

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, deep plate, large bowl, immersion blender

Ingredients

Banana (unit(s))	3
Apple* (unit(s))	1
Raisins (g)	40
Banana bread mix (g)	400
Ground cinnamon (tsp)	3
From your pantry	
Water (ml)	60
Sunflower oil (tbsp)	3
*store in the fridge	

Nutritional values

	Per 100g
Energy (kJ/kcal)	938 / 224
Total fat (g)	5
of which saturated (g)	1,2
Carbohydrates (g)	39
of which sugars (g)	22,4
Fibre (g)	2
Protein (g)	4
Salt (g)	0,6

Allergens

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

Banana Bread

with apple and raisins | 10 slices



Baking Total time: 70 min.



1. Prepare

- Preheat the oven to 180°C. Mash 2 **bananas** with a fork in a deep plate (see Tip).
- Wash the **apple** and then roughly chop it (peel it first if the skin is very tough).
- Roughly chop the **raisins**.

Tip: the riper the bananas are, the sweeter the cake will be. You can speed things up by storing the bananas next to an avocado or by wrapping them in newspaper.

3. Bake the banana bread

- Pour the batter into the loaf tin.
- Cut the third **banana** in half lengthways and place each half face-up on top of the batter.
- Bake the **banana bread** for 45 - 55 minutes.

2. Make the batter

- Grease or line a loaf tin.
- In a large bowl, mix the **bananas** with the **banana bread mix**, **apple**, **cinnamon**, 3 tbsp sunflower oil and 60ml water.
- Mix everything together using an immersion blender, then add the **raisins** and mix them into the batter.

4. Serve

- Check if the **banana bread** is done by sticking a skewer into the middle; if it comes out dry, then the cake is done.
- Leave the **banana bread** in the tin to cool down for 15 minutes after you take it out of the oven (see Tip).

Tip: if you're having a slice of banana bread the next day, try warming it up in the oven or toaster for a few minutes for that freshly baked feeling.

Enjoy!



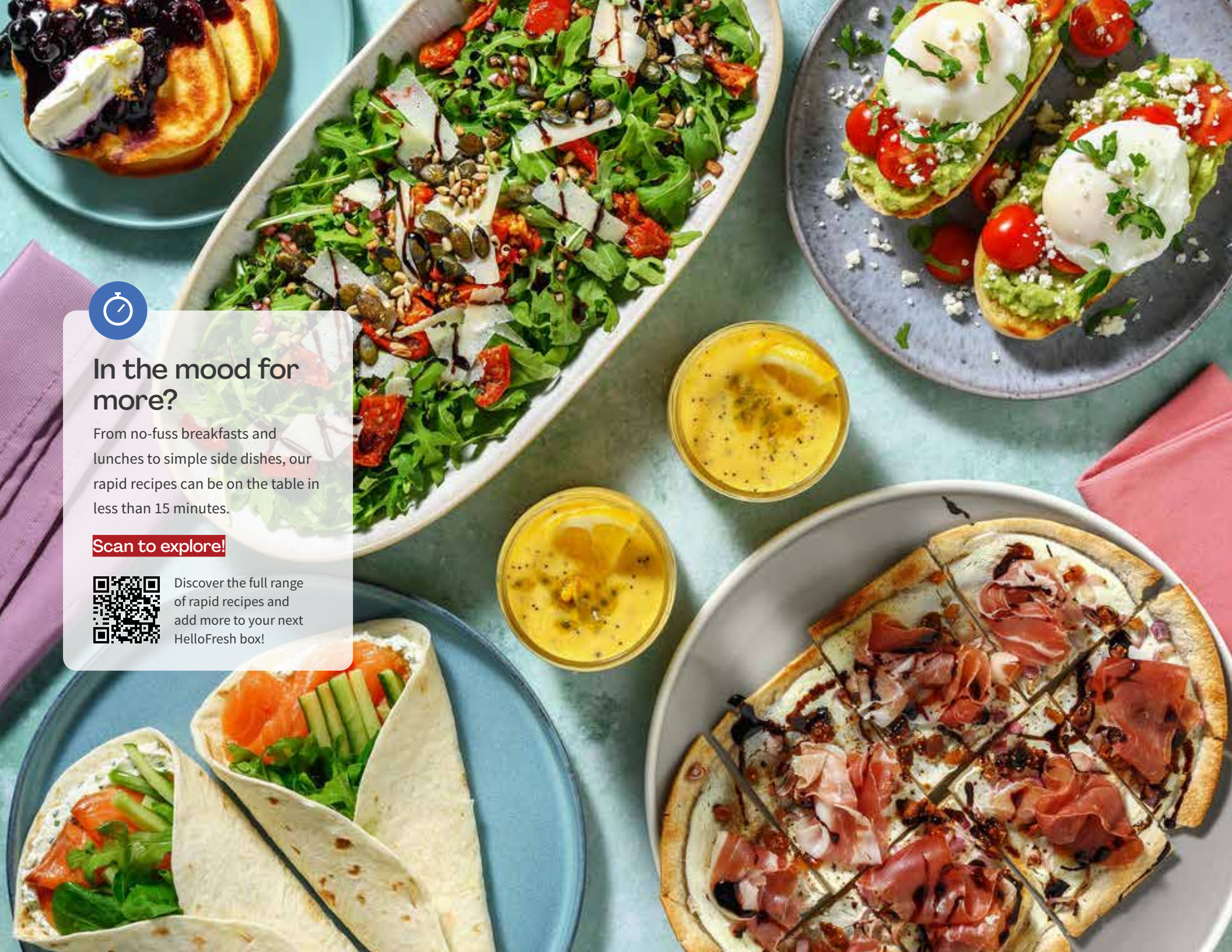
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From no-fuss breakfasts and lunches to simple side dishes, our rapid recipes can be on the table in less than 15 minutes.

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Utensils

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

Ingredients

Carrot* (unit(s))	2
Easy peel orange* (unit(s))	1
Mascarpone* (g)	100
Powdered sugar (g)	100
Cake mix (g)	400
Speculaas spices (sachet(s))	1
From your pantry	
Sunflower oil (tbsp)	1
Water (ml)	160

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	978 /234
Total fat (g)	6
of which saturated (g)	3,3
Carbohydrates (g)	42
of which sugars (g)	24,4
Fibre (g)	1
Protein (g)	2
Salt (g)	0,5

Allergens

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

Carrot Cake with Speculaas Spices

with mascarpone-orange frosting | 10 slices



Baking Total time: 70 min.



1. Prepare

- Preheat the oven to 180°C.
- Grate the **carrot** with a coarse grater (see Tip).
- Grease a 25cm rectangular cake tin or line it with baking paper.

Tip: do you have a food processor? Then you can also coarsely „grate“ the carrot in it.

2. Mix the batter

- Pour the **cake mix** into a large bowl.
- Add the **speculaas spices**, sunflower oil and water and mix with a (handheld) mixer or whisk until you have an even batter.

3. Fill the cake tin

- Add the grated **carrot** to the batter and mix well.
- Then pour the batter into the cake pan and bake the cake in the oven for 40 - 45 **min**.
- Meanwhile, squeeze half an **orange** in a small bowl. Mix the **mascarpone** into the **orange** juice, add 3 tbsp **powdered sugar** and beat with a fork until fluffy. Store in the refrigerator.

4. Serve

- After 45 minutes, check if the cake is done by poking it with a skewer. If it comes out clean, the cake is ready.
- Remove the cake tin from the oven, set it aside, and let the cake cool completely before removing it from the tin to serve.
- Spread the mascarpone-orange frosting on top, then cut the cake into slices and serve.

Enjoy!



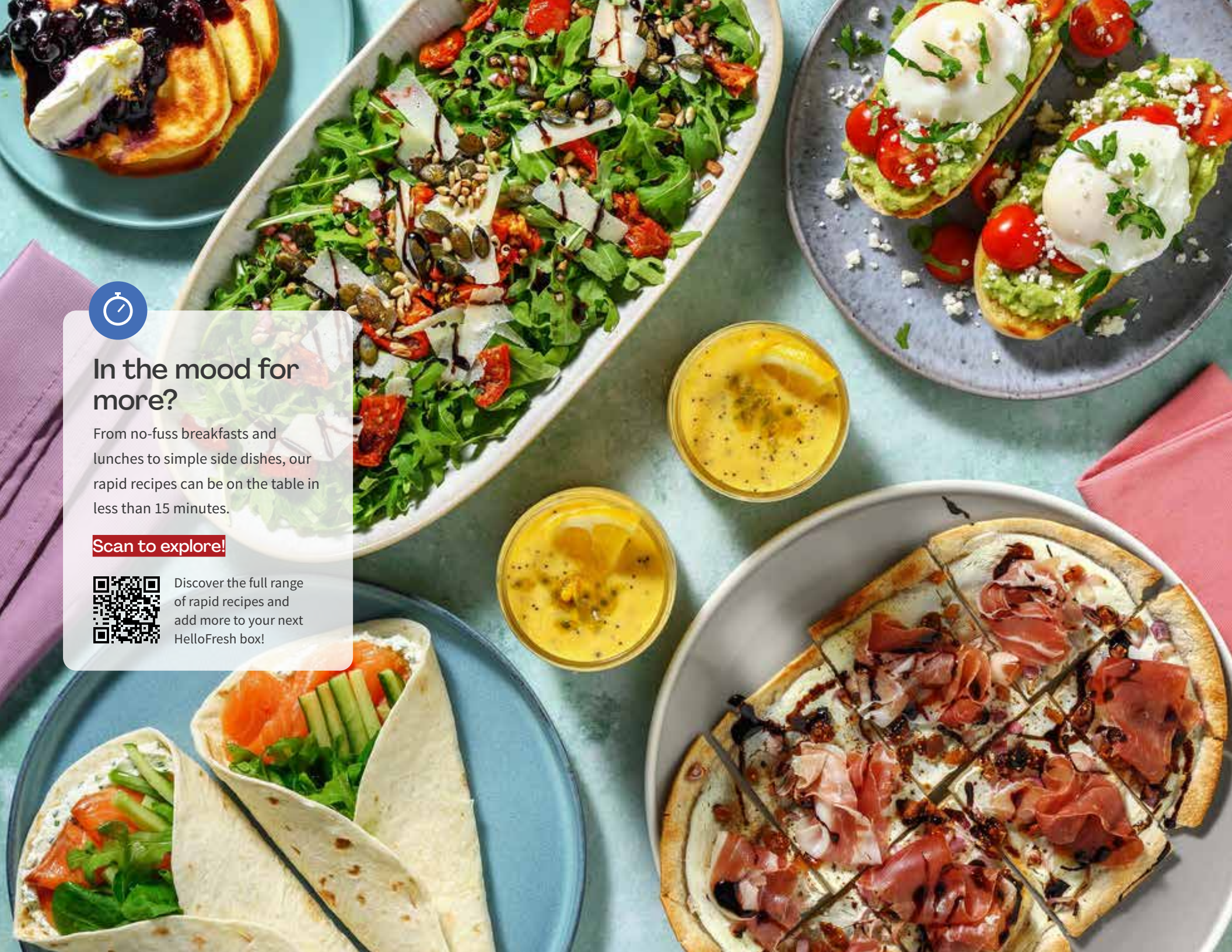
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Utensils

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!



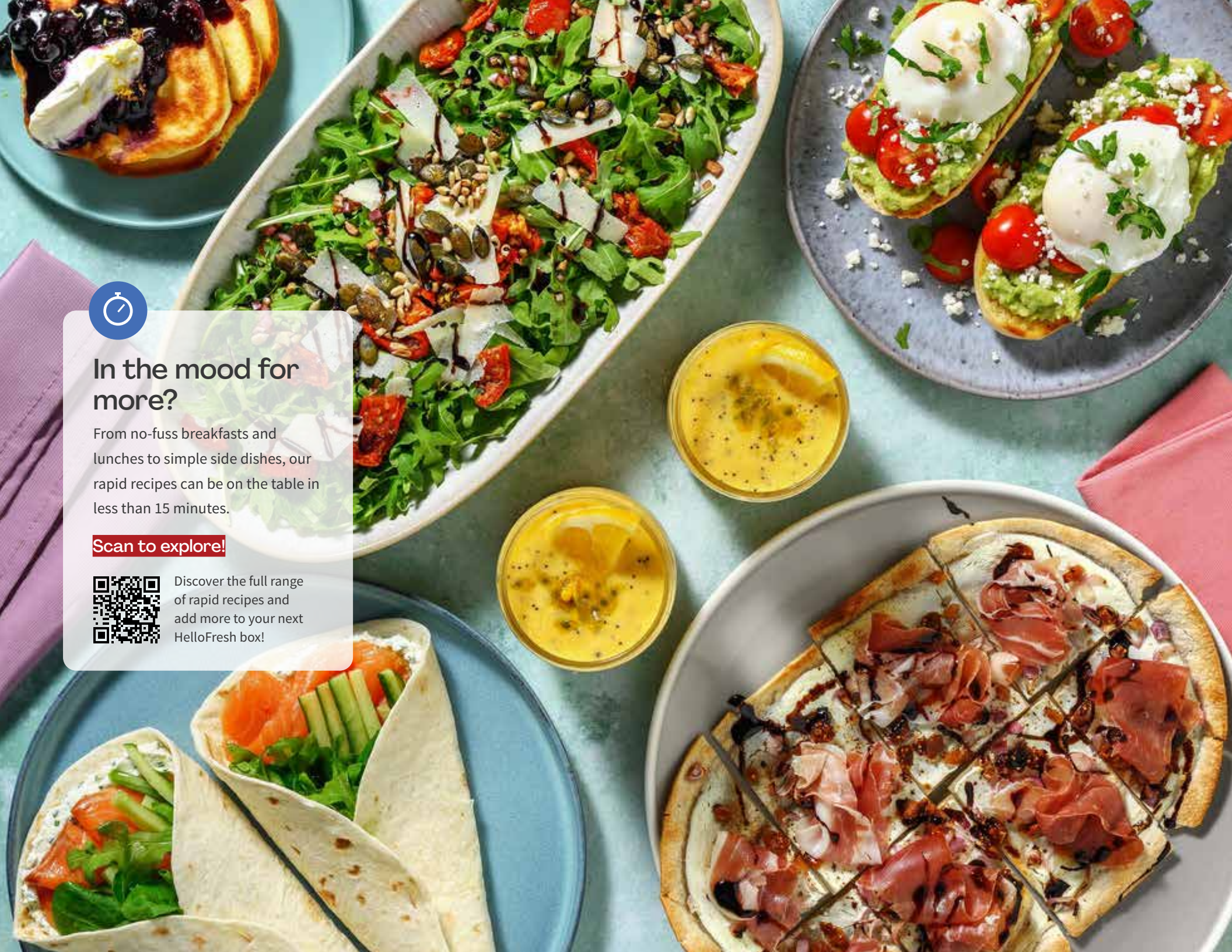
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Utensils

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!



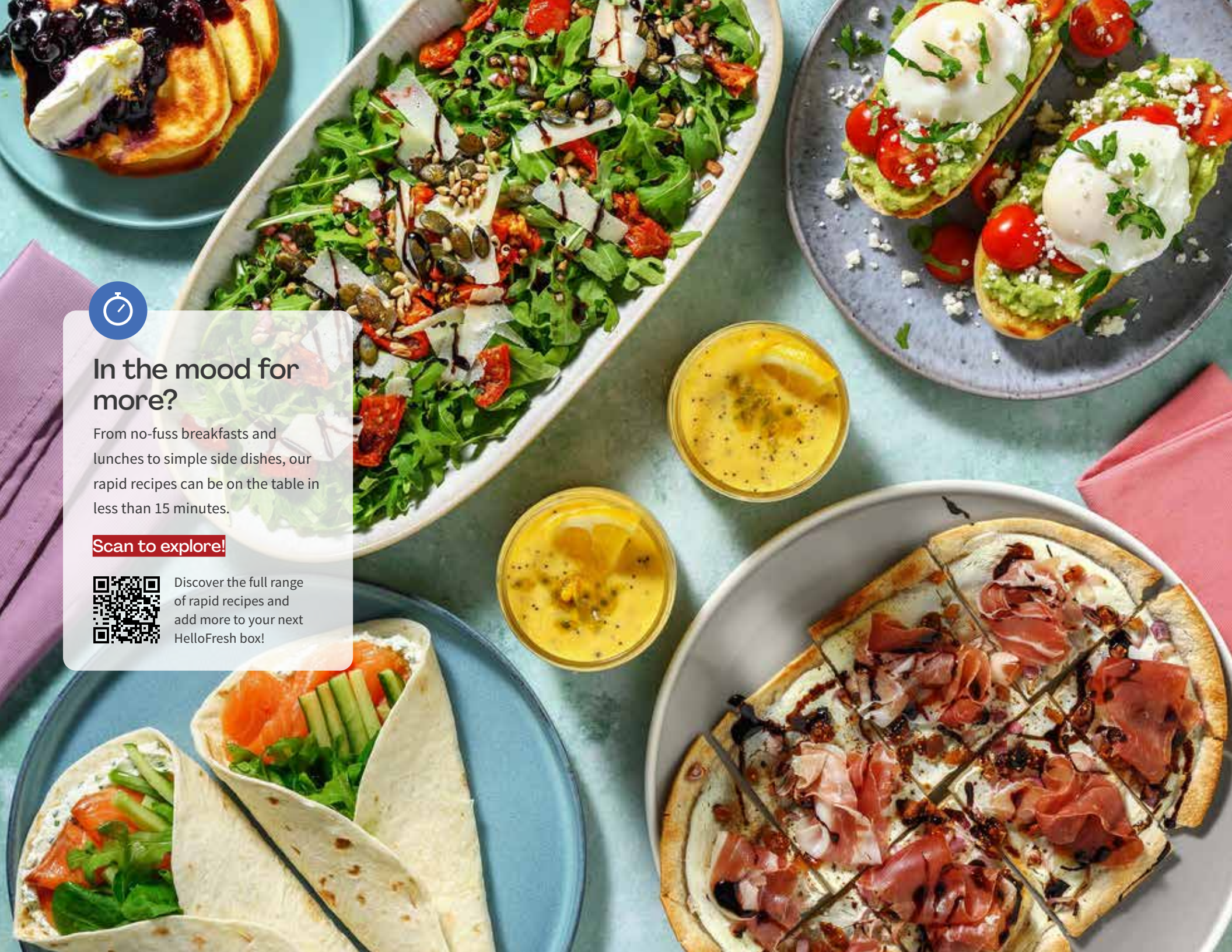
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Utensils

Ingredients

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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Greek Yogurt and Fresh Fruit Breakfast Bowls

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!



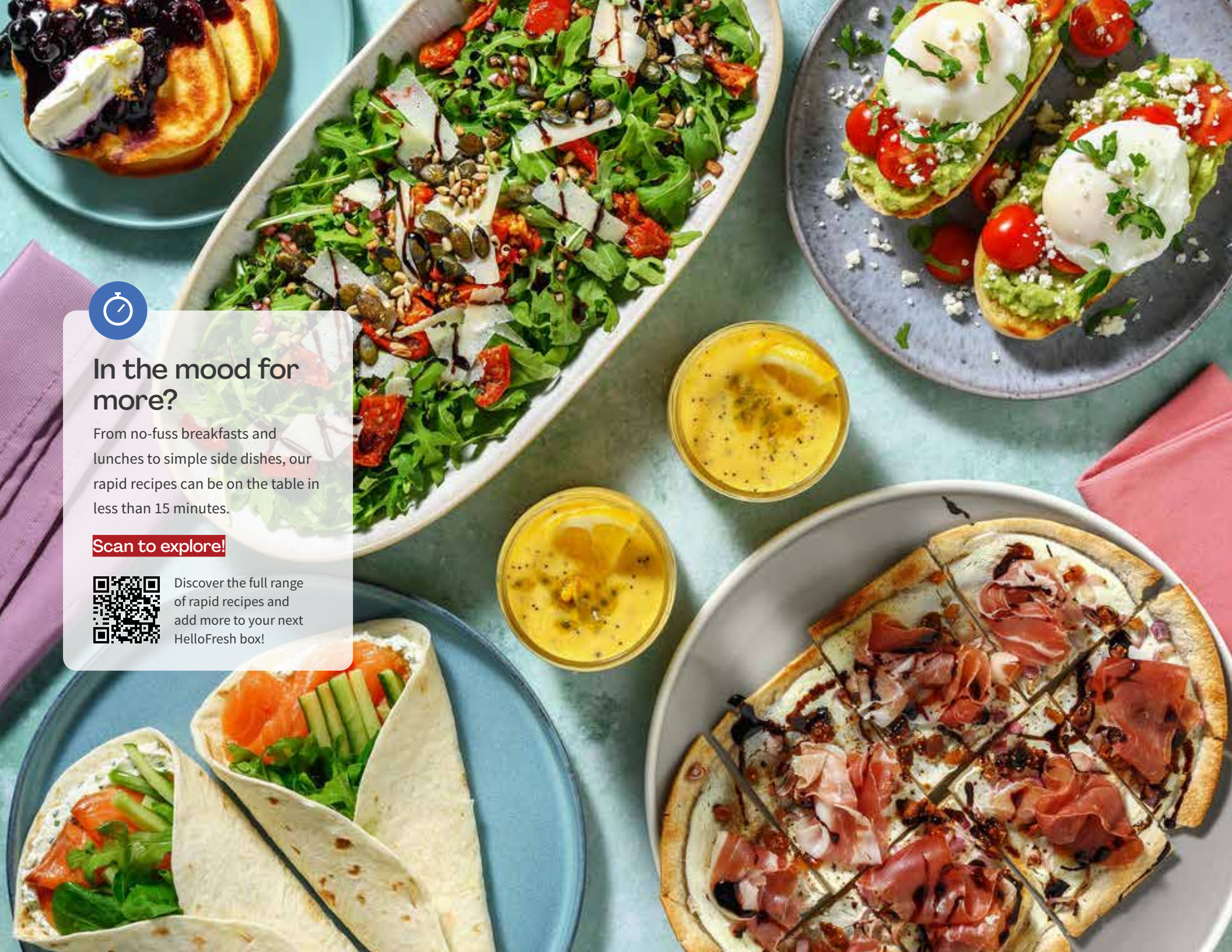
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Utensils

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

Frying pan, two deep plates, whisk

Ingredients

Brioche bun (unit(s))	2
Mascarpone* (g)	50
Egg* (unit(s))	2
Organic semi-skimmed milk* (ml)	100
Raspberries* (g)	125
Ground cinnamon (tsp)	1½
From your pantry	
Sunflower oil (tbsp)	½
Sugar (tbsp)	2
Salt (tsp)	1

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2059 /492	718 /172
Total fat (g)	22	8
of which saturated (g)	10,7	3,7
Carbohydrates (g)	53	19
of which sugars (g)	21,2	7,4
Fibre (g)	5	2
Protein (g)	17	6
Salt (g)	3,5	1,2

Allergens

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Brioche French Toast with Raspberries

with cinnamon & mascarpone | 2 servings



Weekend recipe Total time: 25 min.



1. Prepare

- Cut open the **brioche buns**.

2. Mix

- Transfer the sugar to a deep plate.
- In another deep plate, whisk the **eggs** and milk together, adding half a sachet of **cinnamon** and a pinch of salt.

3. Fry

- Heat the sunflower oil in a frying pan over medium-high heat.
- Dip the **brioche** into the **eggs**, then coat with the sugar. Make sure to not let the brioche sit in the egg mixture for too long so it doesn't get soggy – otherwise the French toast won't crisp up.
- Fry the **brioche** in the pan for around 4 minutes on each side, or until they start to firm up (see Tip).

Tip: how quickly the sugar caramelises depends on the type of pan you're using. Lower the heat a little if you notice the sugar is turning brown too quickly.

4. Serve

- Serve the French toast on plates with the **mascarpone**.
- Garnish with the **raspberries** and sprinkle over a pinch of **cinnamon** to finish (see Tip).

Tip: if you have a sweet tooth, go ahead and drizzle over some honey.

Enjoy!

Smoothie box

Kick-start your day!

- 1 Green Vegan Smoothie Bowl
with avocado, mango, kiwi and spinach
- 2 Tutti-frutti Smoothie with Raspberries
with pineapple, orange and banana
- 3 Blueberry & Mango Smoothie
with banana and coconut milk

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)	2502 / 598	472 / 113
Total fat (g)	39	7
of which saturated (g)	23,3	4,4
Carbohydrates (g)	51	10
of which sugars (g)	41,8	7,9
Fiber (g)	8	2
Protein (g)	7	1
Salt (g)	0	0

Allergens

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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 jug/tall beaker (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!



Tutti-frutti Smoothie with Raspberries

with pineapple, orange and banana | 2 servings

5 min.



Utensils

Blender or immersion blender, tall container

Ingredients for 2 servings

Coconut milk (ml)	250
Banana (unit(s))	1
Easy peel orange* (unit(s))	2
Raspberries* (g)	125
Pineapple* (g)	200

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1665 /398	366 /88
Total fat (g)	23	5
of which saturated (g)	18,8	4,1
Carbohydrates (g)	44	10
of which sugars (g)	36,3	8
Fiber (g)	8	2
Protein (g)	4	1
Salt (g)	0	0

Allergens

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1. Peel and slice 1 **banana**.
2. Juice the **orange** into a blender (or a tall container, if you're using an immersion blender).
3. Add the **raspberries, banana, pineapple** and 250ml **coconut milk**, then blend into a thick smoothie.
4. Pour the smoothie into two glasses and serve.

Blueberry & Mango Smoothie

with banana and coconut milk | 2 servings

5 min.



Utensils

Blender or immersion blender, tall container

Ingredients for 2 serving

Coconut milk (ml)	250
Blueberries* (g)	125
Banana* (unit(s))	1
Mango* (unit(s))	1

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1305 /312	435 /104
Total fat (g)	22	7
of which saturated (g)	18,8	6,3
Carbohydrates (g)	25	8
of which sugars (g)	23,4	7,8
Fiber (g)	3	1
Protein (g)	2	1
Salt (g)	0	0

1. Peel and slice 1 **banana**.
2. Peel the **mango** and cut the flesh into pieces.
3. Put the **banana, mango, 250ml coconut milk** and **blueberries** in a blender (or jug, if you're using an immersion blender), then purée into a thick smoothie.
4. Pour the smoothie into two glasses and serve.

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Utensils

Parchment-lined baking sheet, 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
Pulled chicken* (g)	100
Organic sour cream* (g)	100
Sweet chilli tortilla chips (g)	300

From your pantry

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

Nutritional values

	Per 100g
Energy (kJ/kcal)	930 /222
Total fat (g)	14,1
of which saturated (g)	4
Carbohydrates (g)	15,8
of which sugars (g)	2,3
Fibre (g)	1,3
Protein (g)	7
Salt (g)	0,7

Allergens

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

Loaded Nachos with Pulled Chicken

with homemade guacamole, jalapeños and cheddar | 4 servings



Appetizer Total time: 30 - 40 min.



1. Prepare

- Preheat the oven to 180°C.
- Finely slice the **scallions**.
- Spread the **tortilla chips** over a parchment-lined baking sheet.
- Spread the **pulled chicken**, **jalapeños*** and two-thirds of the **scallions** over the **tortilla chips** and scatter over the **cheddar**.
- Bake for 10 - 15 minutes, or until the cheese has melted.

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

2. Chop

- Cut the **avocado** in half, remove the pit and skin and then dice it. Transfer to 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 until smooth.
- Add the **tomato**, **shallot** and **garlic**.
- Juice the **lime** into the bowl.
- Mix everything together and season with salt and pepper to taste.

4. Serve

- Take the nachos out of the oven. Serve on the baking sheet or in a serving dish.
- Garnish with the rest of the **scallions**.
- Put the **sour cream** in a bowl, then serve the sour cream and guacamole to the side.

Enjoy!



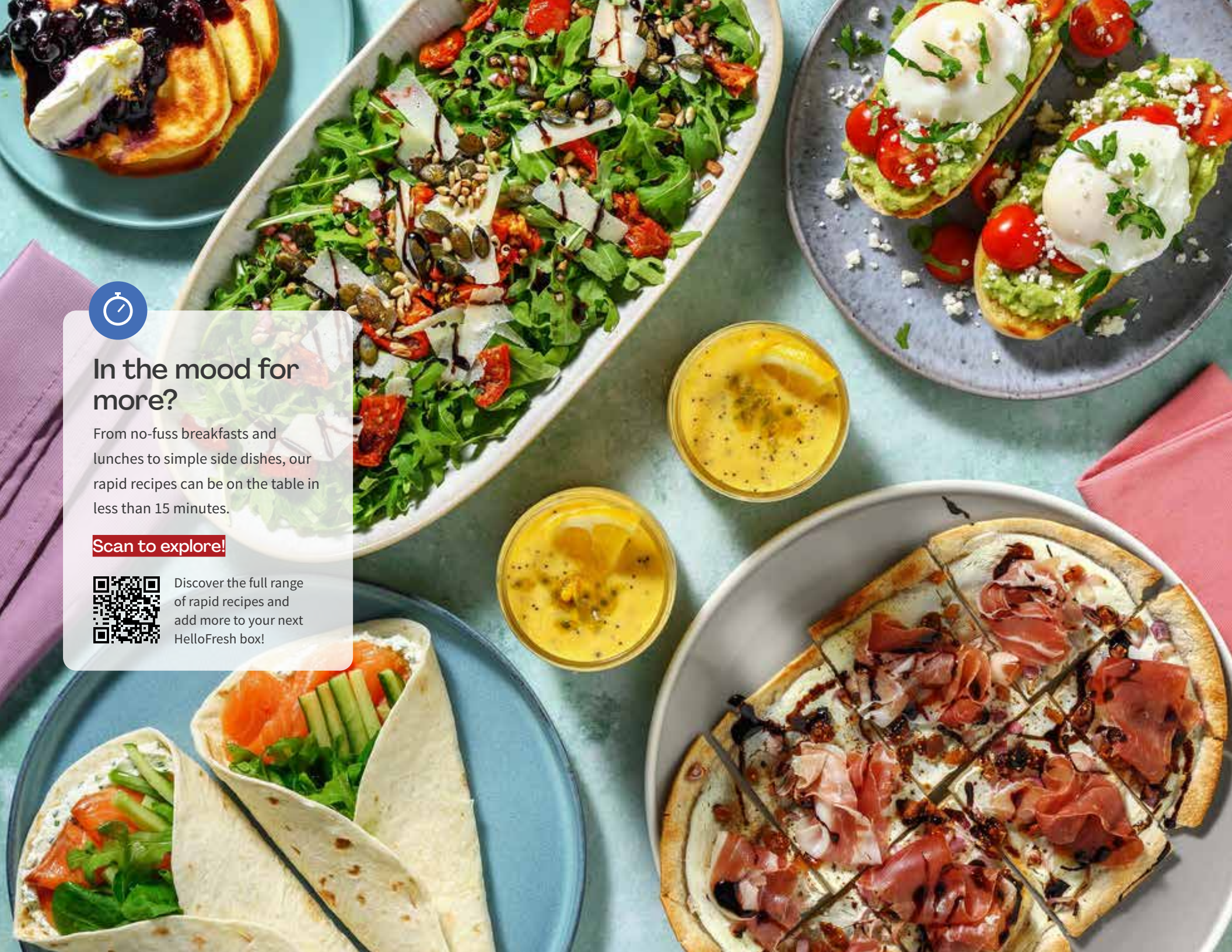
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Utensils

Plastic wrap, frying pan

Ingredients

Flour tortillas (unit(s))	4
Avocado (unit(s))	1
[Persian] cucumber* (unit(s))	2
Feta* (g)	50
Arugula & lamb's lettuce* (g)	40
BBQ spice rub (sachet(s))	1
Chicken thigh strips* (g)	100
Hummus* (g)	160
Salted almonds (g)	40
Red cherry tomatoes (g)	125
Easy peel orange* (unit(s))	2

From your pantry

Sunflower oil (tsp)	1
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4222/1009	577/138
Total fat (g)	61	8
of which saturated (g)	12,5	1,7
Carbohydrates (g)	69	9
of which sugars (g)	18,2	2,5
Fibre (g)	16	2
Protein (g)	32	4
Salt (g)	2,6	0,4

Allergens

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Bento Box with Chicken & Avocado Wraps

with snack veggies and dip, fresh oranges and almonds | 2 servings



Lunch Total time: 15 min.



1. Prepare

- Halve the **mini-cucumber** lengthways and then cut into batons.
- Halve and pit the **avocado**, then slice the flesh.
- Crumble the **feta**.

2. Assemble the wraps

- Heat the sunflower oil in a frying pan over medium heat.
 - Fry the **chicken thigh strips** with the **BBQ spice rub*** for 4 - 6 minutes. Season with salt and pepper.
 - Fill the wraps with the **chicken, avocado, feta** and the **mini-cucumber**. Finish with the salad leaves.
 - Roll up the **tortillas** and add two wraps to the lunch box (see Tip).
- *Take care, this ingredient is spicy! Use as preferred.

Tip: wrap the other two tortillas in plastic wrap and store in the fridge for the next day!

3. Prepare the bento box

- Halve the **cucumber** and then cut into batons.
- Peel the **orange** and pull it apart into smaller segments.

4. Serve

- Add the **orange** segments and **almonds** to the lunch box with the wraps.
- Add half of the **cherry tomatoes** and **cucumber** to the lunch box, along with the hummus, and eat them together as a snack (see Tip).

Tip: you can also make two lunch boxes at once, so you're immediately ready for the next day!

Enjoy!



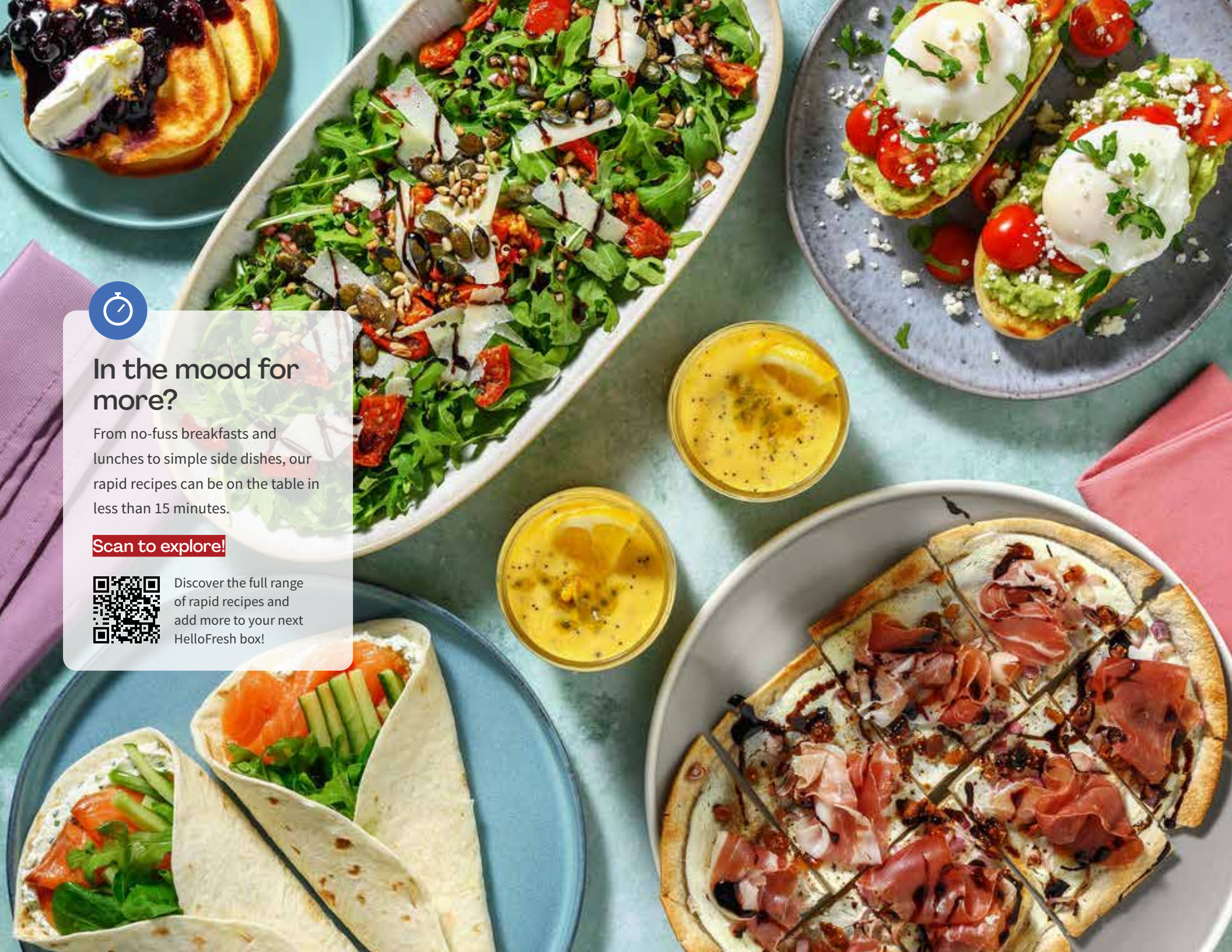
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Before you begin

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

Bowl, microplane, soup pot

Ingredients

White demi-baguette (unit(s))	2
Garlic (unit(s))	3
Fresh chives* (g)	10
Parmigiano Reggiano DOP* (unit(s))	1
Grated cheddar* (g)	50
Indian dahl soup* (ml)	1000
From your pantry	
[Plant-based] butter (g)	20
Extra virgin olive oil (tbsp)	4
Salt	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	658 /157
Total fat (g)	9
of which saturated (g)	4,5
Carbohydrates (g)	15
of which sugars (g)	1,5
Fibre (g)	3
Protein (g)	5
Salt (g)	0,8

Allergens

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

Fresh Indian Dahl with Homemade Garlic Bread

with cheddar and fresh chives | 3-4 servings



Lunch Total time: 20 min.



1. Prepare

- Preheat the oven to 200°C.
- Take the butter out of the fridge and allow it to come up to room temperature.
- Crush or mince the **garlic** and finely chop the **chives**.
- Finely grate the **Parmigiano Reggiano**.

2. Make the garlic butter

- Transfer the softened butter to a bowl and mix with the extra virgin olive oil, the **garlic** and two-thirds of the **chives**.
- Season with a generous pinch of salt.

3. Bake the bread

- Slice into the demi-**baguettes** on a diagonal, making sure the base of the **bread** remains intact.
- Spread the garlic butter inside and add some of both **cheeses**, then scatter the rest of the **cheese** over the top of the demi **baguettes**.
- Bake in the oven for 10 minutes until the **cheese** is golden-brown.

4. Warm up the dahl and serve

- In the meantime, warm up the dahl in a soup pan over medium-high heat.
- Transfer the garlic bread to a serving dish and garnish with the rest of the **chives**.
- Serve the dahl soup in deep plates.

Enjoy!



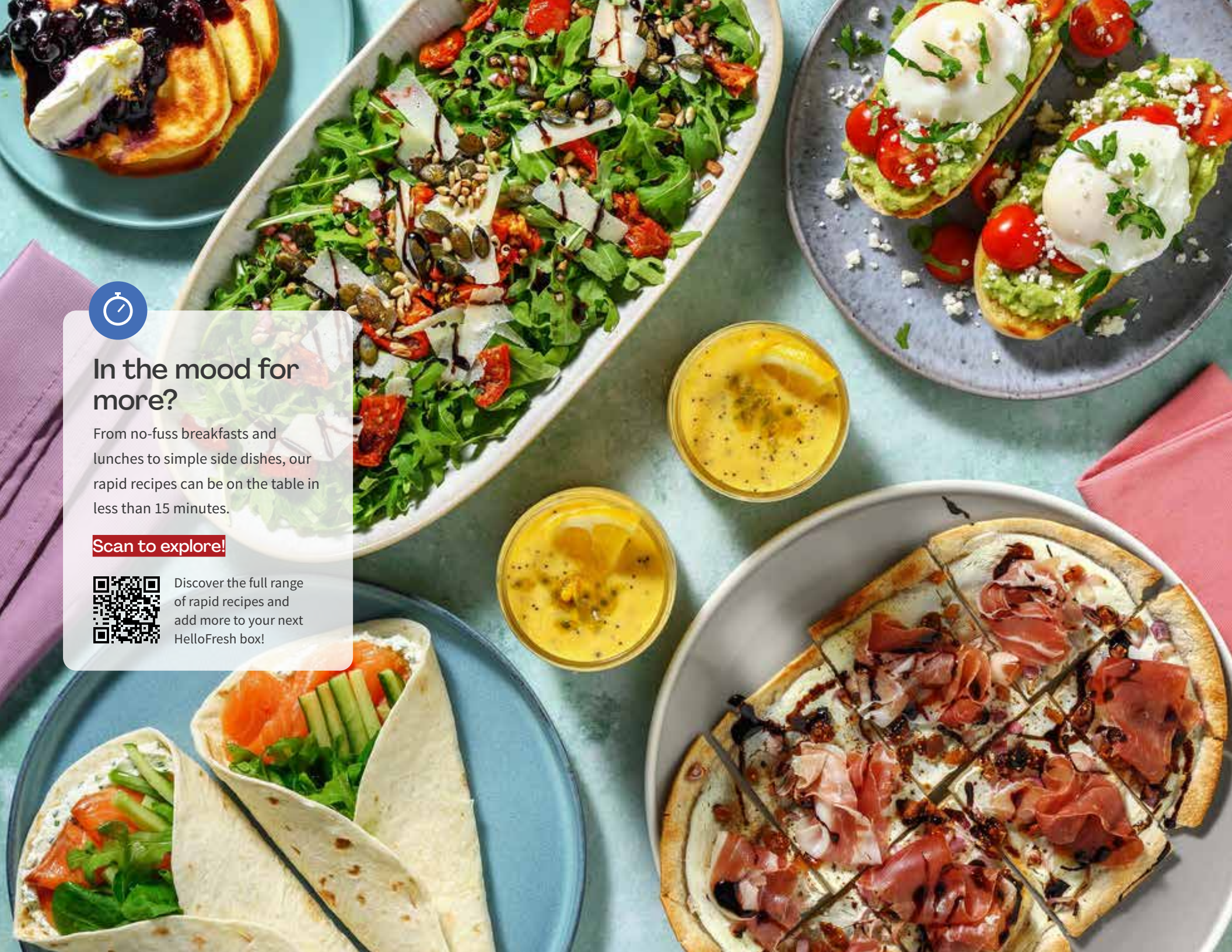
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Before you begin

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Utensils

Parchment-lined baking sheet, small bowl, soup pot

Ingredients

White demi-baguette (unit(s))	2
Fresh basil* (g)	10
Passata (g)	200
Italian seasoning (sachet(s))	1
Mini Roma tomatoes (g)	200
Mozzarella* (ball(s))	1
Fresh tomato soup with meatballs* (ml)	1000

From your pantry

Extra virgin olive oil (tbsp)	1
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	446 /107
Total fat (g)	5
of which saturated (g)	2
Carbohydrates (g)	11
of which sugars (g)	3
Fibre (g)	1
Protein (g)	4
Salt (g)	0,9

Allergens

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

Fresh Tomato Soup with Meatballs and Homemade Tomato-Mozzarella Bread

with Italian seasoning and fresh basil | 3 - 4 servings

Lunch Total time: 20 min.



1. Prepare

- Preheat the oven to 220°C.
- Cut the **demi-baguettes** in half lengthways.
- Finely chop the **basil**.
- In a small bowl, mix the **passata** with the **Italian herbs**, half of the **basil**, the extra virgin olive oil and some salt and pepper.

2. Top the baguette

- Cut the **tomatoes** in half.
- Tear the **mozzarella** into small pieces.
- Place the **baguette** on a parchment-lined baking sheet and spread over the **passata**.
- Top with the **mozzarella** and **tomatoes**.

3. Bake the bread

- Bake the **bread** for 6 - 8 minutes in the oven, or until the **cheese** has melted.

4. Warm up the soup and serve

- In the meantime, heat the **tomato soup** in a soup pan over medium-high heat.
- Garnish the **bread** with the rest of the **basil** and season with salt and pepper to taste. Slice the **bread** and transfer to a serving platter.
- Serve the tomato soup in deep plates with the bread on the side.

Enjoy!





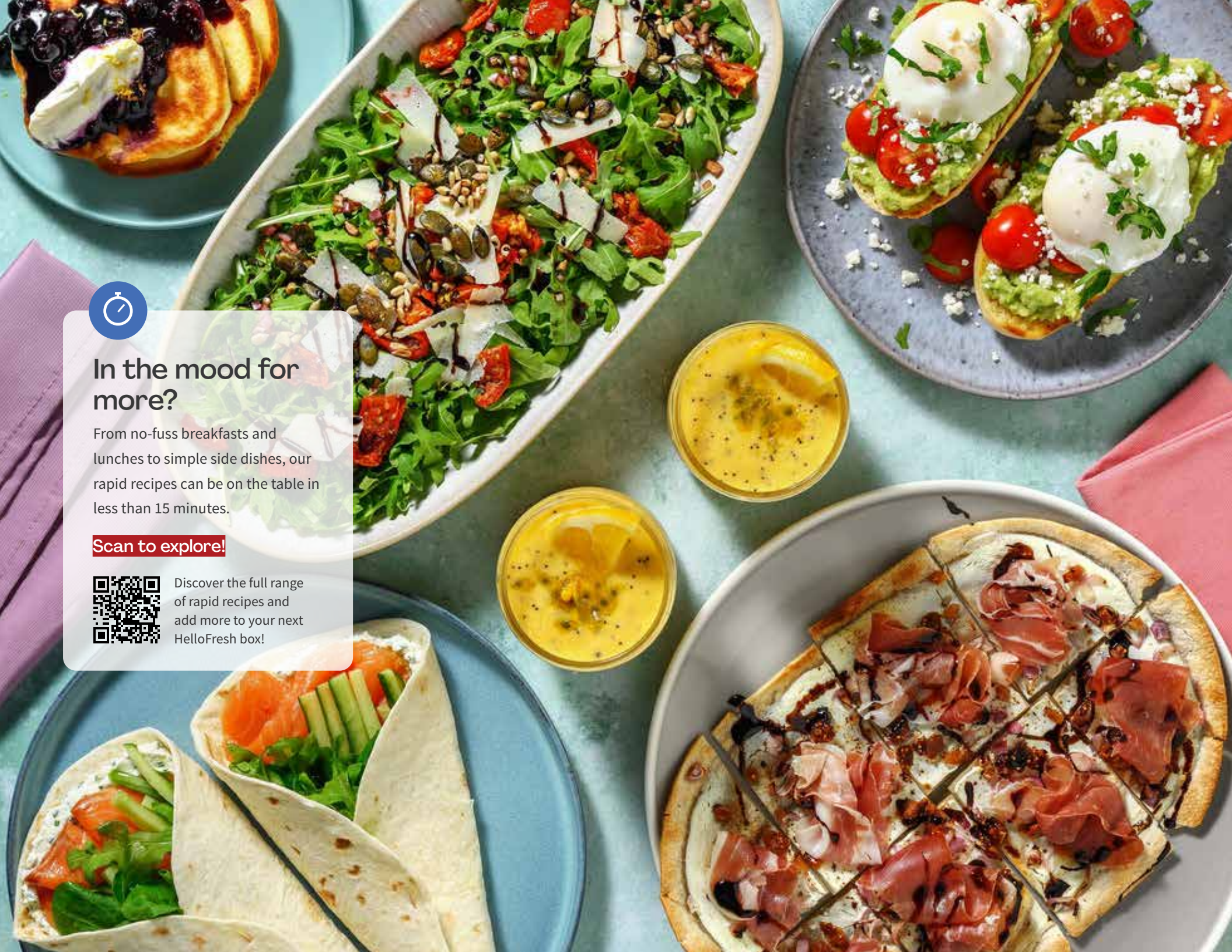
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Before you begin

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, large pot or saucepan, lidded saucepan, kitchen paper, plate, slotted spoon, small bowl, soup pot

Ingredients

White demi-baguette (unit(s))	2
Avocado (unit(s))	2
Lime* (unit(s))	1
Fresh flat leaf parsley & coriander* (g)	10
Red cherry tomatoes (g)	125
Egg* (unit(s))	4
Feta* (g)	50
Fresh tomato soup with meatballs* (ml)	1000
From your pantry	
Olive oil (tbsp)	1
White wine vinegar (tbsp)	4
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	511 / 122
Total fat (g)	7,4
of which saturated (g)	2
Carbohydrates (g)	9
of which sugars (g)	2
Fibre (g)	1,3
Protein (g)	4,3
Salt (g)	0,7

Allergens

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

Tomato Soup with Meatballs and Avocado Toast

with poached eggs and feta | 3-4 servings



Lunch Total time: 15 min.



1. Prepare

- Preheat the oven to 220°C.
- Cut the **baguette** in half lengthways and drizzle with the olive oil. Transfer to a parchment-lined baking sheet and bake for 5 - 7 minutes in the oven.
- Halve and pit the **avocado**, then mash it up in a small bowl. Juice half of the **lime** into the bowl. Season with salt and pepper to taste and mix well.
- Cut the other half of the **lime** into wedges. Finely chop the fresh herbs. Cut the **tomatoes** in half.

3. Poach the eggs

- Boil plenty of water in a large pot or saucepan. Add the white wine vinegar once the water is boiling.
- Crack each **egg** into a small glass. Stir the water in order to create a whirlpool.
- Carefully drop one **egg** at a time into the water and lower the heat to medium-low.
- Boil for 2 - 3 minutes or until the **egg** whites are set. Use a slotted spoon to carefully remove the **eggs** from the pan and let rest in a plate with a paper towel.

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.
- Boil plenty of water in a saucepan. Carefully transfer the **egg** 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.
- Continue with step 4.

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

4. Heat up the soup and serve

- In the meantime, heat up the **tomato** soup in a soup pot over medium-high heat.
- Place the toast on plates and spread over the **avocado**. Top with the **tomatoes** and **eggs**.
- Crumble the **feta** on top and garnish with the herbs.
- Serve the **tomato** soup on deep plates with the **avocado** toast to the side.

Enjoy!



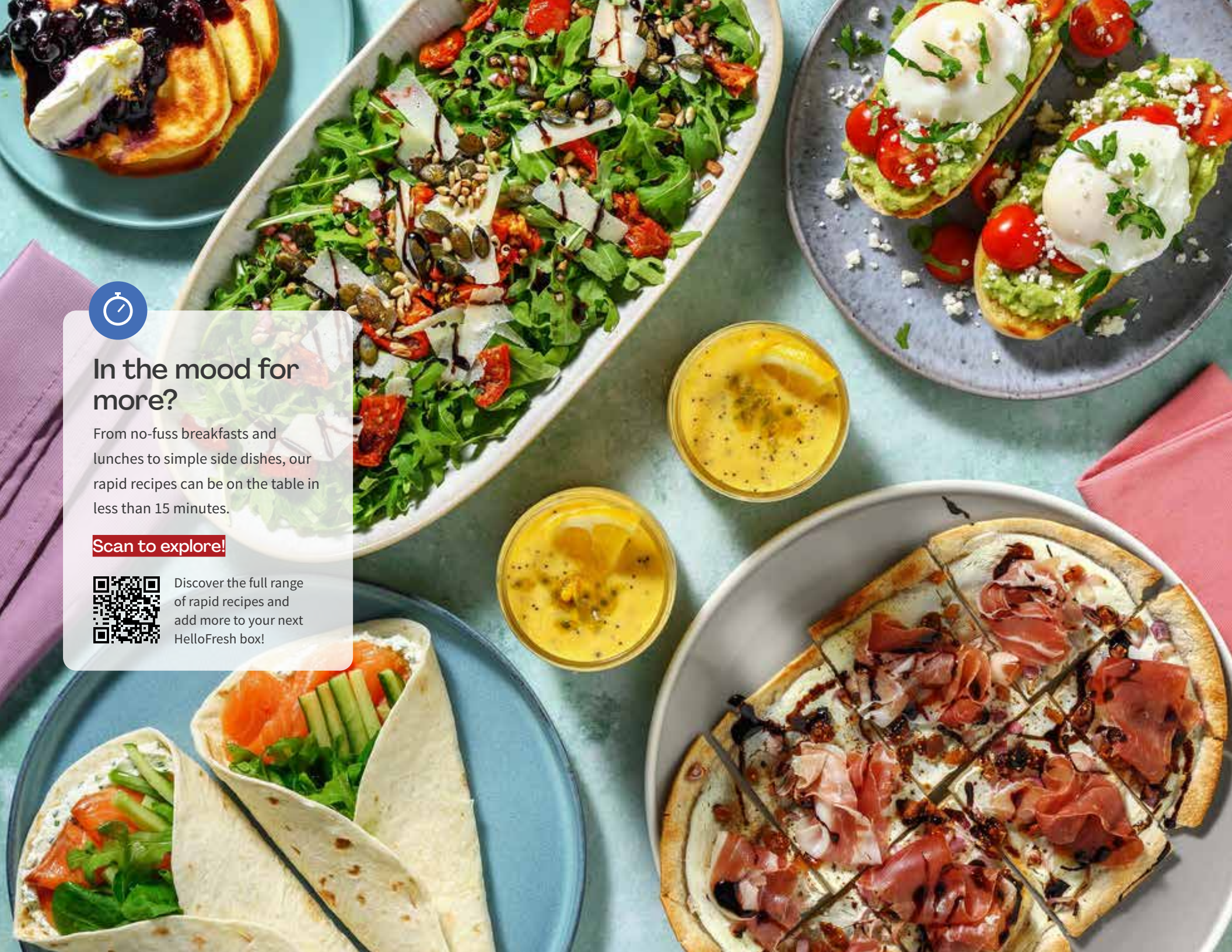
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Before you begin

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Utensils

Bowl, large bowl

Ingredients

Coconut milk (ml)	500
Desiccated coconut (g)	10
Mango* (unit(s))	1
Apple* (unit(s))	1
Ground cinnamon (tsp)	1
Pistachio nuts (g)	20
Chia seeds (g)	100
Blueberry jam (g)	30
Raisins (g)	20
Blueberries* (g)	125
From your pantry	
Water (ml)	100

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	681 / 163
Total fat (g)	10
of which saturated (g)	6,5
Carbohydrates (g)	14
of which sugars (g)	9,5
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

mango & pistachio, apple & raisins, blueberries & apple | serves 2 per day



Breakfast Total time: 15 - 20 min.



1. Basic chia pudding

- Put the **chia seeds** in a large bowl and add the **coconut milk**, 100ml 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 allow to set for at least 4 hours, or overnight.

2. Variation 1: Mango & pistachio (2 servings)

- Roughly chop the **pistachios**.
- Peel and dice the **mango**.
- Grab two glasses of chia pudding and mix in most of the **mango**.
- Garnish with the **pistachios** and the remaining **mango**.

3. Variation 2: Apple & raisins (2 servings)

- Finely dice half of the **apple**, then put it in a bowl and mix with 1 tsp of **cinnamon**.
- Grab two glasses of chia pudding and top with the **apple**.
- Garnish with the **raisins**.

4. Variation 3: Blueberry & apple (2 servings)

- Finely dice the other half of the **apple**.
- Grab two glasses of chia pudding and mix in the **blueberry jam**.
- Top with the **blueberries** and **apple**.
- Scatter over the **desiccated coconut** to finish.

Enjoy!



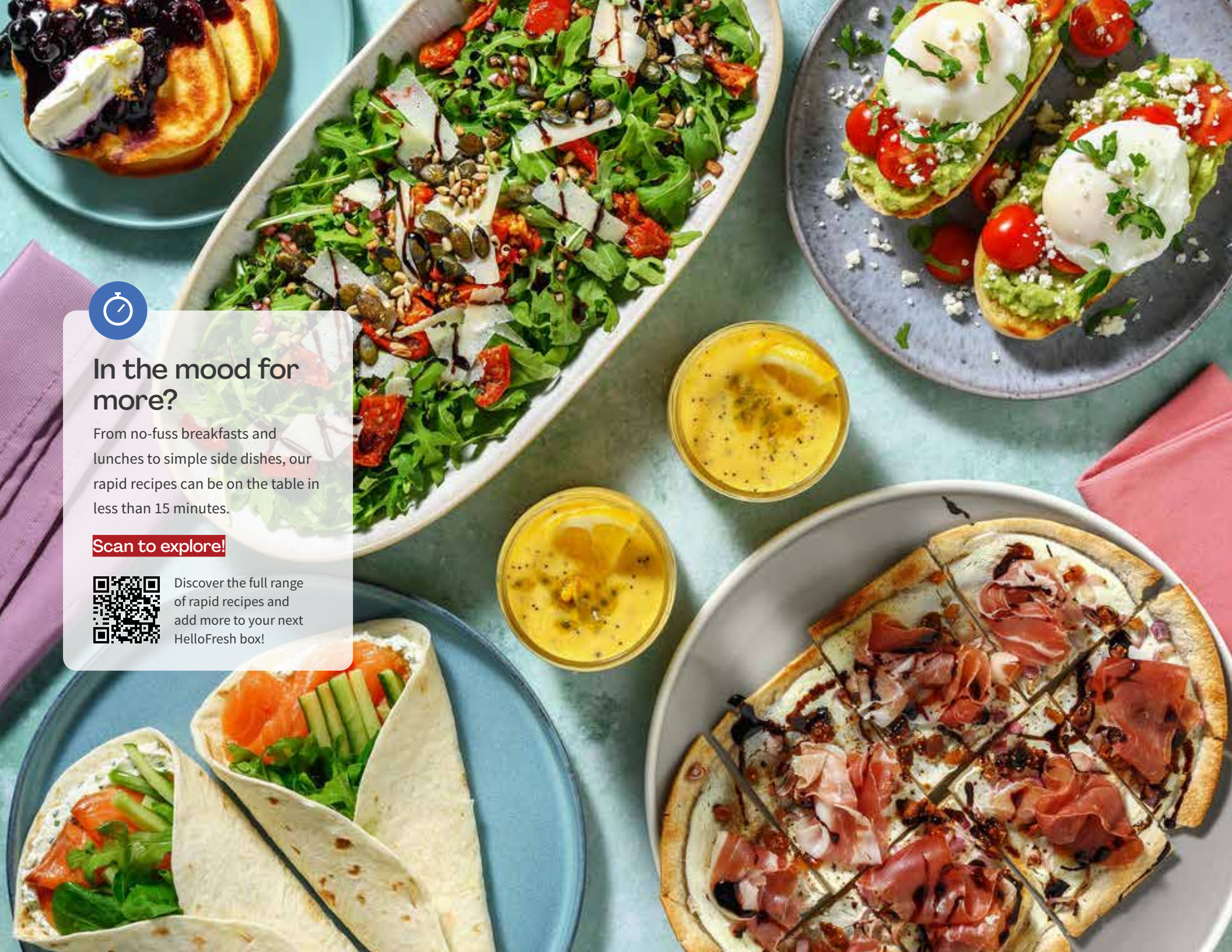
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Utensils

Parchment-lined baking sheet, bowl, mixing bowl

Ingredients

Oats (g)	200
Desiccated coconut (g)	40
Salted almonds (g)	40
Pumpkin seeds (g)	40
Peanut butter (tub)	1
Sunflower seeds (g)	40
Chocolate chips (g)	100
Cranberry & walnut mix (g)	120
From your pantry	
Olive oil (tbsp)	2
Honey [or plant-based alternative] (tbsp)	5
Brown sugar (tbsp)	2
Salt (tsp)	½

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	2121 /507
Total fat (g)	30
of which saturated (g)	8,8
Carbohydrates (g)	46
of which sugars (g)	25,3
Fibre (g)	5
Protein (g)	12
Salt (g)	0,4

Allergens

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

Homemade Granola Mix

with nuts, seeds and chocolate chips | 8 - 10 servings



Breakfast Total time: 60 - 70 min.



1. Prepare

- Preheat the oven to 160°C.
- Roughly chop the **almonds**.

2. Mix the granola

- Add the **oats**, sugar, **desiccated coconut**, **salted almonds**, **pumpkin seeds**, **sunflower seeds**, **cranberry & walnut mix** to a large mixing bowl.
- Add the **peanut butter**, olive oil and honey to a bowl. Mix well and add a pinch of salt.
- Pour the **peanut butter** mixture into the large mixing bowl and combine it with the granola.

3. Bake the granola

- Transfer the granola to a parchment-lined baking sheet and spread it into an even layer.
- Bake the granola in the oven for 40 - 45 minutes.
- Stir and mix the granola every 10 - 15 minutes until it is toasted all around.

4. Serve

- Remove the granola from the oven and let cool completely (see Tip).
- Mix in the **chocolate chips**.
- Store in an airtight container for up to 2 weeks.

Tip: once the granola has cooled down completely, it will become nice and crunchy!

Enjoy!



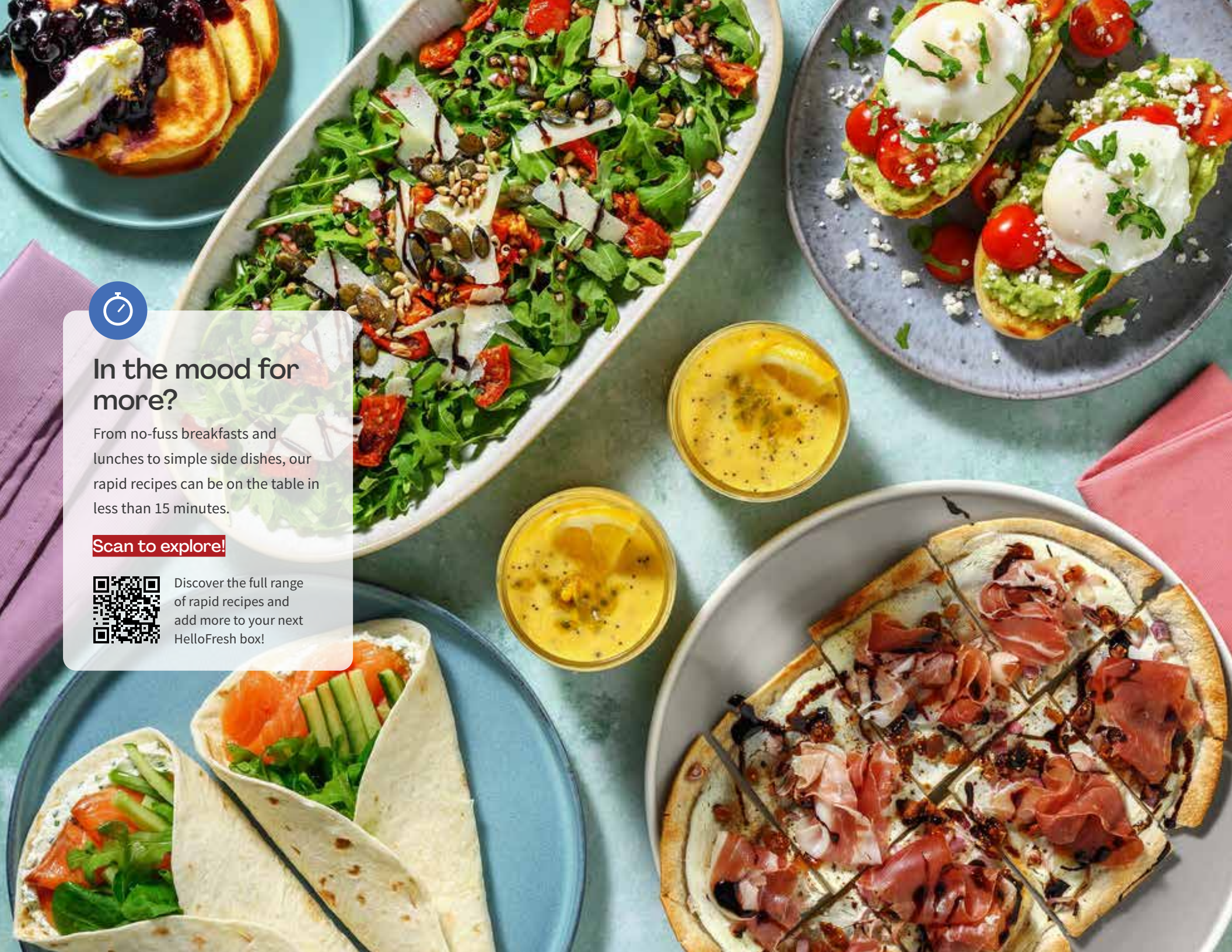
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Utensils

Bowl, plastic wrap

Ingredients

Flour tortillas (unit(s))	4
Hot smoked salmon flakes* (g)	150
Herbed cream cheese* (g)	75
Arugula & lamb's lettuce* (g)	60
[Persian] cucumber* (unit(s))	1
Hummus* (g)	160
Red cherry tomatoes (g)	125
Salted almonds (g)	40
Mandarin* (unit(s))	4

From your pantry

Black pepper	to taste
[Plant-based] mayonnaise (tbsp)	½
White wine vinegar (tsp)	1

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4259 / 1018	606 / 145
Total fat (g)	58	8
of which saturated (g)	14	2
Carbohydrates (g)	71	10
of which sugars (g)	23,4	3,3
Fibre (g)	11	2
Protein (g)	38	5
Salt (g)	2,9	0,4

Allergens

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

Bento Box with Smoked Salmon Wraps

with snack veggies and dip, fresh mandarins and almonds | 2 servings



Lunch Total time: 15 min.



1. Prepare

- In a bowl, shred the **smoked salmon** using two forks.
- Mix in the mayonnaise and white wine vinegar, then season to taste with black pepper.

2. Assemble the wraps

- Spread the **herbed cream cheese** on the **tortillas**.
- Top with the **arugula** and **lamb's lettuce**, then add the **smoked salmon**.
- Roll up the **tortillas** and add two wraps to the lunch box (see Tip).

Tip: wrap the other two tortillas in plastic wrap and store in the fridge for the next day!

3. Prepare the bento box

- Halve the **cucumber** and then cut it into batons.
- Peel half of the **mandarins** and pull them apart into smaller segments.

4. Serve

- Add the **mandarin** segments and **almonds** to the lunch box with the wraps.
- Add half of the **cherry tomatoes** and **cucumber** to the lunch box, along with the **hummus**, and eat them together as a snack (see Tip).

Tip: you can also make two lunch boxes at once, so you're immediately ready for the next day!

Enjoy!



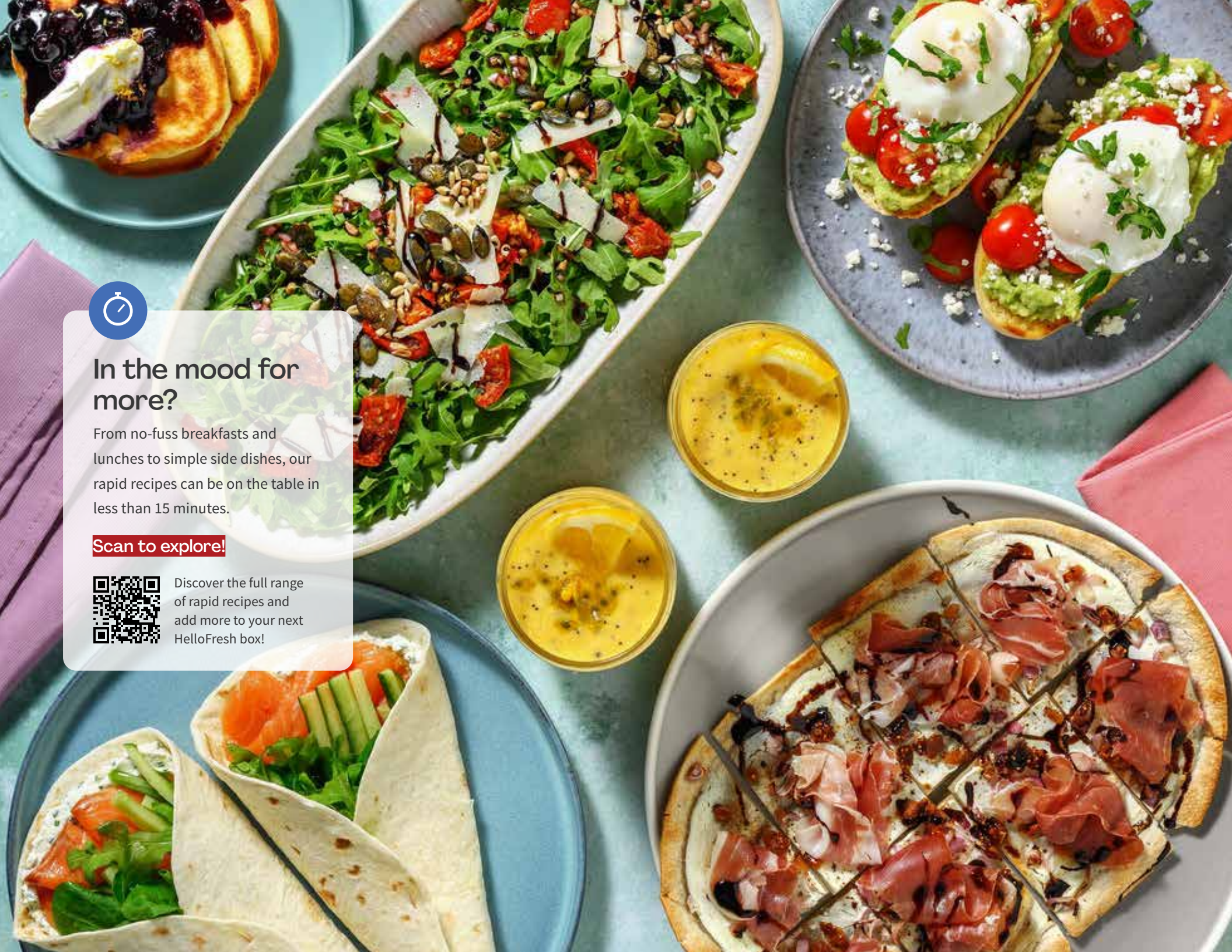
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Before you begin

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Utensils

Large bowl, oven dish, parchment paper, whisk

Ingredients

Chocolate cake mix (g)	400
Egg* (unit(s))	2
Chopped pecans (g)	100
Shaved almonds (g)	20
From your pantry	
Water (ml)	80
[Plant-based] butter (g)	40
*store in the fridge	

Nutritional values

	Per 100g
Energy (kJ/kcal)	1522 / 364
Total fat (g)	18
of which saturated (g)	4,7
Carbohydrates (g)	42
of which sugars (g)	26,2
Fibre (g)	3
Protein (g)	7
Salt (g)	1,3

Allergens

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

Chocolate Brownies with Pecans

topped with almond flakes | 9 pieces



Baking Total time: 40 min.



1. Prepare

- Weigh out the butter and cut it into cubes, then set aside and allow to reach room temperature.
- Preheat the oven to 180°C.
- Line a 20cm x 20cm square baking tin with parchment paper (see Tip).

Tip: if you don't have a baking tin at home, a rectangular oven dish will work just fine!

3. Bake the brownies

- Pour the batter into the baking tin.
- Scatter the rest of the **pecans** and the **almond** flakes over the top, then bake in the oven for 20 - 25 minutes.
- The brownies are done when you see cracks start to form on the surface.

2. Make the batter

- In a large bowl, beat the **eggs**, butter, water and **cake mix** until you have a smooth batter (see Tip).
- Stir in two-thirds of the **pecans**.

Tip: if you have an electric whisk or mixer, go ahead and use it here to save time!

4. Serve

- Take the brownie out of the oven and let it cool down for about 5 minutes (see Tip).
- Cut the brownie into about 9 pieces, then take them out of the baking tin one by one.

Tip: check if the brownie is done by sticking a skewer in it. It's fine if it's still a little bit sticky, but if the batter is very wet then put the brownie back in the oven for a few more minutes.

Enjoy!



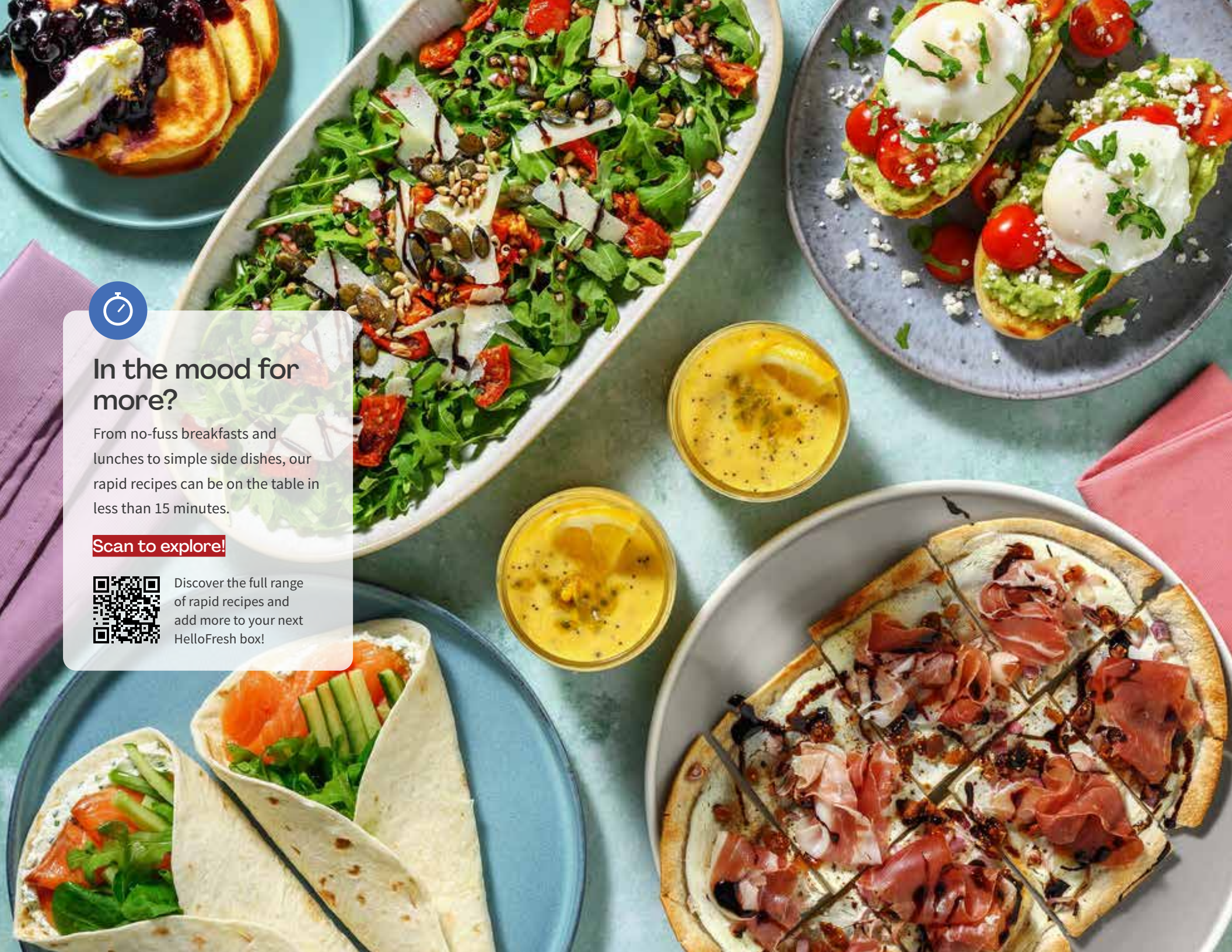
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Breakfast box

Kick-start your day!

- 1 French Toast with Caramelized Apple
- 2 Crackers with Ham & Herbed Cheese Cubes
- 3 Greek Yogurt Bowl with Apple & Pecans

French Toast with Caramelized Apple

topped with mascarpone | 2 servings

20 min.



Utensils

2x bowl, large frying pan, frying pan

Ingredients for 2 servings

Apple* (unit(s))	1
Ground cinnamon (tsp)	3
Mascarpone* (g)	50
Egg* (unit(s))	2
Brioche bun (unit(s))	2

From your pantry

Honey [or plant-based alternative]	to taste
[Plant-based] milk (splash)	2
[Plant-based] butter (tbsp)	2.5
Sugar (tbsp)	3

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2657 / 635	906 / 217
Total fat (g)	34	12
of which saturated (g)	20,2	6,9
Carbohydrates (g)	64	22
of which sugars (g)	30,2	10,3
Fiber (g)	5	2
Protein (g)	16	5
Salt (g)	0,9	0,3

1. Prepare

- Slice the bread in half. Dice 1 **apple**.
- Add it to a bowl and mix with half of the **cinnamon** and 1 tbsp of sugar.

2. Fry the apple

- Melt a knob of butter per person in a frying pan over high heat and fry the **apple** for 3 - 4 minutes.

3. Make the French toast

- In a bowl, whisk the **eggs** with the **milk** and the rest of the sugar and **cinnamon** in a bowl.
- Heat 2 tbsp butter in a large frying pan over medium-high heat.
- Dip the **bread** in the **egg** mixture. Make sure not to leave it in too long or it won't crisp up while frying.
- Place the slices of **bread** in the pan and fry for 3 - 4 minutes per side, or until they start to firm up.

4. Serve

- Serve the French toast on plates.
- Top with the **mascarpone** and garnish with the caramelized **apple**.
- Drizzle with honey to taste.

Allergens

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

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



Crackers with Ham & Herbed Cheese Cubes

2 days of breakfast for 2 persons | 4 servings

10 min.



Utensils

Ingredients for 2 servings

Crackers (unit(s))	12
Lamb's lettuce* (g)	40
Herbed cheese cubes* (g)	75
Ham* (slice(s))	12

From your pantry

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

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	788 / 188
Total fat (g)	11
of which saturated (g)	4
Carbohydrates (g)	3
of which sugars (g)	0,7
Fiber (g)	5
Protein (g)	10
Salt (g)	1,4

Allergens

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

1. Serve 3 **crackers** per person on plates.
2. Top the **crackers** with a quarter of the **ham** and **lamb's lettuce** per person.
3. Garnish with a quarter of the **herbed cheese cubes** per person.
4. Season to taste with black pepper. Repeat the recipe for a second breakfast the next day.

Greek Yogurt Bowl with Apple & Pecans

2 days of breakfast for 2 persons | 4 servings

10 min.



Utensils

Ingredients for 2 serving

Greek yogurt* (g)	500
Apple* (unit(s))	2
Chopped pecans (g)	40
Ground cinnamon (tsp)	3

From your pantry

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

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	554 / 132
Total fat (g)	9
of which saturated (g)	4
Carbohydrates (g)	7
of which sugars (g)	6,3
Fiber (g)	1
Protein (g)	3
Salt (g)	0,1

1. Core and slice 1 **apple**.
2. Serve 125g **Greek yogurt** per person in bowls and mix with a pinch of **cinnamon**.
3. Top each bowl with half of the sliced **apple** and half of the **pecans**. Drizzle with honey to taste.
4. Repeat the recipe for a second breakfast the next day.

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

Immersion blender, soup pot

Ingredients

Diced pumpkin* (g)	450
Pre-cut onion & garlic* (g)	40
Sliced carrots* (g)	150
Sicilian-style herb mix (sachet(s))	1
Cooking cream (g)	150
Lemon-infused olive oil (ml)	8
From your pantry	
Olive oil (tbsp)	1
Salt & pepper	to taste
Low sodium vegetable stock (ml)	1000

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	150 /36
Total fat (g)	3
of which saturated (g)	1,1
Carbohydrates (g)	2
of which sugars (g)	0,9
Fibre (g)	1
Protein (g)	1
Salt (g)	0,2

Allergens

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

Quick Homemade Pumpkin Soup

with pre-cut vegetables and Sicilian herbs | 4 servings



Lunch Total time: 15 min.



1. Prepare

- Prepare the stock.
- Heat the olive oil in a large soup pot and fry the **pre-cut onion** and **garlic** for 2 minutes on low heat.

2. Add the vegetables

- Add the **diced pumpkin** and **sliced carrot**.
- Add the **Sicilian-style herbs** and season with the salt and pepper.
- Fry for 1 minute, then add the stock.
- Bring the soup to a boil.

3. Make the soup

- Let the soup boil for 6 - 8 minutes or until the vegetables are soft.
- Use an immersion blender to process into a smooth soup.
- Add the **cooking cream** and season to taste.

4. Serve

- Serve the soup in bowls and drizzle with the **lemon-infused olive oil**.

Enjoy!



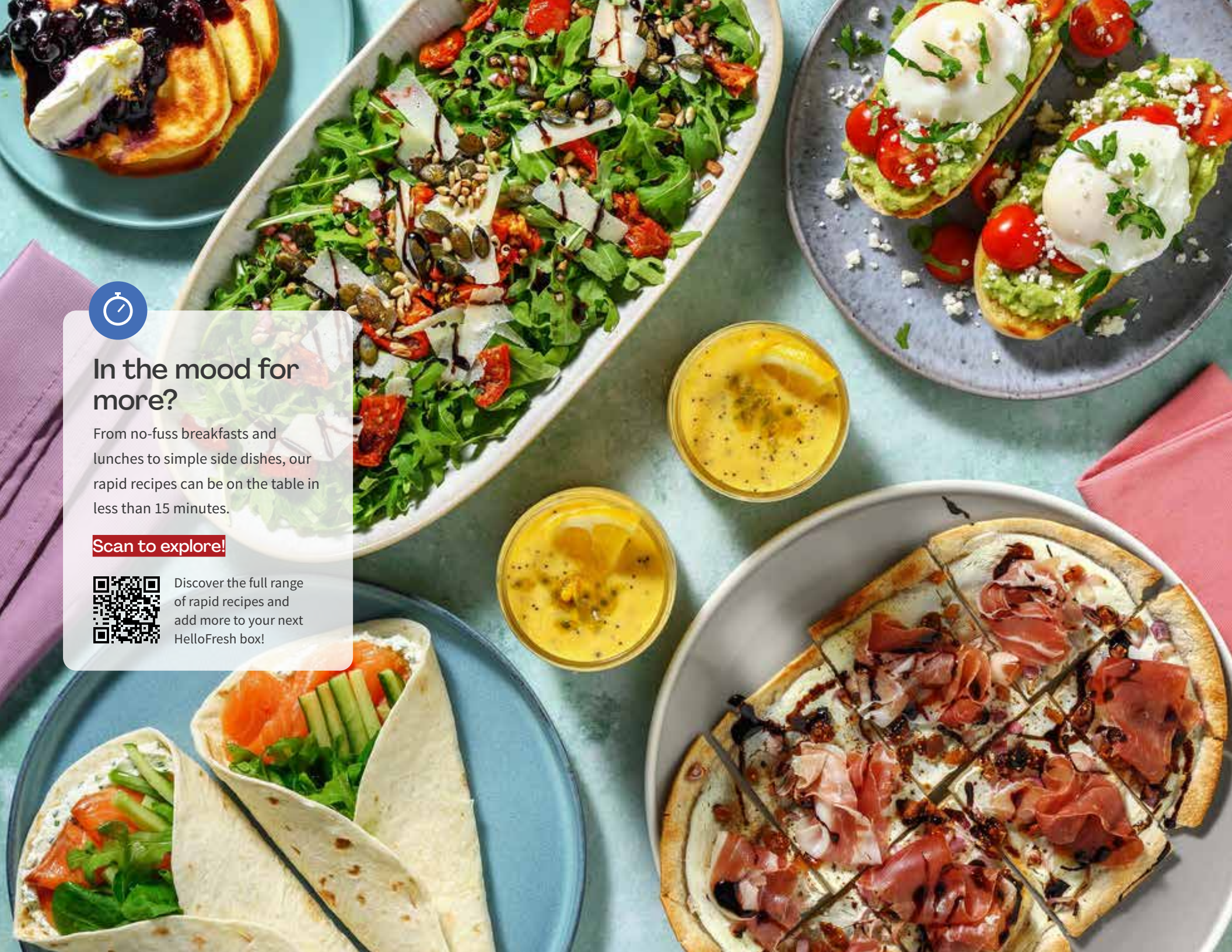
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Before you begin

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Utensils

Bowl, lidded pot or saucepan, small bowl, frying pan

Ingredients

Chicken breast* (unit(s))	1
Spinach* (g)	100
Bell pepper* (unit(s))	1
Red cherry tomatoes (g)	125
Greek-style spice mix (sachet(s))	1
Giant couscous (g)	75
Feta* (g)	50
Green pesto* (g)	40
From your pantry	
Extra virgin olive oil (tbsp)	2
Red wine vinegar (tbsp)	½
Sunflower oil (tbsp)	½
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2318 / 554	652 / 156
Total fat (g)	34	10
of which saturated (g)	8,3	2,3
Carbohydrates (g)	33	9
of which sugars (g)	6,8	1,9
Fibre (g)	6	2
Protein (g)	25	7
Salt (g)	1,1	0,3

Allergens

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

Salad with Chicken and Pesto Dressing

with feta, giant couscous and fresh vegetables | 2 servings



Lunch Total time: 15 min.



1. Boil the giant couscous

- Boil plenty of water in a pot or saucepan and cook the **giant couscous** for 12 - 14 minutes, covered, then drain and set aside.

2. Fry the chicken

- Cut the **chicken breast** fillet into cubes, then add it to a bowl.
- Mix in half of the **Greek-style spice mix** and season with salt and pepper.
- Heat the sunflower oil in a frying pan over medium-high heat.
- Fry the **chicken** for 5 - 6 minutes until done, then remove from the pan and set aside.

3. Prepare the vegetables

- Dice the **bell pepper**.
- Quarter the **cherry tomatoes**.
- Roughly chop the **spinach**.
- In a small bowl, add the extra virgin olive oil, **pesto**, red wine vinegar and the rest of the **Greek-style spices**. Mix well and season with salt and pepper.

4. Make the salad jars

- Crumble the **feta**.
- Pour the dressing into two jars.
- Add the ingredients to the jars in the following order: **bell pepper, cherry tomatoes, giant couscous, spinach, chicken** and **feta** (see Tip).

Tip: by following the above order, the ingredients will not get soggy. The salad will stay fresh for you to enjoy during the day or later that week!

Enjoy!



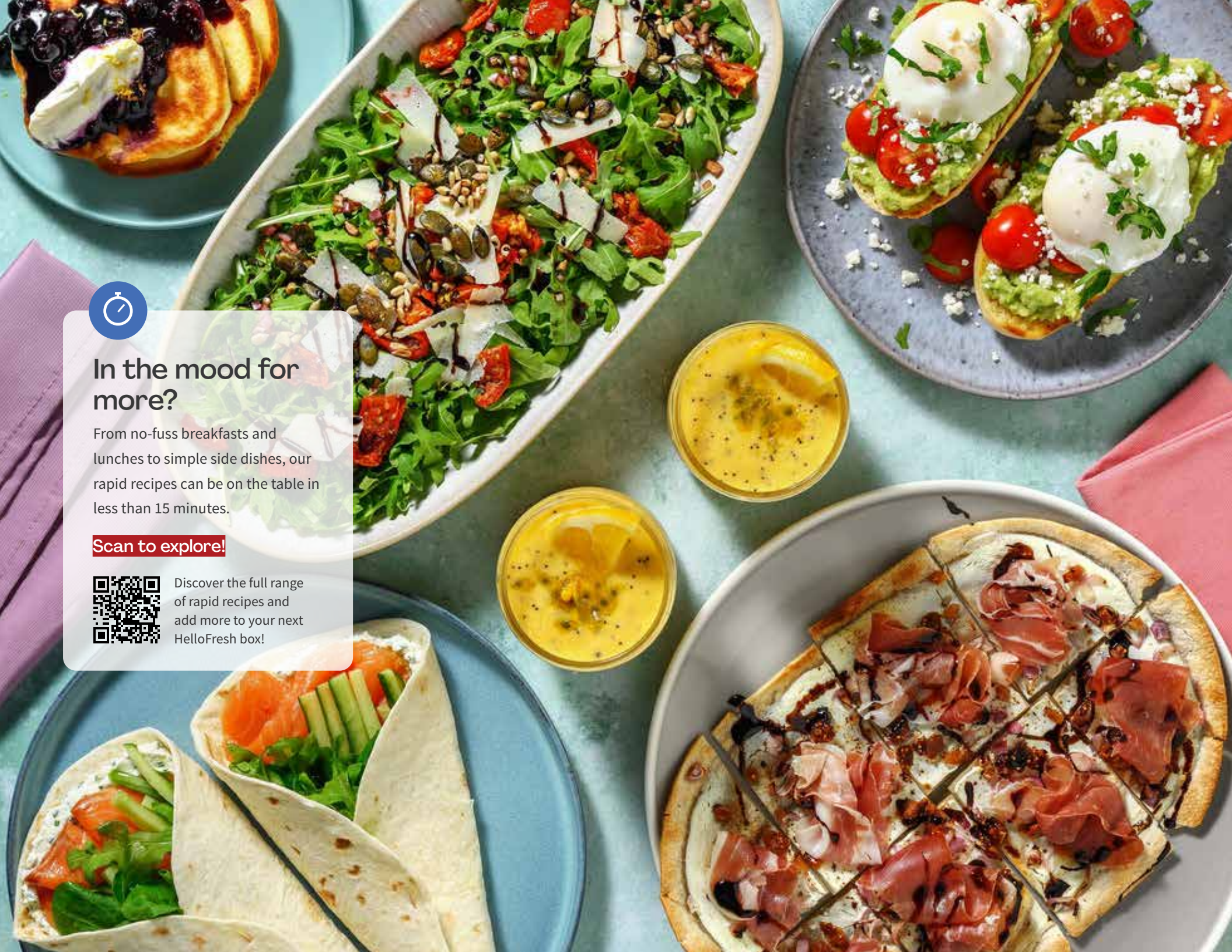
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Before you begin

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Utensils

Aluminum foil, 3x bowl, 2x saucepan, small bowl, frying pan, whisk, heatproof bowl

Ingredients

Flour (g)	150
Egg* (unit(s))	2
Organic buttermilk* (ml)	200
Baking powder (g)	8
Mascarpone* (g)	150
White chocolate chips (g)	100
Easy peel orange* (unit(s))	1
Pistachio nuts (g)	20
From your pantry	
Sugar (tbsp)	1
Honey [or plant-based alternative] (tbsp)	4
Sunflower oil (tbsp)	1
Salt (tsp)	½

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	5067 / 1211	1089 / 260
Total fat (g)	66	14
of which saturated (g)	35,8	7,7
Carbohydrates (g)	128	27
of which sugars (g)	70,7	15,2
Fibre (g)	6	1
Protein (g)	29	6
Salt (g)	4,3	0,9

Allergens

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

Pancakes with White Chocolate Mascarpone

with orange and pistachios | 2 servings



Breakfast Total time: 30 min.



1. Make the batter

- Beat the **eggs** in a bowl, then add the buttermilk and whisk together until fluffy (see Tip).
- Weigh out 150g flour. Add the flour to a bowl, then add 0.5 sachet **baking powder**, 0.5 tsp salt and 1 tbsp sugar.
- Using a spatula, fold the **egg** and buttermilk mixture into the flour and mix well.
- Heat a drizzle of sunflower oil in a frying pan over medium-high heat.

Tip: You should keep whisking until you can see lots of air bubbles.

2. Fry the pancakes

- Pour a ladle full of batter into the pan. Fry the pancakes for 2 minutes on each side until brown, then remove from the pan and cover with aluminium foil.
- Repeat until you've used all the batter, adding more sunflower oil in between as needed.
- In the meantime, boil a shallow layer of water in a saucepan, then place a heatproof bowl on top, making sure it doesn't touch the water.
- Add two-thirds of the **chocolate** drops and allow to melt while stirring.

3. Prepare the sauce

- Let the **chocolate** cool down until it is still melted but not hot.
- Zest the **orange**, then cut two slices for decoration. Juice the **orange** into a small bowl.
- Add the **orange** juice, honey and **pistachios** to a saucepan and let simmer until thickened. Season to taste with a pinch of salt.
- In a bowl, mix the **mascarpone** with the melted **white chocolate** and 1 tbsp of **orange** zest.

4. Serve

- Stack the pancakes on a serving dish. Serve with the **white chocolate mascarpone** on top.
- Pour over the **pistachio** sauce.
- Finish off with the **orange** slices and the rest of the **white chocolate** drops.

Enjoy!



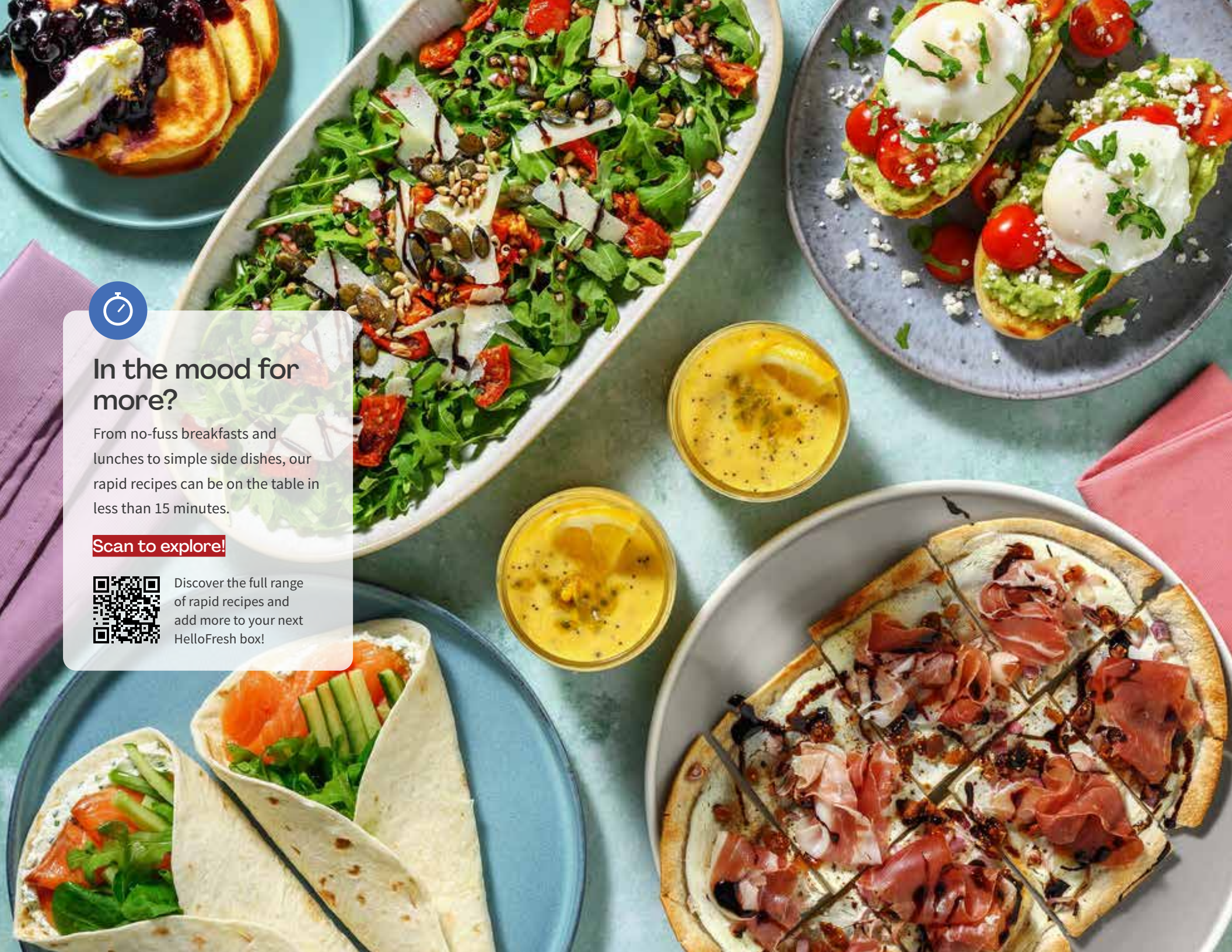
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Before you begin

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Utensils

Parchment-lined baking sheet, bowl

Ingredients

Garlic (unit(s))	2
Grated cheddar* (g)	50
Grana Padano flakes DOP* (g)	80
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)	1361 / 325
Total fat (g)	16
of which saturated (g)	4,7
Carbohydrates (g)	35
of which sugars (g)	0,9
Fibre (g)	3
Protein (g)	11
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 Grana Padano | 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!



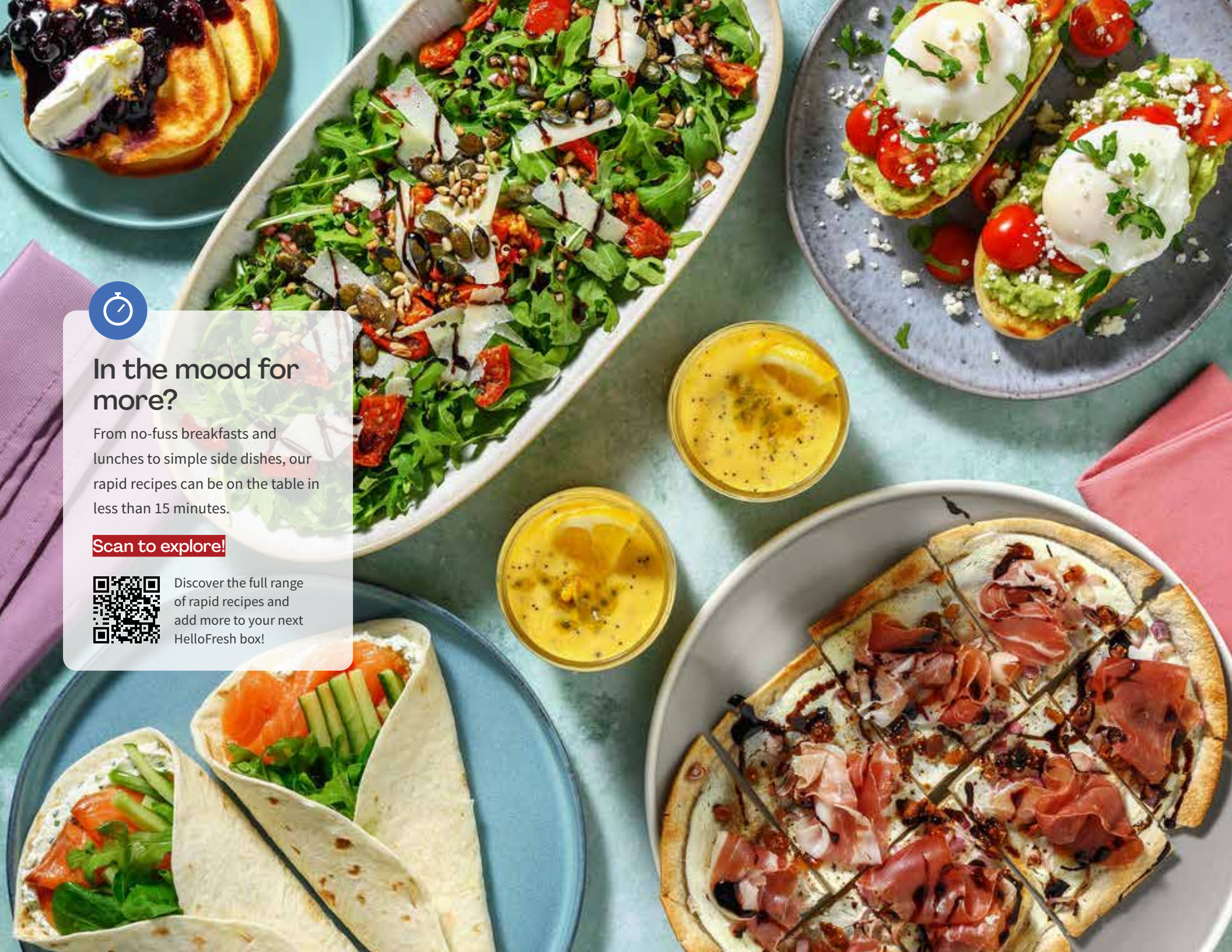
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Utensils

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

Ingredients

Egg* (unit(s))	4
Béarnaise 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)	2942 / 703	821 / 196
Total fat (g)	47,3	13,2
of which saturated (g)	13,3	3,7
Carbohydrates (g)	39,3	11
of which sugars (g)	5,6	1,6
Fibre (g)	3,7	1
Protein (g)	28,9	8,1
Salt (g)	2,5	0,7

Allergens

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

Poached Eggs with Béarnaise sauce

with spinach and bacon on brioche bread | 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 **Béarnaise 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 **Béarnaise sauce** over the eggs.

Enjoy!



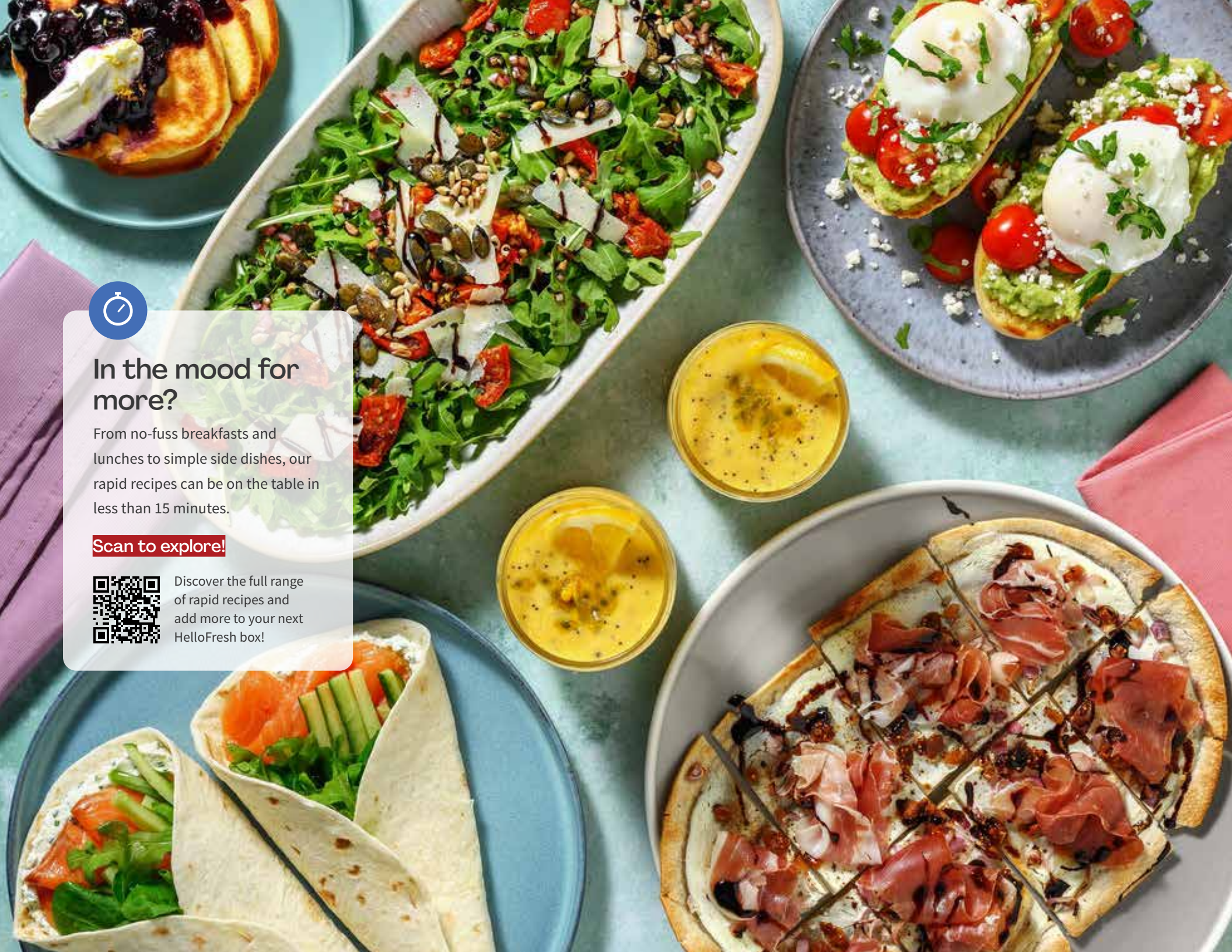
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Before you begin

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Utensils

Microplane, pot or saucepan, small bowl

Ingredients

Fresh ravioli with spinach & ricotta* (g)	280
Green pesto* (g)	80
Parmigiano Reggiano DOP* (unit(s))	1
Arugula* (g)	40
Sundried tomatoes (g)	50

From your pantry

Salt & pepper to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2469 / 590	1008 / 241
Total fat (g)	34	14
of which saturated (g)	10	4,1
Carbohydrates (g)	47	19
of which sugars (g)	5,1	2,1
Fibre (g)	4	2
Protein (g)	20	8
Salt (g)	2	0,8

Allergens

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

Fresh Ravioli with Green Pesto

with sundried tomatoes, arugula & Parmigiano Reggiano

2 servings



Lunch Total time: 10 - 15 min.



1. Prepare

- Boil plenty of water in a pot or saucepan. Cut the **sundried tomatoes** into strips.

2. Boil the ravioli

- Carefully separate the **ravioli**, then put them in the saucepan and boil for 4 - 6 minutes. Drain and aside when finished.

3. Stir in the pesto

- Carefully stir the **green pesto** and **sundried tomatoes** through the ravioli and season with salt and pepper to taste. Grate the **Parmigiano Reggiano** into a small bowl.

4. Serve

- Serve the **ravioli** on plates. Scatter over the **cheese** and garnish with the **arugula**.

Enjoy!



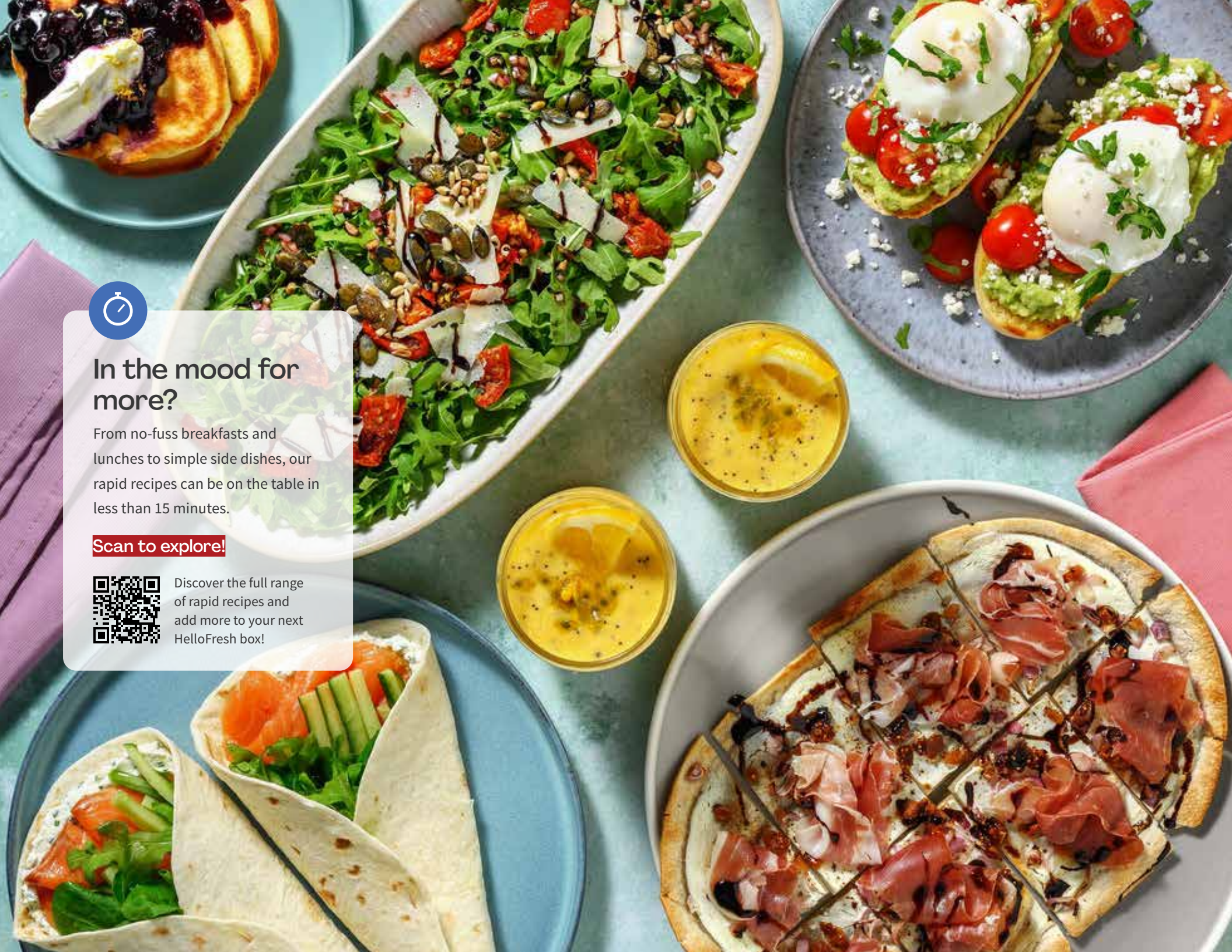
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Utensils

Frying pan, two small bowls

Ingredients

Mini Turkish bread (unit(s))	2
Feta* (g)	50
Tomato (unit(s))	1
Onion (unit(s))	1
Radicchio & iceberg lettuce* (g)	50
Greek yogurt* (g)	150
Fresh flat leaf parsley* (g)	10
Garlic (unit(s))	1
Chicken thigh strips with kebab spices* (g)	200

From your pantry

Red wine vinegar (tsp)	2
Olive oil (tbsp)	½
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2481 /593	601 /144
Total fat (g)	23,5	5,7
of which saturated (g)	11,9	2,9
Carbohydrates (g)	56,5	13,7
of which sugars (g)	7,5	1,8
Fibre (g)	4,5	1,1
Protein (g)	36	8,7
Salt (g)	3,1	0,7

Allergens

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

Chicken Gyros on Turkish Bread

with garlic yogurt sauce, feta & tomato | 2 servings



Lunch Total time: 10 min.



1. Prepare

- Preheat the oven to 180°C. Slice the **onion** into half rings and crush or mince the **garlic**.
- Crumble up the **feta** and dice the **tomato**.
- Finely chop the **parsley**.

2. Fry the chicken

- Heat the olive oil in a frying pan over medium-high heat. Fry the **chicken** with half of the **onion** for 6 - 8 minutes (see Tip).

Tip: the rest of the onion is served raw, but you can also fry it all here if preferred.

3. Make the quick-pickled onion

- Meanwhile, in a small bowl combine the rest of the **onion** with the red wine vinegar.
- Season to taste with salt and pepper. In another small bowl, combine the **yogurt** with the **garlic** and the **parsley**.
- Season to taste with salt and pepper.
- Bake the **Turkish bread** for 5 - 8 minutes in the oven.

4. Serve

- Cut open the **Turkish bread** and fill with the **chicken**, **yogurt** sauce and **feta**, along with the **tomato**, **lettuce**, quick-pickled **onion** and salad leaves.

Enjoy!



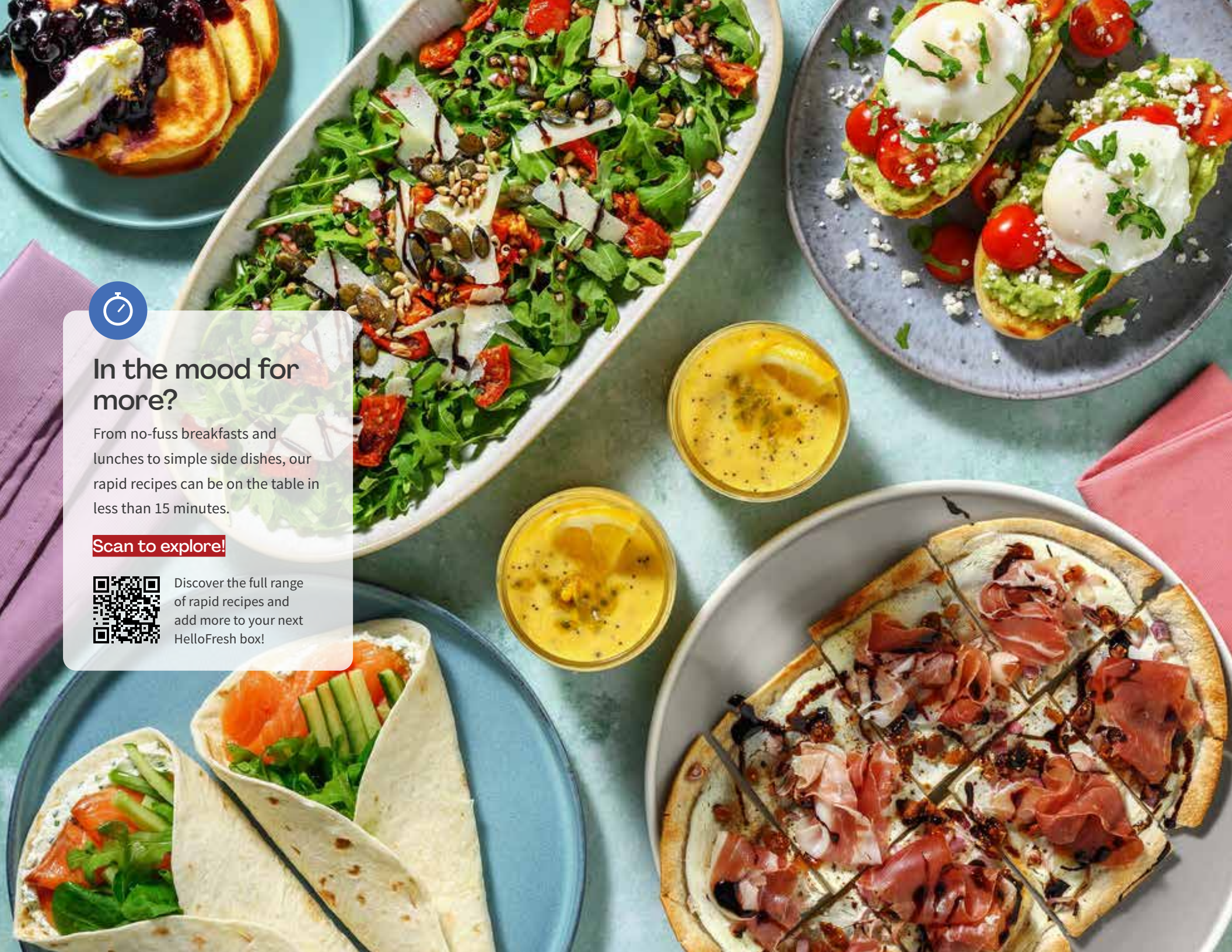
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Utensils

Parchment-lined baking sheet, small bowl

Ingredients

Flammekueche* (unit(s))	2
Serrano ham* (g)	80
Shallot (unit(s))	1
Organic sour cream* (g)	100
Chopped dried fig (g)	40
Crema di balsamico (ml)	16

From your pantry

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1874 /448	779 /186
Total fat (g)	10	4
of which saturated (g)	4,4	1,8
Carbohydrates (g)	63	26
of which sugars (g)	18	7,5
Fibre (g)	3	1
Protein (g)	23	9
Salt (g)	3,1	1,3

Allergens

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

Serrano Ham Flammekueche

with dried figs & crema di balsamico | 2 servings



Appetizer Total time: 15 - 20 min.



1. Prepare

- Preheat the oven to 220°C.
- Transfer the **flammekueche** to a parchment-lined baking sheet.
- In a small bowl, soak the **dried figs** in some water and set aside until use.
- Slice the **shallot** into half rings.

3. Bake

- Bake the flammekueche in the oven for 8 - 10 minutes until golden brown.
- Top with the **dried figs** during the final 2 minutes of cooking.

2. Top the flammekueche

- Spread the **sour cream** over the flammekueche and top with the **shallot**.

4. Serve

- Slice the flammekueche and top with the **Serrano ham**.
- Drizzle over the **crema di balsamico** and serve.

Enjoy!



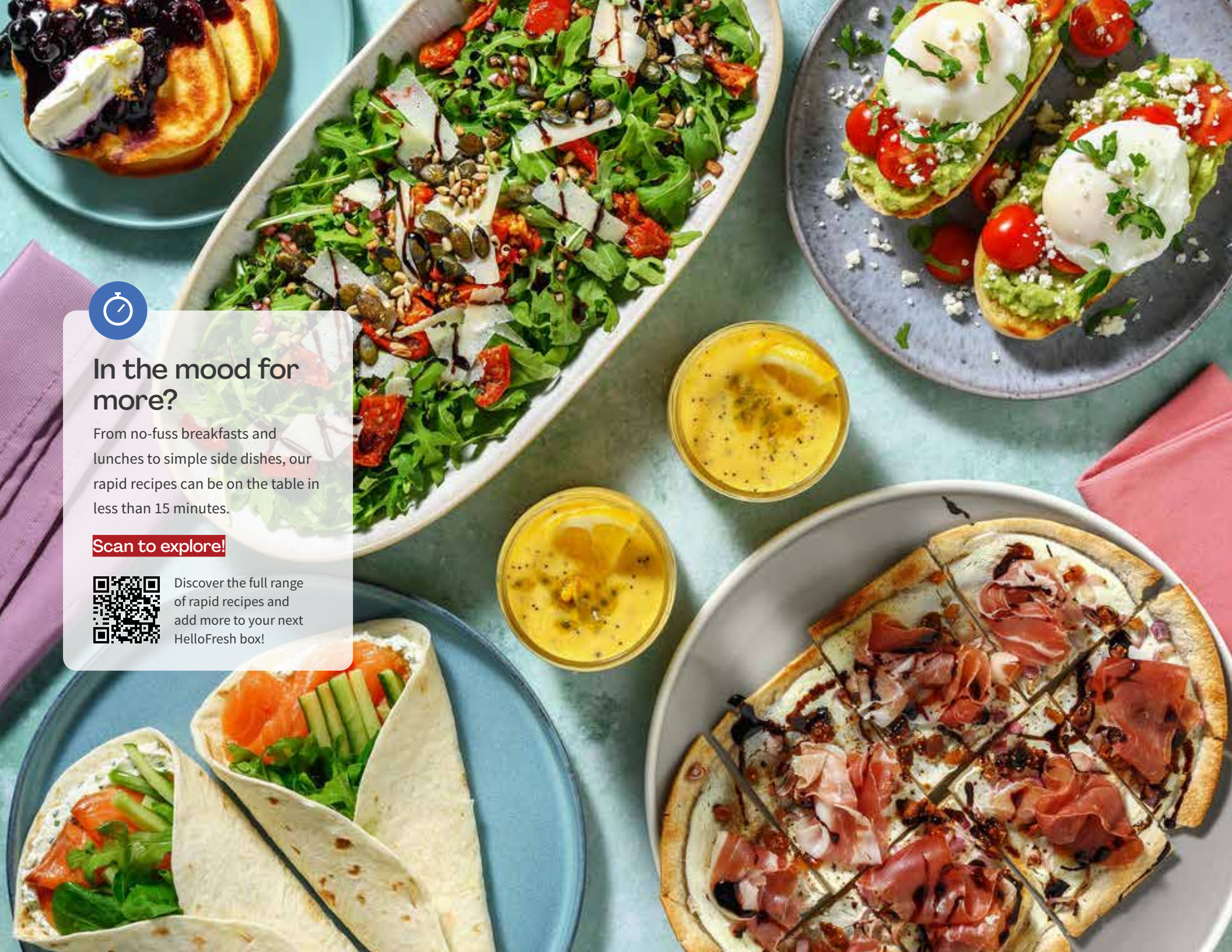
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Utensils

Deep plate, frying pan, whisk

Ingredients

Brioche bun (unit(s))	2
Mascarpone* (g)	50
Egg* (unit(s))	2
Organic semi-skimmed milk* (ml)	100
Raspberries* (g)	125
Ground cinnamon (tsp)	1½
From your pantry	
Sunflower oil (tbsp)	½
Sugar (tbsp)	2
Salt (tsp)	1

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2059 /492	718 /172
Total fat (g)	22	8
of which saturated (g)	10,7	3,7
Carbohydrates (g)	53	19
of which sugars (g)	21,2	7,4
Fibre (g)	5	2
Protein (g)	17	6
Salt (g)	3,5	1,2

Allergens

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

Brioche French Toast with Raspberries

with cinnamon & mascarpone | 2 servings



Breakfast Total time: 25 min.



1. Prepare

- Cut open the **brioche buns**.

2. Mix

- Transfer the sugar to a deep plate.
- In another deep plate, whisk the **eggs** and **milk** together, adding half a sachet of **cinnamon** and a pinch of salt.

3. Fry

- Heat the sunflower oil in a frying pan over medium-high heat.
- Dip the **brioche** into the **eggs**, then coat with the sugar. Make sure to not let the brioche sit in the egg mixture for too long so it doesn't get soggy – otherwise the French toast won't crisp up.
- Fry the **brioche** in the pan for around 4 minutes on each side, or until they start to firm up (see Tip).

Tip: how quickly the sugar caramelises depends on the type of pan you're using. Lower the heat a little if you notice the sugar is turning brown too quickly.

4. Serve

- Serve the French toast on plates with the **mascarpone**.
- Garnish with the **raspberries** and sprinkle over a pinch of **cinnamon** to finish (see Tip).

Tip: if you have a sweet tooth, go ahead and drizzle over some honey.

Enjoy!



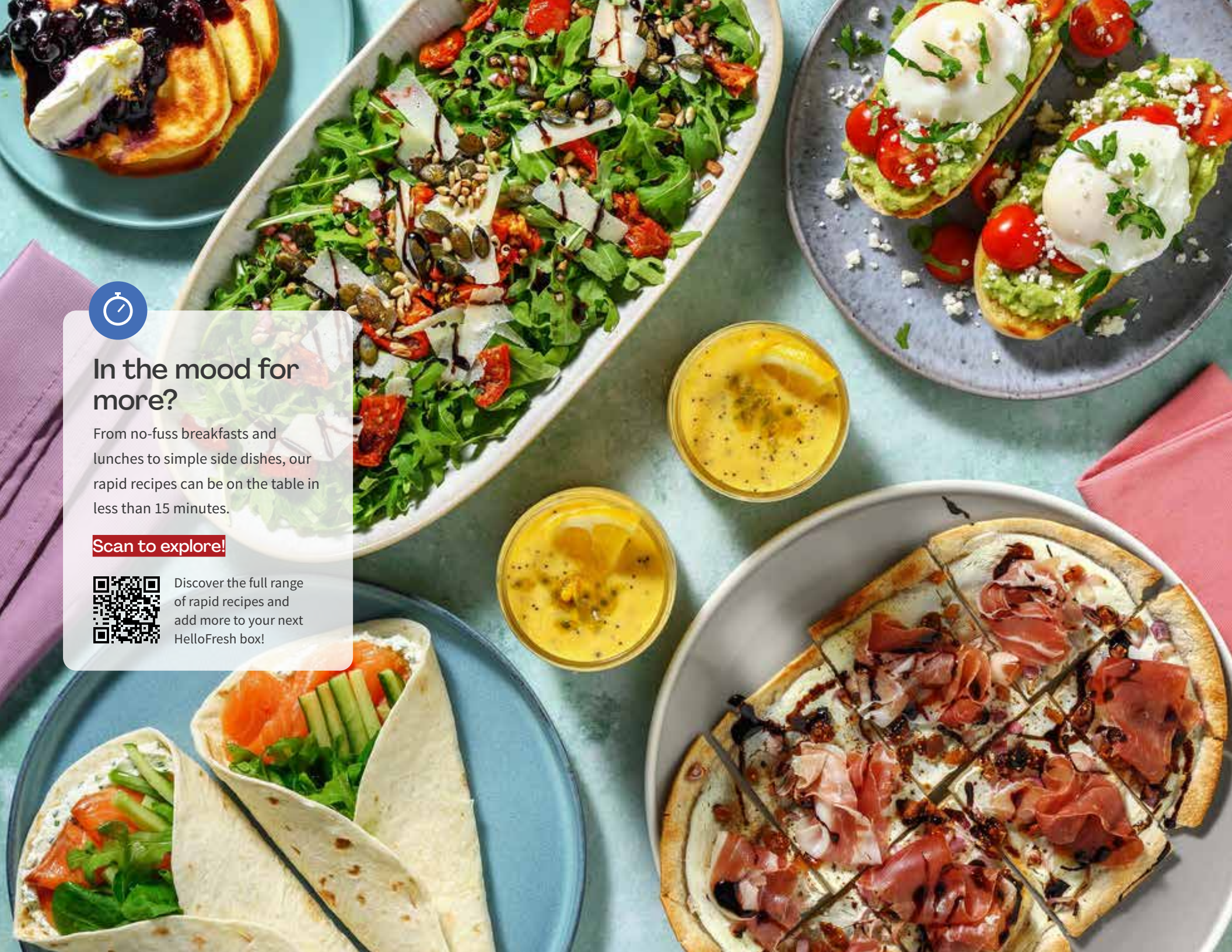
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Utensils

Parchment-lined baking sheet, small bowl

Ingredients

Avocado (unit(s))	1
Serrano ham* (g)	80
Tomato (unit(s))	2
Burrata* (ball(s))	1
White demi-baguette (unit(s))	2
Fresh basil* (g)	10

From your pantry

Balsamic vinegar (tsp)	2
Extra virgin olive oil (tbsp)	1
Olive oil	to taste
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2966 /709	779 /186
Total fat (g)	32	8
of which saturated (g)	9,5	2,5
Carbohydrates (g)	71	19
of which sugars (g)	5,3	1,4
Fibre (g)	8	2
Protein (g)	32	8
Salt (g)	3,7	1

Allergens

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

Avocado Toast with Serrano Ham and Burrata

with tomato and basil | 2 servings



Breakfast Total time: 15 min.



1. Prepare

- Preheat the oven to 200°C.
- Cut the demi-**baguette** in half lengthways and brush some olive oil over it. Season with salt and pepper.
- Place the **baguettes** cut side up on a parchment-lined baking sheet and toast for 5 - 7 minutes in the oven (see Tip).
- Cut the **avocado** in half and remove the pit and skin. Cut the **avocado** lengthways into thin slices.

Tip: you can also toast the baguette in a toaster or toastie maker if you have one.

2. Make the tomato salsa

- Finely chop the **basil**.
- Dice the **tomato**.
- In a small bowl, combine the balsamic vinegar, extra virgin olive oil and some salt and pepper, then add the **tomato** and **basil** and mix well.

3. Tear up the burrata

- Tear the burrata into small pieces.

4. Serve

- Serve the toast onto plates and top with the **Serrano ham** and **tomato** salsa, followed by the **avocado** and **burrata**.
- Season with plenty of salt and pepper.

Enjoy!



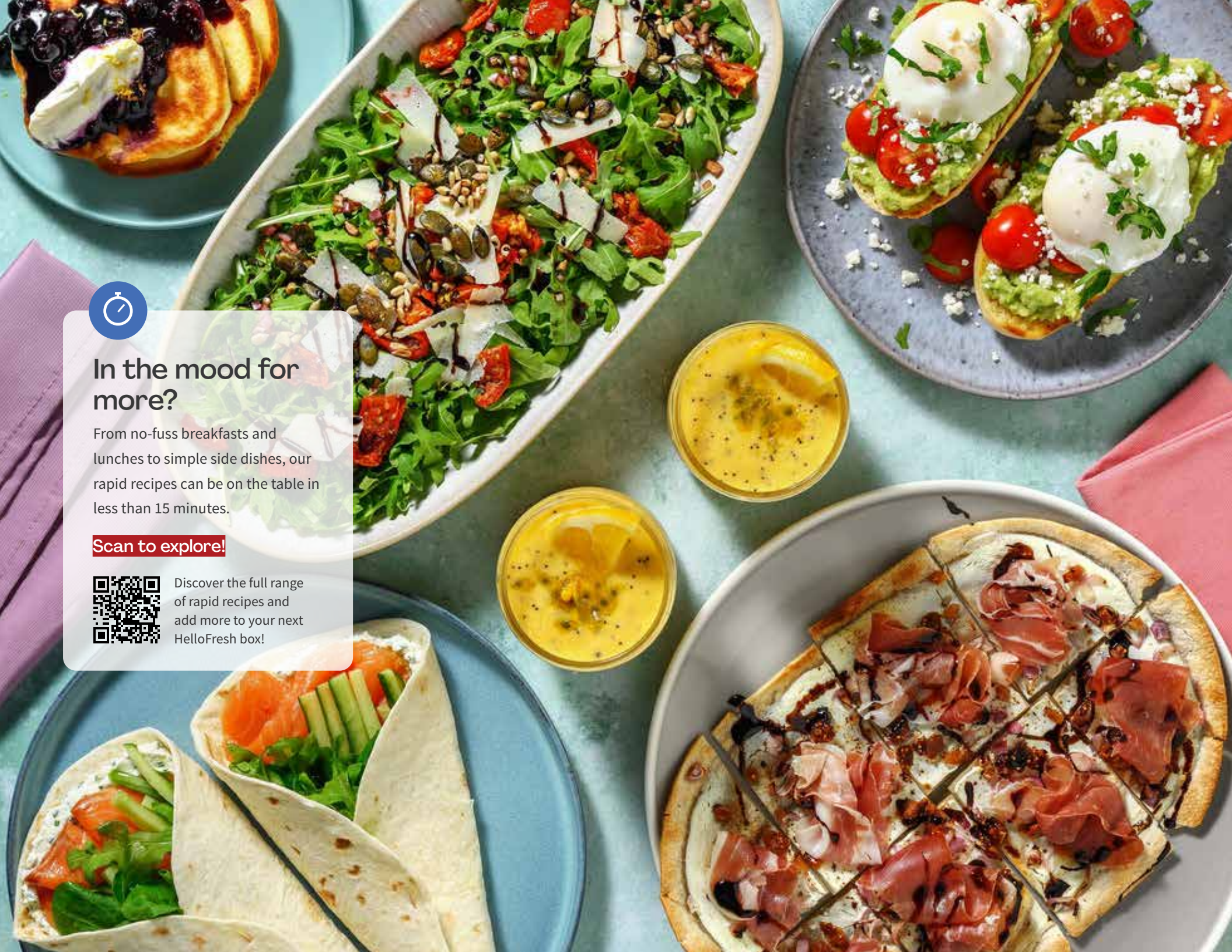
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Utensils

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!



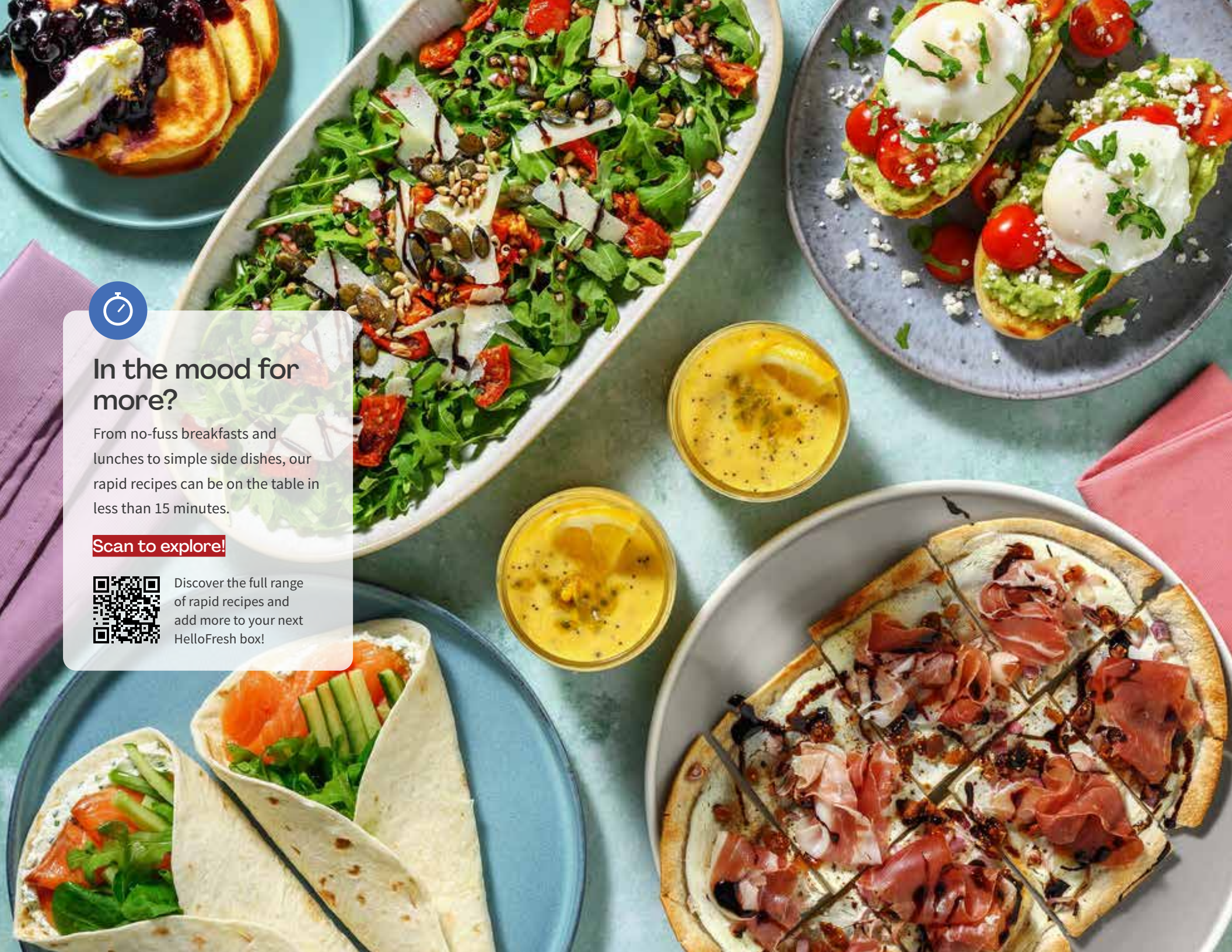
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Before you begin

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Utensils

Blender or immersion blender, tall container

Ingredients

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)	2502 /598	472 /113
Total fat (g)	39	7
of which saturated (g)	23,3	4,4
Carbohydrates (g)	51	10
of which sugars (g)	41,8	7,9
Fibre (g)	8	2
Protein (g)	7	1
Salt (g)	0	0

Allergens

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

Green Vegan Smoothie Bowl

with avocado, mango, kiwi and spinach | 2 servings



Breakfast Total time: 5 min.



1. Prepare

- 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. Make the smoothie

- Put the **avocado**, **spinach**, **coconut milk** and most of the **banana** and **mango** in a blender or a jug/tall beaker (if you're using an immersion blender).

3. Blend

- Blend everything together into a thick smoothie.
- If the smoothie is too thick, add a splash of milk or water.

4. Serve

- Pour the smoothie into two bowls.
- Garnish with the grated **coconut**, **kiwi** and the rest of the **banana** and **mango**.

Eet smakelijk!



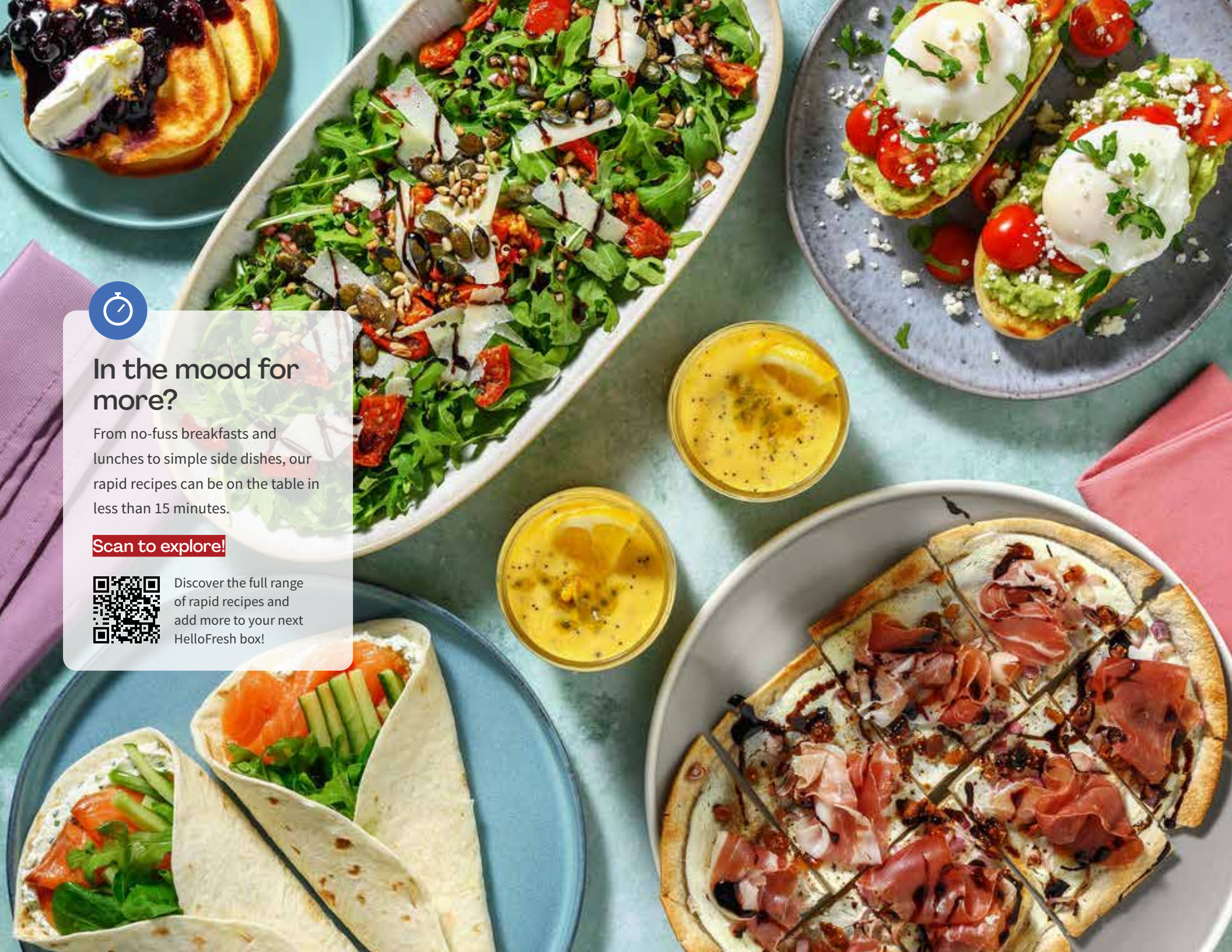
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Utensils

Grill pan, bowl

Ingredients

Hotdog bun (unit(s))	2
Chopped pickles* (g)	50
Smoky tomato ketchup* (g)	60
Crispy fried onions (g)	30
Slaw mix* (g)	100
Pork sausage with marjoram & garlic* (unit(s))	2
From your pantry	
Mustard (tbsp)	¼
[Plant-based] mayonnaise (tbsp)	1

**store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2741 /655	940 /225
Total fat (g)	41	14
of which saturated (g)	15,2	5,2
Carbohydrates (g)	49	17
of which sugars (g)	11,3	3,9
Fibre (g)	4	2
Protein (g)	21	7
Salt (g)	2,2	0,8

Allergens

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

Deluxe Hotdog

with crispy onions, smoky tomato ketchup & pickles | 2 servings



Lunch Total time: 15 min.



1. Prepare

- Heat a grill pan over medium-high heat.
- Cut the **hotdog buns** open, but make sure the two halves stay attached.
- Place the **buns** face down in the pan and toast for 3 - 5 minutes, until you see golden brown grill lines on the **bread**.

2. Fry the sausage

- In the same pan, fry the **sausage** for 10 - 12 minutes over medium-high heat.
- Turn the **sausage** regularly.
- The **sausage** is cooked when it's no longer pink on the inside.

3. Make the slaw

- In a bowl, mix the **slaw mix** with the mustard and mayonnaise.
- Spread the hot dog **buns** with mayonnaise to taste.
- Put the **sausage** in the **bun** and top with the slaw and **pickles**.

4. Serve

- Spread the **smoky tomato ketchup** over the hot dogs.
- Garnish with the **crispy fried onions**.

Enjoy!



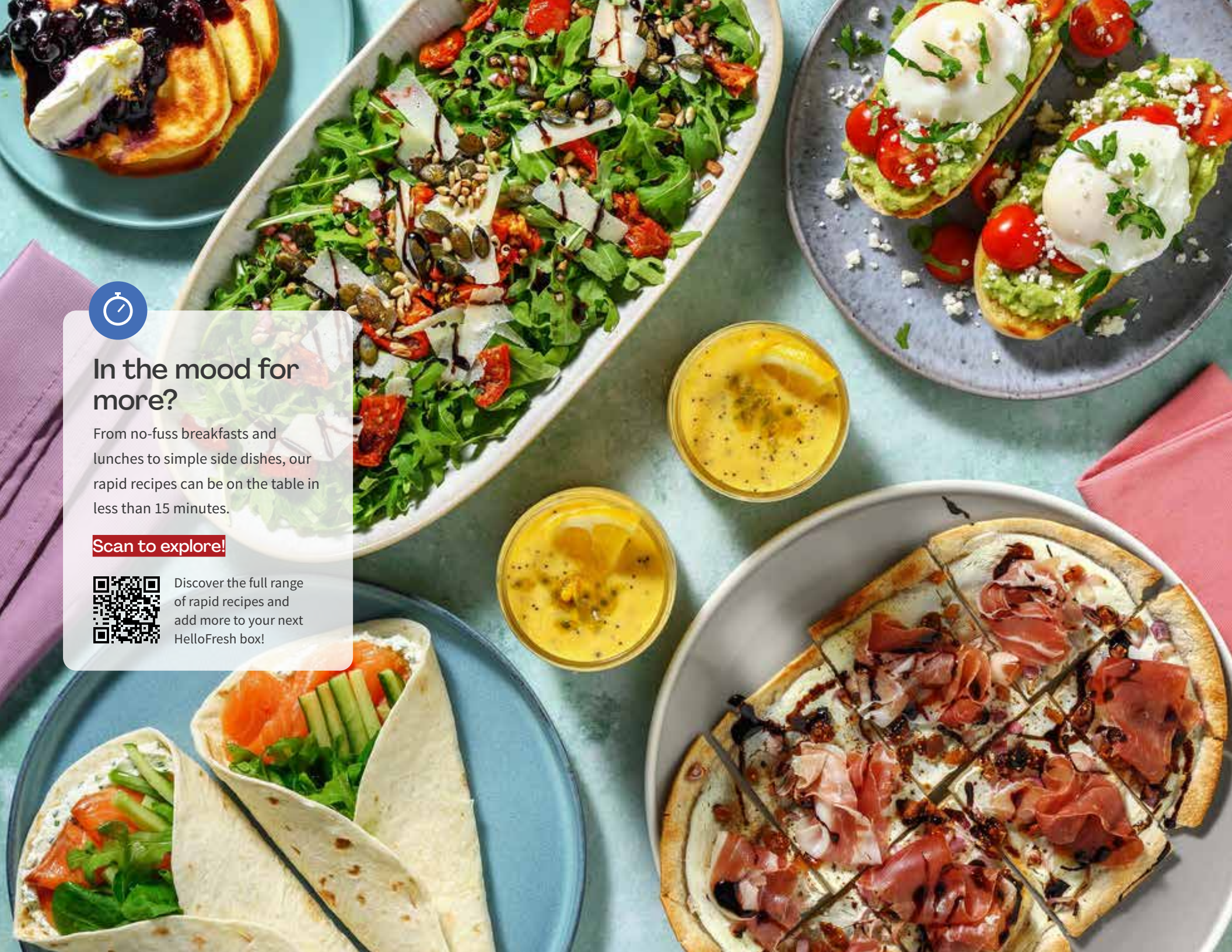
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Utensils

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

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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).

4. Serve

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

Enjoy!

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



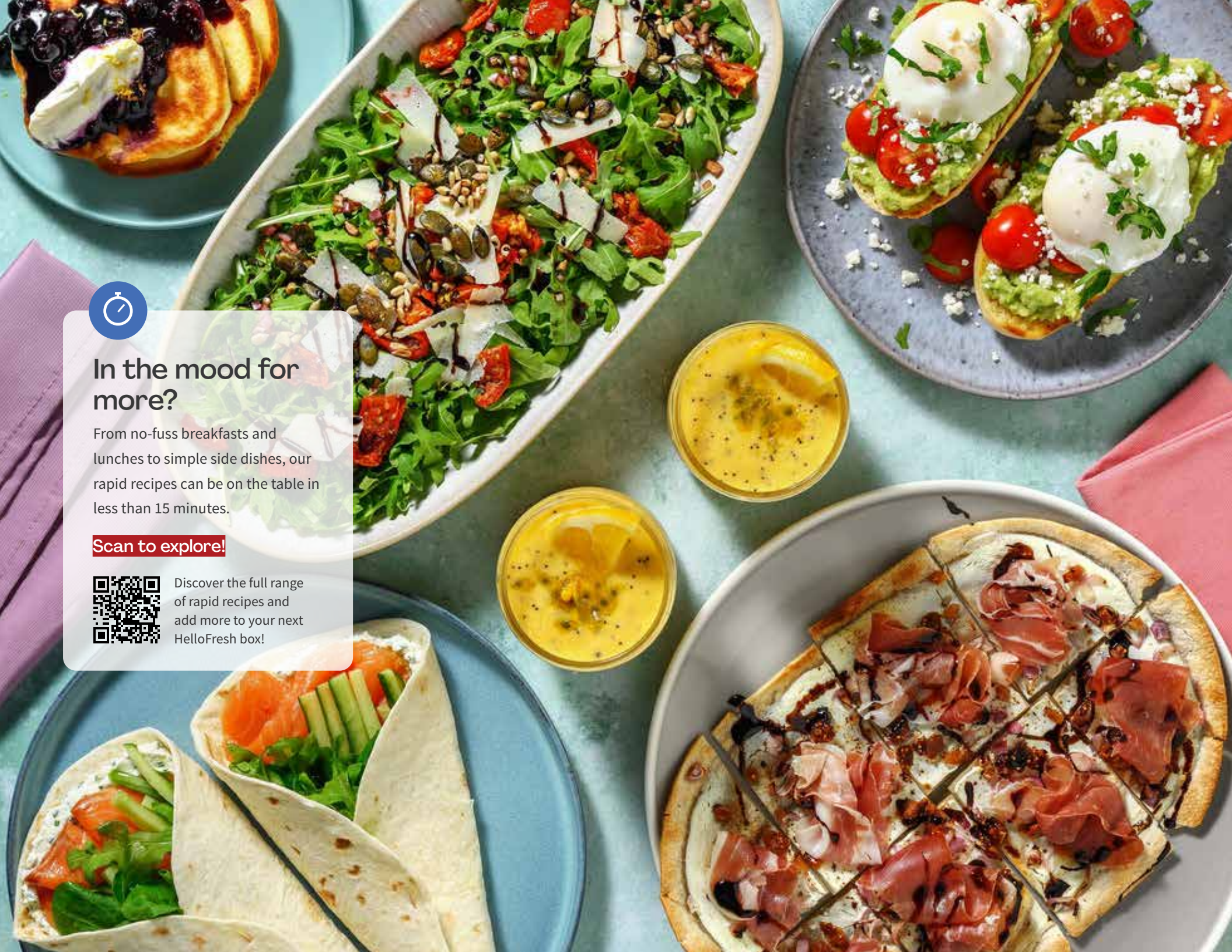
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Utensils

Bowl, microplane, handheld mixer, small bowl

Ingredients

Lemon* (unit(s))	1
Granulated sugar (g)	100
Mascarpone* (g)	250
Heavy cream* (ml)	200
Fresh mint* (g)	10
Speculaas pieces (g)	180
Strawberry* (g)	250

From your pantry

Salt & pepper to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1108 /265
Total fat (g)	18
of which saturated (g)	11,8
Carbohydrates (g)	24
of which sugars (g)	17,5
Fibre (g)	1
Protein (g)	2
Salt (g)	0,3

Allergens

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

No-Bake Strawberry Cheesecake

with speculaas crumble, lemon & mint | 4 servings



Dessert Total time: 25 - 30 min.



1. Prepare

- Zest the **lemon**.
- Juice the **lemon** into a small bowl.
- Slice the **strawberries** and cut the smaller ones in quarters.

2. Make the filling

- Mix the **cream**, **mascarpone** and sugar together in a bowl.
- Beat with an electric whisk until light and fluffy.
- Carefully mix in 2 tbsps **lemon** juice and 1 tsp **lemon** zest.

3. Layer the cheesecake

- Grab 4 glasses to assemble the **cheesecake** in (see Tip).
- Start with a layer of **cream**, then a layer of **speculaas pieces**, followed by another layer of **cream** and then a layer of **strawberries**.
- Repeat these steps, finishing with a layer of **strawberries**.
- Put the cheesecakes in the fridge to firm up for at least 2 hours.

4. Serve

- Pull the **mint** leaves off the stems and finely chop them.
- Garnish the cheesecake with the **mint** and the rest of the **lemon** **zest** before serving.

Enjoy!

Tip: if you're having more than 4 people over for dinner, feel free to make the cheesecake in a glass bowl or dish.



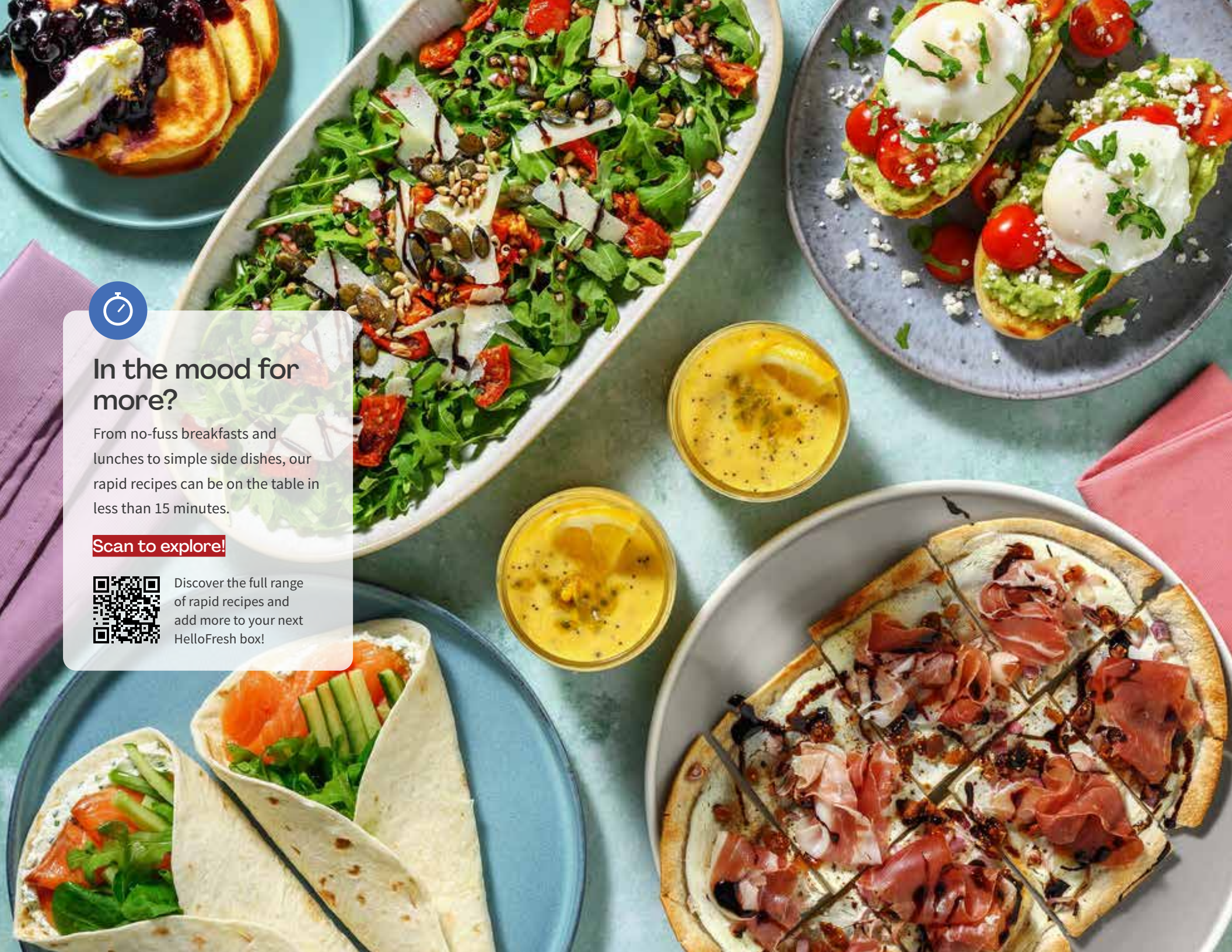
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Utensils

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!



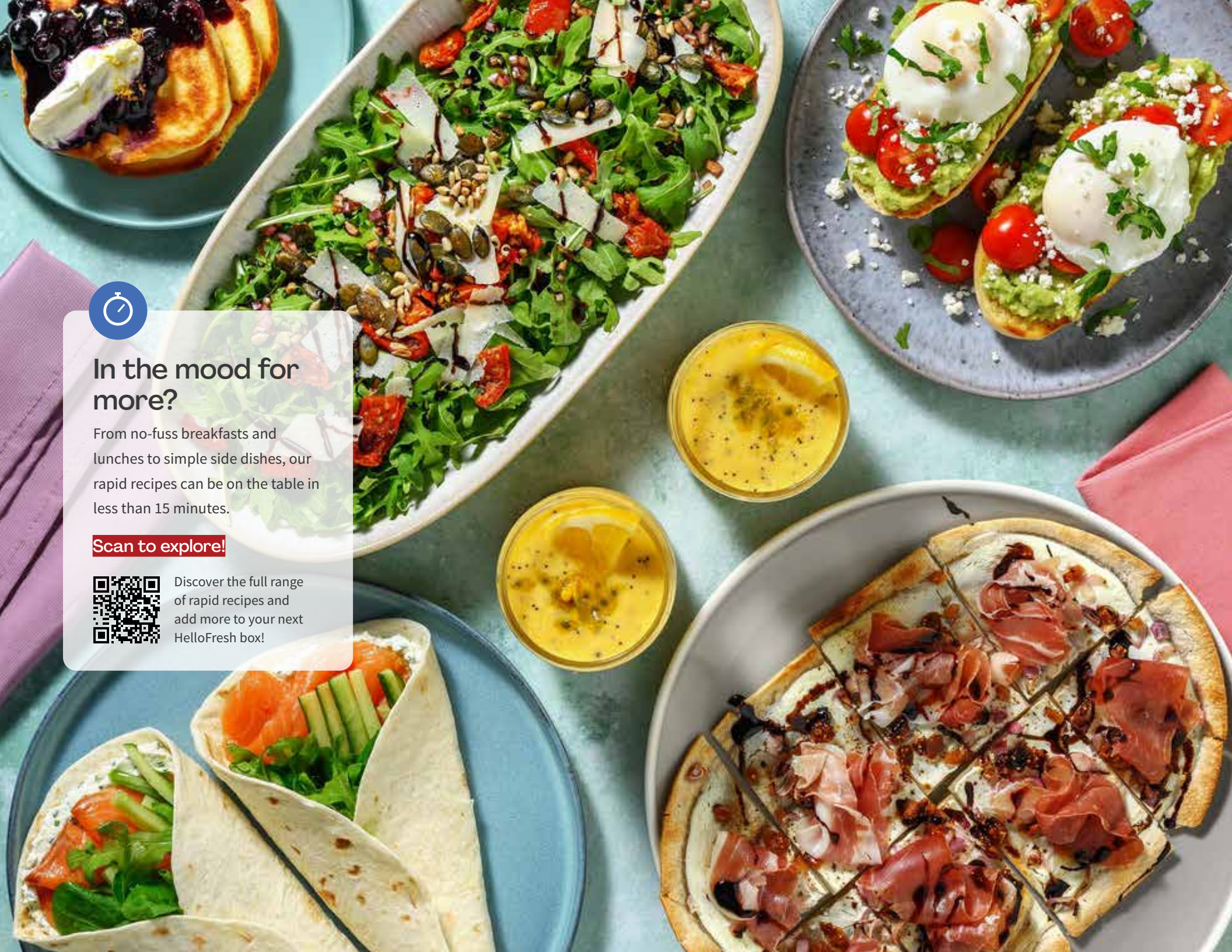
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Utensils

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!



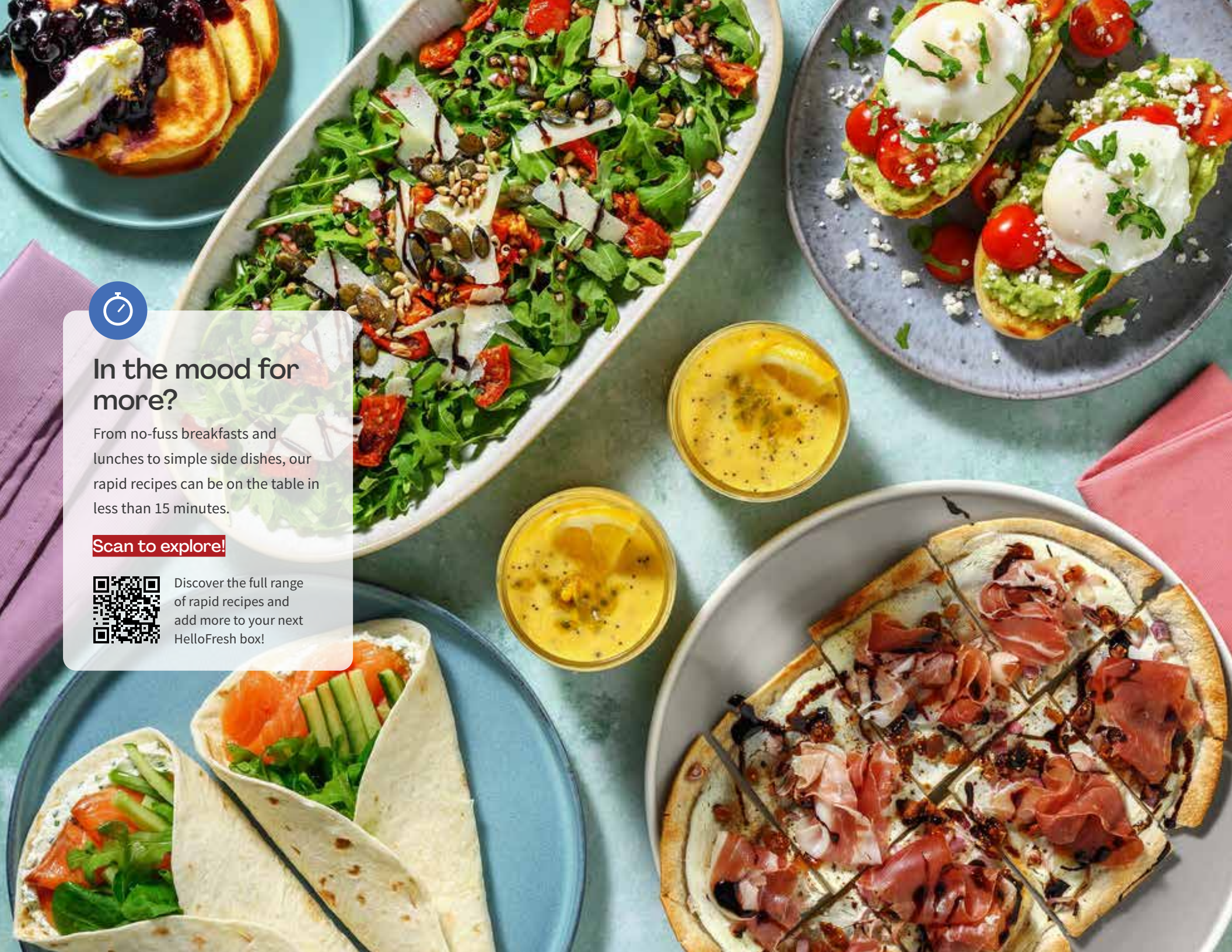
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Utensils

Parchment-lined baking sheet, small bowl, two bowls

Ingredients

Shrimp* (g)	320
Panko breadcrumbs (g)	50
Piri piri seasoning (tsp)	3
Mango chutney* (g)	40
Organic sour cream* (g)	50
Sriracha mayo* (g)	50
From your pantry	
[Plant-based] mayonnaise (tbsp)	1
Olive oil (tbsp)	2
Sambal (tsp)	1
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	798 / 191
Total fat (g)	12
of which saturated (g)	2
Carbohydrates (g)	10
of which sugars (g)	3,4
Fibre (g)	1
Protein (g)	10
Salt (g)	0,9

Allergens

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Crispy Shrimp

with sriracha mayo & mango dip | to share



Appetizer Total time: 15 min.



1. Prepare

- Preheat the oven to 200°C.
- Transfer the regular mayonnaise to a bowl.
- In a separate bowl, combine the **panko**, **piri piri seasoning*** and 2 tbsp of olive oil.

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

2. Bake the shrimp

- Add the **shrimp** to the mayonnaise, season with salt and pepper and toss well to coat.
- Coat the **shrimp** in the **breadcrumbs**, making sure they are completely covered, then transfer to a parchment-lined baking sheet.
- Bake the **shrimp** on the top shelf of the oven for 10 - 15 minutes, until lightly golden and done.

3. Make the mango dip

- Mix the **mango chutney** and **sour cream** in a small bowl.
- Add the sambal and season with salt and pepper to taste.

4. Serve

- Place the crispy shrimp on a serving plate.
- Serve the mango dip and **sriracha mayo** on the side for dipping.

Enjoy!



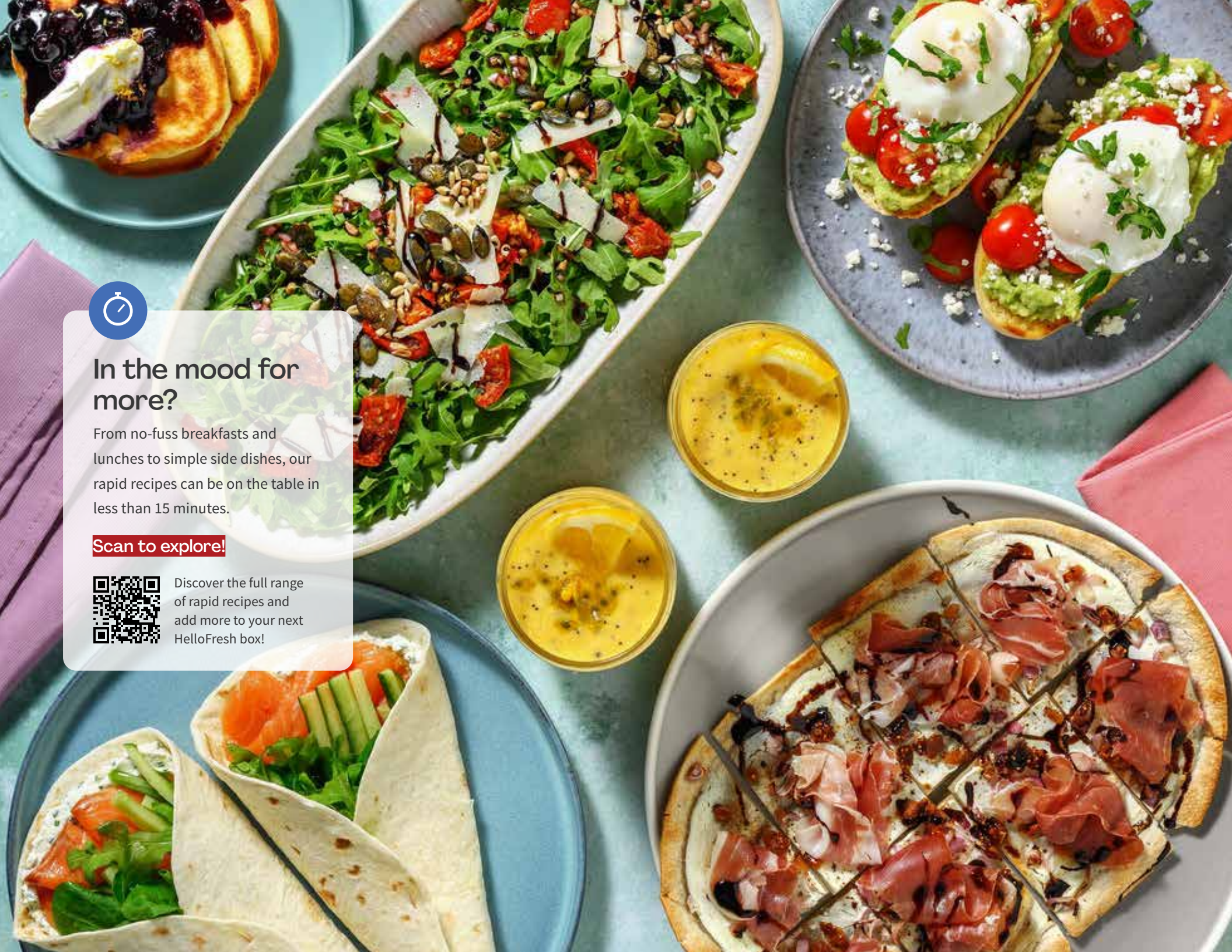
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Utensils

Parchment-lined baking sheet, oven dish, pot or saucepan

Ingredients

Burrata* (ball(s))	2
Red cherry tomatoes (g)	125
Fresh basil* (g)	5
White ciabatta (unit(s))	2
Garlic (unit(s))	2
From your pantry	
Olive oil (tbsp)	5
Balsamic vinegar (tbsp)	4
Sugar (tbsp)	2
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3230 /772	1042 /249
Total fat (g)	50	16
of which saturated (g)	16,9	5,5
Carbohydrates (g)	55	18
of which sugars (g)	16,7	5,4
Fibre (g)	3	1
Protein (g)	22	7
Salt (g)	1,2	0,4

Allergens

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

Burrata Sandwich

with oven-roasted cherry tomatoes | 2 servings



Lunch Total time: 25 min.



1. Prepare

- Preheat the oven to 200°C.
- Transfer the **cherry tomatoes** to an oven dish and drizzle with 3 tbsp of olive oil. Season to taste with salt and pepper.
- Peel the **garlic**.
- Add the **garlic cloves** to the oven dish and bake for 15 - 20 minutes.

2. Make the balsamic glaze

- Heat the balsamic vinegar and sugar in a saucepan over medium-high heat.
- Bring to a boil, then reduce the heat to low.
- Simmer the balsamic glaze for 12 - 15 minutes, or until it has the desired thickness.

3. Bake the bread

- Finely chop the **basil**. Drain the **burrata**.
- Slice the **ciabatta** in half.
- Drizzle the **ciabatta** halves with the rest of the olive oil and season with salt and pepper.
- Transfer to a parchment-lined baking sheet and bake alongside the **tomatoes** in the oven during the last 6 - 8 minutes.

4. Serve

- Spread half a **garlic clove** over each of the **ciabatta** halves.
- Top the **ciabatta** with the **burrata**.
- Gently squash the oven-roasted **tomatoes**, then spread over the **burrata**. Drizzle to taste with the juices left in the oven dish.
- Garnish with the **basil** and drizzle over the balsamic glaze.

Enjoy!



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