

## 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

Parchment-lined baking sheet, large bowl, rolling pin, small bowl, brush

## Ingredients

Flour (g)	300
Baking powder (g)	8
Butter* (g)	200
Speculaas spices (sachet(s))	1
Egg* (unit(s))	1
Cane sugar (g)	175
Salted almonds (g)	60
From your pantry	
[Plant-based] milk (tbsp)	6
Salt (tsp)	½

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	1798 /430
Total fat (g)	24
of which saturated (g)	12,8
Carbohydrates (g)	46
of which sugars (g)	21,2
Fibre (g)	2
Protein (g)	7
Salt (g)	0,7

## Allergens

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

# Sinterklaas Cookies

with almonds & speculaas | 12 cookies



**Baking** Total time: 50 min.



### 1. Make the dough

- Preheat the oven to 175°C.
- Weigh and then dice the **butter**.
- In a large bowl, combine the **flour** with the **baking powder**, **cane sugar**, **speculaas spices** and salt.
- Add the **butter** and 4 tbsp milk, then knead into a firm dough.

### 2. Make the mitres

- Shape the dough into a ball.
- Dust the countertop with some flour, then roll out the dough into a rectangle of around 1cm thickness (see Tip).
- Use a knife to cut out twelve mitre shapes (see photo for how this should look).

*Tip: if the dough sticks to the rolling pin, place a sheet of parchment paper over the dough. You can then roll it out as instructed above, before discarding the parchment paper.*

### 3. Decorate the mitres

- Roll out any offcuts of the dough and cut out another mitre if there is enough.
- Transfer the mitres to one or two parchment-lined baking sheets as needed.
- Arrange four **almonds** on top of each mitre so as to make a diamond shape (see photo).

### 4. Serve

- In a small bowl, beat the **egg** with 2 tbsp milk.
- Brush the **egg** wash over the mitres, then bake in the middle of the oven for 30 - 35 minutes.
- Allow the cookies to cool completely before serving.

Enjoy!



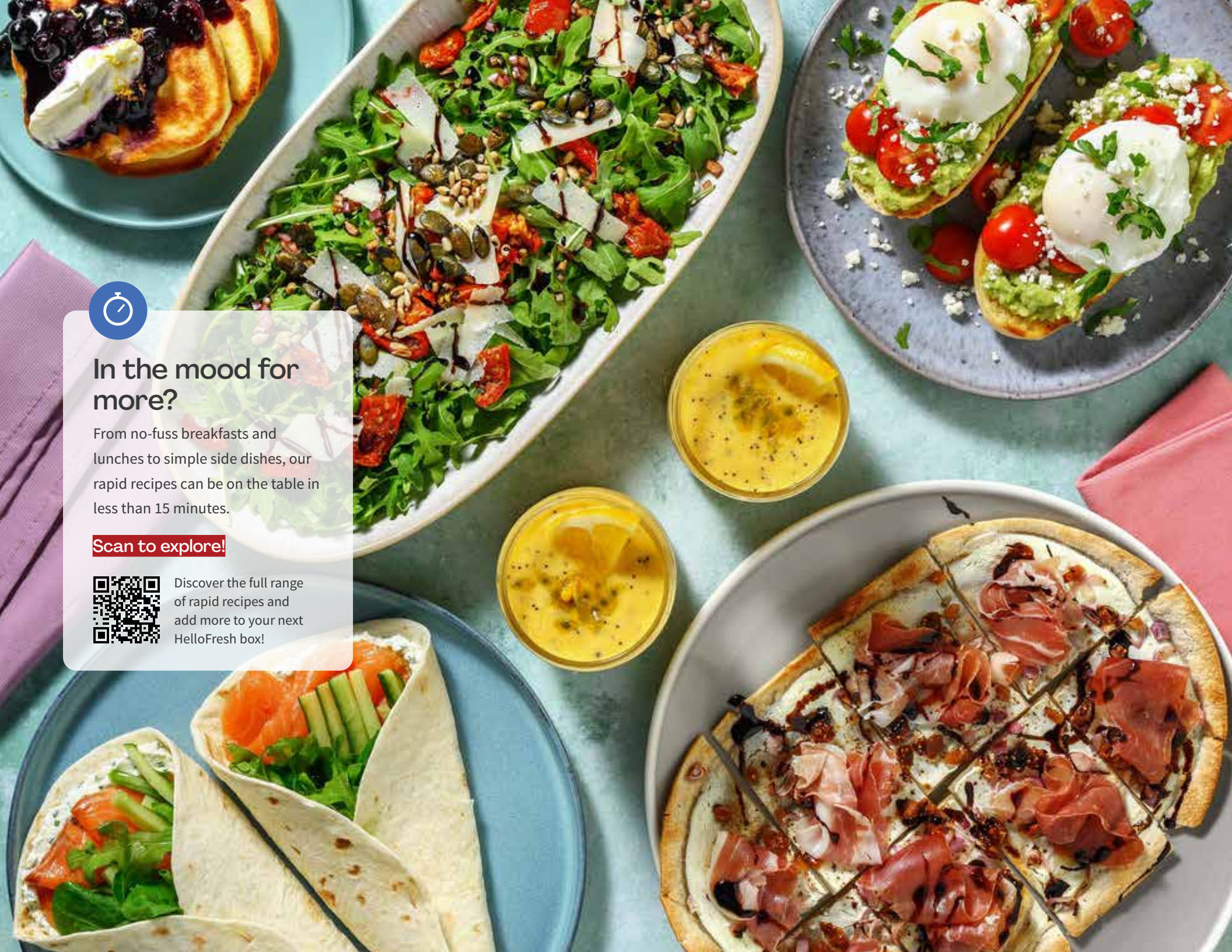
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## Before you begin

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## Utensils

Bowl, 25cm loaf tin, large bowl, handheld mixer, parchment paper

## Ingredients

Banana bread mix (g)	400
Banana (unit(s))	3
Ground cinnamon (tsp)	3
Chopped pecans (g)	50
Chopped dates (g)	40
Raisins (g)	40
From your pantry	
Sunflower oil (ml)	100
Water (ml)	90
Honey (tbsp)	3

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	1273 /304
Total fat (g)	13
of which saturated (g)	2
Carbohydrates (g)	40
of which sugars (g)	25,1
Fibre (g)	2
Protein (g)	5
Salt (g)	0,5

## Allergens

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# Banana Bread with Pecans

with raisins & dates | 10 slices



**Baking** Total time: 60 - 70 min.



## 1. Prepare

- Preheat the oven to 160°C.
- Transfer the **dates** and **raisins** to a bowl, cover with water and set aside.
- Mash two of the **bananas** with a fork, then mix in the honey and **cinnamon** (see Tip).

*Tip: the riper the bananas, the sweeter the banana bread will be. You can help the bananas ripen up by wrapping them in newspaper or storing them next to an avocado. If they're still too hard, you can always use a blender to purée them.*

## 3. Bake the banana bread

- Pour the batter into the loaf tin.
- Cut the third **banana** in half lengthways, then put each half on top of the batter face-up.
- Put the banana bread in the oven for 45 - 55 minutes.

## 2. Make the batter

- Grease a loaf tin or line it with parchment paper.
- In a large bowl, use a mixer to combine the mashed **bananas** with the **banana bread mix**, sunflower oil and water.
- Stir in the chopped **pecans, raisins** and **dates**.

## 4. Serve

- Check if the banana bread is done with a skewer. If it comes out clean, then the banana bread is done.
- Remove from the oven and leave to cool in the tin for 15 minutes (see Tip).

*Tip: if you're having a slice of banana bread the day after baking it, pop it in the toaster or oven briefly to warm it up.*

Enjoy!



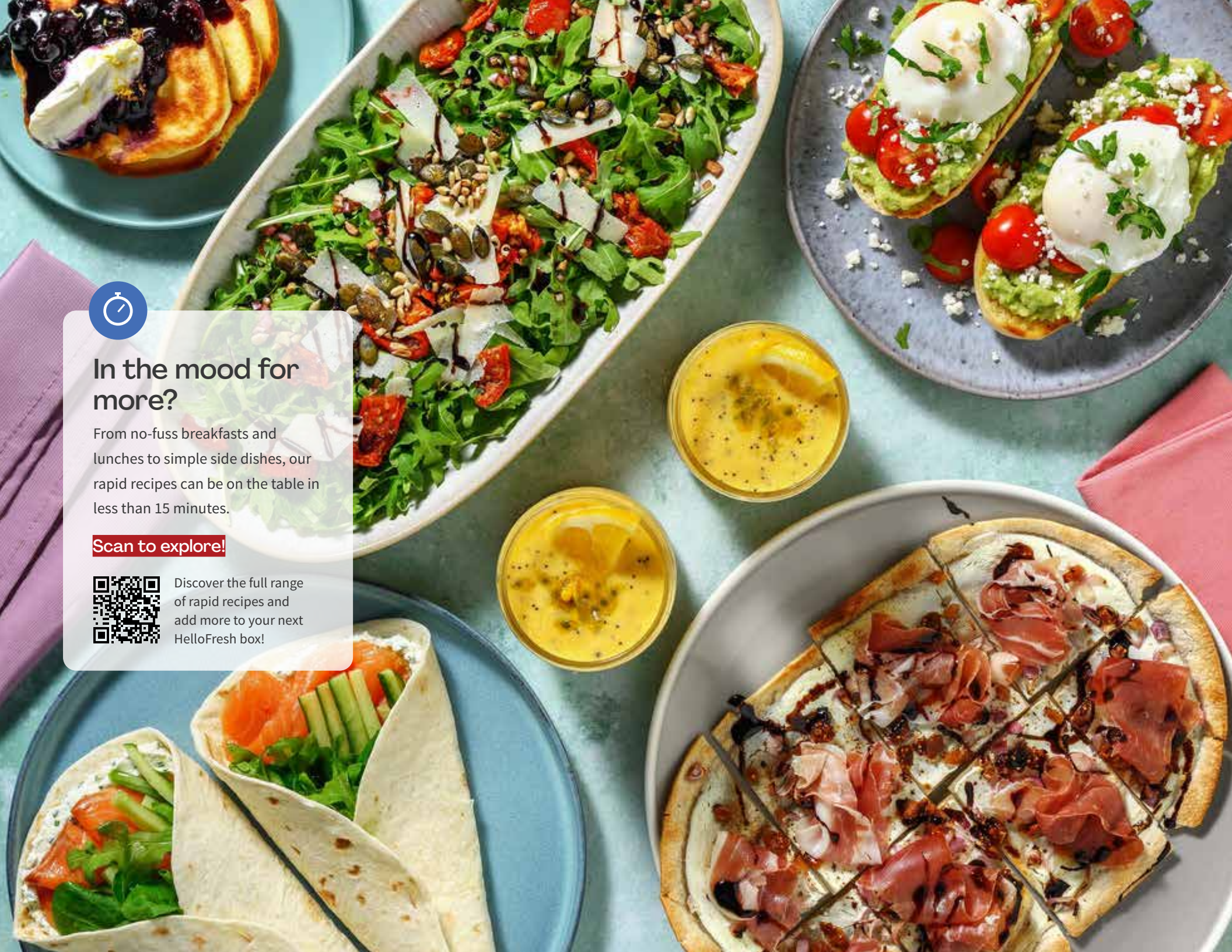
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Breakfast box

Kick-start your day!

- 1 American Pancakes with Mango and Coconut
- 2 Ham & Herbed Cream Cheese Open-Faced Sandwiches
- 3 Greek Yogurt Bowl with Mango

## American Pancakes with Mango and Coconut

topped with honey mascarpone | 2 servings

20 min.



### Utensils

Large frying pan, small bowl, two bowls, aluminum foil

### Ingredients for 2 servings

Flour (g)	200
Organic buttermilk* (ml)	200
Baking powder (g)	8
Egg* (unit(s))	2
Desiccated coconut (g)	20
Mango* (unit(s))	1
Mascarpone* (g)	50

### From your pantry

Salt (tsp)	½
Sunflower oil (tbsp)	1
Sugar (tbsp)	1
Honey [or plant-based alternative] (tbsp)	50

\*store in the fridge

### Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3330 / 796	776 / 185
Total fat (g)	30	7
of which saturated (g)	15,7	3,7
Carbohydrates (g)	105	24
of which sugars (g)	34,1	7,9
Fiber (g)	8	2
Protein (g)	26	6
Salt (g)	3,2	0,8

### 1. Make the batter

- Beat the **eggs** in a bowl, then add the **buttermilk** and whisk together until fluffy (see Tip).
- In another bowl, add the **flour**, salt, sugar and 0.5 sachet **baking powder**.
- Using a spatula, fold the **egg** and **buttermilk** mixture into the **flour**.

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

### 2. Fry the pancakes

- Heat a drizzle of sunflower oil in a large 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 brown, then remove from the pan and cover with aluminium foil to keep warm.
- Repeat until you've used all the batter, adding more sunflower oil in between as needed.

### 3. Prepare the toppings

- Peel and dice the **mango**.
- Mix the **mascarpone** with the honey in a small bowl.

### 4. Serve

- Serve the pancakes on plates.
- Top with a dollop of **mascarpone** and the diced **mango**.
- Scatter the **desiccated coconut** over the pancakes and drizzle with extra honey if preferred.

### Allergens

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



# Ham & Herbed Cream Cheese Open-Faced Sandwiches

2 days of breakfast for 2 persons | 4 servings

10 min.



## Utensils

-

## Ingredients for 2 servings

Ham* (slice(s))	8
Herbed cream cheese* (g)	100
Lamb's lettuce* (g)	40
Wholegrain ciabatta (unit(s))	4
From your pantry	
Black pepper	to taste

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	882 / 211
Total fat (g)	8
of which saturated (g)	3,9
Carbohydrates (g)	20
of which sugars (g)	1,5
Fiber (g)	4
Protein (g)	12
Salt (g)	1,1

## 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 180°C for 8 - 10 minutes.
2. Slice the baked **bread** lengthways, then spread half of the **cream cheese** on it.
3. Divide half of the **ham** over the slices, garnish with half of the **lamb's lettuce** and season with black pepper to taste.
4. Repeat the recipe for a second breakfast the next day.

# Greek Yogurt Bowl with Mango

2 days of breakfast for 2 persons | 4 servings

10 min.



## Utensils

-

## Ingredients for 2 serving

Greek yogurt* (g)	500
Mango* (unit(s))	1
Pumpkin seeds (g)	40

### From your pantry

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

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	562 / 134
Total fat (g)	9
of which saturated (g)	4,5
Carbohydrates (g)	7
of which sugars (g)	6,7
Fiber (g)	1
Protein (g)	5
Salt (g)	0,1

1. Peel and dice the **mango**.
2. Serve 125g **Greek yogurt** per person in bowls.
3. Top each bowl with a quarter of the **mango** and **pumpkin seeds**. 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 and weigh your fresh fruits and vegetables.

## Utensils

Parchment-lined baking sheet, handheld mixer, tall container, small bowl, frying pan

## Ingredients

Bacon* (slice(s))	4
Onion chutney* (g)	40
Cream cheese* (g)	50
Greek-style cheese* (g)	100
Tomato (unit(s))	1
Brie* (g)	100
Apple* (unit(s))	1
Fresh chives* (g)	5
White demi-baguette (unit(s))	4
From your pantry	
Honey (tbsp)	3
Olive oil (tbsp)	2
Mustard (tsp)	1
Salt & pepper	to taste

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	949 / 227
Total fat (g)	9
of which saturated (g)	4,3
Carbohydrates (g)	29
of which sugars (g)	6,6
Fibre (g)	2
Protein (g)	8
Salt (g)	1

## Allergens

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# Crostini Variations on Baked Baguettes

with brie, whipped Greek-style cheese and crispy bacon | to share



Appetizer Total time: 20 - 25 min.



### 1. Bake the bread

- Preheat the oven to 200°C.
- Cut the **demi-baguettes** into 18 slices.
- Divide the slices over a parchment-lined baking sheet, sprinkle with the olive oil and season with salt and pepper.
- Bake the slices for 6 minutes in the oven.

### 2. Fry the apple and bacon

- Heat a clean frying pan over medium-high heat and fry the **bacon** for 5 - 6 minutes. Remove the **bacon** and set aside, leaving the cooking juices in the pan.
- Core and dice the **apple**.
- Fry the **apple** in the same pan for 3 minutes, along with 1 tbsp of honey and the mustard.

### 3. Prepare the other toppings

- Using a handheld mixer, whip the **Greek-style cheese** with the rest of the honey in a tall mixing bowl.
- Dice the **tomato** and finely chop the **chives**.
- Mix half of the **chives** with the diced **tomato** in a small bowl and season with pepper.
- Crumble the cooked **bacon**. Cut the **brie** into 6 slices.

### 4. Serve

- Top 6 slices of the oven-toasted **bread** with the **brie** and then the **apple**. Garnish with half of the remaining **chives**.
- Spread the **cream cheese** over another 6 slices of **bread**. Spread the **onion chutney** over the **cream cheese** and top with the crumbled **bacon**. Garnish with the rest of the **chives**.
- Spread the whipped **Greek-style cheese** over the final **bread** slices and top with the diced **tomato** with **chives**.
- Serve all the crostini together.

Enjoy!



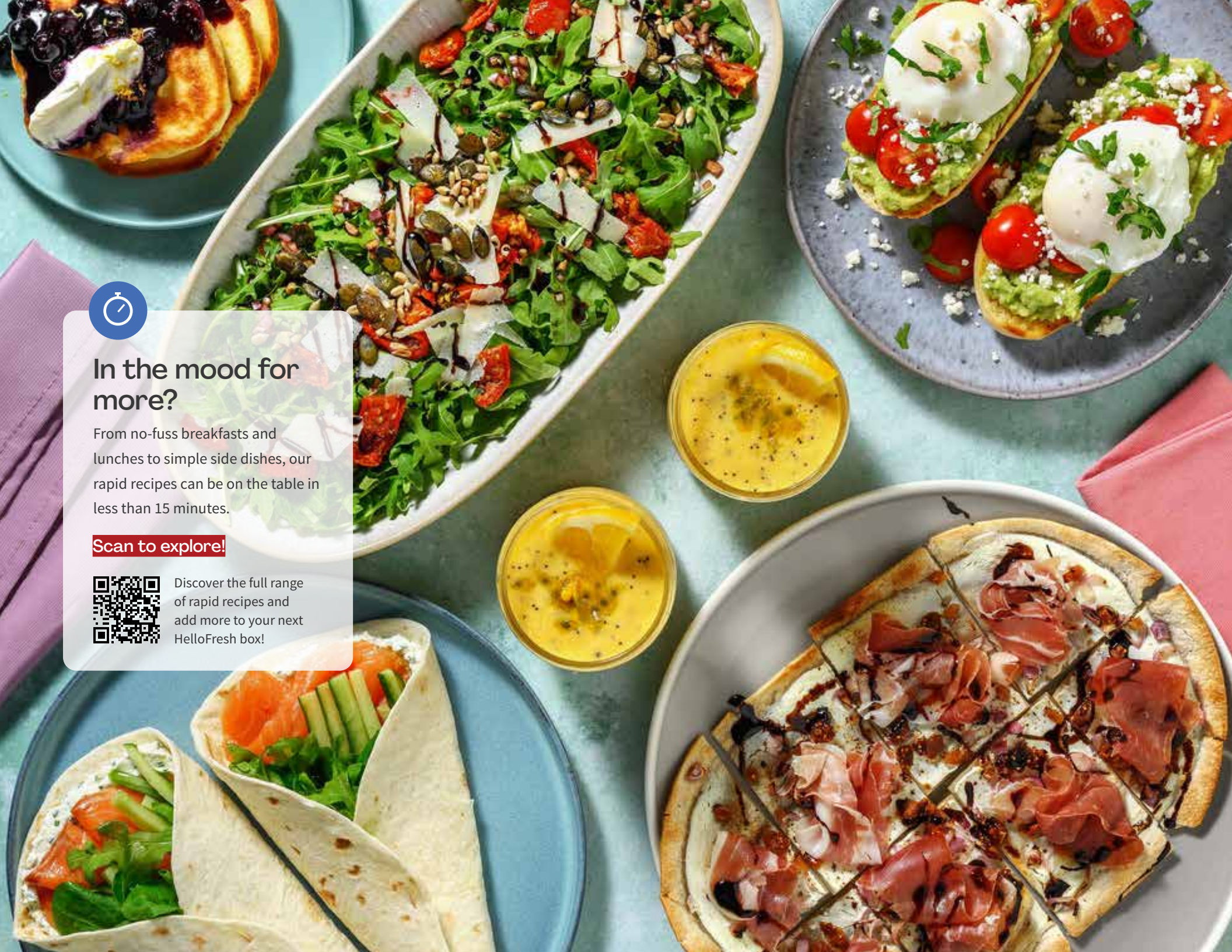
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## Utensils

Bowl, plastic wrap, 2x small bowl

## Ingredients

Organic semi-skimmed milk* (ml)	500
Chia seeds (g)	100
Chocolate chips (g)	50
Chopped pecans (g)	20
Speculaas spices (sachet(s))	1
Peanut butter (tub)	2
Blueberries* (g)	125
Blueberry jam (g)	30
Greek yogurt* (g)	150
Hazelnuts (g)	80
Apple (piece(s))	1
From your pantry	
Honey (tbsp)	3
Salt (tsp)	½
Salt & pepper	to taste

\*store in the fridge

## Nutritional values\*

	Per 100g
Energy (kJ/kcal)	841 / 201
Total fat (g)	12
of which saturated (g)	2,9
Carbohydrates (g)	16
of which sugars (g)	11
Fibre (g)	4
Protein (g)	5
Salt (g)	0,3

\*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

peanut butter & jelly, carrot cake, chocolate & hazelnuts

3 x breakfast for 2

Breakfast Total time: 10 min.



## Basic chia pudding

- In a bowl, mix the **chia seeds** with the milk, **yogurt**, honey and a pinch of salt.
- Cover the bowl with plastic wrap and put it in the fridge for at least 4 hours, or overnight.

## Variation 1: Peanut butter & jelly

- Set out two small glasses to serve the pudding in. Add the blueberry **jam** to the bottom of the glasses, splitting it evenly.
- From one portion of chia seed pudding, scoop half of it on top of the **jam**, then add a layer of **peanut butter**, followed by the rest of this portion.
- Top with the **blueberries** and serve.

## Variation 2: Apple & hazelnuts

- Core and dice the **apple**.
- In a small bowl, mix another portion of the **chia seed pudding** with the **speculaas spices**, three-quarters of the **apple** and half of the **hazelnuts**. Set aside some **nuts** to use as garnish.
- Serve the **apple-chia seed pudding** in two bowls or glasses.
- Top it off with the rest of the **apple** and garnish with some **hazelnuts**. If you'd like, drizzle some extra honey on top.

## Variation 3: Chocolate & hazelnuts

- Roughly chop the reserved half of the **nuts** and one-third of the **chocolate chips**.
- In a small bowl, melt the rest of the **chocolate chips** and stir in the last portion of the chia seed pudding (see Tip). Mix in two-thirds of the chopped **chocolate** and **nuts**.
- Serve the pudding in two bowls or glasses and top with the rest of the chopped **chocolate** and **nuts**.

**Tip:** Add the melted chocolate just before serving so that no chocolate lumps will form.

Enjoy!



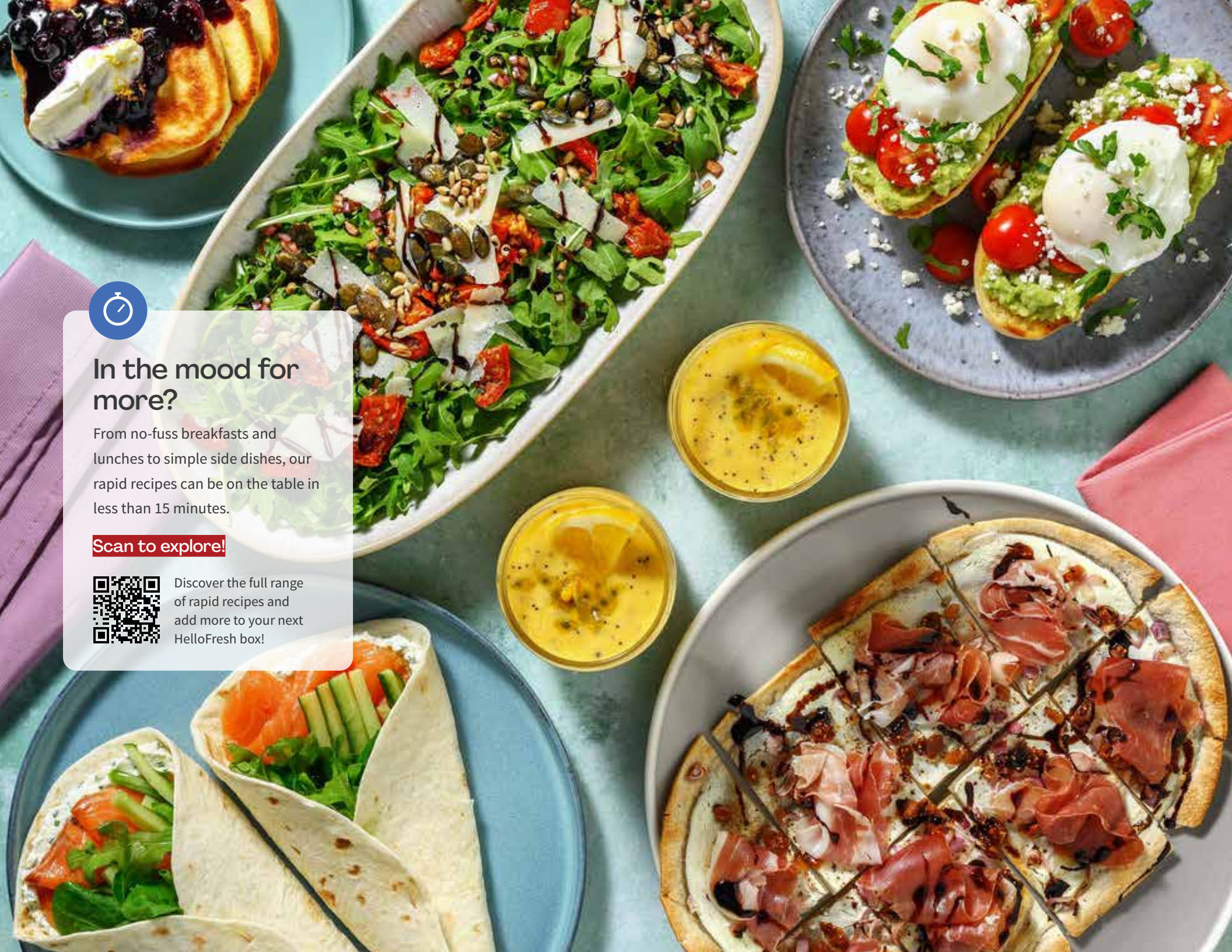
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# Fondue Box | Homemade Cheese Fondue with Three Cheeses

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

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

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

Parchment-lined baking sheet, bowl, 2x frying pan

## Ingredients

Egg* (unit(s))	4
Bacon* (slice(s))	4
Fresh chives* (g)	10
Grated aged Gouda* (g)	50
White ciabatta (unit(s))	2

### From your pantry

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

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2544 /608	939 /224
Total fat (g)	35	13
of which saturated (g)	15,6	5,8
Carbohydrates (g)	40	15
of which sugars (g)	2	0,7
Fibre (g)	1	1
Protein (g)	32	12
Salt (g)	2,4	0,9

## Allergens

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

# Ciabatta with Scrambled Eggs, Bacon and Cheese

with fresh chives | 2 servings



Weekend recipe Total time: 15 min.



### 1. Prepare

- Preheat the oven to 200°C.
- Finely chop the **chives** and carefully separate the slices of **bacon**.
- Heat a clean frying pan over medium-high heat and fry the **bacon** for 3 – 4 minutes until crispy.

### 2. Make the scrambled eggs

- In a bowl, beat the **eggs** with a splash of **milk**, then season with salt and pepper.
- Melt the butter in another frying pan over medium-high heat and then scramble the **eggs** for 2 - 3 minutes, or until the **eggs** are softly set.

### 3. Bake the ciabatta

- Cut the **ciabatta** open, then place it face-up on a parchment-lined baking sheet.
- Top with the **grated cheese**, then bake in the oven for 4 - 5 minutes.

### 4. Serve

- Top the **ciabatta** with the scrambled **eggs** and the **bacon**.
- Garnish with the **chives**.

Enjoy!

Smoothie box

Kick-start your day!

**1** Mango Smoothie Bowl with Blueberries  
with passion fruit & chia seeds

**2** Orange Dream Smoothie  
mango, orange and passion fruit (

**3** Green Smoothie  
with spinach, avocado & mint

## Mango Smoothie Bowl with Blueberries

with passion fruit & chia seeds | 2 servings

10 min.



### Utensils

Tall container, immersion blender

### Ingredients for 2 servings

Blueberries* (g)	125
Passion fruit* (unit(s))	1
Coconut milk (ml)	250
Desiccated coconut (g)	10
Chia seeds (g)	10
Mango* (unit(s))	2
Greek yogurt* (g)	150

### From your pantry

Honey to taste

\*store in the fridge

### Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2335 / 558	449 / 107
Total fat (g)	34	7
of which saturated (g)	26,4	5,1
Carbohydrates (g)	48	9
of which sugars (g)	43,7	8,4
Fiber (g)	9	2
Protein (g)	8	2
Salt (g)	0,2	0

1. Peel the mango and cut it into small pieces. Cut the **passion fruit** in half.
2. Use a blender or immersion blender to process the **mango**, **coconut milk** and **Greek yogurt** into a thick smoothie.
3. If you would prefer the smoothie to be sweeter, blend in some honey as preferred.
4. Serve the smoothie in bowls. Top with the **passion fruit** and **blueberries**. Garnish with the **desiccated coconut** and **chia seeds**.

### 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!



Smoothie box

# Orange Dream Smoothie

mango, orange and passion fruit | 2 servings

5 min.



## Utensils

Blender or immersion blender, tall container, small bowl

## Ingredients for 2 servings

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 **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.

## Allergens

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

# Green Smoothie

with spinach, avocado & mint | 2 servings

5 min.



## Utensils

Bowl, blender or immersion blender, tall container

## Ingredients for 2 serving

Avocado (unit(s))	1
Banana (unit(s))	2
Spinach* (g)	50
Fresh mint* (g)	10
Easy peel orange* (unit(s))	5

### From your pantry

Honey to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1904 /455	312 /75
Total fat (g)	14	2
of which saturated (g)	1,6	0,3
Carbohydrates (g)	61	10
of which sugars (g)	53,7	8,8
Fiber (g)	14	2
Protein (g)	7	1
Salt (g)	0	0

1. Juice 5 **oranges** into a bowl (see Tip). Peel and slice 2 **bananas**.

*Tip: if you don't have an orange juicer, you can also put the oranges straight into the blender and blend them up with the rest of the smoothie.*

2. Cut an **avocado** in half, remove the pit and skin and then slice the flesh. Pull the **mint leaves** off the strips (see Tip).

*Tip: if you're not a fan of mint, feel free to leave it out.*

3. Put the **orange juice, mint leaves, avocado, banana, 50g spinach** and the honey in a blender (or a tall jug if you're using an immersion blender). Blend into a thick smoothie, adding some water or a splash of milk if needed.
4. Pour the smoothie into glasses and serve.

Enjoy!





# 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 your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

## Utensils

Kettle

## Ingredients

Easy peel orange* (unit(s))	1
Ground turmeric (tsp)	3
Fresh lemongrass* (unit(s))	1
Fresh mint* (g)	10
Ground fennel seed (sachet(s))	½
Fresh ginger* (tsp)	5
Lemon* (unit(s))	1
Ground cinnamon (tsp)	1
From your pantry	
Honey [or plant-based alternative] (tbsp)	2
Black pepper	to taste
Water (ml)	4500

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	361 /86
Total fat (g)	0,4
of which saturated (g)	0
Carbohydrates (g)	19,1
of which sugars (g)	14,8
Fibre (g)	3
Protein (g)	1,3
Salt (g)	0

## Allergens

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# Fresh Tea in Three Varieties

orange turmeric | lemongrass, mint & fennel seed |  
ginger, cinnamon & turmeric | 3x 1500 ml



Drinks Total time: 10 min.



## 1. Brewing the tea

- Instead of brewing a full pot of tea of each variety, you can also use a tea infuser or tea bags for just a cup of each flavour. Cut the ingredients a little smaller and use smaller proportions for the tea bags.

## 2. Fresh tea with turmeric and orange

- Boil 1.5 litres of water in a kettle.
- Thinly slice the **orange** and transfer to a teapot.
- Add half a sachet of **turmeric**, a pinch of freshly ground pepper and 1 tbsp honey.
- Pour in the water and allow to steep for 3 - 5 minutes.
- Serve the tea in mugs.

## 3. Fresh tea with mint, fennel seed and lemongrass

- Boil 1.5 litres of water in a kettle.
- Bruise or pierce the **lemongrass** in three places. Pull the **mint** leaves from the stems.
- Transfer both of these to a teapot, along with half a sachet of **fennel seed** and 1 tbsp honey.
- Pour in the water and allow to steep for 3 - 5 minutes.
- Serve the tea in mugs.

## 4. Fresh tea with ginger, turmeric, cinnamon and lemon

- Boil 1.5 litres of water in a kettle.
- Peel the **ginger**. Thinly slice both the **ginger** and the **lemon**.
- Transfer both of these to a teapot, along with half a sachet of **turmeric** and 1 tsp **cinnamon**.
- Pour in the water and allow to steep for 3 - 5 minutes.
- Serve the tea in mugs.

Enjoy!



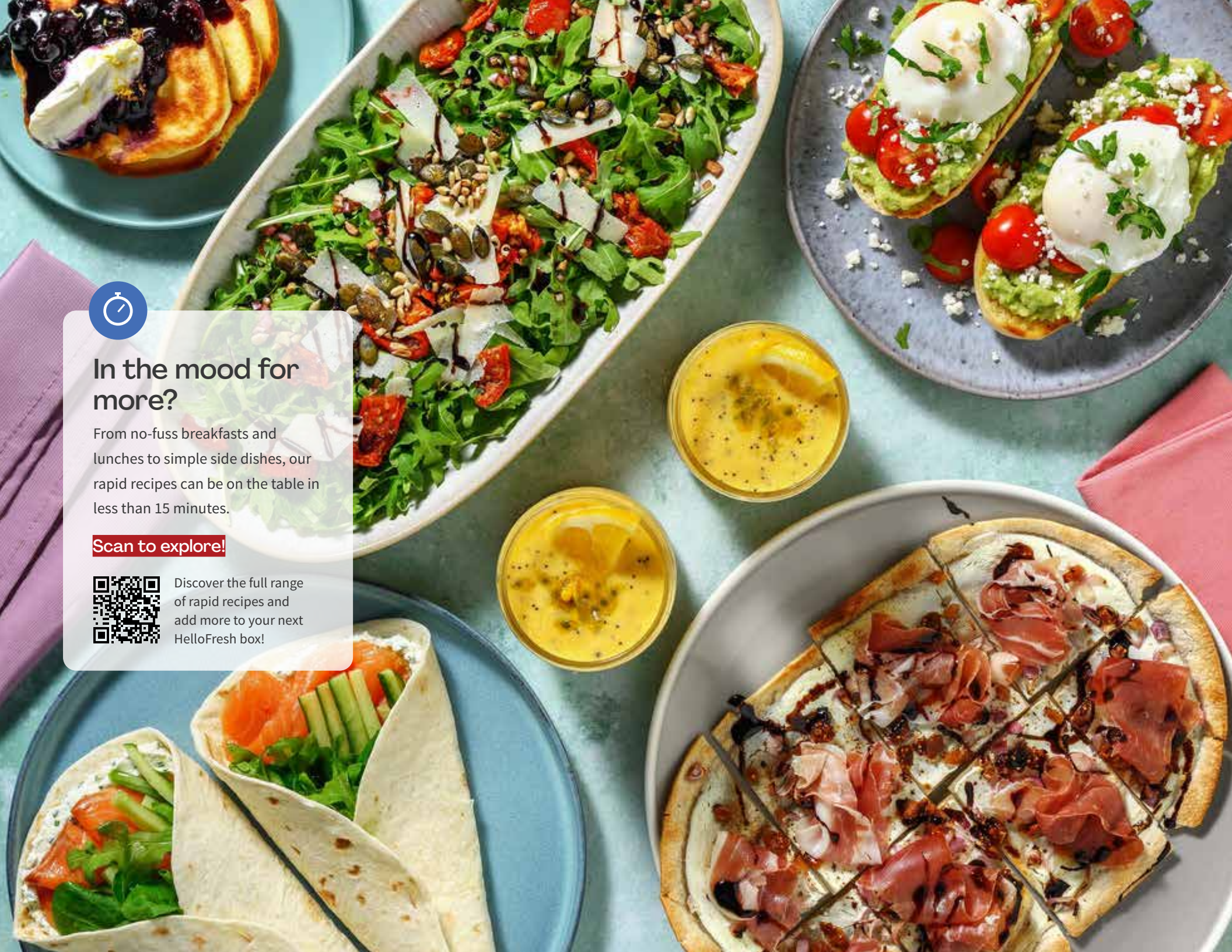
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## Before you begin

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## Utensils

Deep plate, grater, pot or saucepan, small bowl, frying pan

## Ingredients

Wholegrain rice noodles (g)	100
Rice paper (unit(s))	1
Carrot* (unit(s))	1
[Persian] cucumber* (unit(s))	1
Fresh coriander & mint* (g)	10
Chicken breast* (unit(s))	1
Teriyaki sauce (g)	50
Radicchio & iceberg lettuce* (g)	50
Peanut sauce* (g)	80
Sesame oil (ml)	10

### From your pantry

[Reduced salt] soy sauce (tbsp)	1
Honey [or plant-based alternative] (tbsp)	1
White wine vinegar (tbsp)	1
Sunflower oil (tbsp)	1

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	725 /173
Total fat (g)	5
of which saturated (g)	0,8
Carbohydrates (g)	26
of which sugars (g)	6,4
Fibre (g)	2
Protein (g)	7
Salt (g)	1,1

## Allergens

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

# Vietnamese Spring Rolls with Chicken

with teriyaki sauce and fresh vegetables | 10 pieces



Appetizer Total time: 20 min.



## 1. Prepare

- Boil plenty of water in a pot or saucepan. Cook the **rice noodles** for 6 - 7 minutes, then drain and rinse under cold water.
- Transfer the **rice noodles** back to the same saucepan and drizzle with sunflower oil. Mix well to combine, then set aside until further use.
- Grate the **carrot**. Finely chop the **herbs**.
- Cut the **cucumber** into small strips.

## 2. Fry the chicken

- Cut the **chicken** into small cubes.
- Heat a drizzle of sunflower oil in a frying pan over medium-high heat.
- Add the **chicken** and fry for 3 - 4 minutes.
- Add the **teriyaki sauce** and fry for another 3 - 4 minutes.

## 3. Prepare the sauce

- Add the **peanut sauce** and **sesame oil** to a small bowl.
- Mix with the **soy sauce**, white wine vinegar and honey.
- Fill a deep plate with lukewarm water. Soak one of the **rice sheets** in the water for 5 - 10 seconds, then immediately transfer to a plate.

## 4. Serve

- Place the **chicken** in the middle of the **rice sheet**, then top with some **lettuce**, **carrot**, **cucumber**, **noodles** and **fresh herbs**.
- Fold the bottom of the **rice sheet** over the filling, then fold in 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 **peanut-soy sauce** on the side.

Enjoy!



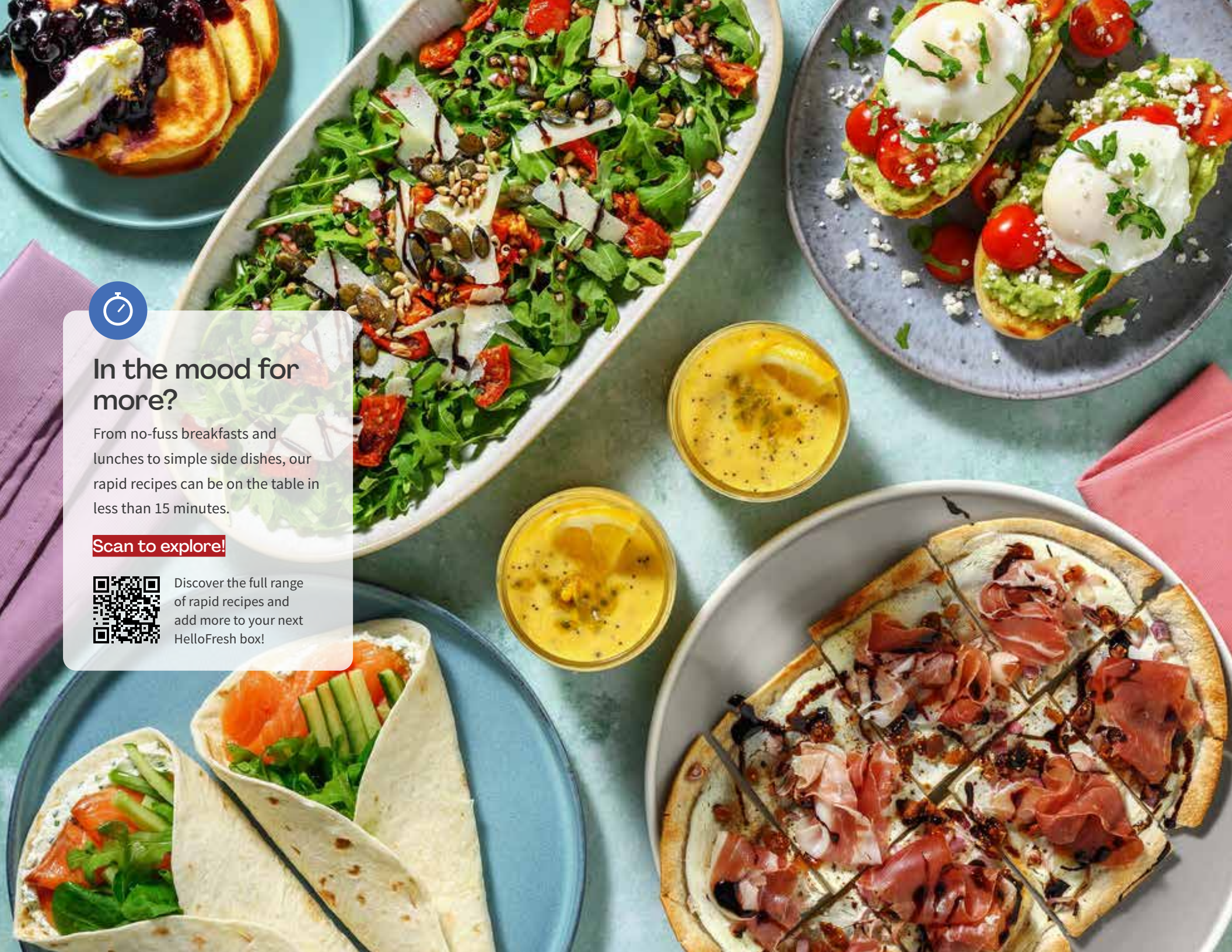
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## Before you begin

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## Utensils

Bowl, saucepan

## Ingredients

Red wine (ml)	561
Easy peel orange* (unit(s))	2
Lemon* (unit(s))	½
Ground cinnamon (tsp)	1½
Fresh ginger* (tsp)	5

### From your pantry

Brown sugar (tbsp)	4
Honey [or plant-based alternative] (tbsp)	2

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	182 / 43
Total fat (g)	0
of which saturated (g)	0
Carbohydrates (g)	11
of which sugars (g)	9,3
Fibre (g)	1
Protein (g)	0
Salt (g)	0

## Allergens

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

# Homemade Mulled Wine

with fresh orange and ginger | 4 servings



Drinks Total time: 20 min.



## 1. Prepare

- Peel the **ginger**, then thinly slice it.
- Slice 1 **orange** and half of the **lemon**.
- Juice the other **orange** into a bowl.

## 2. Simmer the wine

- Pour the **red wine** into a saucepan, add the sugar and begin to simmer over low heat.
- Stir until the sugar has dissolved, for 6 - 8 minutes.

## 3. Add the fruit and aromatics

- Add the **orange juice, ginger, cinnamon**, honey, and both the **lemon** and **orange** slices to the saucepan.
- Bring the mulled wine to a gentle simmer over medium-low heat.
- Let simmer for 8 - 10 minutes, but be careful not to let it come to a boil.

## 4. Serve

- Pour the mulled wine into heatproof glasses and serve while hot (see Tip).

**Tip:** add extra honey to taste.

Enjoy!



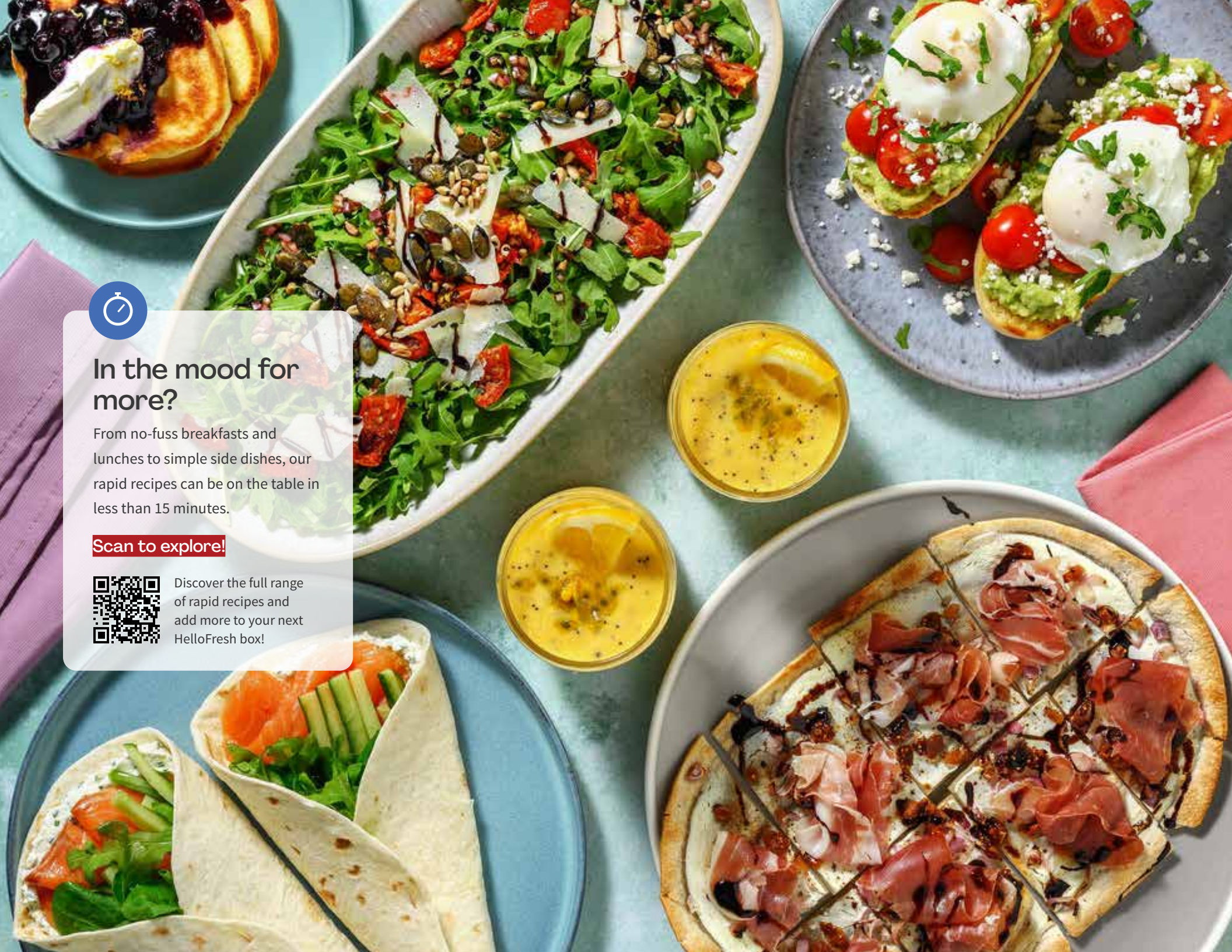
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## Before you begin

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

## Utensils

Bowl, 2x large bowl, handheld mixer, oven dish, rolling pin

## Ingredients

Kruidnoten (g)	200
Apple* (unit(s))	2
Pear* (unit(s))	1
Heavy cream* (ml)	200
Speculaas spices (sachet(s))	1
Cane sugar (g)	110
From your pantry	
[Plant-based] butter (tbsp)	5
Flour (tbsp)	1

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	1099 /263
Total fat (g)	14
of which saturated (g)	8,3
Carbohydrates (g)	32
of which sugars (g)	21,6
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.

# Apple & Pear Crumble with Kruidnoten Topping

with whipped cream | to share



**Baking** Total time: 25 min.



### 1. Make the filling

- Preheat the oven to 180°C.
- Core and dice the **apples** and **pear**.
- Add them to a large bowl and mix with 1 tbsp of flour, 100g **sugar** and the **speculaas spices**.
- Transfer the filling to an oven dish.

### 2. Make the crumble

- Add the **kruidnoten** to a food processor and roughly grind it into crumbs (see Tip).
- Add the crumbs to the large bowl and mix with the butter until it reaches a sandy, crumbled texture and sticks together when squeezed.
- Make coarse crumbs of about 1cm by rubbing and pressing the dough between your fingers.

*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.*

### 3. Bake

- Scatter the crumble topping evenly over the **apple** and **pear** mixture.
- Bake the crumble for 20 - 25 minutes in the oven until golden brown.

### 4. Serve

- Meanwhile, add the **cream** and 10g **sugar** into a bowl or tall container and whip with an electric mixer until firm.
- Serve the kruidnoten crumble.
- Top with whipped cream as preferred.

Enjoy!



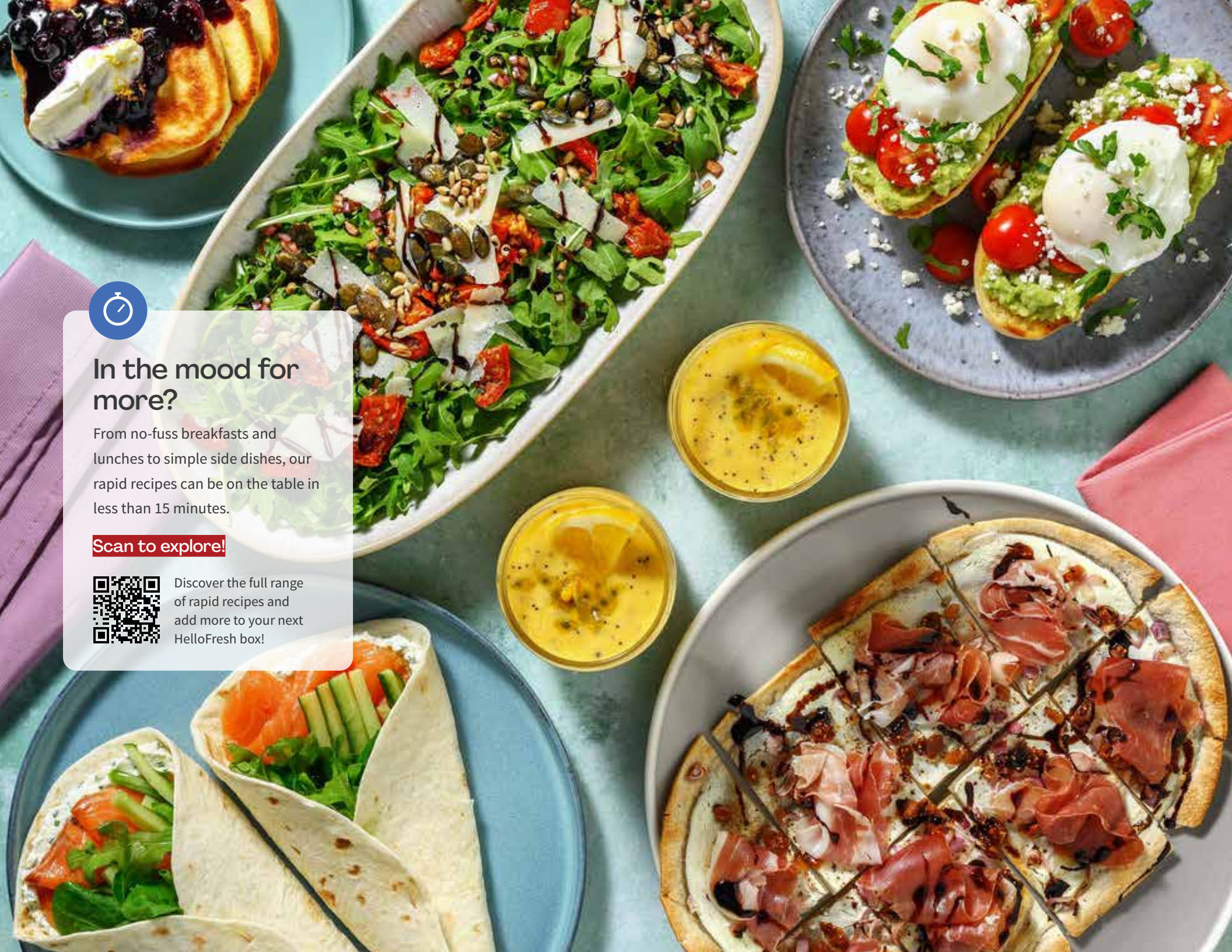
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## Before you begin

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## Utensils

Parchment-lined baking sheet, large bowl, frying pan

## Ingredients

Sweet chilli tortilla chips (g)	150
Organic sour cream* (g)	100
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
Mexican-style spices (sachet(s))	½
Seasoned minced meat blend* (g)	100
From your pantry	
Olive oil (tbsp)	1
Salt & pepper	to taste

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	854 / 204
Total fat (g)	14,8
of which saturated (g)	4,6
Carbohydrates (g)	10,3
of which sugars (g)	2,1
Fibre (g)	1.5
Protein (g)	6,7
Salt (g)	0,6

## Allergens

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

# Loaded Nachos with Minced Meat

with homemade guacamole, jalapeños and cheddar | 4 servings



Appetizer Total time: 15 – 20 min.



## 1. Prepare

- Preheat the oven to 180°C.
- Finely slice the **scallions**.
- Heat the olive oil in a frying pan on medium-high heat. Add the **minced meat** and **Mexican-style spices\*** and fry for 3 - 4 minutes.
- Spread the **tortilla** chips over a parchment-lined baking sheet. Scatter the **minced meat**, **jalapeños\*** and two-thirds of the **scallions** over the **tortilla** chips, followed by the **cheddar**.

*\*Take care, these ingredients are spicy! Use as preferred.*

## 2. Chop

- Bake the nachos for 10 - 15 minutes, or until the cheese has melted.
- Meanwhile, cut the **avocado** in half, remove the pit and skin, then dice it and transfer to a large bowl.
- Finely dice the **tomato**. Cut the **lime** in half.
- Finely chop the **shallot** and press or mince the **garlic**.

## 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!



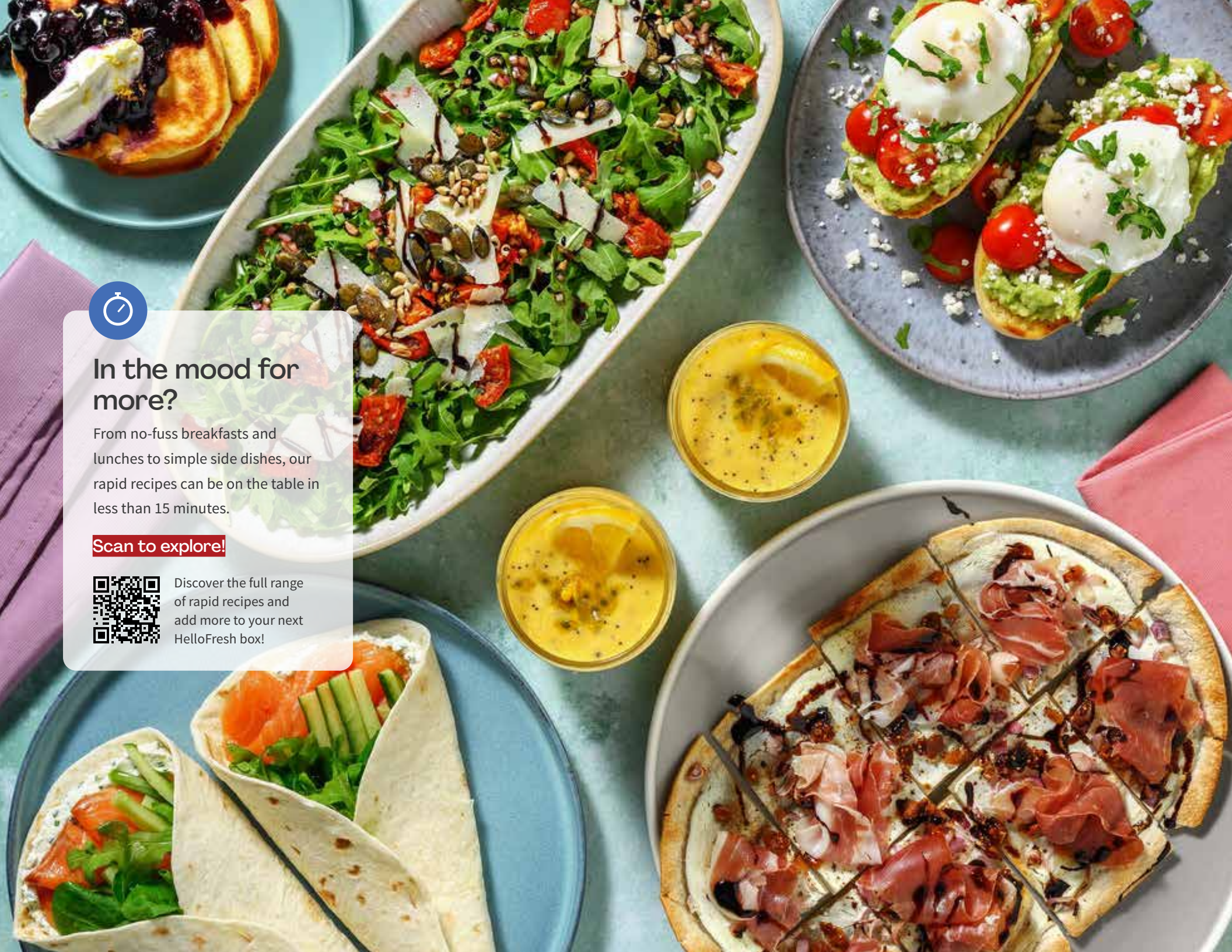
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## Before you begin

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## Utensils

Bowl

## Ingredients

Flour tortillas (unit(s))	4
Mango chutney* (g)	40
Avocado (unit(s))	1
Hot smoked salmon flakes* (g)	150
Fresh mint* (g)	10
Little gem* (unit(s))	1
Lemon mayonnaise with black pepper* (g)	50

From your pantry

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2849 / 681	877 / 210
Total fat (g)	40	12
of which saturated (g)	5,5	1,7
Carbohydrates (g)	53	16
of which sugars (g)	9,3	2,9
Fibre (g)	6	2
Protein (g)	26	8
Salt (g)	1,9	0,6

## Allergens

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

# Smoked Salmon Wraps

with mint and mango & avocado salsa | 2 servings



Lunch Total time: 10 min.



## 1. Prepare

- Halve and pit the **avocado**, then remove the skin and dice the flesh.
- Discard the **mint** stalks and finely chop the leaves.

## 2. Make the salsa

- Mix the diced **avocado** with the chopped **mint** and the **mango chutney** in a bowl.
- Season to taste with salt and pepper.

## 3. Prepare the salmon

- Mix the **salmon flakes** with the **lemon mayonnaise**.

## 4. Serve

- Divide the **lettuce** leaves over the **tortillas**.
- Spread the **salmon** on top.
- Garnish with the avocado salsa, and then roll up the **tortillas** (see Tip).

*Tip: you can also wrap the tortillas in aluminium foil for lunch on-the-go!*

Enjoy!



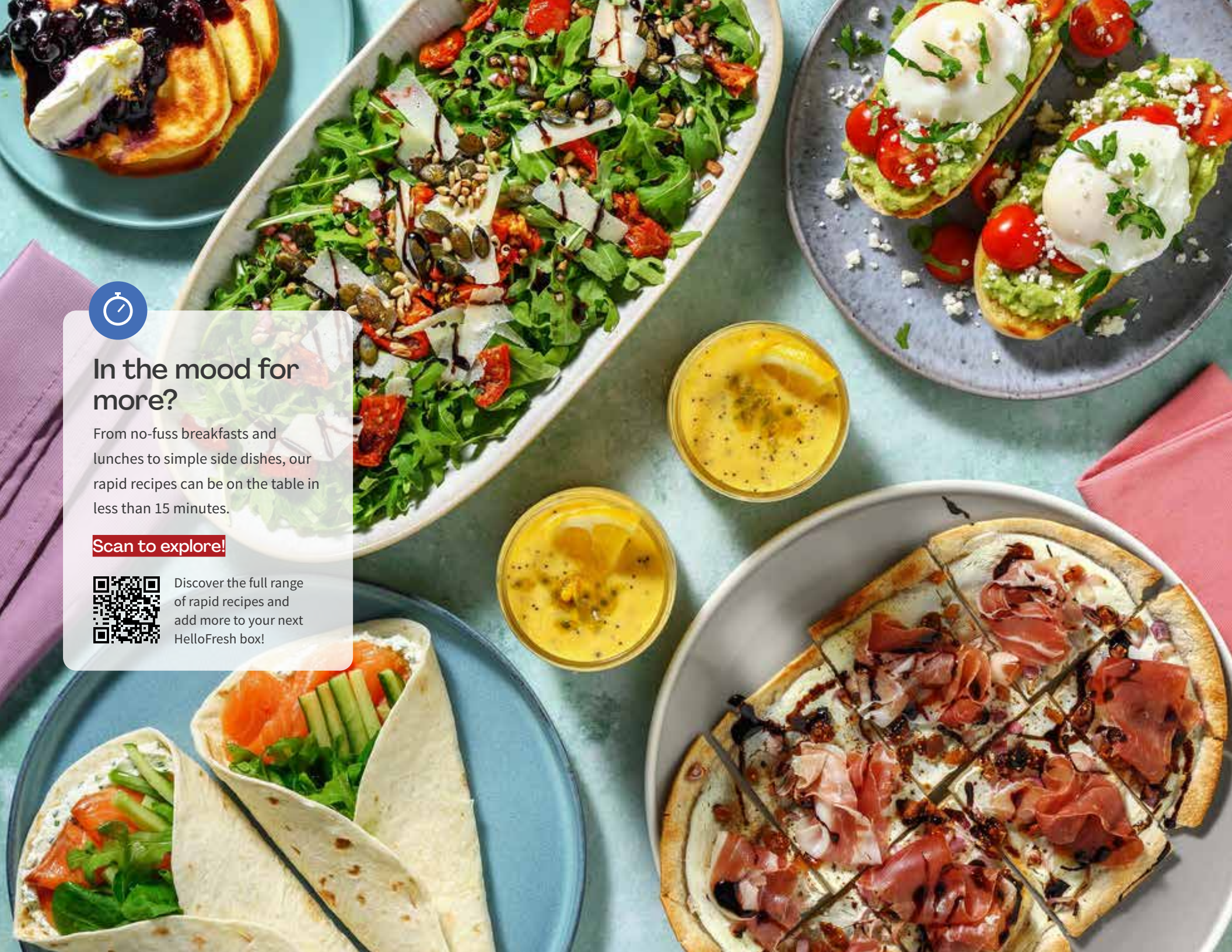
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## Before you begin

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## Utensils

Large bowl, oven dish, parchment paper, saucepan

## Ingredients

Egg* (unit(s))	2
Chocolate cake mix (g)	400
White chocolate chips (g)	100
Blueberry jam (g)	45
Speculaas pieces (g)	60
Powdered sugar (g)	50
From your pantry	
[Plant-based] milk (tbsp)	3
Water (ml)	80
[Plant-based] butter (g)	40

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	1371 /328
Total fat (g)	10
of which saturated (g)	5,9
Carbohydrates (g)	52
of which sugars (g)	38,2
Fibre (g)	2
Protein (g)	5
Salt (g)	1,4

## Allergens

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

# Celebration Brownie with White Chocolate Frosting with speculaas and blueberry jam | 9 pieces



**Baking** Total time: 40 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.
- Bake the brownies in the oven for 20 - 25 minutes.
- The brownies are done when you see cracks start to form on the surface.
- Take the brownie out of the oven and let it cool down.

### 3. Make the frosting

- Add the **white chocolate** and milk to a small saucepan on low heat.
- Heat for 4 - 5 minutes or until the **white chocolate** melts completely.
- Remove the saucepan from the heat and stir in the **powdered sugar**.
- Mix until smooth.

### 4. Serve

- Spread the white chocolate frosting over the brownie.
- Divide a few dollops of the **blueberry jam** over the frosting, and with a fork, carefully swirl it through.
- Scatter the **speculaas pieces** on top. Cut the brownie into 9 smaller pieces and serve.

Enjoy!



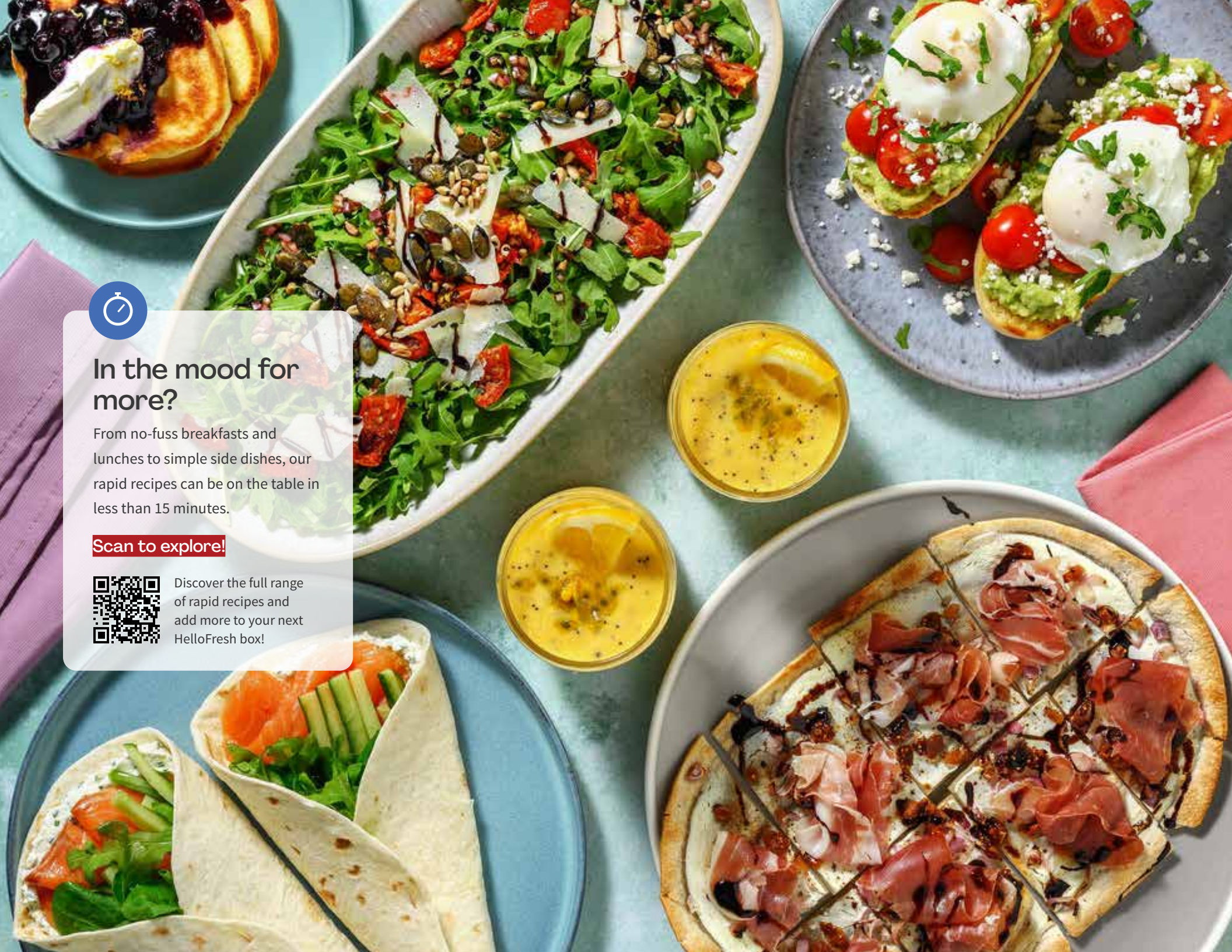
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## Before you begin

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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!



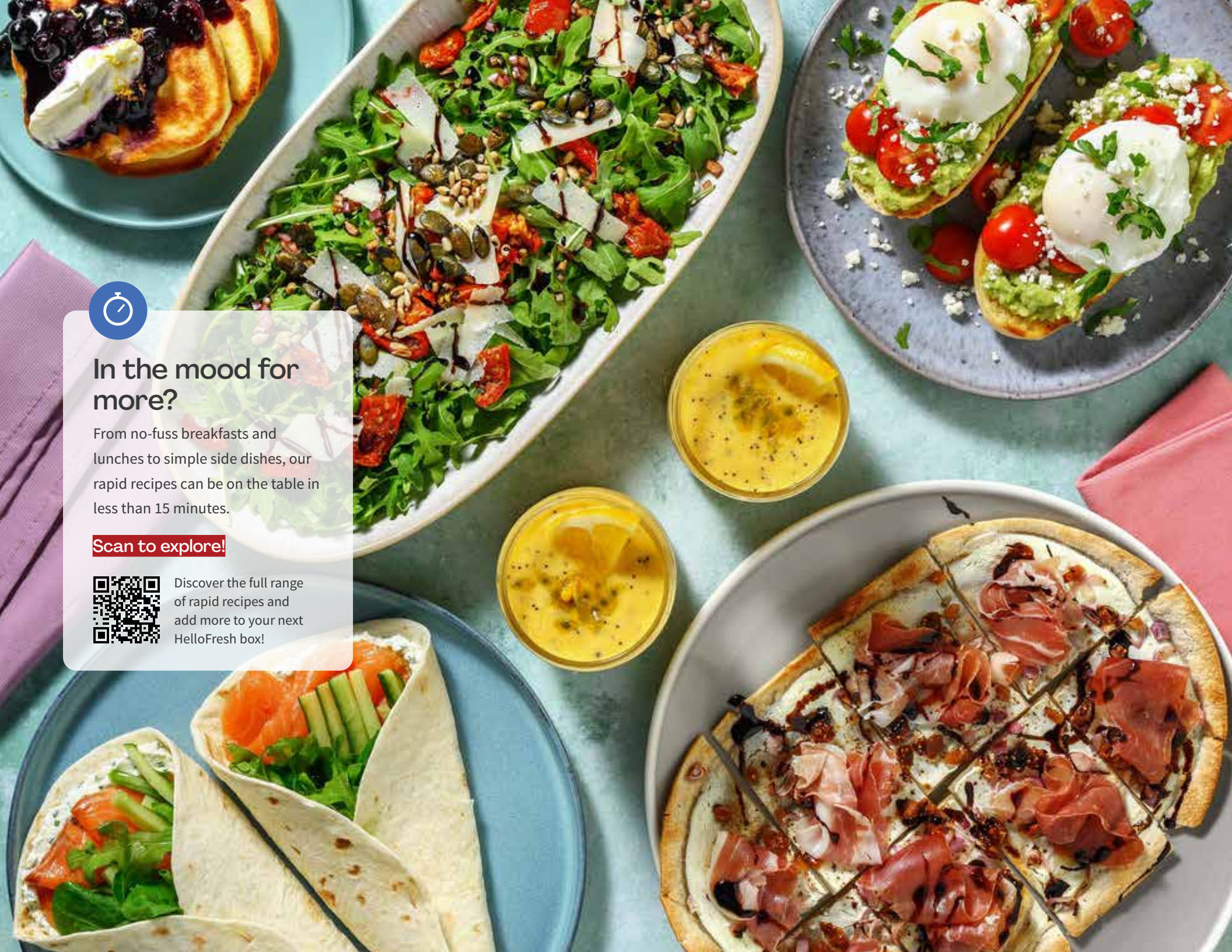
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## Before you begin

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

Bowl, plastic wrap, frying pan

## Ingredients

Organic semi-skimmed milk* (ml)	200
Kruidnoten (g)	100
Apple* (unit(s))	1
Mandarin* (unit(s))	2
Oats (g)	150
Speculaas spices (sachet(s))	1
From your pantry	
[Plant-based] butter (tbsp)	½
Honey [or plant-based alternative] (tbsp)	1
Salt (pinch)	1

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	727 /174
Total fat (g)	4
of which saturated (g)	1,7
Carbohydrates (g)	29
of which sugars (g)	11,5
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.

# Festive Sinterklaas Overnight Oats

with kruidnoten, apple and mandarin | 4 servings



Breakfast Total time: 15 min.



### 1. Prepare the oats

- In a bowl, mix the **oats** with the **milk** and a pinch of salt.
- Cover the bowl with plastic wrap, put it in the fridge and leave the **oats** to soak for at least 6 hours, or overnight.

### 2. Make the caramelised apple

- Peel, core and slice the **apple**.
- Heat a knob of butter in a frying pan on medium-high heat and add the **apple**, a drizzle of honey and the speculaas **spices**.
- Fry for 5 - 6 minutes or until the **apple** is soft.

### 3. Prepare the toppings

- Peel the **mandarin** and pull it apart into pieces.
- Roughly chop the **kruidnoten**.

### 4. Serve

- Divide the overnight **oats** over four bowls.
- Add the caramelised **apple**, **kruidnoten** and **mandarin**.
- Drizzle with honey to taste.

Enjoy!



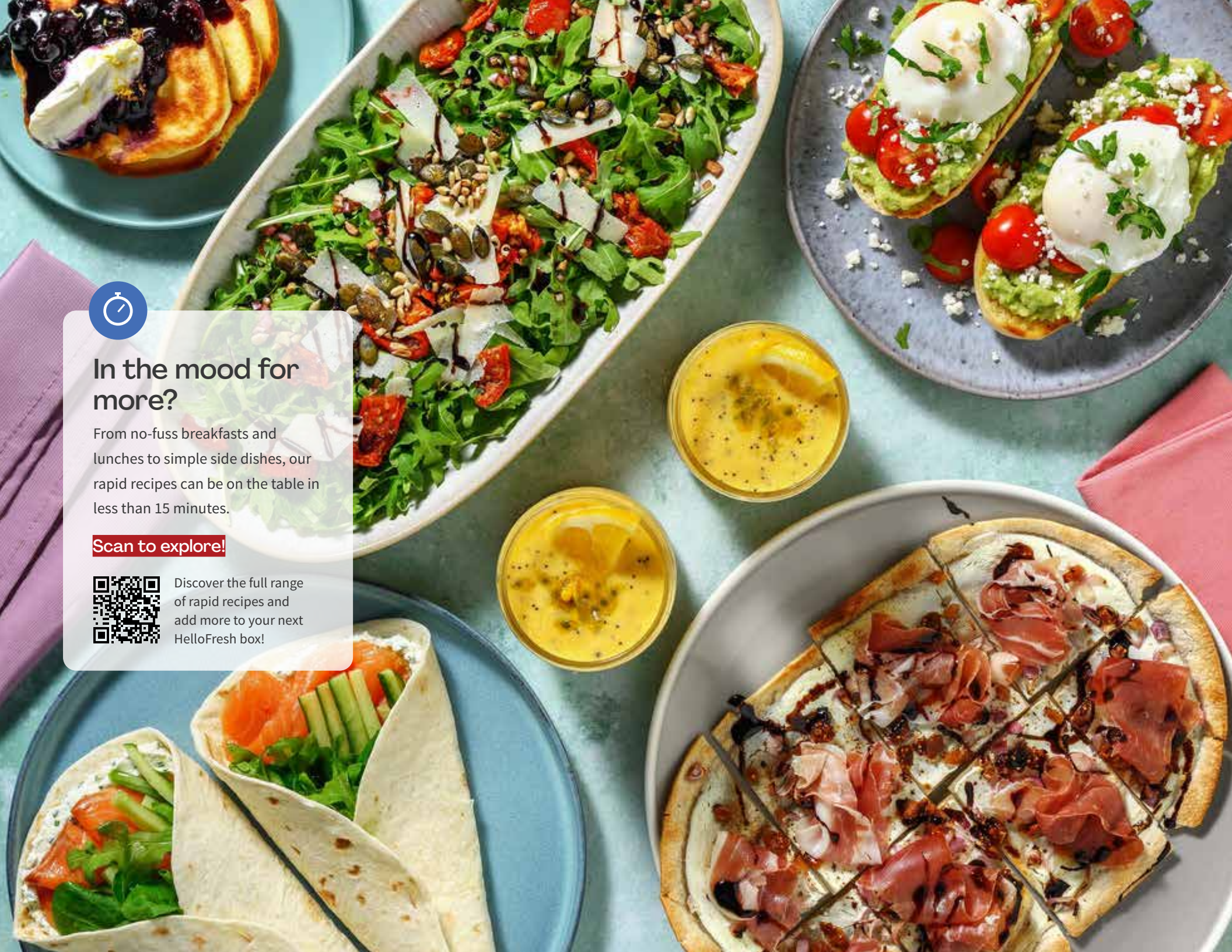
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## Before you begin

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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 tomato soup with meatballs* (ml)	1000

### From your pantry

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

## Nutritional values

	Per 100g
Energy (kJ/kcal)	756 / 181
Total fat (g)	12,6
of which saturated (g)	7,2
Carbohydrates (g)	11,3
of which sugars (g)	2,3
Fibre (g)	0,9
Protein (g)	5,5
Salt (g)	1,0

## 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 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!





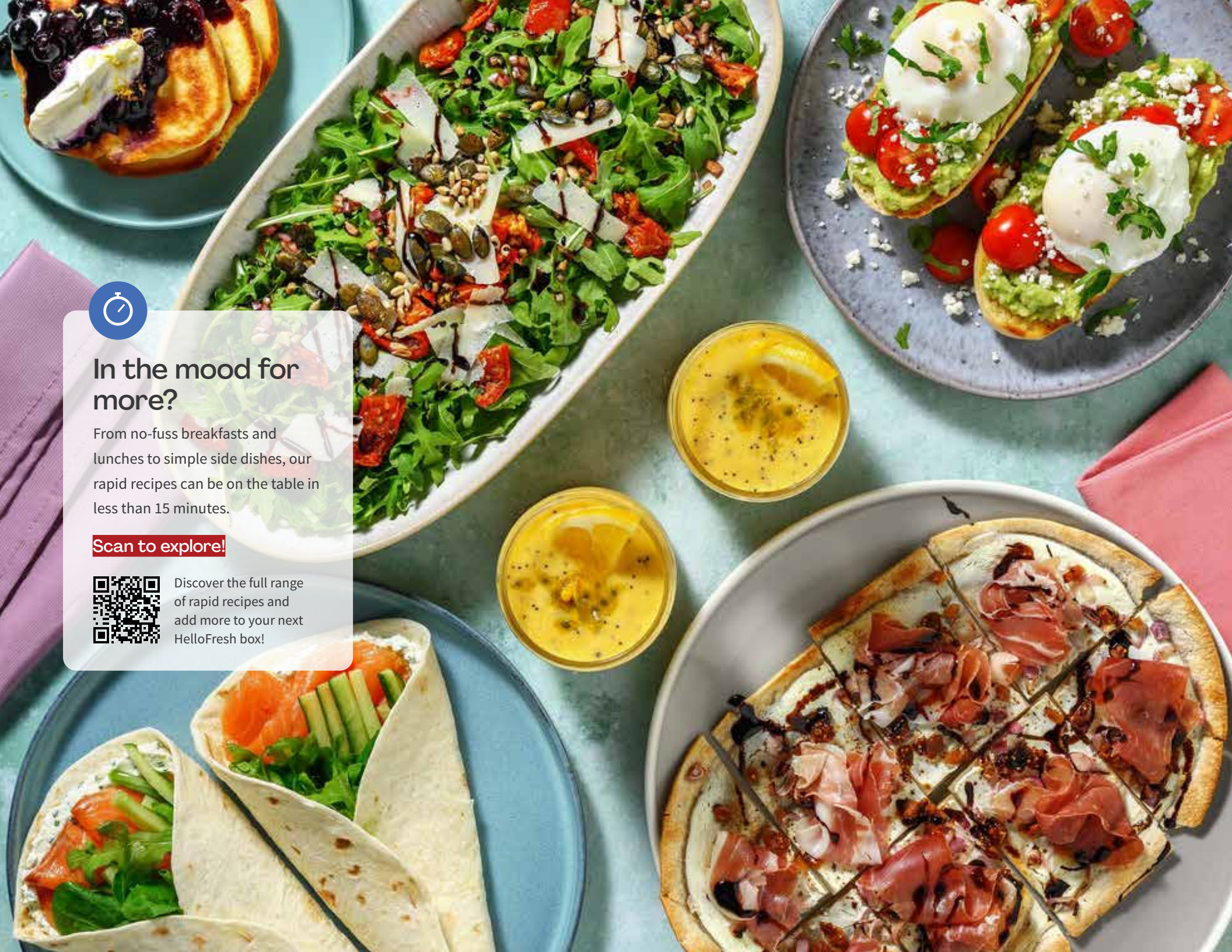
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## Before you begin

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## Utensils

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 courgette soup* (ml)	1000

### From your pantry

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

## Nutritional values

	Per 100g
Energy (kJ/kcal)	644 / 154
Total fat (g)	10,6
of which saturated (g)	6,3
Carbohydrates (g)	10
of which sugars (g)	1,6
Fibre (g)	1,1
Protein (g)	4,5
Salt (g)	0,7

## 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 Courgette 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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## Before you begin

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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 goulash soup* (ml)	1000

### From your pantry

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

## Nutritional values

	Per 100g
Energy (kJ/kcal)	667 / 159
Total fat (g)	10,1
of which saturated (g)	6,3
Carbohydrates (g)	11,4
of which sugars (g)	1,5
Fibre (g)	1,3
Protein (g)	5,3
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 Goulash 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!



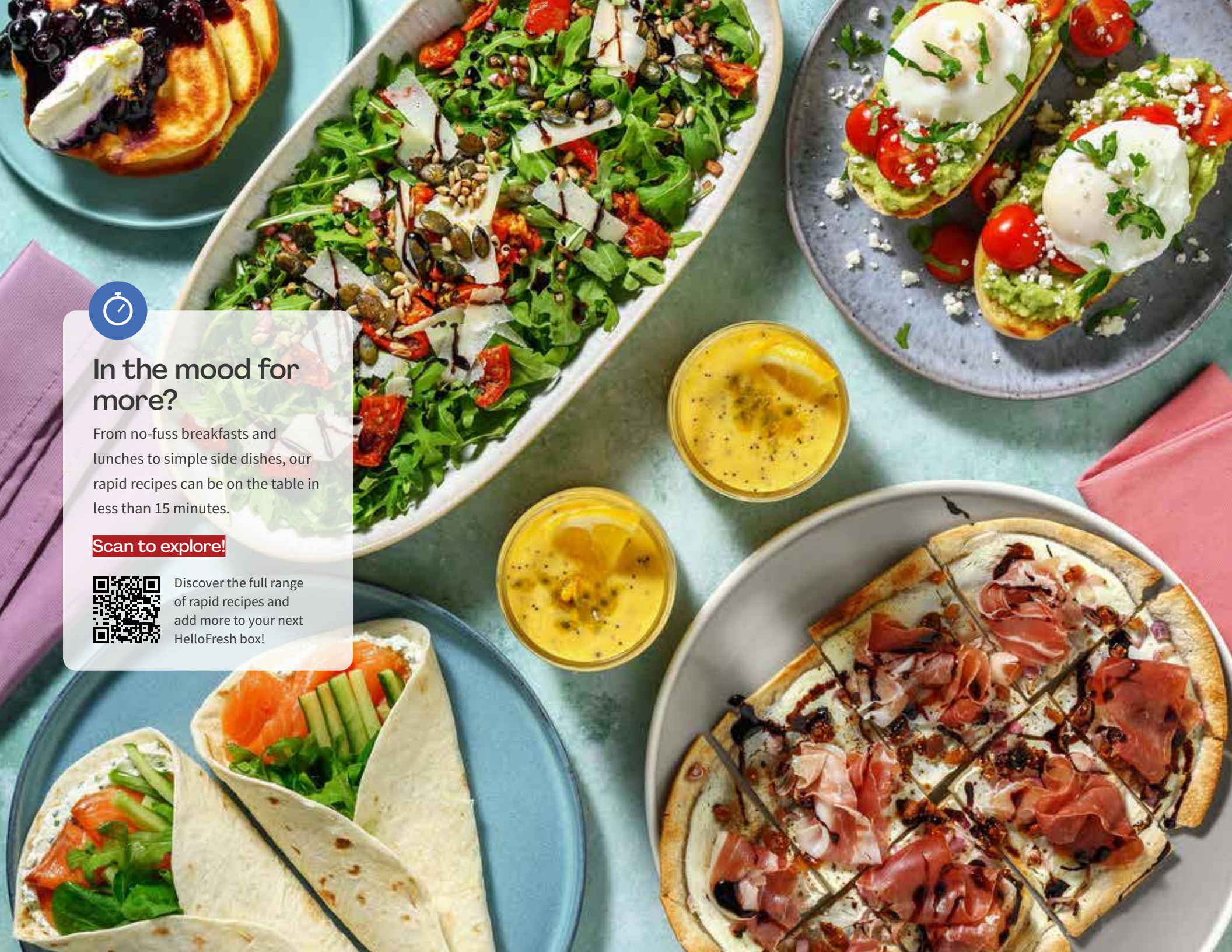
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## Before you begin

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, 2x frying pan

## Ingredients

White ciabatta (unit(s))	2
Egg* (unit(s))	4
Bacon* (slice(s))	4
Fresh chives* (g)	10
Grated aged Gouda* (g)	50

### From your pantry

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

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2544 /608	939 /224
Total fat (g)	35,4	13,1
of which saturated (g)	15,6	5,8
Carbohydrates (g)	39,7	14,6
of which sugars (g)	2	0,7
Fibre (g)	1,4	0,5
Protein (g)	31,8	11,8
Salt (g)	2,4	0,9

## Allergens

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

# Ciabatta with Scrambled Eggs, Bacon and Cheese

with fresh chives | 2 servings



Lunch Total time: 15 min.



### 1. Prepare

- Preheat the oven to 200°C.
- Finely chop the **chives** and carefully separate the slices of **bacon**.
- Heat a clean frying pan over medium-high heat and fry the **bacon** for 3 – 4 minutes until crispy.

### 2. Make the scrambled eggs

- In a bowl, beat the **eggs** with a splash of milk, then season with salt and pepper.
- Melt the butter in another frying pan over medium-high heat and then scramble the **eggs** for 2 - 3 minutes, or until the **eggs** are softly set.

### 3. Bake the ciabatta

- Cut the **ciabatta** open, then place it face-up on a parchment-lined baking sheet.
- Top with the **grated cheese**, then bake in the oven for 4 - 5 minutes.

### 4. Serve

- Top the **ciabatta** with the scrambled **eggs** and the **bacon**.
- Garnish with the **chives**.

Enjoy!



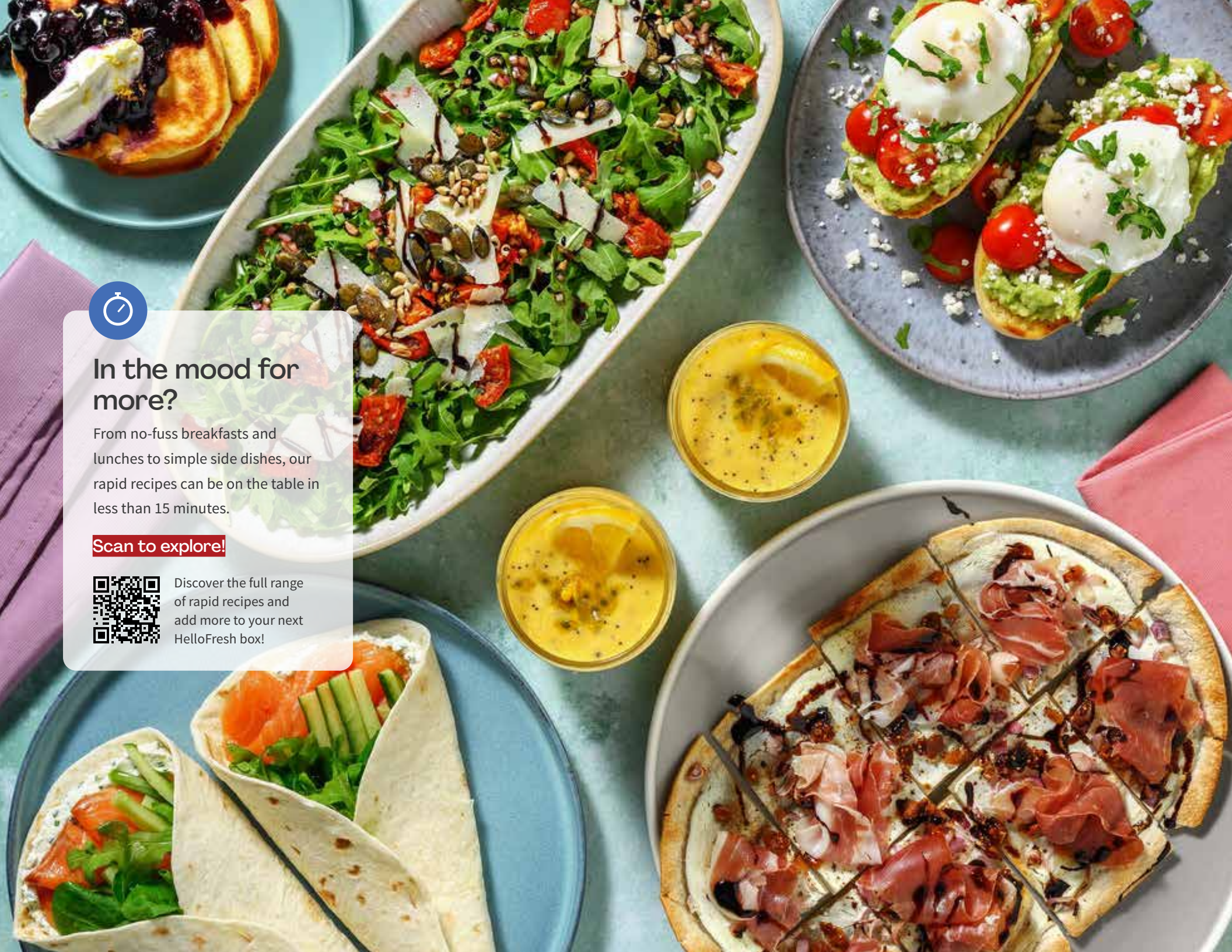
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## Before you begin

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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!



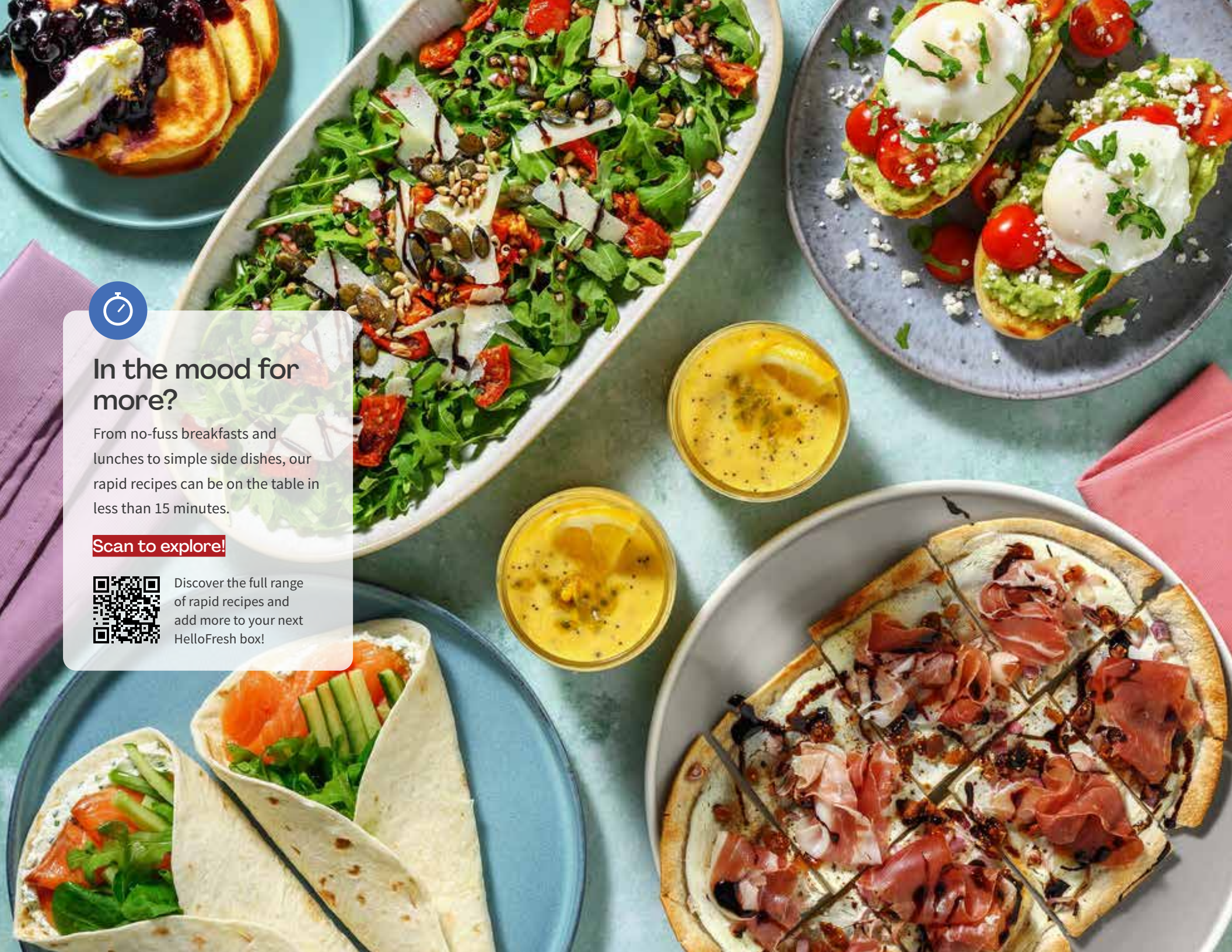
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## Before you begin

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## Utensils

Bowl, blender or immersion blender, tall container

## Ingredients

Avocado (unit(s))	1
Banana (unit(s))	2
Spinach* (g)	50
Fresh mint* (g)	10
Easy peel orange* (unit(s))	5

### From your pantry

Honey [or plant-based alternative] (tsp)	2
--	---

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1904 /455	312 /75
Total fat (g)	14	2
of which saturated (g)	1,6	0,3
Carbohydrates (g)	61	10
of which sugars (g)	53,7	8,8
Fibre (g)	14	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 Smoothie

with spinach, avocado & mint | 2 servings



Breakfast Total time: 10 - 15 min.



## 1. Prepare the fruit

- Juice 5 **oranges** into a bowl (see Tip).
- Peel and slice 2 **bananas**.

*Tip: if you don't have an orange juicer, you can also put the oranges straight into the blender and blend them up with the rest of the smoothie.*

## 2. Slice the avocado

- Cut an **avocado** in half, remove the pit and skin and then slice the flesh.
- Pull the **mint** leaves off the strips (see Tip).

*Tip: if you're not a fan of mint, feel free to leave it out.*

## 3. Blend

- Put the **orange** juice, **mint** leaves, **avocado**, **banana**, 50g **spinach** and the honey in a blender (or a tall jug if you're using an immersion blender).
- Blend into a thick smoothie, adding some water or a splash of milk if needed.

## 4. Serve

- Pour the smoothie into glasses and serve.

Enjoy!



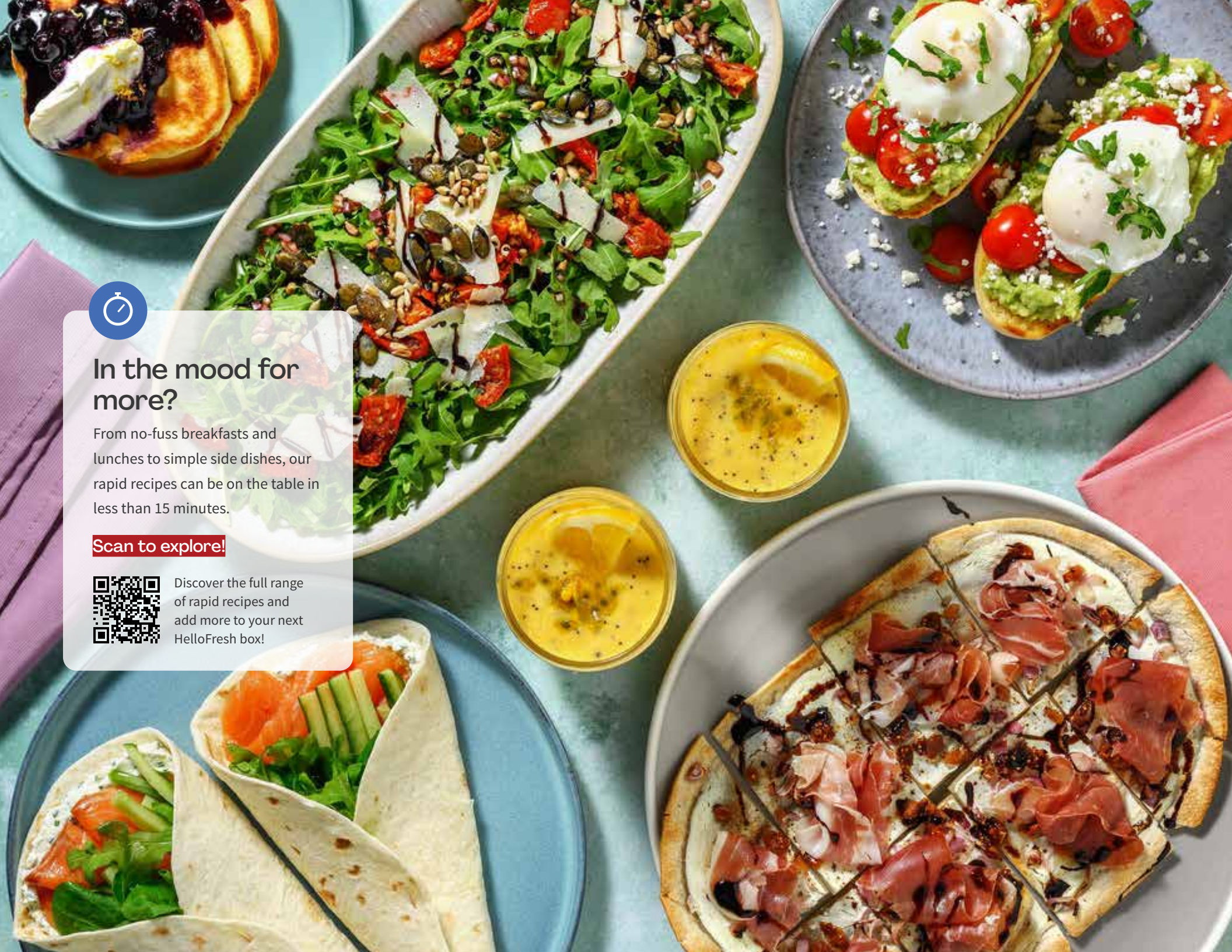
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## Before you begin

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

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!**



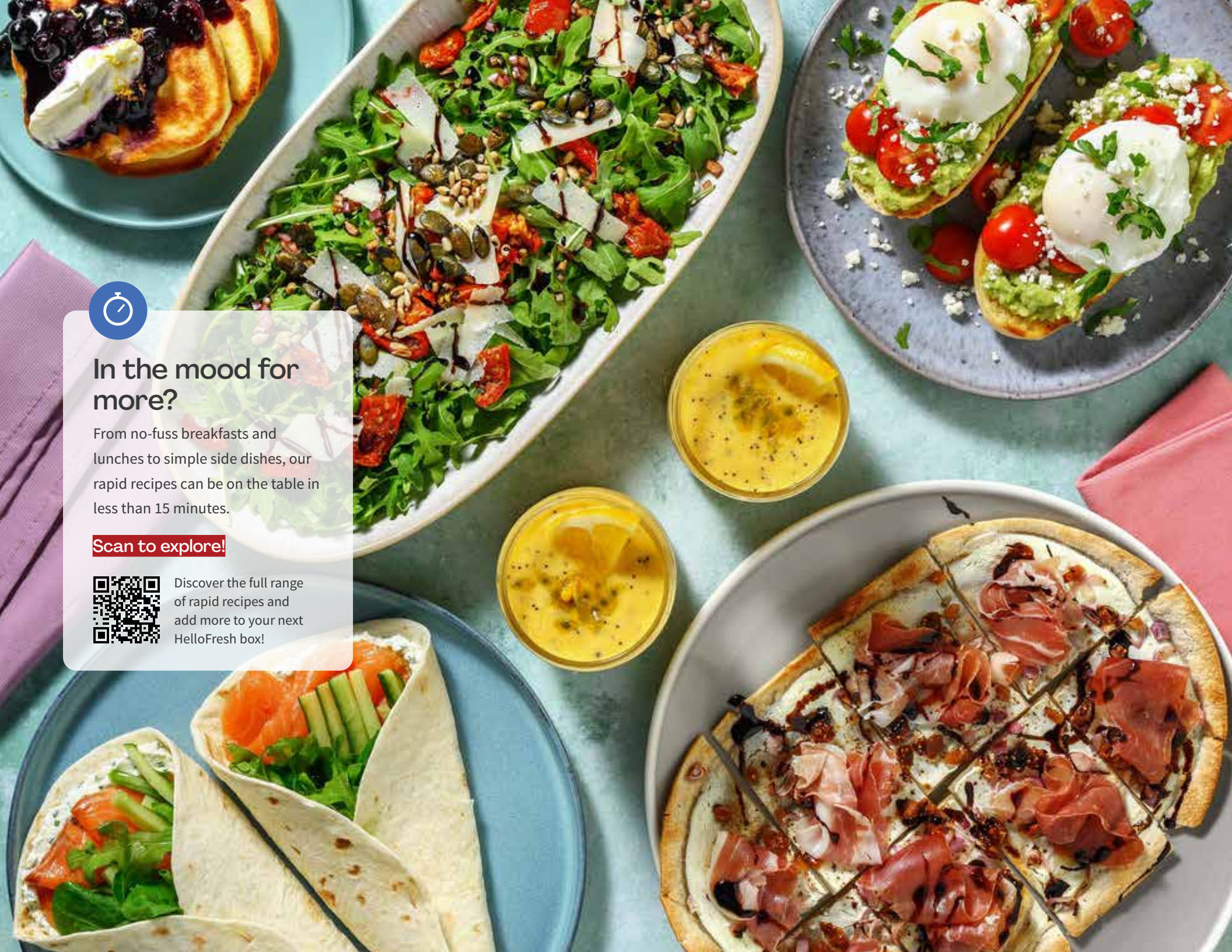
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## Before you begin

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## Utensils

Parchment-lined baking sheet

## Ingredients

Flammekueche* (unit(s))	2
Smoked salmon* (g)	120
Organic sour cream* (g)	100
Capers (g)	30
Onion (unit(s))	1
Lemon* (unit(s))	1
From your pantry	
Salt & pepper	to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1774 / 424	628 / 150
Total fat (g)	14	5
of which saturated (g)	4,9	1,7
Carbohydrates (g)	50	18
of which sugars (g)	3,9	1,4
Fibre (g)	2	1
Protein (g)	23	8
Salt (g)	2,2	0,8

## Allergens

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

# Smoked Salmon Flammekueche

with lemon, capers and sour cream | 2 servings



Lunch Total time: 15 min.



## 1. Prepare

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

## 2. Add the toppings

- Chop the **onion** into half rings.
- Reserve 1 tbsp of **sour cream** to use later, then spread the rest over the flammekueche.
- Top with the **onion** and **capers**, then season with salt and pepper.

## 3. Bake the flammekueche

- Bake the flammekueche for 8 - 10 minutes until golden brown.
- Cut the **lemon** into wedges in the meantime.

## 4. Serve

- Slice the flammekueche, then top with the **smoked salmon** and the reserved **sour cream**.
- Serve with the **lemon** wedges alongside.

Enjoy!



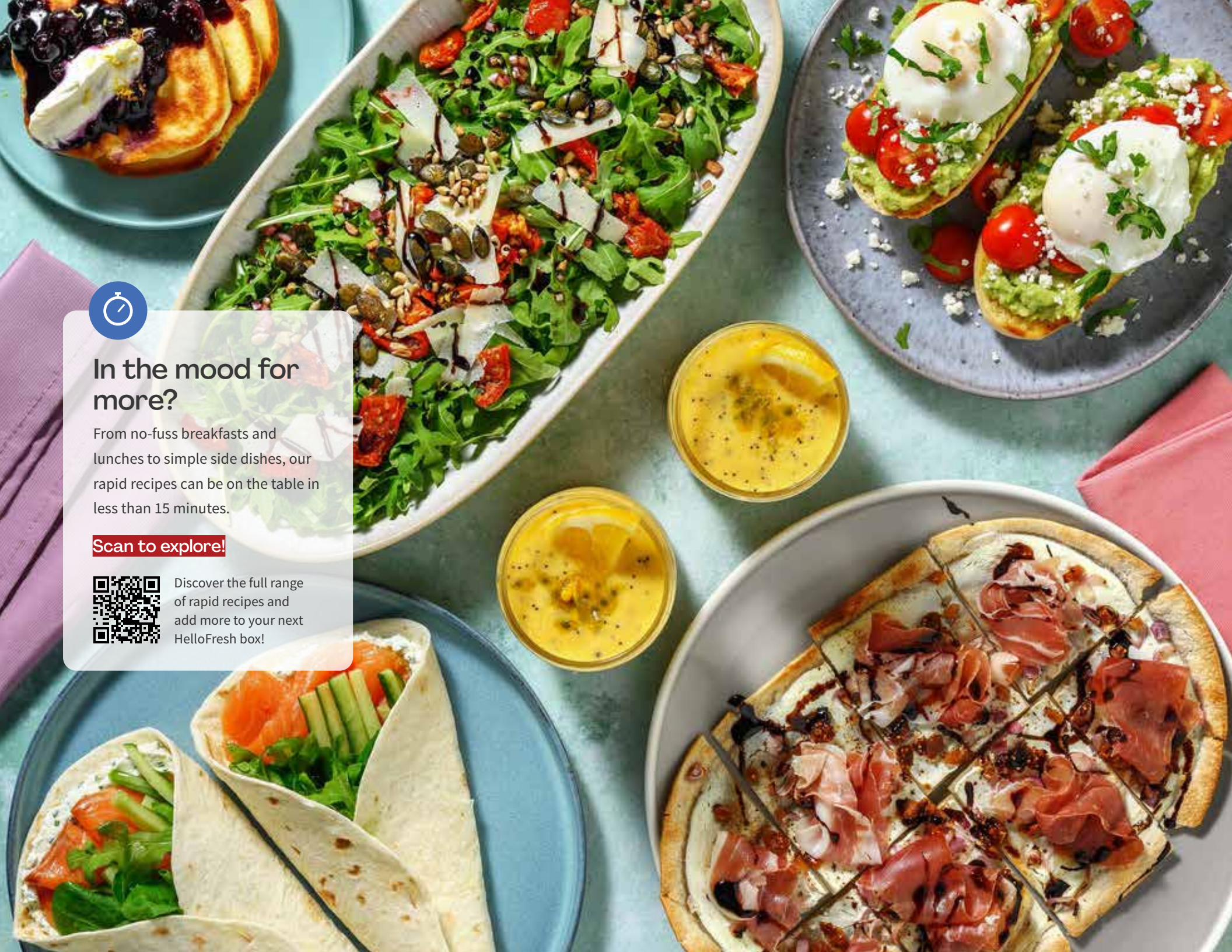
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## Before you begin

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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!



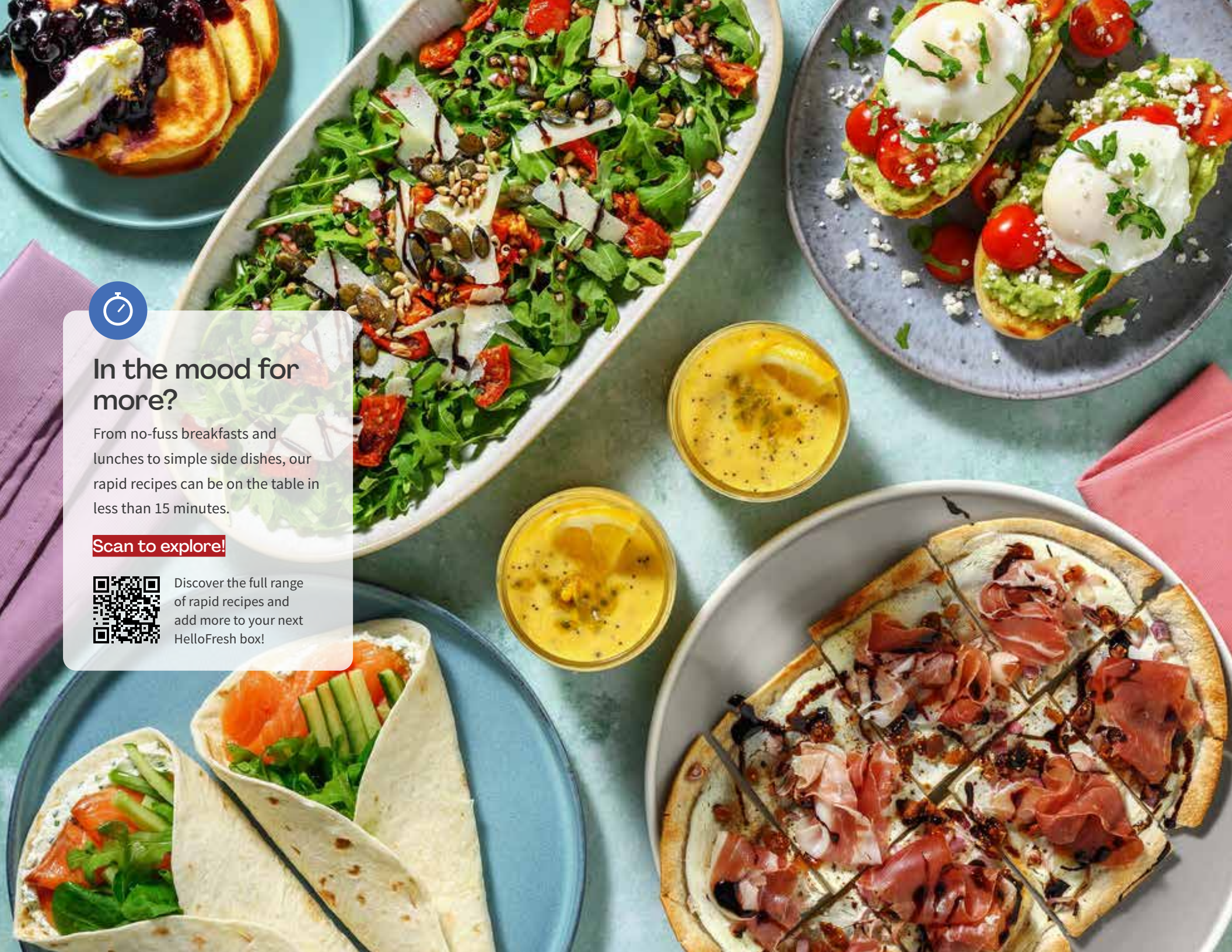
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## Before you begin

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## Utensils

Oven dish

## Ingredients

Garlic (unit(s))	1
Fresh rosemary* (sprig)	1
Chopped walnuts (g)	20
Onion chutney* (g)	40
White demi-baguette (unit(s))	2
Camembert* (g)	240
From your pantry	
Extra virgin olive oil (tbsp)	½
Honey [or plant-based alternative] (tbsp)	½
Salt & pepper	to taste

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	1127 /269
Total fat (g)	13
of which saturated (g)	6,6
Carbohydrates (g)	27
of which sugars (g)	4
Fibre (g)	2
Protein (g)	12
Salt (g)	1,2

## Allergens

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

# Baked Camembert

with bread, onion chutney & walnuts | to share



Appetizer Total time: 15 min.



### 1. Prepare

- 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 criss-cross diamond pattern over the surface of the **camembert**, taking care to not cut all the way through (see Tip).
- Thinly slice the **garlic** and tear the **rosemary** leaves from the stalks.

**Tip:** make sure not to cut too far, otherwise the camembert will melt through the skin.

### 3. Bake

- Bake the **baguettes** for 8 - 10 minutes
- Bake the **camembert** for the last 7 minutes.

### 2. Garnish the camembert

- Stuff the **camembert** with the **rosemary** leaves and the slices of **garlic**.
- Top with the **walnuts** and drizzle with the extra virgin olive oil and the honey.

### 4. Serve

- Slice the **baguettes** and serve alongside the **camembert**.
- Season the **camembert** to taste with salt and pepper.
- Serve with the **onion chutney**.

Enjoy!



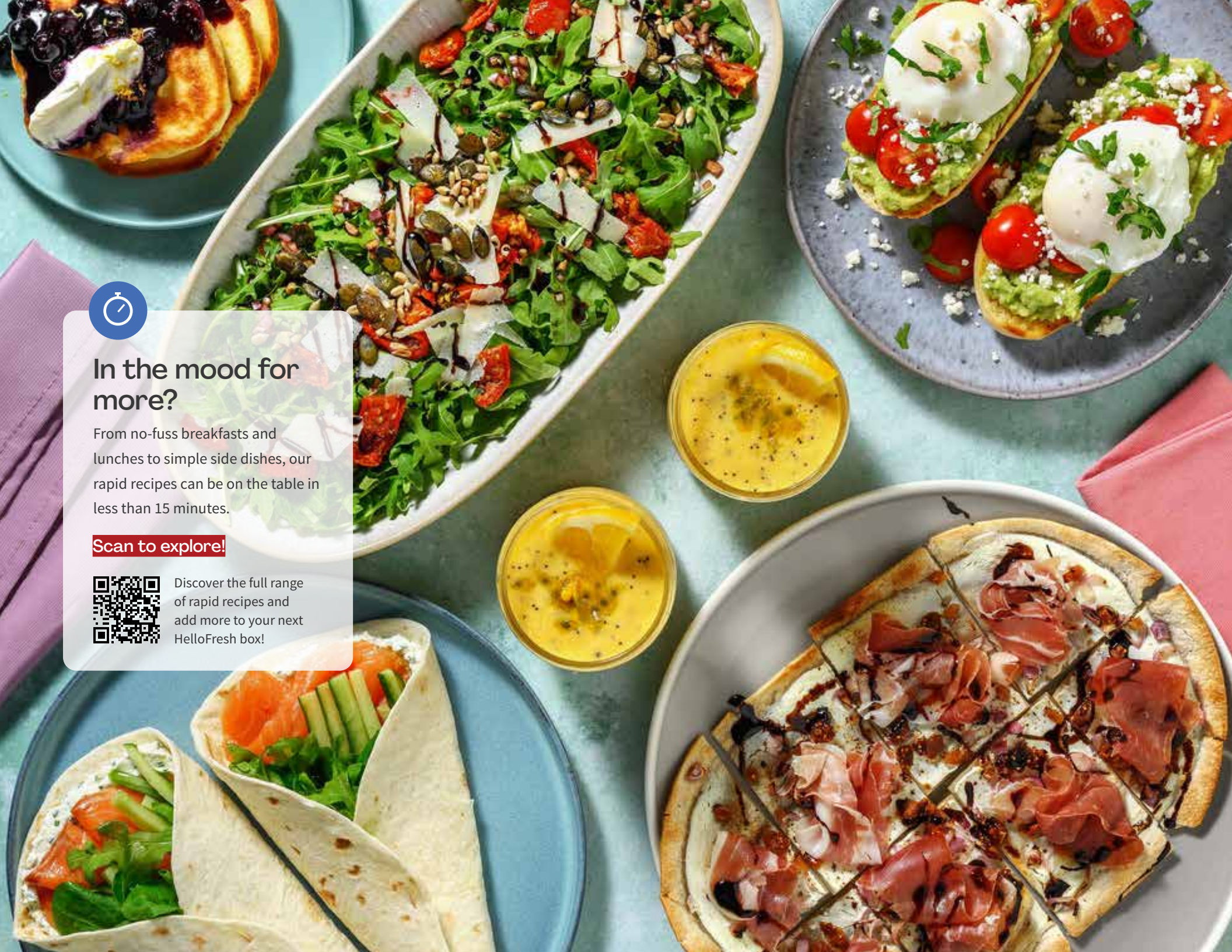
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## Before you begin

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## Utensils

Parchment-lined oven rack, small bowl

## Ingredients

White ciabatta (unit(s))	2
Tomato (unit(s))	1
Green pesto* (g)	80
Arugula* (g)	40
Serrano ham* (g)	40
Burrata* (ball(s))	1
From your pantry	
Extra virgin olive oil (tbsp)	1
White balsamic vinegar (tbsp)	½
Salt & pepper	to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2661 /636	1037 /248
Total fat (g)	42	16
of which saturated (g)	10,6	4,1
Carbohydrates (g)	41	16
of which sugars (g)	2,9	1,1
Fibre (g)	2	1
Protein (g)	23	9
Salt (g)	2,5	1

## Allergens

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

# Ciabatta with Burrata and Serrano Ham

with pesto and tomato salsa | 2 servings



Lunch Total time: 15 min.



### 1. Bake the ciabatta

- Preheat the oven to 180°C.
- Place the **ciabatta** on a wire oven tray and bake for 8 - 10 minutes.

### 2. Marinate the tomato

- Dice the **tomato** and put it in a small bowl.
- Mix it with the extra virgin olive oil, the white balsamic vinegar and salt and pepper to taste.

### 3. Top the ciabatta

- Cut the **ciabatta** in half and spread the **pesto** onto it.
- Top each half of the **bread** with the **arugula** and **serrano ham**, followed by the **burrata**.
- Garnish with the **tomato salsa**.

### 4. Serve

- Season with salt and pepper to taste before serving.

Enjoy!



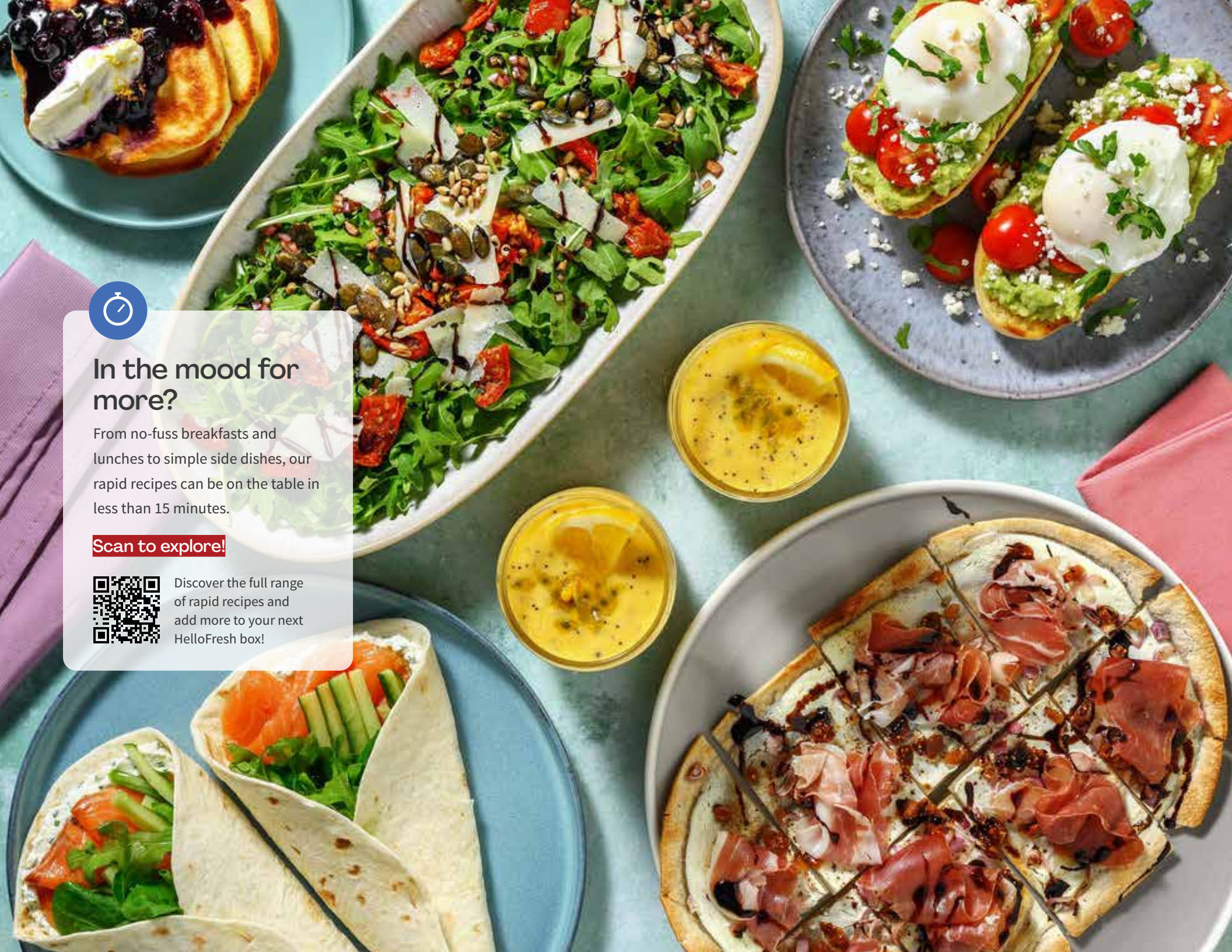
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## Before you begin

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, deep plate, lidded frying pan, handheld mixer, large bowl, large frying pan, whisk, zester

## Ingredients

Heavy cream* (ml)	200
Lemon* (unit(s))	1
Apple* (unit(s))	2
Ground cinnamon (tsp)	3
Brioche bun (unit(s))	2
Egg* (unit(s))	2
Organic semi-skimmed milk* (ml)	125
Speculaas pieces (g)	60

### From your pantry

Sugar (tbsp)	5
[Plant-based] butter (tbsp)	3
Water for the sauce (ml)	100
Salt	to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4577 /1094	814 /195
Total fat (g)	62	11
of which saturated (g)	36,1	6,4
Carbohydrates (g)	111	20
of which sugars (g)	60,9	10,8
Fibre (g)	8	2
Protein (g)	21	4
Salt (g)	1,4	0,3

## Allergens

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

# Apple Pie French Toast

with lemon whipped cream and speculaas pieces | 2 servings



Breakfast Total time: 25 min.



## 1. Prepare

- In a bowl, use an electric mixer to whisk the **cream** with 1 tbsp of sugar for 2 - 3 minutes.
- Zest the **lemon** into the whipped cream, stir and set aside in the fridge until step 4.
- Dice the **apples** into 1cm cubes and transfer to a large bowl. Juice the **lemon** into the bowl, then add the rest of the sugar and mix well.

## 2. Make the apple sauce

- Melt 2 tbsp of butter in a lidded frying pan over medium heat.
- Add the water and apple mixture and turn the heat to low. Put the lid on and simmer for 6 minutes.
- Remove the lid, stir in half of the **cinnamon** and simmer for another 6 minutes, or until the **apple** softens and the sugar has dissolved into a brown caramel.
- Cut the **brioche buns** in half.

## 3. Fry the French toast

- In a large deep plate, mix the **eggs**, **milk**, a pinch of salt and the rest of the **cinnamon**, whisking thoroughly.
- Heat the rest of the butter in a large frying pan over medium-high heat.
- Soak the **brioche** slices in the egg mixture two by two, until they are completely saturated.
- Fry directly for 4 minutes on each side, or until golden brown. Repeat until all slices are done.

## 4. Serve

- Serve the French toast on two plates.
- Pour over the caramelised apple sauce.
- Serve with a dollop of the lemon whipped cream and sprinkle over the **speculaas pieces**.

Enjoy!



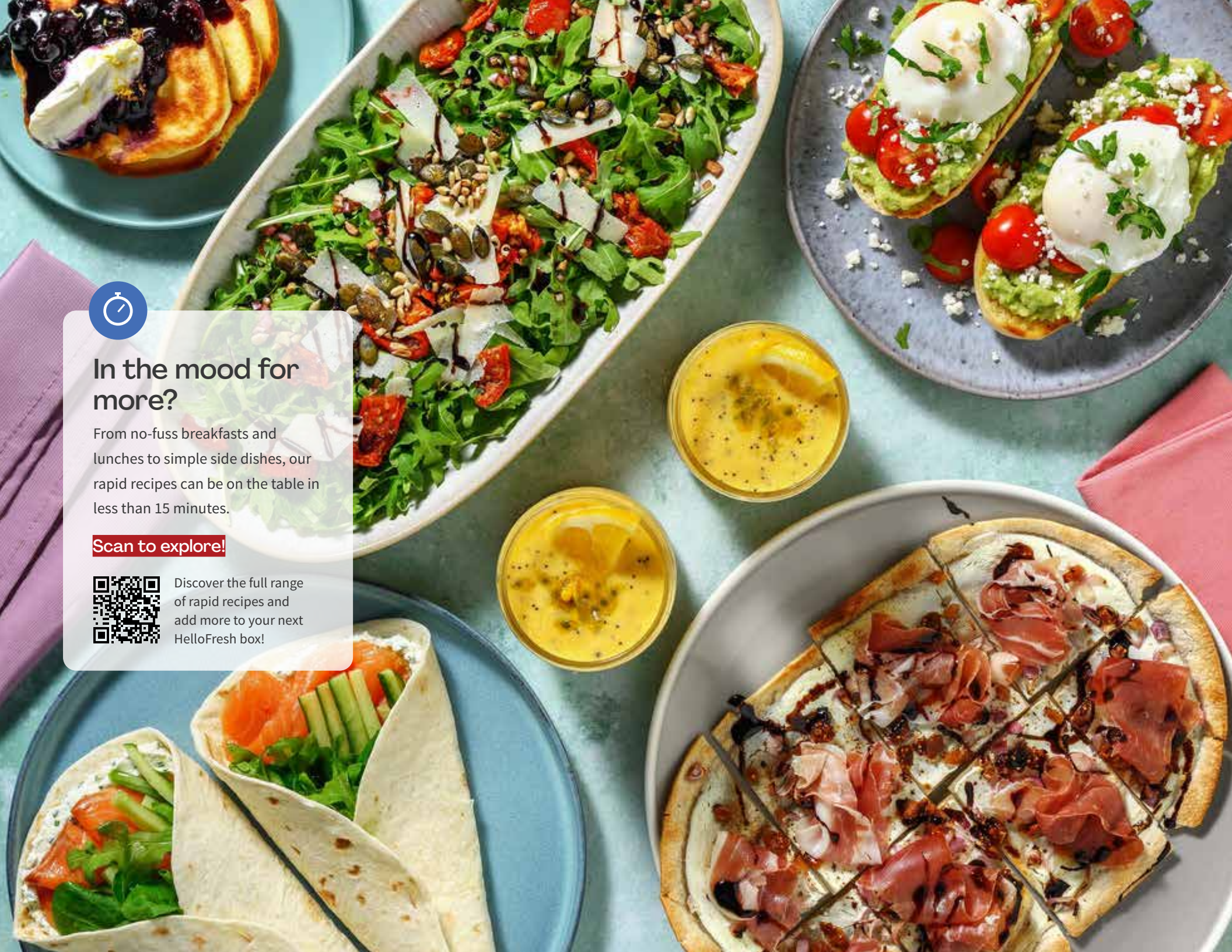
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## Before you begin

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## Utensils

Bowl, frying pan

## Ingredients

Fresh coriander* (g)	10
Rainbow slaw mix* (g)	100
Sriracha mayo* (g)	50
Bao buns* (unit(s))	6
Shrimp* (g)	160
Gomashio (sachet(s))	1
From your pantry	
[Plant-based] mayonnaise (tbsp)	1
White wine vinegar (tbsp)	1
Sugar (tsp)	1
Sunflower oil (tbsp)	1
Salt & pepper	to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2791 /667	828 /198
Total fat (g)	28	8
of which saturated (g)	3,6	1,1
Carbohydrates (g)	84	25
of which sugars (g)	14,5	4,3
Fibre (g)	4	1
Protein (g)	21	6
Salt (g)	2,2	0,7

## Allergens

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

# Shrimp Bao Buns with Coleslaw

with sriracha mayo and gomashio | 2 servings



**Lunch** Total time: 15 min.



## 1. Prepare

- Preheat the oven to 180°C.
- Finely chop the **coriander**.

## 2. Make the coleslaw

- In a bowl, combine the **cabbage** and **carrot** mix with the mayonnaise, white wine vinegar, sugar, half of the **coriander** and half of the **sriracha mayo**.
- Season with salt and pepper to taste, toss well and set aside until serving.
- Bake the **bao buns** in the oven for 4 - 5 minutes.

## 3. Fry

- Heat the sunflower oil in a frying pan over medium-high heat.
- Fry the **shrimp** for 3 minutes until done. Season to taste with salt and pepper.

## 4. Serve

- Carefully open the **bao buns**.
- Fill the **bao buns** with the coleslaw and **shrimp**.
- Garnish with the rest of the **coriander**, **sriracha mayo** and **gomashio**.

Enjoy!



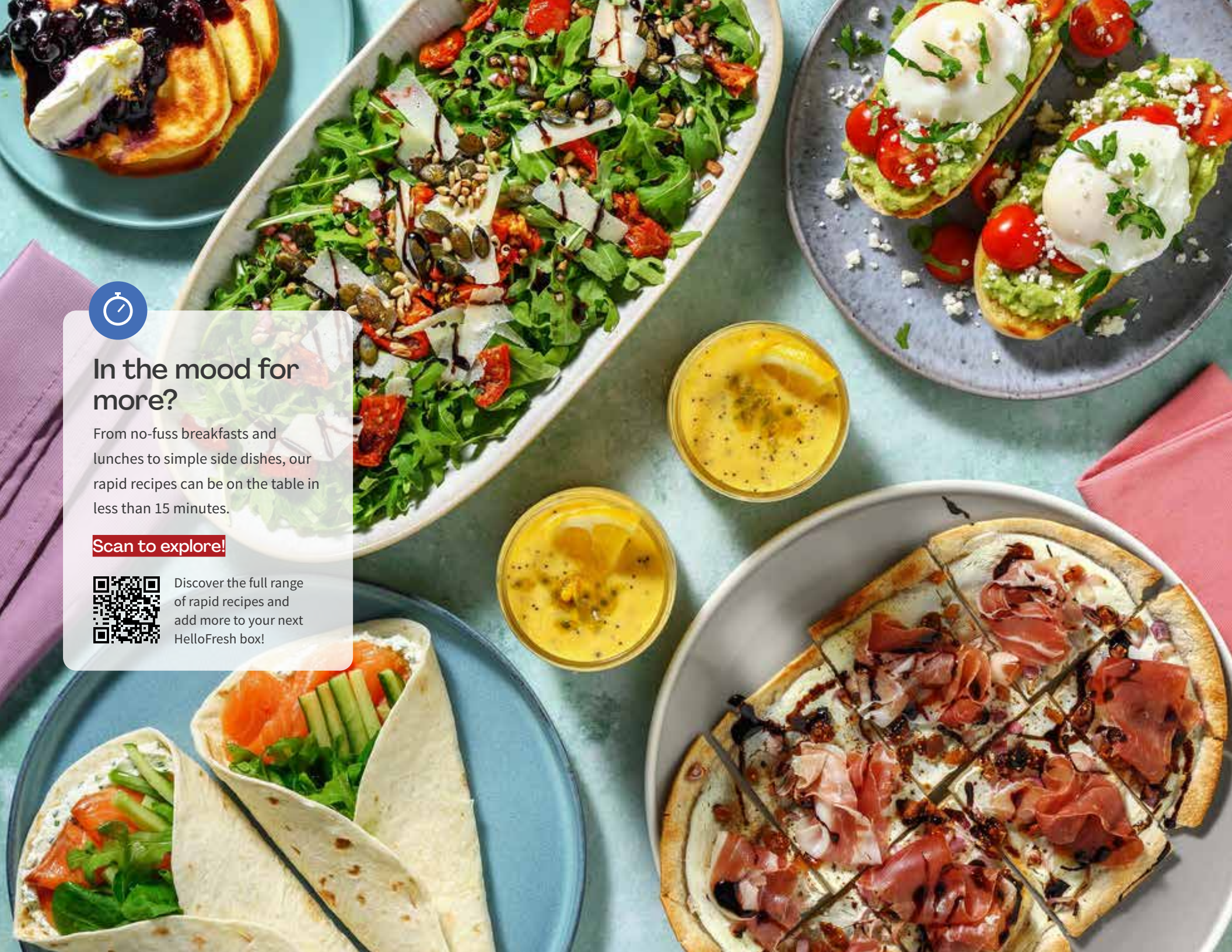
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## Before you begin

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

Aluminum foil, 2x bowl, handheld mixer, tall container, immersion blender, large bowl, large frying pan, microplane, small bowl

## Ingredients

Mango* (unit(s))	1
Passion fruit* (unit(s))	1
Heavy cream* (ml)	200
Lime* (unit(s))	1
Flour (g)	150
Baking powder (g)	8
Egg* (unit(s))	2
Organic buttermilk* (ml)	200
From your pantry	
Sugar (tbsp)	3
Sunflower oil (tbsp)	1
Salt (tsp)	½

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3686 / 881	693 / 166
Total fat (g)	44	8
of which saturated (g)	20,4	3,8
Carbohydrates (g)	97	18
of which sugars (g)	40,2	7,6
Fibre (g)	7	1
Protein (g)	24	5
Salt (g)	3,3	0,6

## Allergens

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

# Pancakes with Mango Whipped Cream

with passion fruit and lime | 2 servings



Breakfast Total time: 20 - 25 min.



## 1. Prepare the toppings

- Cut the **passion fruit** in half and scoop out the pulp with a spoon.
- Peel, dice and purée half of the **mango** with an immersion blender in a tall container until smooth.
- In a bowl, whisk the **cream** with 1 tbsp of sugar using a handheld mixer until firm and thick.
- Gently fold the mango purée into the **cream** in parts. Cover and refrigerate.

## 2. Make the batter

- Zest the **lime** and juice the **lime** into a small bowl.
- In a large bowl, combine 150g of flour, half of the **baking powder**, 1 tbsp of sugar and a pinch of salt.
- In a second bowl, whisk the **eggs**. Add the **buttermilk** and whisk everything together until lots of bubbles start to form.
- Gently fold the egg mixture through the dry flour mixture and mix until a smooth batter forms. Stir in 1 tbsp of **lime juice** and two-thirds of the **zest**.

## 3. Make the pancakes

- In a large frying pan, heat the sunflower oil over medium-high heat.
- Pour the pancake batter in parts into the pan using a ladle (see Tip). Fry about 3 or 4 pancakes at a time, for 1 - 2 minutes on each side.
- Remove from the pan and keep warm under aluminum foil.
- Repeat until all the batter is used. Add sunflower oil to the pan in between if needed.

## 4. Serve

- Stack the pancakes on top of each other on the plates.
- Top with the **mango cream**, the **passion fruit** and the **mango** cubes.
- Garnish with the rest of the **lime zest**.

Enjoy!

*Tip: these pancakes are small like American pancakes, which makes them easier to stack.*



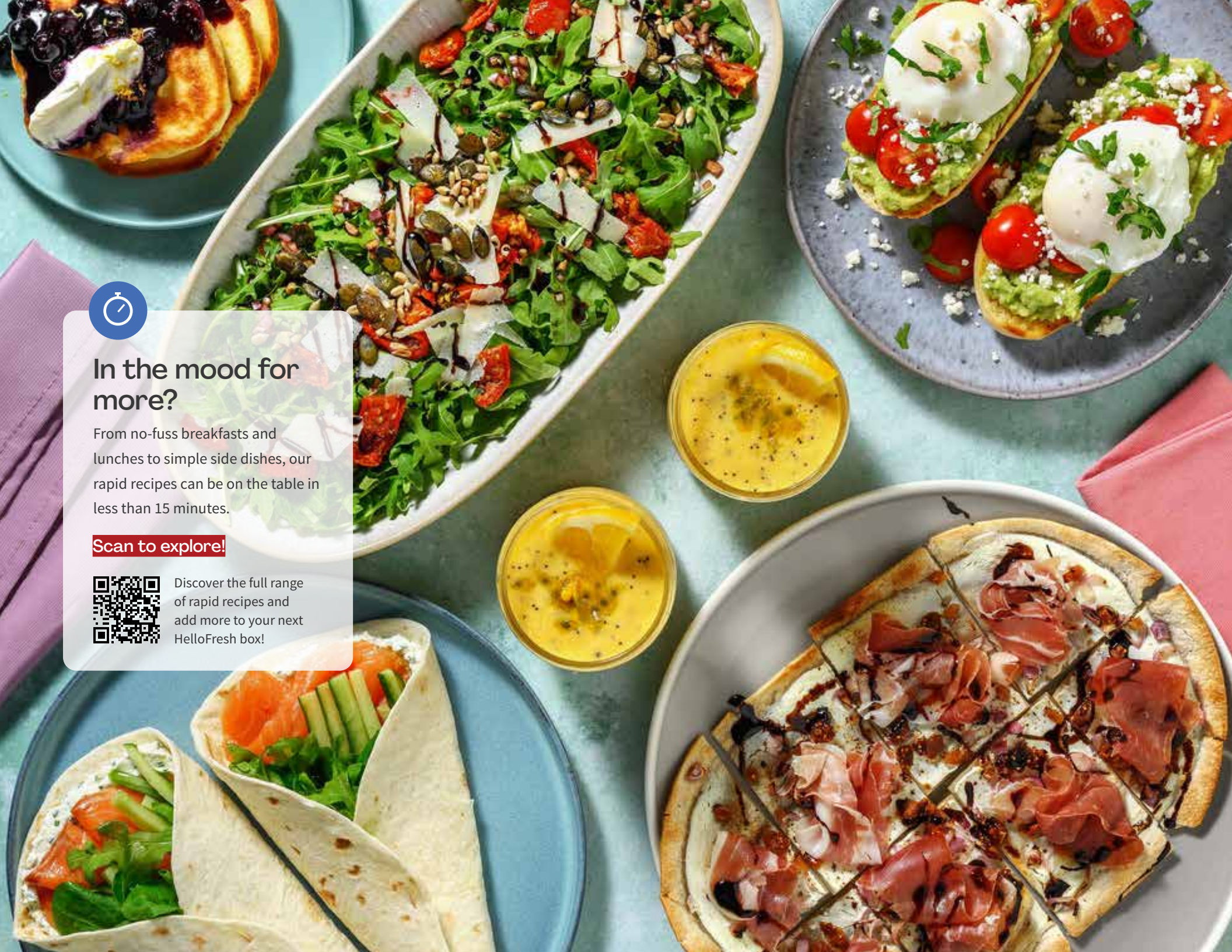
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## Before you begin

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## Utensils

Small bowl

## Ingredients

Avocado (unit(s))	2
Feta* (g)	50
Pomegranate (unit(s))	1
Fresh goat's cheese* (g)	200
Tomato (unit(s))	1
Cress* (g)	20
Crackers (unit(s))	12
Cream cheese* (g)	100
From your pantry	
Salt & pepper	to taste

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	806 / 193
Total fat (g)	14,3
of which saturated (g)	5,4
Carbohydrates (g)	4,5
of which sugars (g)	1,8
Fibre (g)	4
Protein (g)	5,2
Salt (g)	0,6

\*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.

# Savoury Breakfast Crackers

with three variations of toppings | serves 2 per day



Breakfast Total time: 10 min.



### 1. Option 1 : Avocado, feta and pomegranate seeds

- Divide four **crackers** over two plates.
- Halve and pit 1 **avocado**, then remove the skin. Transfer the flesh to a small bowl and mash well. Season with salt and pepper.
- Roll the **pomegranate** over the countertop to release the seeds, then cut it open and scoop them out.
- Spread the **avocado** over the **crackers**. Crumble the **feta** on top and garnish with the **pomegranate seeds**.

### 2. Option 2: Goat's cheese, tomato and cress

- Divide four **crackers** over two plates.
- Slice the **tomato**.
- Spread the **goat's cheese** on the **crackers**.
- Add the **tomato** to the **crackers** and season with salt and pepper. Garnish with the **cress**.

### 3. Option 3: Cream cheese, avocado and cress

- Divide four **crackers** over two plates.
- Halve and pit 1 **avocado**, then remove the skin and slice the flesh.
- Spread the **cream cheese** on the **crackers**.
- Place the **avocado** on top, then season with salt and pepper. Garnish with the **cress**.

Enjoy!



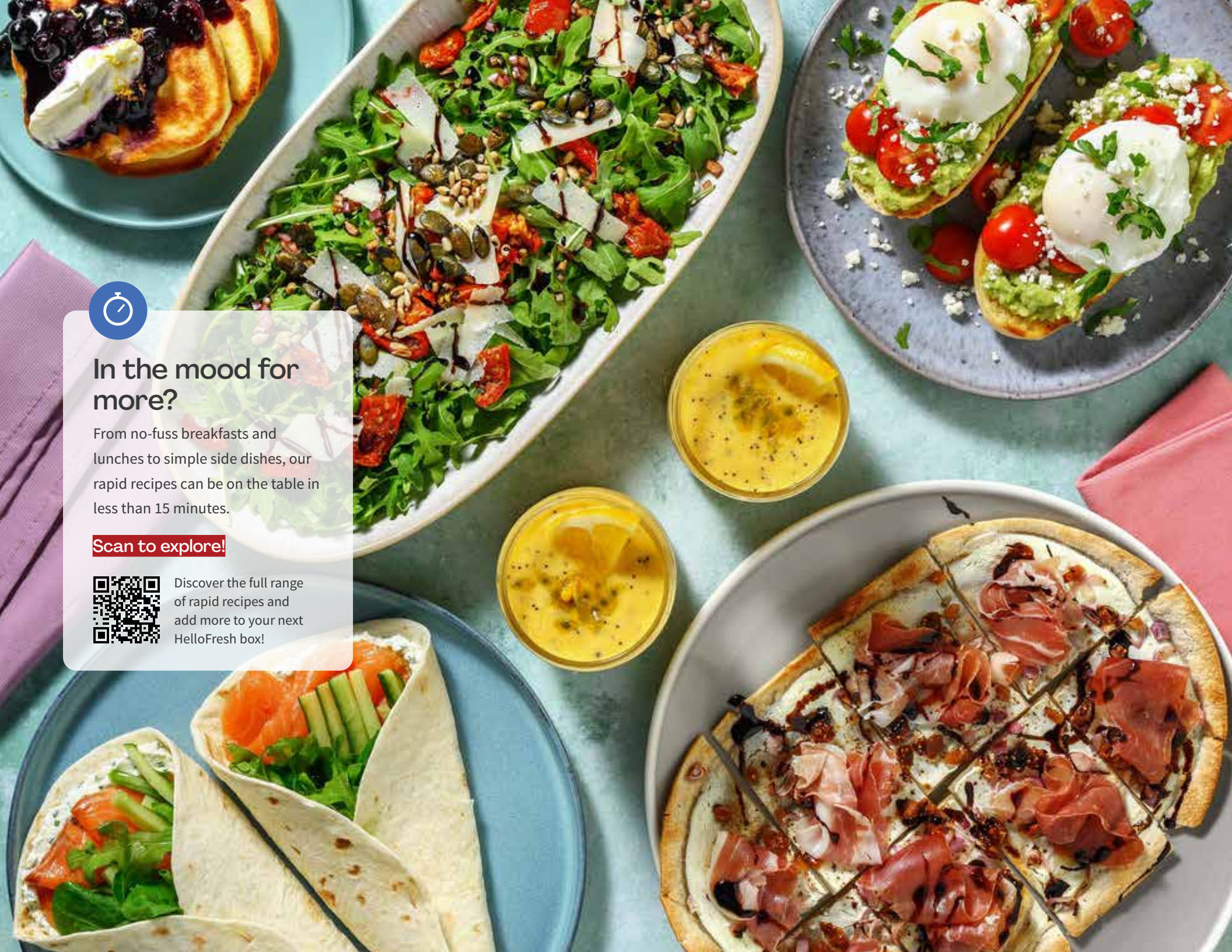
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## Before you begin

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

## Ingredients

Greek yogurt* (g)	1000
Blueberries* (g)	125
Apple* (unit(s))	2
Ground cinnamon (tsp)	3
Chopped pecans (g)	80
Easy peel orange* (unit(s))	1
Cranberry & walnut mix (g)	120
Desiccated coconut (g)	40
From your pantry	
Honey	to taste

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	729 /174
Total fat (g)	13
of which saturated (g)	5,3
Carbohydrates (g)	10
of which sugars (g)	8
Fibre (g)	2
Protein (g)	4
Salt (g)	0,1

\*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.

# Greek Yogurt and Fresh Fruit Breakfast Bowls

with three variations of toppings | 2 servings per day



Breakfast Total time: 5 min.



### 1. Greek yogurt with blueberries and desiccated coconut

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

### 2. Greek yogurt with apple and pecan nuts

- Core and dice the **apple**.
- Divide a third of the **yogurt** over two bowls.
- Garnish with the **apple**, pecan **nuts** and **cinnamon**.
- Add honey to taste.

### 3. Greek yogurt with orange, cranberries and walnuts

- Use a sharp knife to remove the skin and the white pith from the **orange** and then cut the flesh into segments.
- Divide a third of the **yogurt** over two bowls.
- Garnish with the **orange** and **cranberry & walnut** mix.
- Add honey to taste.

Enjoy!



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