensils

Bowl, frying pan, whisk

Ingredients

Blueberries* (g)	125
Banana (unit(s))	4
Egg* (unit(s))	6
Ground cinnamon (tsp)	3
Desiccated coconut (g)	40
From your pantry	
Sunflower oil (tbsp)	1
Honey [or plant-based alternative] (tbsp)	1
Flour (tbsp)	1
Salt (tsp)	1

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3188 /762	592 /141
Total fat (g)	38	7
of which saturated (g)	17,2	3,2
Carbohydrates (g)	71	13
of which sugars (g)	54,5	10,1
Fibre (g)	11	2
Protein (g)	27	5
Salt (g)	3	0,6

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.

Banana Pancakes

with blueberries, cinnamon & honey | 2 servings



Weekend recipe Total time: 25 min.



1. Prepare

- Mash three **bananas** in a bowl (see Tip).
- Slice the other **banana** and set aside to use later.

Tip: it's best to use ripe bananas for this recipe, but if yours aren't ripe yet, feel free to put them through the blender first to speed things up.

2. Make the batter

- Add the **eggs, cinnamon, flour** and a pinch of salt to the mashed **bananas** and whisk into a batter.
- Add three-quarters of the **blueberries** and half of the grated **coconut** (see Tip) and mix well to combine.

Tip: if you're not a fan of blueberries or coconut, go ahead and leave them out. Just add 1 **tbsp flour** to replace the coconut.

3. Fry the pancakes

- Heat the sunflower oil in a frying pan over medium-high heat.
- Use a ladle to pour the batter into the pan, then fry the pancakes for 2 minutes on each side.
- Repeat until the rest of the batter is used up. Add some more oil to the pan if needed.

4. Serve

- Stack the pancakes on top of each other and garnish with the rest of the grated **coconut**.
- Top with the rest of the **blueberries** and the rest of the **banana**.
- Drizzle over some honey to finish.

Enjoy!

Smoothie box

Kick-start your day!

1 Green Vegan Smoothie Bowl
with avocado, mango, kiwi and spinach

2 Very Berry Smoothie
with blueberries, raspberries and banana

3 Orange Dream Smoothie
mango, orange and passion fruit

Green Vegan Smoothie Bowl

with avocado, mango, kiwi and spinach | 2 servings

10 min.



Utensils

Blender or immersion blender, tall container

Ingredients for 2 servings

Coconut milk (ml)	250
Mango* (unit(s))	1
Avocado (unit(s))	1
Banana* (unit(s))	2
Spinach* (g)	100
Kiwi* (unit(s))	1
Desiccated coconut (g)	10
*store in the fridge	

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2590 /619	489 /117
Total fat (g)	40	8
of which saturated (g)	24,3	4,6
Carbohydrates (g)	53	10
of which sugars (g)	42,5	8
Fiber (g)	8	2
Protein (g)	8	1
Salt (g)	0,1	0

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.

1. Cut the **avocado** in half, remove the pit and skin and dice the flesh. Peel and dice the **mango** and **kiwi**. Slice 2 **bananas**. For the garnish, set aside all of the **kiwi** and some of the **mango** and **banana**.
2. Put the **avocado**, **spinach**, **coconut milk** and most of the **banana** and **mango** in a blender or a tall container (if you're using an immersion blender).
3. Blend everything together into a thick smoothie. If the smoothie is too thick, add a splash of milk or water.
4. Pour the smoothie into two bowls. Garnish with the **grated coconut**, **kiwi** and the rest of the **banana** and **mango**.

Scan the QR code to let us know what you thought of the recipe!



Smoothie box

Very Berry Smoothie

with blueberries, raspberries and banana | 2 servings

5 min.



Utensils

Tall container, immersion blender

Ingredients for 2 servings

Banana* (unit(s))	2
Blueberries* (g)	125
Raspberries* (g)	125
Coconut milk (ml)	250

From your pantry

Honey	to taste
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*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1741 /416	458 /109
Total fat (g)	23	6
of which saturated (g)	19,9	5,2
Carbohydrates (g)	42	11
of which sugars (g)	34	8,9
Fiber (g)	8	2
Protein (g)	4	1
Salt (g)	0,1	0

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.

1. Peel the **bananas** and cut them into pieces.
2. Add the **bananas, raspberries** and 250ml **coconut milk** to a blender or tall container (if you're using an immersion blender). Add the **blueberries** but save a handful for the garnish. Blend everything together into a thick smoothie.
3. Add honey to taste and briefly blend the smoothie once more.
4. Pour the smoothie into two glasses. Garnish with the rest of the **blueberries**.

Orange Dream Smoothie

mango, orange and passion fruit | 2 servings

5 min.



Utensils

Blender or immersion blender, tall container, small bowl

Ingredients for 2 serving

Easy peel orange* (unit(s))	1
Mango* (unit(s))	2
Passion fruit* (unit(s))	1
Organic semi-skimmed milk* (ml)	200
Chia seeds (g)	10

From your pantry

Honey	to taste
-------	----------

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1092 /261	271 /65
Total fat (g)	4	1
of which saturated (g)	1,2	0,3
Carbohydrates (g)	47	12
of which sugars (g)	42,1	10,4
Fiber (g)	8	2
Protein (g)	7	2
Salt (g)	0,1	0

1. Cut 1 **orange** in half and juice it into a small bowl.
2. Peel the **mango** and finely chop the flesh. Cut the **passion fruit** in half and scoop out the flesh.
3. Put the **fruit, orange juice** and the **milk** in a blender (or a tall container, if you're using an immersion blender), then blend into a thick smoothie. Add some honey to taste.
4. Serve the smoothie into two glasses and scatter over the **chia seeds** to finish off.

Enjoy!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Parchment-lined baking sheet, bowl, large bowl

Ingredients

Grated cheddar* (g)	150
Sliced jalapeños* (g)	60
Scallions* (bunch)	1
Avocado (unit(s))	2
Shallot (unit(s))	1
Lime* (unit(s))	1
Tomato (unit(s))	1
Garlic (unit(s))	1
Organic sour cream* (g)	100
Sweet chili tortilla chips (g)	300

From your pantry

Salt & pepper	to taste
---------------	----------

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	952 / 228
Total fat (g)	14,5
of which saturated (g)	4,1
Carbohydrates (g)	17,1
of which sugars (g)	2,5
Fibre (g)	1,4
Protein (g)	6
Salt (g)	0,7

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.

Loaded Nachos with Homemade Guacamole

with jalapeños and sour cream | 4 servings



Appetizer Total time: 30 min.



1. Make the nachos

- Preheat the oven to 180°C.
- Slice the **scallions** into fine rings.
- Spread the **tortilla chips** over a parchment-lined baking sheet.
- Top the chips evenly with the **jalapeños*** and two-thirds of the **scallions**, then scatter over the **cheese**.
- Bake for 10 - 15 minutes or until **cheese** has melted.

**Take care, this ingredient is spicy! Use as preferred.*

2. Prepare the toppings

- Cut the **avocado** in half and remove the pit and skin.
- Dice the **avocado** and put it in a large bowl.
- Finely dice the **tomato**. Finely chop the **shallot** and press or mince the **garlic**.
- Cut the **lime** in half.

3. Make the guacamole

- Mash the **avocado** with a fork.
- Add the **tomato, shallot** and **garlic**.
- Squeeze the **lime** into the bowl.
- Mix everything together and season with salt and pepper.

4. Serve

- Take the nachos out of the oven and serve directly on the baking sheet or in a serving dish.
- Garnish with the remaining **scallions**.
- Transfer the **sour cream** to a bowl.
- Serve the nachos with the **sour cream** and guacamole.

Enjoy!



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Beef Bourguignon

with chuck steak and mashed potatoes | 4 servings

Total time: 180 - 190 min.



Onion



Shallot



Garlic



Carrot



Celery



Chestnut mushrooms



Nutmeg



Bacon



Chuck steak



Tomato paste



Red wine



Bay leaf



Potatoes



Cooking cream



Fresh thyme



Worcestershire sauce



Scan the QR code to let us know what you thought of the recipe!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Lidded dutch oven or large pot, microplane, lidded pot or saucepan, potato masher

Ingredients for 4 servings

Onion (unit(s))	1
Shallot (unit(s))	2
Garlic (unit(s))	1
Carrot* (unit(s))	¾
Celery* (sprig)	10
Chestnut mushrooms* (g)	250
Nutmeg (pinch)	1
Bacon* (slice(s))	8
Chuck steak* (g)	800
Tomato paste (can)	1
Red wine (ml)	187
Bay leaf (unit(s))	1
Potatoes (g)	1000
Cooking cream (g)	120
Fresh thyme* (g)	20
Worcestershire sauce (ml)	15
Fresh flat leaf parsley* (g)	10

From your pantry

Low sodium beef stock cube (unit(s))	¾
Flour (tbsp)	2
[Plant-based] butter (tbsp)	5
Mustard (tbsp)	2
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	374 /89
Total fat (g)	4
of which saturated (g)	2
Carbohydrates (g)	7
of which sugars (g)	1,2
Fibre (g)	1
Protein (g)	7
Salt (g)	0,2

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.

Beef Bourguignon



1. Prepare

- Finely chop the **onion** and press or mince the **garlic**.
- Finely dice the **carrot** and **celery**.
- Cut the **chestnut mushrooms** into quarters and roughly chop the **shallot**.
- Cut the **bacon** into strips and the **chuck steak** into 4cm pieces.



4. Make the stew

- Add 150ml water, the **Worcestershire sauce**, **shallot**, **bay leaf**, three-quarters stock cube and the fresh **thyme** to the pan.
- Add the **bacon** and the **steak**, then put the lid on and let the beef bourguignon stew for 2 - 3 hours over low heat.
- In the meantime, peel and roughly chop the **potatoes**.
- Bring plenty of water to a boil in a pot with a lid and boil the **potatoes** for 12 - 15 minutes.



2. Fry the steak

- Heat a large Dutch oven without any oil over medium-high heat.
- Fry the **bacon** for 5 - 6 minutes until crispy, then take it out of the pan.
- Add the **steak** to the pan and fry for 4 - 5 minutes until brown on all sides. Season with salt and pepper to taste.
- Remove from the pan and set aside, then lower the heat.



5. Mash the potatoes

- Drain the **potatoes** and then mash them.
- Add 3 tbsp butter, 2 tbsp mustard and the **cream** to the mashed potatoes and mix everything together.
- Grate 1 pinch of **nutmeg**. Add the **nutmeg** and some salt and pepper to the mashed potatoes.



3. Fry the vegetables

- Add 2 tbsp butter to the pan and gently fry the **onion**, **carrot**, **celery** and **garlic** for 10 - 12 minutes.
- Add the **tomato paste** and **mushrooms** and fry for 5 - 6 minutes.
- Add the flour and fry for 1 - 2 minutes, then pour in the **wine**, stir well and simmer for 2 - 4 minutes.



6. Serve

- Roughly chop the **parsley**.
- Take the pan off the stove after 2 - 3 hours.
- Season the beef bourguignon with salt and pepper and garnish with the **parsley**.
- Serve the beef bourguignon with the mashed potatoes.

Enjoy!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Ingredients

Hamburger from Meatier* (unit(s))	2
Grated cheddar* (g)	50
Onion (unit(s))	1
Bacon* (slice(s))	4
Tomato (unit(s))	1
BBQ Sauce (g)	50
Butter lettuce* (head)	½
Chopped pickles* (g)	50
Hamburger bun with sesame seeds (unit(s))	2

From your pantry

Mustard to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2816 / 673	766 / 183
Total fat (g)	36	10
of which saturated (g)	16,4	4,5
Carbohydrates (g)	46	13
of which sugars (g)	11,7	3,2
Fibre (g)	5	1
Protein (g)	37	10
Salt (g)	4	1,1

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.

Classic American Cheeseburger

with bacon, cheddar and BBQ sauce | 2 servings



Lunch Total time: 20 min.



1. Prepare

- Slice the **tomatoes**.
- Thinly slice the **onions**.
- Spread 1 tsp **BBQ sauce** onto each **burger** patty.

2. Grill

- Preheat the barbecue (see Tip).
- Cut the **buns** open, but not completely in half, then put them face-down on the barbecue and toast for 3 - 5 minutes, or until they're lightly browned.
- Grill the **bacon** on the barbecue for 3 - 5 minutes.
- Grill the **burgers** on the barbecue for 4 - 6 minutes until done. Add the **cheddar** during the last minute of cooking time.

Tip: you can also toast the buns and grill the burgers in a pan. The preparation method will remain the same.

3. Fill the buns

- Spread mustard as preferred on the bottom **buns** and top with the **lettuce**.
- Place the **burgers** on top of the **lettuce**.
- Spread the **BBQ sauce** as preferred on the top **buns**.

4. Serve

- Add the **bacon**, **tomato**, **onion** and **pickles** to the **burgers** and close with the top **bun**.

Enjoy!



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Before you begin

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Utensils

Bowl, small bowl, frying pan

Ingredients

Mini Turkish bread (unit(s))	2
Garlic (unit(s))	½
Tomato tapenade* (g)	80
Tomato (unit(s))	1
Chicken thigh strips with Mediterranean herbs* (g)	200
Fresh flat leaf parsley* (g)	10
Arugula & lamb's lettuce* (g)	40
Organic full-fat yogurt* (g)	50

From your pantry

Salt & pepper	to taste
Olive oil (tbsp)	1

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2033 / 486	607 / 145
Total fat (g)	17	5
of which saturated (g)	4,2	1,3
Carbohydrates (g)	54	16
of which sugars (g)	7,2	2,2
Fibre (g)	4	1
Protein (g)	29	9
Salt (g)	2,4	0,7

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.

We've replaced the bruschetta dip in this recipe with tomato tapenade. The tapenade contains different allergens to the bruschetta dip. Always remember to check the ingredient label for the most accurate information regarding allergens and traces. Enjoy!



Mediterranean-Style Chicken on Turkish Bread

with tomato tapenade and garlic yogurt sauce | 2 servings



Lunch Total time: 15 min.



1. Prepare

- Preheat the oven to 180°C.
- Bake the **Turkish bread** for 5 - 8 minutes in the oven.

2. Fry the chicken

- Heat the olive oil in a frying pan and cook the **chicken** for 6 – 8 minutes on medium-high heat.

3. Prepare the toppings

- In the meantime, dice the **tomato**.
- In a bowl, mix the **tomato tapenade** with the diced **tomato**.
- Mince the **garlic** and finely chop the **parsley**.
- In another small bowl, mix the **yogurt** with the **garlic** and half of the **parsley**.
- Season both the **tomato tapenade mix** and the **yogurt sauce** to taste with salt and pepper.

4. Serve

- Cut open the **Turkish bread** and fill it with the **arugula & lamb's lettuce**, **tomato tapenade mix** and **chicken**.
- Drizzle over the **yogurt sauce**.
- Top with the rest of the **parsley**.

Enjoy!



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Festive Gourmet Box

festive recipes with grilled vegetables, meat and seafood | serves 4

Total time: 75-85 min.



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Utensils

6x bowl, oven dish, saucepan, small bowl

Ingredients for 4 servings

Bacon* (slice(s))	6
Marinated steak* (unit(s))	2
Chicken breast* (unit(s))	2
Shrimp* (g)	240
Salmon fillet* (unit(s))	2
Teriyaki sauce (g)	50
White demi-baguette (unit(s))	4
Butter* (g)	150
Fresh flat leaf parsley & chives* (g)	40
Garlic (unit(s))	3
Courgette* (unit(s))	1
Bell pepper* (unit(s))	2
Middle Eastern spice mix (sachet(s))	1
Potato wedges* (g)	600
Peanut sauce* (g)	120
Cocktail sauce* (g)	120
Apple* (unit(s))	2
Cookie dough chocolate* (pack)	½
Mini tomatoes* (g)	500
Lemon mayonnaise with black pepper (g)	100
Ground cinnamon (tsp)	1.5
Chicken sausage (unit(s))	4
Seasoned minced meat blend (g)	200

From your pantry

Salt & pepper	to taste
Olive oil (tbsp)	4

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	685 /164
Total fat (g)	10
of which saturated (g)	3,2
Carbohydrates (g)	11
of which sugars (g)	2,9
Fibre (g)	2
Protein (g)	7
Salt (g)	0,5

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.



1. Prepare the garlic butter and bread

Preheat the oven to 200°C and let the **butter** come to room temperature. Finely chop the **chives** and **parsley**. Mince the **garlic**. In a small bowl, mix 125g of the **butter** with two-thirds of the **herbs** and two-thirds of the **garlic**. Season with salt and pepper, then set aside to serve with the **bread** at the table. Bake the **bread** in the oven for 6 - 8 minutes.



4. Prepare the meat

Add the **mince** to a bowl and season with salt and pepper, then shape into small meatballs and add to a plate. Cut the **sausages** into three pieces and halve the **bacon**, then wrap each sausage in bacon and add to a plate. Slice the **chicken** into 4 cm pieces and mix with the other half of the **teriyaki sauce** in a bowl. Slice the **steaks** into 4 cm pieces and add to a plate. Heat the **peanut sauce** in a saucepan over medium-high heat.

At the table: Fry the **meat** on the gourmet and serve with the **peanut sauce**, **lemon mayonnaise** and **cocktail sauce**.



2. Roast the potatoes

Add the **potatoes** and 2 tbsp of olive oil to an oven dish. Add salt and pepper to taste and mix well.

Roast in the oven for 6 - 8 minutes.

At the table: Add the **potatoes** and 1 tbsp of the garlic **butter** to a gourmet pan. Bake for a couple of minutes.



5. Prepare the vegetables

Cut the **bell peppers** into strips. Slice the **courgette**. Add to a bowl and mix with 2 tbsp of olive oil and the **Middle Eastern spice mix**. Add salt and pepper to taste. Add the **tomatoes** to a bowl and serve during the gourmet.

At the table: Fry the **courgette** and **bell pepper** on the gourmet.



3. Prepare the seafood

Add the **shrimp** to a bowl and mix with 25g of **butter** and the rest of the **fresh herbs** and **garlic**. Season with salt and pepper. Cut the **salmon** into 4cm cubes and add to a bowl. Mix with half of the **teriyaki sauce**.

At the table: Fry the **shrimp** and **salmon** on the gourmet.



6. Prepare the dessert

Core and dice the **apples**. Add to a bowl and mix with 1 tsp of **cinnamon**. Crumble half of the **cookie dough** and add to a plate (see Tip).

At the table: Add the **apple** to a gourmet pan and fry for a couple of minutes, until the **apple** becomes soft. Add a layer of the crumbled **cookie dough** and bake for a few minutes, or until the dough becomes crispy.

Tip: You only use half of the cookie dough. Follow the instructions on the package to make cookies from the rest of the dough!

Enjoy!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

Utensils

Large bowl, handheld mixer, mixing bowl, oven dish, parchment paper

Ingredients

Egg* (unit(s))	2
Chocolate cake mix (g)	400
Kruidnoten (g)	200
Speculaas spices (sachet(s))	1
Cream cheese* (g)	100
From your pantry	
Sugar (tbsp)	2
Water (ml)	80
[Plant-based] butter (g)	40

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1316 /314
Total fat (g)	9
of which saturated (g)	5,2
Carbohydrates (g)	51
of which sugars (g)	28,9
Fibre (g)	2
Protein (g)	6
Salt (g)	1,4

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.

Sinterklaas Brownies

with kruidnoten and speculaas frosting | 9 pieces



Baking Total time: 40 - 50 min.



1. Make the batter

- Preheat the oven to 180°C.
- Weigh out the **butter** and cut it into cubes, then set aside and allow to reach room temperature.
- Line a 20cm x 20cm square baking tin or oven dish with parchment paper.
- In a large bowl, beat the **eggs**, **butter**, water and **cake mix** until you have a smooth batter.

2. Bake the brownies

- Pour the batter into the baking tin.
- Softly press half of the **kruidnoten** into the batter.
- Bake the brownies in the oven for 20 - 25 minutes.
- Take the dish out of the oven and let it cool down.

3. Make the frosting

- Add the **cream cheese**, sugar and half of the speculaas **spices** to a mixing bowl.
- Mix with a handheld mixer until fluffy.
- Roughly chop the rest of the **kruidnoten**.

4. Serve

- Spread the frosting over the brownies.
- Scatter the **kruidnoten** on top.
- Sprinkle the rest of the **speculaas spices** on top.

Enjoy!



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Before you begin

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Utensils

Bowl, plastic bag, rolling pin, saucepan, small bowl, heatproof bowl

Ingredients

Kruidnoten (g)	200
Mascarpone* (g)	100
White chocolate chips (g)	100

From your pantry

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1902 /454
Total fat (g)	25
of which saturated (g)	15,3
Carbohydrates (g)	52
of which sugars (g)	30,3
Fibre (g)	1
Protein (g)	6
Salt (g)	1,3

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.

Homemade 'Sinterklaas' Truffles

with 'kruidnoten' and white chocolate | to share



Baking Total time: 30 - 40 min.



1. Prepare

- Grind the **kruidnoten** into crumbs using a food processor (see Tip).
- Add 1 tbsp of the crumbs to a small bowl and set aside for later.
- Transfer the rest of the crumbs to a bowl and mix in the **mascarpone**.
- Continue mixing until it becomes a firm mixture.

Tip: if you do not have a food processor at home, add the **kruidnoten** to a ziplock bag and smash them with a rolling pin until they become crumbs.

2. Make the truffles

- Scoop 1 tbsp of the mixture and squeeze it together with your hands, then roll it into a ball.
- Repeat this step until you have shaped around 20 balls.
- Transfer the truffles to a fridge and chill for at least 30 minutes.

3. Melt the chocolate

- Boil a shallow layer of water in a saucepan, then place a heat-resistant bowl on top, making sure it doesn't touch the water.
- Add the **white chocolate** and allow to melt while stirring.
- Dip the truffles into the **white chocolate** one at a time to coat them.
- Transfer the truffles back to the fridge to chill for 5 minutes, or until the **chocolate** has set.

4. Serve

- Garnish the truffles with the reserved **kruidnoten** crumbs.
- Transfer to a serving platter.

Enjoy!



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1 Avocado & Scrambled Eggs on Ciabatta Toast with tomato and cress | 2 servings

2 Ham & Herbed Cream Cheese Open-Faced Sandwiches
2 days of breakfast for 2 persons

3 Banana & Blueberry Smoothie
2 days of breakfast for 2 persons

Avocado & Scrambled Eggs on Ciabatta Toast

with tomato and cress | 2 servings

20 min.



Utensils

Parchment-lined baking sheet, bowl, frying pan

Ingredients for 2 servings

Egg* (unit(s))	4
Avocado (unit(s))	1
Cress* (g)	20
Wholegrain ciabatta (unit(s))	2
Tomato (unit(s))	1
From your pantry	
Olive oil (tsp)	2
[Plant-based] milk	splash
[Plant-based] butter (tbsp)	1
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2375 / 568	734 / 175
Total fat (g)	35,4	10,9
of which saturated (g)	9,5	2,9
Carbohydrates (g)	31,8	9,8
of which sugars (g)	3,4	1
Fiber (g)	8,3	2,6
Protein (g)	26,1	8,1
Salt (g)	1,2	0,4

Allergens Always remember to check the ingredient label for the most accurate information regarding allergens and traces.

1. Preheat the oven to 200°C. Cut the **avocado** in half, then remove the pit and the skin. Thinly slice the **avocado**. Slice the **tomato**.
2. Cut the **ciabatta** in half lengthways and drizzle the olive oil over each half. Transfer to a parchment-lined baking sheet and bake for 5 - 7 minutes in the oven.
3. Beat the **eggs** in a bowl with the milk and season with salt and pepper. Melt the butter in a frying pan on medium heat and scramble the **eggs** for 5 - 6 minutes.
4. Place the **ciabatta** toast on plates and spread over the **avocado**. Top with the **tomato** and scrambled **eggs**. Garnish with the **cress**. Season with extra salt or pepper as preferred.

Scan the QR code to let us know what you thought of the recipe!



Ham & Herbed Cream Cheese Sandwiches

2 days of breakfast for 2 persons | 4 servings

5 min.



Utensils

-

Ingredients for 4 servings

Ham* (slice(s))	6
Herbed cream cheese* (g)	75
[Persian] cucumber* (unit(s))	1
White demi-baguette (unit(s))	4

From your pantry

Black pepper	to taste
--------------	----------

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	834 /199
Total fat (g)	4.3
of which saturated (g)	2
Carbohydrates (g)	32,4
of which sugars (g)	1,3
Fiber (g)	2,4
Protein (g)	7,6
Salt (g)	1

Allergens Always remember to check the ingredient label for the most accurate information regarding allergens and traces.

1. Bake half of the **bread** in a preheated oven at 200°C for 6 - 8 minutes..
2. Slice half of the **cucumber**.
3. Slice the baked bread lengthways, then spread the **cream cheese** on each half.
4. Divide the **ham** over the slices, garnish with the **cucumber** and season with black pepper to taste.
5. Repeat the recipe for a second breakfast the next day.

Banana & Blueberry Smoothie

2 days of breakfast for 2 persons | 4 servings

5 min.



Utensils

Blender or an immersion blender with a tall container

Ingredients for 4 servings

Banana (unit(s))	4
Organic semi-skimmed milk* (ml)	500
Blueberries* (g)	250
Organic Greek yogurt* (g)	150

From your pantry

Honey [or plant-based alternative]	to taste
------------------------------------	----------

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	306 /73
Total fat (g)	2
of which saturated (g)	1
Carbohydrates (g)	11
of which sugars (g)	9,5
Fiber (g)	1
Protein (g)	2
Salt (g)	0,1

1. Slice 2 **bananas**.
2. Add the **banana** to a blender, along with 250ml of **milk**, 75g of **Greek yogurt** and half of the **blueberries**.
3. Blend until smooth (see Tip).
4. Repeat the recipe for a second breakfast the next day.

Tip: Mix some honey through the smoothie to taste.

Enjoy!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

Utensils

Deep plate, frying pan

Ingredients

Brioche bun (unit(s))	4
Blueberries* (g)	125
Apple* (unit(s))	1
Speculaas spices (sachet(s))	1
Mascarpone* (g)	50
Egg* (unit(s))	2
Organic semi-skimmed milk* (ml)	125
From your pantry	
Sugar (tbsp)	5
[Plant-based] butter (tbsp)	3
Salt (tsp)	½
Honey [or plant-based alternative] (tbsp)	1

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4071 /973	828 /198
Total fat (g)	40	8
of which saturated (g)	23,7	4,8
Carbohydrates (g)	126	26
of which sugars (g)	59	12
Fibre (g)	10	2
Protein (g)	24	5
Salt (g)	3	0,6

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.

Warming Fall French Toast

with caramelised apple and blueberries | 2 servings



Breakfast Total time: 25 min.



1. Prepare

- Core and slice the **apple**.
- Halve the **brioche**.
- In a large deep plate, mix the **eggs**, **milk**, sugar, salt and half of the **speculaas spices**, whisking thoroughly.

2. Fry the apple

- Heat a knob of butter in a frying pan on medium-high heat and add the **apple**.
- Add the rest of the **speculaas spices** and 1 tbsp of honey, then fry for 5 - 6 minutes.
- Remove from the pan and set aside until serving.

3. Make the French toast

- Heat the rest of the butter in the same frying pan over medium-high heat.
- Soak the **brioche** slices in the **egg** mixture two by two, until they are completely saturated.
- Add the slices to the pan and fry directly for 4 minutes on each side or until golden brown. Repeat until all of the slices are done.

4. Serve

- Serve the French toast on two plates.
- Top with the caramelized **apple** and a dollop of the **mascarpone**.
- Garnish with the **blueberries** and drizzle with honey to taste.

Enjoy!



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Utensils

Oven dish

Ingredients

Laurieri - Scrocchi with sea salt (pack)	1
Creamy French brie* (g)	175
Burrata* (ball(s))	1
Truffle-style olive oil (ml)	8
Camembert* (g)	240
Fresh rosemary* (sprig)	1
Grapes* (unit(s))	1
Salted almonds (g)	80
Cranberry chutney* (g)	40
Garlic (unit(s))	1
Brandt & Levie Organic Salami Rosemary and Rose Petals* (unit(s))	1

From your pantry

Honey [or plant-based alternative] (tsp)	1
Extra virgin olive oil (tbsp)	½

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	975 /233
Total fat (g)	16
of which saturated (g)	7,5
Carbohydrates (g)	9
of which sugars (g)	8,5
Fibre (g)	1
Protein (g)	12
Salt (g)	0,9

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.

Winter Apéro Board with Cheese and Cured Meat

Brandt & Levie salami, camembert, brie and burrata | to share



Total time: 30 min.



1. Prepare the cheese

- Preheat the oven to 200°C.
- Take the **camembert** out of its packaging and transfer to an oven dish.
- Use the tip of a knife to score a crisscross diamond pattern over the surface of the **camembert**, taking care not to cut all the way through.
- Thinly slice the **garlic** and tear the **rosemary** leaves from the stalks.

2. Bake

- Stuff the **camembert** with the **rosemary** leaves and the slices of **garlic**.
- Drizzle with the extra virgin olive oil and the honey.
- Bake the **camembert** for 6 - 7 minutes.

3. Prepare the sausage

- Add the **cranberry chutney** to a small bowl.
- Slice the **sausage**.
- Drain the liquid from the **burrata** and transfer it to a small plate.
- Drizzle with the **truffle-style olive oil**.

4. Arrange the board

- Add the **camembert**, **burrata** and **brie** to the board.
- Arrange the **sausage**, **salted almonds**, **crackers**, **grapes** and **cranberry chutney** around the cheeses and serve.

Enjoy!



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Utensils

Frying pan

Ingredients

Raclette cheese* (g)	200
White demi-baguette (unit(s))	2
Ham* (slice(s))	4
Chopped pickles* (g)	50
From your pantry	
Mustard (tbsp)	1

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2958 /707	1017 /243
Total fat (g)	30	10
of which saturated (g)	16,5	5,7
Carbohydrates (g)	67	23
of which sugars (g)	2,8	1
Fibre (g)	5	2
Protein (g)	41	14
Salt (g)	4,5	1,6

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.

Raclette Sandwich

with ham and pickles | 2 servings



Lunch Total time: 15 - 20 min.



1. Bake the baguettes

- Preheat the oven to 180°C.
- Bake the **demi-baguettes** for 6 - 8 minutes.

2. Melt the cheese

- Place a frying pan over low heat and slowly melt the **cheese** for 5 - 6 minutes.

3. Make the sandwich

- Cut open the **baguettes** and spread with the **mustard**.

4. Serve

- Top the **bread** with the **ham**, then pour over the melted **cheese**.
- Garnish with the **pickles** to finish.

Enjoy!



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Utensils

Large frying pan, microplane, small bowl

Ingredients

Lime* (unit(s))	1
Jumbo shrimp* (g)	260
Organic sour cream* (g)	50
Garlic (unit(s))	1
Mexican-style spices (sachet(s))	1
Crispy fried onions (g)	30
From your pantry	
[Plant-based] mayonnaise (tbsp)	1
Sunflower oil (tbsp)	½
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	602 / 144
Total fat (g)	9
of which saturated (g)	2,8
Carbohydrates (g)	5
of which sugars (g)	1,6
Fibre (g)	1
Protein (g)	10
Salt (g)	0,9

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.

Creamy Mexican-Style Shrimp

with crispy onions and lime | to share



Total time: 15 – 20 min.



1. Prepare

- Zest and halve the **lime**.
- Peel and grate the **garlic**.

2. Fry the shrimp

- Heat a drizzle of sunflower oil in a large frying pan on medium-high heat.
- Add the **shrimp** and **garlic** and fry for 4 - 5 minutes. Season with salt and pepper.

3. Make the sauce

- Juice half of the **lime** in a small bowl and add the **Mexican spices**, **sour cream** and mayonnaise.
- Mix well and season with salt and pepper.

4. Serve

- Spoon the creamy sauce into the bottom of your serving dish.
- Top with the cooked **shrimp** and scatter the crispy fried **onions** on top.
- Cut the rest of the **lime** into wedges and serve on the side if preferred.

Enjoy!



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Utensils

Plastic wrap, 2x small saucepan

Ingredients

White chocolate chips (g)	100
Speculaas pieces (g)	120
Organic crème fraîche* (g)	100
Blueberry jam (g)	30
From your pantry	
Sugar (g)	75
[Plant-based] butter (g)	30
*store in the fridge	

Nutritional values

	Per 100g
Energy (kJ/kcal)	1795 / 429
Total fat (g)	23
of which saturated (g)	15,1
Carbohydrates (g)	51
of which sugars (g)	41,6
Fibre (g)	0
Protein (g)	3
Salt (g)	0,8

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.

White Chocolate Pots

with blueberry jam and speculaas pieces | 4 servings



Total time: 15 - 20 min.



1. Make the base

- Melt the butter in a small saucepan on medium-low heat.
- Add the **speculaas pieces** to a food processor and pulse until you have small crumbs (see Tip). Stir the crumbs into the melted butter.
- Divide the crumbs over 4 glasses and press down with a spoon to make the base. Let chill in the refrigerator.

Tip: Instead of using a food processor, you can also add the speculaas pieces to a ziplock bag and crush it with a rolling pin until you have small crumbs.

2. Melt the chocolate

- Add the **white chocolate**, **crème fraîche** and sugar to a small saucepan.
- Heat on medium until the **chocolate** has melted, for 2 - 3 minutes.
- Allow the mixture to cool for 5 minutes.

3. Make the chocolate pots

- Pour the **white chocolate** mixture into the glasses.
- Add small dollops of the **blueberry jam** on top.
- Swirl the **jam** into the **white chocolate** mixture with a fork to create a marbling effect on top.

4. Serve

- Cover the desserts with plastic wrap and transfer to the refrigerator to set for 2 - 3 hours before serving.

Enjoy!



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Utensils

Bowl

Ingredients

Mozzarella* (ball(s))	1
Grated Gouda* (g)	75
Fresh flat leaf parsley* (g)	10
Butter* (g)	125
Garlic (unit(s))	1
White demi-baguette (unit(s))	2
Fresh Indian dahl soup* (ml)	1000

From your pantry

Salt & pepper to taste
**store in the fridge*

Nutritional values

	Per 100g
Energy (kJ/kcal)	753 / 180
Total fat (g)	11,7
of which saturated (g)	8
Carbohydrates (g)	13,4
of which sugars (g)	1,5
Fibre (g)	2,2
Protein (g)	5,5
Salt (g)	0,8

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.

Soup

You can find the soup instructions on the packaging.

Fresh Indian Dahl Soup with Mozzarella Garlic Bread

with homemade parsley-garlic butter | to share

Appetizer Total time: 10 min.



1. Prepare

- Preheat the oven to 200°C.
- Take the **butter** out of the fridge and allow it to reach room temperature.
- Press or mince the **garlic** and finely chop the **parsley**.
- Roughly chop the **mozzarella**.

2. Make the garlic butter

- Transfer the softened butter to a bowl.
- Mix the butter with the **garlic** and two-thirds of the **parsley**.
- Season with salt and pepper.

3. Bake the garlic bread

- Partially slice the **demi-baguettes** on a diagonal, ensuring the base remains intact.
- Spread the **garlic butter** on the inside of the **bread** and add some of both **cheeses**, then scatter the rest of the **cheese** over the top.
- Pop the **baguettes** in the oven for 10 minutes, or until the **cheese** is golden-brown.

4. Serve

- Transfer the **garlic bread** to a serving dish.
- Scatter the rest of the **parsley** over the bread to finish.

Enjoy!



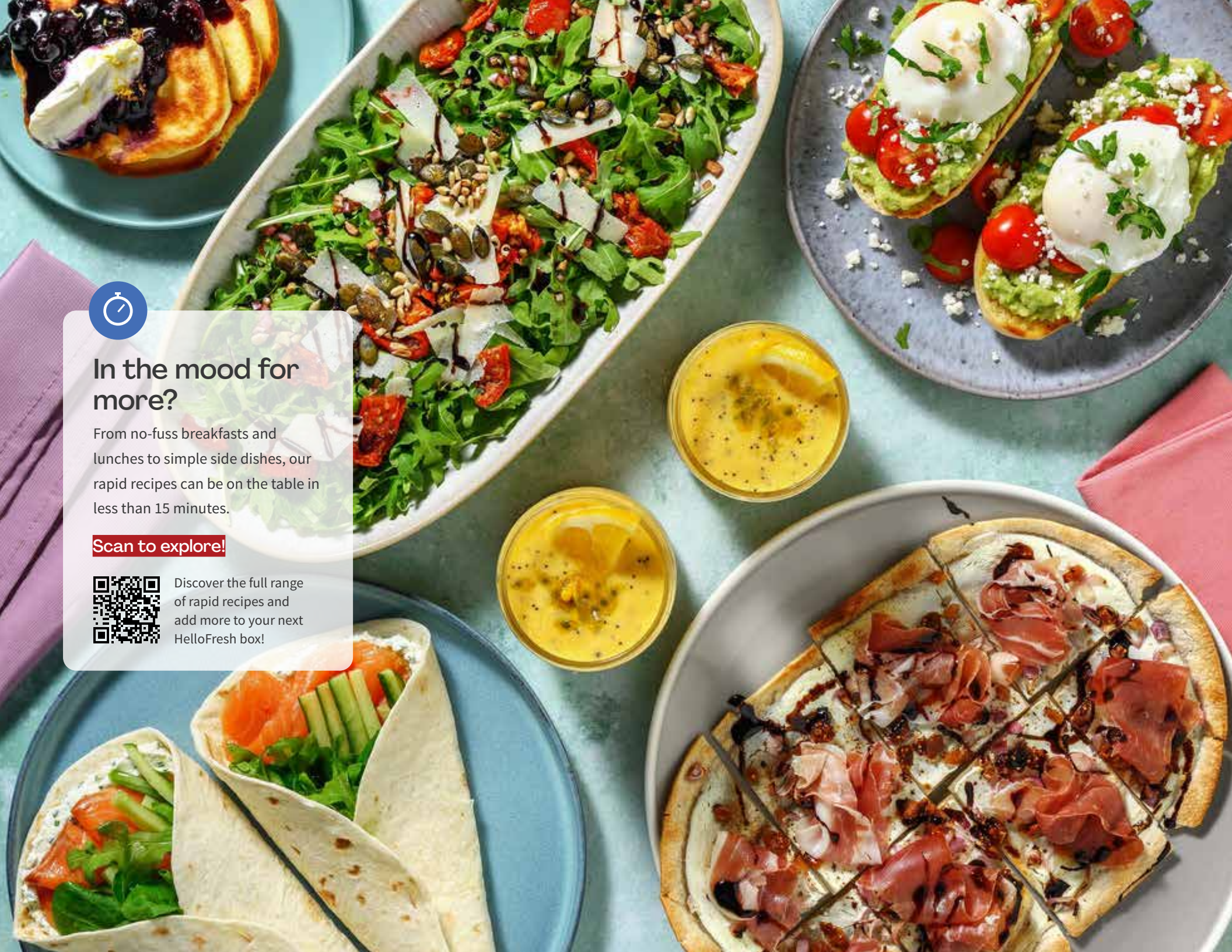
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Utensils

Bowl

Ingredients

Mozzarella* (ball(s))	1
Grated Gouda* (g)	75
Fresh flat leaf parsley* (g)	10
Butter* (g)	125
Garlic (unit(s))	1
White demi-baguette (unit(s))	2
Fresh pea soup with bacon* (ml)	1000

From your pantry

Salt & pepper to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	798 / 191
Total fat (g)	11,2
of which saturated (g)	6,6
Carbohydrates (g)	15,9
of which sugars (g)	0,9
Fibre (g)	2
Protein (g)	7,8
Salt (g)	0,8

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.

Soup

You can find the soup instructions on the packaging.

Fresh Pea Soup with Bacon with Mozzarella Garlic Bread



with homemade parsley-garlic butter | to share

Appetizer Total time: 10 min.



1. Prepare

- Preheat the oven to 200°C.
- Take the **butter** out of the fridge and allow it to reach room temperature.
- Press or mince the **garlic** and finely chop the **parsley**.
- Roughly chop the **mozzarella**.

2. Make the garlic butter

- Transfer the softened butter to a bowl.
- Mix the butter with the **garlic** and two-thirds of the **parsley**.
- Season with salt and pepper.

3. Bake the garlic bread

- Partially slice the **demi-baguettes** on a diagonal, ensuring the base remains intact.
- Spread the **garlic butter** on the inside of the **bread** and add some of both **cheeses**, then scatter the rest of the **cheese** over the top.
- Pop the **baguettes** in the oven for 10 minutes, or until the **cheese** is golden-brown.

4. Serve

- Transfer the **garlic bread** to a serving dish.
- Scatter the rest of the **parsley** over the bread to finish.

Enjoy!



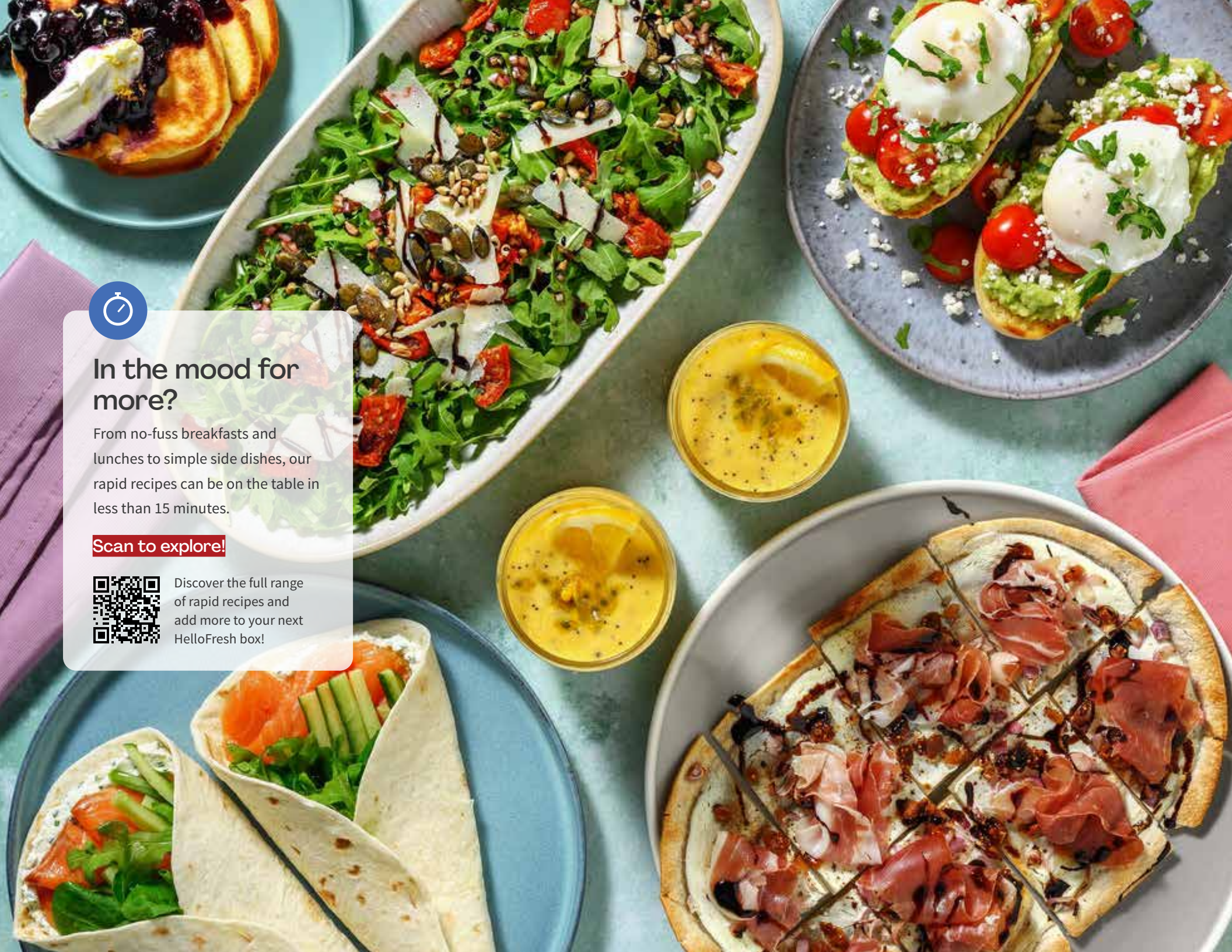
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Before you begin

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Utensils

Parchment-lined baking sheet, bowl

Ingredients

Garlic (unit(s))	2
Grated cheddar* (g)	50
Grated gouda (g)	75
Green pesto* (g)	40
White demi-baguette (unit(s))	4
Fresh tomato soup with meatballs* (ml)	1000
From your pantry	
Olive oil (tbsp)	4

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	752 /180
Total fat (g)	9,6
of which saturated (g)	3,1
Carbohydrates (g)	17,9
of which sugars (g)	2,2
Fibre (g)	1,3
Protein (g)	5,5
Salt (g)	1,1

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.

Soup

You can find the soup instructions on the packaging.

Fresh Tomato Soup with Meatballs and Super Cheesy Pesto Garlic Baguette

with cheddar and Gouda | to share

Appetizer Total time: 20 min.



1. Prepare

- Preheat the oven to 200°C.
- Crush or mince the **garlic**.
- In a medium bowl, mix together the **garlic**, both **cheeses**, **pesto** and olive oil.

2. Prepare the baguettes

- Slice the **demi-baguettes** into pieces, taking care not to cut the whole way through, and transfer them to a parchment-lined baking sheet.
- Use a spoon to scoop two-thirds of the **pesto** mixture equally into each cut in the **baguettes** (see Tip).

Tip: don't worry if the bread breaks when doing this. The cheese will melt and stick it back together in the oven.

3. Bake the baguettes

- Spread the rest of the **pesto** mixture over the top of the **baguettes**.
- Bake for 10 - 12 minutes, or until the **cheese** is melted and slightly golden.

4. Serve

- Transfer the **baguettes** to a serving platter.
- Allow to cool for a couple of minutes, then tear and share.

Enjoy!



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Utensils

Parchment-lined baking sheet, bowl

Ingredients

Garlic (unit(s))	2
Grated cheddar* (g)	50
Grated Gouda (g)	75
Green pesto* (g)	40
White demi-baguette (unit(s))	4

From your pantry

Olive oil (tbsp)	4
------------------	---

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1353 / 323
Total fat (g)	15,7
of which saturated (g)	4,9
Carbohydrates (g)	35,8
of which sugars (g)	0,9
Fibre (g)	2,5
Protein (g)	9,6
Salt (g)	1,1

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.

Super Cheesy Pesto Garlic Baguettes

with cheddar and Gouda | to share



Appetizer Total time: 20 min.



1. Prepare

- Preheat the oven to 200°C.
- Crush or mince the **garlic**.
- In a medium bowl, mix together the **garlic**, both **cheeses**, **pesto** and olive oil.

2. Prepare the baguettes

- Slice the **demi-baguettes** into pieces, taking care not to cut the whole way through, and transfer them to a parchment-lined baking sheet.
- Use a spoon to scoop two-thirds of the **pesto** mixture equally into each cut in the **baguettes** (see Tip).

Tip: don't worry if the bread breaks when doing this. The cheese will melt and stick it back together in the oven.

3. Bake the baguettes

- Spread the rest of the **pesto** mixture over the top of the **baguettes**.
- Bake for 10 - 12 minutes, or until the **cheese** is melted and slightly golden.

4. Serve

- Transfer the **baguettes** to a serving platter.
- Allow to cool for a couple of minutes, then tear and share.

Enjoy!



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Before you begin

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Utensils

Bowl, lidded pot or saucepan, frying pan

Ingredients

Sushi rice (g)	150
Avocado (unit(s))	1
Cucumber* (unit(s))	1
Slaw mix* (g)	100
Sriracha mayo* (g)	50
Furikake (sachet(s))	1
Shrimp* (g)	160

From your pantry

White balsamic vinegar (tbsp)	2
Sugar (tsp)	2
Olive oil (tbsp)	1
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2761 /660	700 /167
Total fat (g)	31	8
of which saturated (g)	3,7	0,9
Carbohydrates (g)	72	18
of which sugars (g)	10,9	2,8
Fibre (g)	5	1
Protein (g)	19	5
Salt (g)	1,3	0,3

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.

Shrimp Poké Bowl with Avocado

with sriracha mayo & furikake | 2 servings



Lunch Total time: 15 min.



1. Prepare the sushi rice

- Boil 350ml of water with a pinch of salt in a pot or saucepan, then cook the **sushi rice** for 12 – 15 minutes over low heat.
- Turn the heat off when finished then cover the pan and set aside until serving.

2. Chop the vegetables

- Cut the **avocado** in half, remove the pit and skin and slice the flesh.
- Dice the **cucumber**.
- In a bowl, combine 1 tbsp of white balsamic vinegar with 1 tsp of sugar.
- Transfer the **slaw mix** to the bowl and season to taste with salt and pepper. Toss well to combine. Set aside until serving, stirring now and again.

3. Fry the shrimp

- Heat a generous drizzle of olive oil in a frying pan over medium-high heat.
- Fry the **shrimp** for 2 - 3 minutes until done, then remove from the pan and set aside.

4. Serve

- Fluff through the **rice** with a fork and stir in the rest of the white balsamic vinegar and sugar.
- Serve the **rice** in bowls and top with the **shrimp**, **cucumber**, **avocado** and **slaw**.
- Drizzle over the **sriracha mayo** and garnish with the **furikake**.

Enjoy!



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Utensils

Large pot or saucepan, lidded saucepan, kitchen paper, saucepan, slotted spoon, frying pan, whisk

Ingredients

Egg* (unit(s))	4
Hollandaise sauce* (g)	100
Brioche bun (unit(s))	2
Spinach* (g)	100
Bacon* (slice(s))	6

From your pantry

Sunflower oil (tbsp)	1
White wine vinegar (tbsp)	4
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3038 / 726	847 / 203
Total fat (g)	50	14
of which saturated (g)	13,5	3,8
Carbohydrates (g)	39	11
of which sugars (g)	5,5	1,5
Fibre (g)	4	1
Protein (g)	29	8
Salt (g)	2,6	0,7

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.

Eggs Benedict with Spinach and Bacon

on brioche bread with Hollandaise sauce | 2 servings

Breakfast Total time: 20 min.



1. Boil the eggs

This step shows a simple method for preparing eggs. If you'd prefer poached eggs, follow the instructions in the next step.

- Preheat the oven to 180°C. Make sure the **eggs** are just submerged in water in a saucepan with a lid.
- Bring the water to a boil and boil the **eggs** with the lid on for 6 - 8 minutes (see Tip).
- Peel the **eggs** and cut them in half when finished, then move on to step 3.

Tip: boil the eggs for 6 minutes if you prefer soft-boiled, or 10 minutes for hard-boiled.

3. Prepare the spinach

- Meanwhile, heat the sunflower oil in a frying pan over medium-high heat.
- Add the **spinach** to the pan with a pinch of salt and pepper. Fry for 1 minute, until it starts to wilt down, then remove the **spinach** from the pan.
- Add the **bacon** to the pan and fry for 4 - 5 minutes, or until it's crispy.
- Heat the **Hollandaise sauce** in a small saucepan for 1 - 2 minutes. Put the **brioche** rolls in the oven to bake for 3 - 4 minutes.

2. Poach the eggs

- Preheat the oven to 180°C and boil plenty of water in a large pan. Add 4 tbsp vinegar to the water as soon as it starts to boil.
- Break the **eggs** into individual glasses. Use a whisk to swirl the water so that you get a small whirlpool. Carefully pour in the **eggs** one at a time, then turn the heat low and let them cook until the white part has set fully; this should take 2 - 3 minutes (see Tip).
- Take the **eggs** out of the pan with a slotted spoon, then put them on a plate lined with kitchen paper to absorb the water.

Tip: this method will give nice runny egg yolks, but feel free to cook them for a minute longer if you prefer the yolks to be more cooked.

4. Serve

- Cut open the **brioche** rolls and top with the **spinach** and **bacon**.
- Carefully place the **eggs** on top and drizzle the Hollandaise sauce over the eggs.

Enjoy!



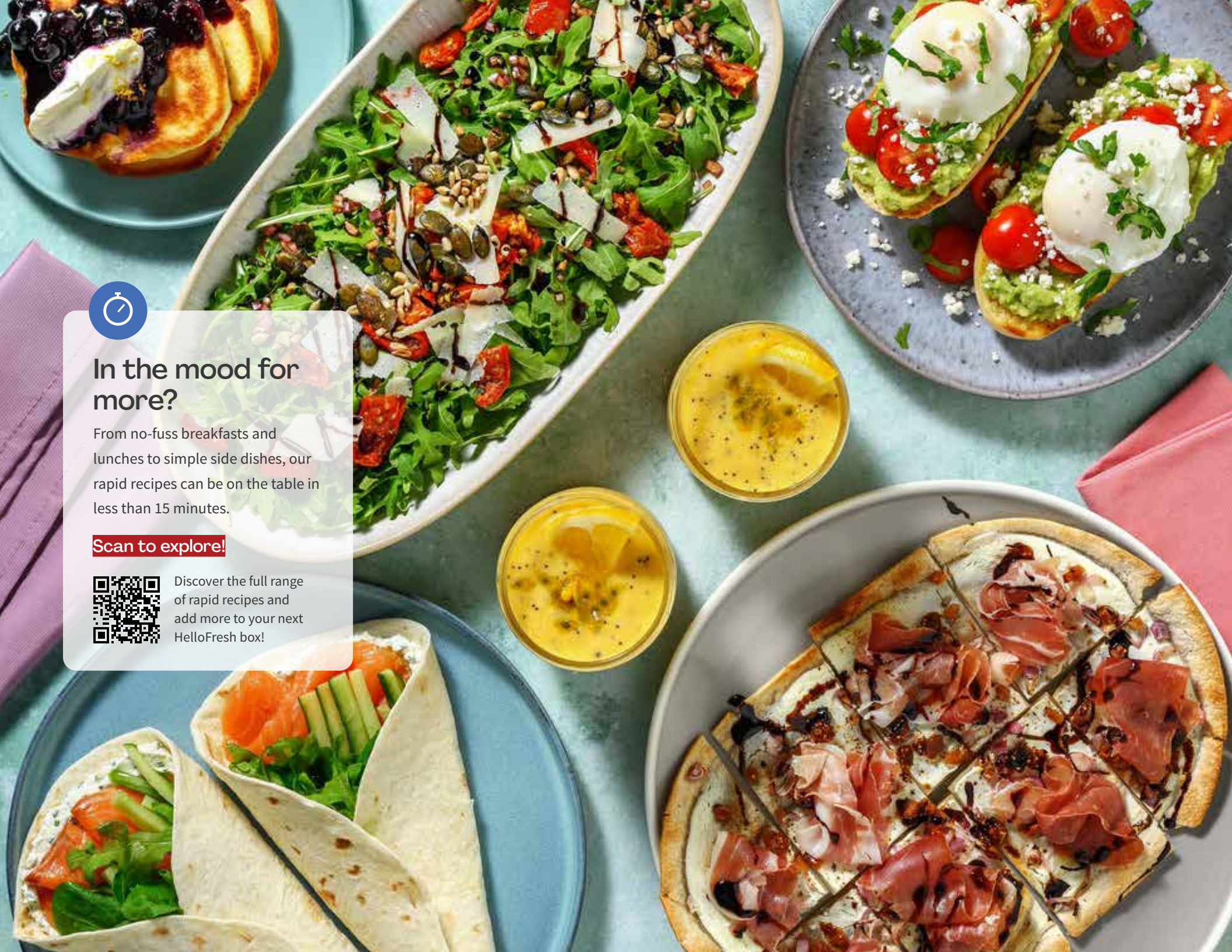
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Utensils

Parchment-lined baking sheet

Ingredients

Flammekueche* (unit(s))	2
Organic crème fraîche* (g)	100
Chopped red onion* (g)	75
Arugula* (g)	40
Bacon lardons* (g)	75

From your pantry

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2054 /491	893 /213
Total fat (g)	27	12
of which saturated (g)	13,5	5,9
Carbohydrates (g)	46	20
of which sugars (g)	2,6	1,1
Fibre (g)	1	1
Protein (g)	14	6
Salt (g)	1,7	0,7

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.

Flammekueche with Bacon and Red Onion

with crème fraîche and arugula | 2 servings



Lunch Total time: 15 - 20 min.



1. Prepare

- Preheat the oven to 220°C.
- Transfer the **flammekueche dough** to a parchment-lined baking sheet.

2. Add the toppings

- Spread the **crème fraîche** over the dough, then scatter over the **bacon lardons** and pre-chopped **red onion**.

3. Bake the flammekueche

- Bake the flammekueche in the oven for 8 - 10 minutes.

4. Serve

- Slice the flammekueche and garnish with the **arugula**.

Enjoy!



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Before you begin

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Utensils

Parchment-lined baking sheet, bowl, large pot or saucepan, lidded saucepan, kitchen paper, plate, slotted spoon, whisk

Ingredients

Avocado (unit(s))	2
White demi-baguette (unit(s))	2
Egg* (unit(s))	4
Lime* (unit(s))	1
Red cherry tomatoes (g)	125
Garlic (unit(s))	1
Feta* (g)	50
Fresh flat leaf parsley & coriander* (g)	10
From your pantry	
Olive oil (tbsp)	1
White wine vinegar (tbsp)	4
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3817 /912	696 /166
Total fat (g)	52	9,5
of which saturated (g)	11,6	2,1
Carbohydrates (g)	75,1	13,7
of which sugars (g)	6	1,1
Fibre (g)	11,3	2
Protein (g)	32,6	5,9
Salt (g)	2,4	0,4

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.

Smashed Avocado Toast with Egg and Cherry Tomatoes

with fresh herbs, lime and feta | 2 servings



Lunch Total time: 25 min.



1. Prepare

- Preheat the oven to 220°C.
- Cut the **baguette** in half lengthways and spread some olive oil over it. Place the **baguette** on a parchment-lined baking sheet, then pop it in the oven to toast for 5 - 7 minutes (see Tip).
- Cut the **avocado** in half and remove the pit and skin. Mash the flesh up in a bowl, then squeeze in the juice of half the **lime**. Add some salt and pepper and mix well.
- Cut the other half of the **lime** into wedges.

Tip: you can also toast the baguette using a toaster if preferred.

3. Poach the eggs

- Boil plenty of water in a large pan. Add the white wine vinegar once the water is boiling.
- Crack the **eggs** into individual glasses. Use a whisk to stir the water so that you have a whirlpool.
- Carefully drop one **egg** at a time into the water and turn the heat to medium-low.
- Boil until the **egg** whites are set. This will take about 2 - 3 minutes. (see Tip).
- Use a skimmer to carefully remove the **eggs** from the pan and let them rest on a plate lined with a paper towel.

Tip: with this method the egg yolks will stay nice and runny, but feel free to cook for 1 minute longer if you prefer the yolk to be harder.

2. Boil the eggs

- This step shows an easy way to prepare the **eggs**. If you would like to poach the **eggs**, you can find the method in the next step.
- Put the **eggs** in a saucepan with a lid and submerge them in water.
- Bring the water to a boil and then boil the **eggs** with the lid on for 6 - 8 minutes (see Tip).
- Remove the shell and cut the **eggs** in half.
- Proceed to step 4.

Tip: boil the eggs for 6 minutes if you prefer soft-boiled eggs, or for 10 minutes if you prefer hard-boiled.

4. Serve

- Serve the toast onto plates.
- Peel the **garlic**, cut it in half and rub it over the toast (see Tip).
- Cut the **cherry tomatoes** in half. Spread the **avocado** mixture over the toast, then top with the **cherry tomatoes**.
- Crumble up the **feta** and finely chop the **flat leaf parsley** and **coriander**. Scatter the **feta** and herbs over the toast.

Tip: feel free to leave the garlic out if you're not a fan of raw garlic.

Enjoy!



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Utensils

Lidded pot or saucepan, small bowl, sieve or colander

Ingredients

Smoked salmon* (g)	120
Heavy cream* (ml)	200
Spinach* (g)	100
Lemon* (unit(s))	1
Fresh tagliatelle* (g)	250

From your pantry

Sunflower oil (tbsp)	½
----------------------	---

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3351 / 801	893 / 213
Total fat (g)	42	11
of which saturated (g)	19,9	5,3
Carbohydrates (g)	78	21
of which sugars (g)	4,2	1,1
Fibre (g)	4	1
Protein (g)	31	8
Salt (g)	0,9	0,2

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.

Fresh Tagliatelle with Smoked Salmon

with creamy spinach and lemon sauce | 2 servings



Lunch Total time: 15 min.



1. Cook the pasta

- Boil plenty of water in a lidded pot or saucepan for the **fresh pasta**.
- Boil the pasta with the lid on for 4 - 5 minutes. When finished, save some of the pasta water, then drain the **pasta** in a colander and set aside without the lid.
- In the meantime, cut half of the **lemon** into wedges and juice the other half into a small bowl.

2. Fry the smoked salmon

- Cut the **smoked salmon** into thin strips.
- Heat the sunflower oil in the same pan over medium-high heat.
- Fry the **smoked salmon** for 3 minutes, stirring so it comes apart.
- Deglaze with the **lemon** juice.

3. Make the sauce

- Pour the **cream** into the pan and let it simmer gently for 2 - 3 minutes over low heat, or until the **pasta** is cooked.
- Lower the heat and tear the **spinach** into small pieces as you're adding it to the pan.
- Add the pasta to the sauce and mix everything together.

4. Serve

- Serve the pasta on deep plates and garnish with the lemon wedges.

Enjoy!



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Before you begin

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Utensils

Blender or immersion blender, tall container, small bowl

Ingredients

Coconut milk (ml)	250
Banana (unit(s))	1
Pineapple* (g)	200
Lime* (unit(s))	1
Desiccated coconut (g)	10
From your pantry	
Honey	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1569 / 375	472 / 113
Total fat (g)	25	7
of which saturated (g)	21,7	6,5
Carbohydrates (g)	32	10
of which sugars (g)	25	7,5
Fibre (g)	4	1
Protein (g)	3	1
Salt (g)	0	0

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.

Piña Colada Smoothie with Pineapple and Banana

with coconut milk and lime | 2 servings



Breakfast Total time: 5 min.



1. Prepare

- Slice 1 **banana**.
- Squeeze the **lime** into a small bowl.

2. Blend

- Put the **banana** in a blender (or tall container, if you're using an immersion blender).
- Add the **pineapple**, **lime** juice, 250ml **coconut milk**, then blend until smooth (see Tip).

Tip: if the smoothie is too thick, feel free to add a splash of milk or water.

3. Finish

- Mix some honey through the smoothie to taste.

4. Serve

- Pour the smoothie into two glasses and garnish with the grated **coconut**.

Enjoy!



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Utensils

Large bowl

Ingredients

Tuna packed in water (can)	1
Mango* (unit(s))	1
Scallions* (bunch)	½
Fresh coriander & mint* (g)	10
Little gem* (unit(s))	2
Avocado (unit(s))	1
Flour tortillas (unit(s))	4

From your pantry

[Plant-based] mayonnaise (tbsp)	2
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2816 / 673	593 / 142
Total fat (g)	34	7
of which saturated (g)	4,4	0,9
Carbohydrates (g)	66	14
of which sugars (g)	20,9	4,4
Fibre (g)	9	2
Protein (g)	23	5
Salt (g)	1,9	0,4

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.

Wraps with Tuna, Mango & Avocado

with coriander and scallions | 2 servings



Lunch Total time: 15 min.



1. Prepare

- Finely slice the **scallions** into rings.
- Roughly chop the **coriander** and **mint**.
- Peel the **mango** and cut the flesh into strips.
- Drain the **tuna**.

2. Make the tuna salad

- Put the **tuna** in a large bowl. Add the mayonnaise, **scallions**, **coriander** and **mint** and mix well.
- Season with salt and pepper to taste.

3. Prepare the avocado

- Cut the **avocado** in half, remove the pit and skin, then slice the flesh.
- Remove the core of the **little gem** and pull the leaves apart.

4. Serve

- Place 2 - 3 **little gem** leaves in the middle of each **tortilla**.
- Fill the **tortillas** with the **tuna** salad, **mango** and **avocado**.
- Roll up the **tortillas** and cut them in half before serving.

Enjoy!



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Utensils

Large bowl, bowl

Ingredients

Coconut milk (ml)	500
Desiccated coconut (g)	10
Mango* (unit(s))	1
Apple* (unit(s))	1
Chopped pecans (g)	10
Ground cinnamon (tsp)	1
Pistachio nuts (g)	20
Passion fruit* (unit(s))	1
Strawberry sauce (ml)	50
Blueberries (g)	125
Chia seeds (g)	100

From your pantry

Water (ml)	100
Honey [or plant-based alternative] (tbsp)	2

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	659 /157
Total fat (g)	10
of which saturated (g)	6,3
Carbohydrates (g)	12
of which sugars (g)	8
Fibre (g)	4
Protein (g)	2
Salt (g)	0

*The nutritional values are based on the average of the three variations.

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.

Chia Seed Pudding

summer fruits, cinnamon & apple, mango & passion fruit

3x breakfast for 2

Breakfast Total time: 15 min.



1. Basic chia pudding

- Put the **chia seeds** in a large bowl and add the **coconut milk**, 100 ml water and honey. Mix everything together well, making sure there are no lumps.
- Leave to rest for 10 minutes, then give it another good stir.
- Divide the chia pudding between 6 glasses, leaving room for the toppings.
- Cover the glasses, then put them in the fridge and leave to set for at least 4 hours, or overnight.

3. Variation 2: Apple pie (2 servings)

- Finely dice the **apple**, then put it in a bowl and mix with 1 tsp **cinnamon** (see Tip).
- Grab two glasses of chia pudding and serve the **apple** over the top.
- Garnish with the chopped **pecans**.

Tip: this recipe also works with caramelised apple! Fry the apple in a frying pan with 1 tbsp butter for 4 - 5 minutes until lightly browned. Turn up the heat, add 0.5 tsp honey, 1 tsp cinnamon and the chopped pecans, and let the apple caramelise for 1 - 2 minutes.

2. Variation 1: Summer fruit & pistachio (2 servings)

- Roughly chop the **pistachios**.
- Grab two glasses of chia pudding and serve the **strawberry sauce** over the top.
- Top with the **blueberries** and garnish with the **pistachios**.

4. Variation 3: Tropical (2 servings)

- Peel the **mango** and dice the flesh.
- Grab two glasses of chia pudding and serve a quarter of the **mango** into each glass (see Tip).
- Cut the **passion fruit** in half and scoop the flesh onto the **mango**.
- Scatter over the grated **coconut** to finish.

Tip: if there's enough room in the glasses, go ahead and use the whole mango, and otherwise you can serve the rest separately.

Enjoy!





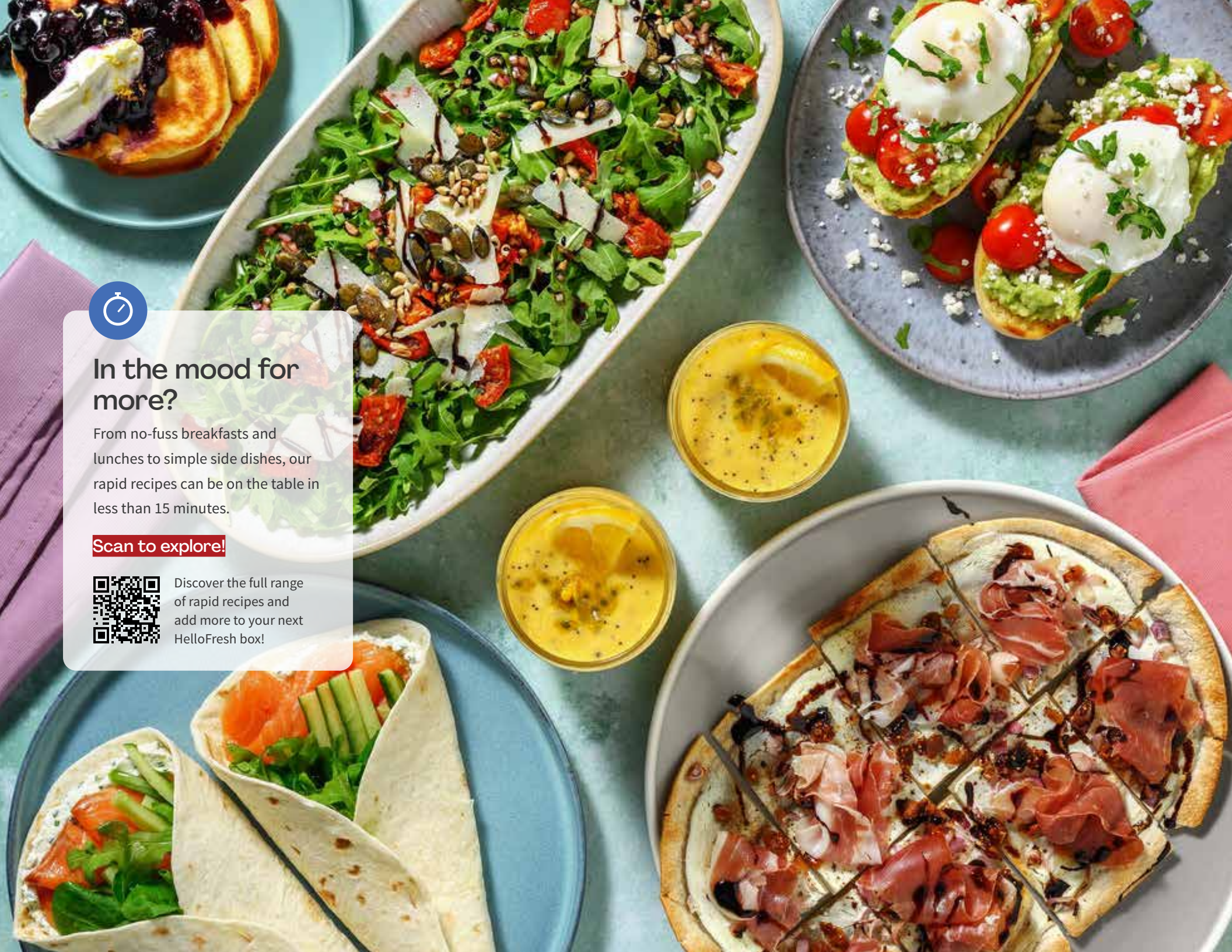
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Utensils

Bowl, sieve or colander, lidded pot or saucepan, parchment paper, frying pan

Ingredients

Bao buns* (unit(s))	4
Cucumber* (unit(s))	1
BBQ Sauce (g)	50
Soy sauce (ml)	5
Slaw mix* (g)	50
Chicken thigh strips* (g)	100
From your pantry	
Sunflower oil (tbsp)	1
White wine vinegar (tbsp)	2
Sugar (tsp)	1
[Plant-based] mayonnaise (tbsp)	1
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2088 / 499	695 / 166
Total fat (g)	20,7	7
of which saturated (g)	4,3	1,4
Carbohydrates (g)	62,6	20,8
of which sugars (g)	16,1	5,3
Fibre (g)	2,8	0,9
Protein (g)	15,6	5,2
Salt (g)	1,5	0,5

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.

Bao Buns with BBQ Chicken

with sweet & sour cucumber, cabbage and carrot | 2 servings



Lunch Total time: 15 - 20 min.



1. Prepare the cucumber

- Slice the **cucumber** into thin sticks about 5cm long.
- In a bowl, mix 1 tsp sugar with 2 tbsp white wine vinegar.
- Add the **cucumber** and season with salt.
- Mix well and set aside until serving, stirring now and again so the flavours can combine.

2. Fry the chicken

- Heat 1 tbsp sunflower oil in a frying pan over medium-high heat.
- Add the **chicken thigh strips** and fry for 5 - 6 minutes until golden brown.
- Add the **barbecue sauce** and 1 tsp **soy sauce** and mix everything together.

3. Steam the bao buns

- Boil a shallow layer of water in a large pot or saucepan with a lid.
- Line a sieve or colander with some kitchen paper and place this over the pan, making sure it doesn't touch the water.
- Put the **bao buns** in the sieve/colander, then put the lid on and let them steam for 3 - 4 minutes (see tip).

Tip: take care that the buns don't get wet when you take the lid off the pan!

4. Serve

- Spread the mayo onto the inside of both **buns**.
- Stuff the **buns** with the **chicken**, **slaw mix** and quick-pickled **cucumber**.

Enjoy!



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Utensils

Potato masher, lidded soup pot

Ingredients

Green split peas (g)	300
Bay leaf (unit(s))	1
Pork belly* (unit(s))	2
Carrot* (unit(s))	2
Potatoes (g)	200
Fresh celery leaves* (g)	20
Leek* (unit(s))	1
Onion (unit(s))	1
Celeriac cubes* (g)	300
Brandt & Levie - Smoked pork sausage* (unit(s))	1
From your pantry	
Low sodium beef stock (ml)	1000
Salt & pepper	to taste
*store in the fridge	

Nutritional values

	Per 100g
Energy (kJ/kcal)	342/82
Total fat (g)	2
of which saturated (g)	0,7
Carbohydrates (g)	11
of which sugars (g)	1,7
Fibre (g)	3
Protein (g)	4
Salt (g)	0,2

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.

Split Pea Soup with Smoked Sausage

with pork belly, leek & celeriac | 4 servings



Lunch Total time: 50 min.



1. Prepare

- Prepare the stock in a lidded soup pot.
- Transfer the **split peas**, **pork belly** and **bay leaf** to the stock.
- Boil gently for 20 - 30 minutes over medium-low heat, covered, stirring regularly.

2. Chop the vegetables

- Slice the **carrot** into rounds of no more than 1cm thickness.
- Wash or peel the **potato** and dice into 2cm chunks.
- Set aside a few **celery** leaves and then roughly chop the rest, along with the stalks.
- Chop the **leek** into rings and the **onion** into crescents.

3. Make the soup

- Remove the **pork belly** from the pot after 20 minutes. Finely dice the **pork belly** and set aside.
- To the soup, add the **carrot**, **potatoes**, chopped **celery** leaves, **leek**, **celeriac cubes**, **onion** and **smoked sausage**. Stir well and allow to cook over low heat for 20 minutes, or until the vegetables are done.
- Remove the **bay leaf** and the **smoked sausage** from the soup. Discard the **bay leaf** and then slice the **smoked sausage**.
- Mash the soup a few times to make it a little creamier, but still maintain plenty of texture.

4. Serve

- Transfer the diced **pork belly** and sliced **smoked sausage** to the soup, then turn up the heat and stir well.
- Season to taste with salt and pepper.
- Serve the soup in bowls and garnish with the reserved **celery** leaves.

Enjoy!



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Utensils

Bowl, large bowl, grater, lidded pot or saucepan, plate, frying pan

Ingredients

Jasmine rice (g)	150
Onion (unit(s))	1
Shrimp* (g)	240
Fresh coriander & mint* (g)	10
Cucumber* (unit(s))	1
East Asian-style sauce* (sachet(s))	1
Hoisin sauce (g)	75
Carrot* (unit(s))	1
Rice paper (unit(s))	1
Fresh ginger* (tsp)	2
From your pantry	
Low sodium vegetable stock cube (unit(s))	¼
White wine vinegar (tbsp)	1
Sugar (tbsp)	½
Sunflower oil (tbsp)	½
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	571 /136
Total fat (g)	1
of which saturated (g)	0,2
Carbohydrates (g)	26
of which sugars (g)	5,4
Fibre (g)	1
Protein (g)	5
Salt (g)	1

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.

Vietnamese Spring Rolls

with hoisin sauce and fresh coriander | 10 pieces



Appetizer Total time: 20 min.



1. Prepare

- Boil 360ml water with a quarter of the stock cube in a saucepan with a lid. Boil the **rice** for 10 -12 minutes with the lid on, then leave to cool down.
- Grate the **carrot** and finely chop the **onion**.
- In a bowl, mix the white wine vinegar with the sugar and a pinch of salt. Mix in the **onion** and **carrot** and set aside. Stir regularly so that the flavours can sink in properly.

3. Chop the herbs

- Finely chop the fresh herbs.
- Cut the **cucumber** into thin sticks.
- Fill a large bowl or deep plate with lukewarm water. Soak one of the **rice paper** sheets in the water for 5 - 10 seconds, then immediately transfer to a plate.

2. Fry the shrimp

- Finely grate 2 tsp of **ginger**.
- Heat a drizzle of sunflower oil in a skillet over medium-high heat.
- Add the **ginger** and the **shrimp**.
- Fry for 2 - 3 minutes and season with salt and pepper.

4. Serve

- Place the **shrimp** in the middle of the **rice paper** sheet, then top with some of the **carrot, onion, cucumber, rice**, sweet **East-Asian style sauce** and fresh herbs.
- Fold the bottom of the rice sheet over the filling, then fold the sides and roll it up.
- Repeat these steps for the rest of the rice sheets.
- Serve on a large platter or plate, with the **hoisin sauce** on the side.

Enjoy!



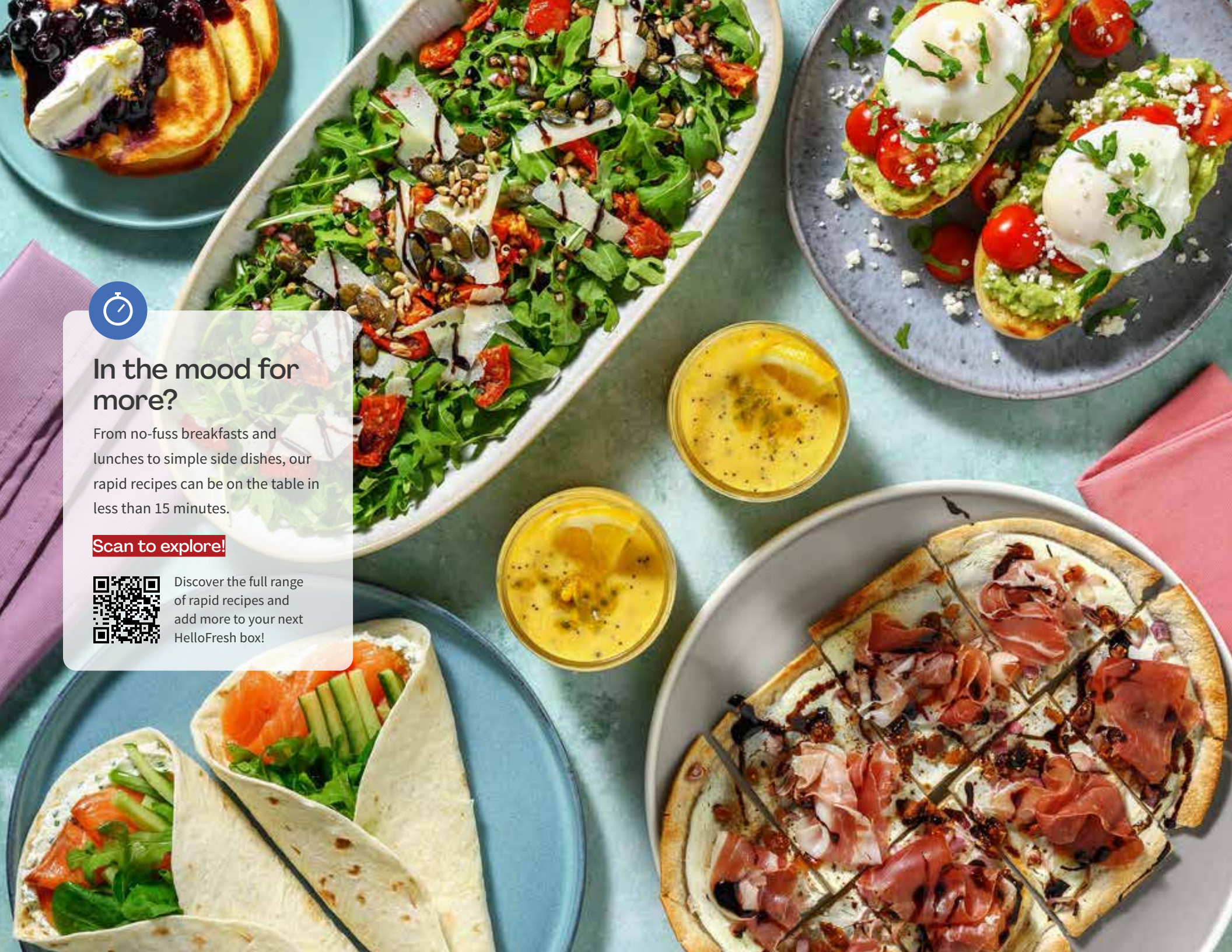
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Utensils

Parchment-lined baking sheet, large frying pan, small bowl

Ingredients

Onion (unit(s))	2
Green bell pepper* (unit(s))	1
Chicken mince with Mexican seasoning* (g)	200
Mexican-style spices (sachet(s))	1
Tomato (unit(s))	2
Organic sour cream* (g)	50
Flour tortillas (unit(s))	4
Grated Gouda* (g)	75

From your pantry

[Plant-based] butter (tbsp)	1
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2833 /677	582 /139
Total fat (g)	32	7
of which saturated (g)	20,3	4,2
Carbohydrates (g)	55	11
of which sugars (g)	7,2	1,5
Fibre (g)	9	2
Protein (g)	36	7
Salt (g)	2,9	0,6

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.

Quesadillas with Chicken Mince and Bell Pepper

with Mexican dipping sauce | 2 servings



Lunch Total time: 25 - 30 min.



1. Prepare

- Preheat the oven to 200°C.
- Slice the **onion** into half rings.
- Chop the **bell pepper** into strips.

2. Make the filling

- Heat the butter in a frying pan over medium-high heat, then fry the **onion** and **bell pepper** for 2 - 3 minutes.
- Add the **mince** and half of the **Mexican-style spices***, and fry for another 3 - 4 minutes, or until done. Season with salt and pepper.
- In the meantime, thinly slice the **tomato**.
- In a small bowl, mix the **sour cream** with the rest of the **Mexican-style spices**.

*Take care, this ingredient is spicy! Use as preferred.

3. Make the quesadillas

- Place the **tortillas** on a parchment-lined baking sheet and spread the veggie and mince filling over one half of each tortilla.
- Top with the **grated cheese** and 2 - 3 slices of **tomato** per tortilla, then fold the other side over the filling and press down so it doesn't open up again. Rub a little bit of olive oil over the top of each quesadilla.
- Put the quesadillas on the top shelf of the oven to bake for 5 - 7 minutes, until golden brown.

4. Serve

- In the meantime, finely chop the rest of the slices of **tomato**, then mix these with the **sour cream** and season with salt and pepper to taste.
- Serve the quesadillas with the sour cream dip.

Enjoy!



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Utensils

Parchment-lined baking sheet, bowl, small bowl

Ingredients

Seasoned minced meat blend* (g)	200
Puff pastry* (roll(s))	1
Egg* (unit(s))	2
Belgian spice mix (tsp)	1½
Panko breadcrumbs (g)	25
Garlic (unit(s))	1
Onion chutney* (g)	40
From your pantry	
Mustard (tbsp)	1
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1186 / 283
Total fat (g)	17
of which saturated (g)	8
Carbohydrates (g)	21
of which sugars (g)	2,7
Fibre (g)	2
Protein (g)	10
Salt (g)	0,7

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.

Sinterklaas Sausage Roll with Onion Chutney

with minced meat and Belgian spice mix | to share



Appetizer Total time: 45 - 55 min.



1. Prepare

- Preheat the oven to 200°C. Press or mince the **garlic**.
- In a bowl, mix the **garlic** with the mustard, half a sachet of **panko bread crumbs** and the **Belgian spice mix**, adding salt and pepper to taste.
- Crack 1 **egg** into the bowl and beat with the other ingredients, then add the **mince** and mix well.
- Beat the other **egg** in a small bowl and set aside until step 3.

3. Finish the sausage roll

- Brush some of the beaten **egg** over the top edge of the **pastry**, then fold the bottom edge over the filling.
- Press the two edges of the **pastry** together and fold the ends shut.
- Turn the **sausage roll** over so that the seam is face down.
- Use your hands to carefully shape the **sausage roll** into an 'S' shape.

2. Fill the pastry

- Transfer the **puff pastry** to a parchment-lined baking sheet.
- Spread a quarter sachet of **panko bread crumbs** over the middle of the dough in one long strip, then place the **minced meat** mixture on top.
- Spread the **onion chutney** over the **minced meat**.

4. Bake

- Use a knife to score the top of the **pastry** a couple of times, then brush the rest of the **egg** over the top.
- Put the **sausage roll** in the oven for 25 - 30 minutes, or until the pastry turns golden brown.
- Serve the **sausage roll** on a large plate or serving dish.

Enjoy!



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