

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

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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Taco Box | Mexican Food Night

with shrimp, minced meat, homemade guac and mango salsa | 4 servings

Total time: 50 - 60 min.



Shrimp



Fresh coriander



Garlic



Scallions



Mexican-style spices



Bell pepper



Tomato paste



Seasoned minced meat blend



Avocado



Lime



Mini tortillas



Organic crème fraîche



Grated cheddar



Corn



Mango



Tomato



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

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Utensils

2x bowl, small bowl, sieve, 2x frying pan, two small bowls

Ingredients for 4 servings

Shrimp* (g)	360
Fresh coriander* (g)	10
Garlic (unit(s))	2
Scallions* (bunch)	1
Mexican-style spices (sachet(s))	2
Bell pepper* (unit(s))	1
Tomato paste (can)	1
Seasoned minced meat blend* (g)	300
Avocado (unit(s))	2
Lime* (unit(s))	2
Mini tortillas (unit(s))	12
Organic crème fraîche* (g)	150
Grated cheddar* (g)	75
Corn (g)	140
Mango* (unit(s))	1
Tomato (unit(s))	1
Shallot (unit(s))	2

From your pantry

[Reduced salt] soy sauce (tbsp)	1
Sunflower oil (tbsp)	2
Salt & pepper	to taste
<i>*store in the fridge</i>	

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	8187 /1957	619 /148
Total fat (g)	115	9
of which saturated (g)	39,3	3
Carbohydrates (g)	138	10,4
of which sugars (g)	43,5	3,3
Fibre (g)	23	1,7
Protein (g)	87	7
Salt (g)	8	0,6

Allergens

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



1. Make the guacamole

- Preheat the oven to 180°C.
- Dice the **tomato**. Finely chop 1 **shallot** and 1 **garlic clove**.
- Halve and pit the **avocado**, then remove the skin. Transfer the flesh to a bowl and mash well.
- Juice half of a **lime** in the bowl.
- Add the **tomato, shallot** and **garlic** to the **avocado**. Season with salt and pepper and mix well.



4. Make the creamy shrimp

- Heat 1 tbsp of sunflower oil in a frying pan over medium-high heat. Add the rest of the white parts of the **scallions** and fry for 2 - 3 minutes.
- Add the **shrimp** and the rest of the **Mexican spices** and fry for 2 - 3 minutes.
- Add 50g of **crème fraîche** and the rest of the **coriander**, then season with salt and pepper.
- Cut half of the remaining **lime** into wedges and set aside. Juice the other half into the pan.



2. Make the mango salsa

- Peel and dice the **mango**.
- Finely chop the rest of the **shallot** and **garlic clove**.
- Finely chop the **coriander**.
- Mix the **mango, shallot, garlic** and half of the **coriander** in a bowl. Juice half of a **lime** in the bowl and season with salt and pepper.



5. Prepare the toppings

- Warm the **tortillas** in a preheated oven at 180°C for 2 - 4 minutes.
- Add the **cheddar** and the rest of the **crème fraîche** to separate small bowls.



3. Fry the mince

- Dice the **bell pepper**. Finely chop the **scallions** and set aside the green parts in a small bowl to use as a garnish later.
- Heat 1 tbsp of sunflower oil in a frying pan over medium-high heat. Add half of the white parts of the **scallions** and fry for 2 - 3 minutes.
- Add the **minced meat** and fry for 3 - 4 minutes, then add the **tomato paste, bell pepper, 1 sachet of Mexican spices*** and **soy sauce**.
- Drain the **corn**, then add it to the pan along with 2 tbsp of water and simmer for 6 - 8 minutes. Season with salt and pepper.

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



6. Serve

- Serve the **minced meat** and **shrimp** in serving dishes in the middle of the table.
- Do the same with the **guacamole** and **mango salsa**, as well as the **tortillas, crème fraîche, cheese**, green parts of the **scallions** and **lime wedges**.
- Let everyone build their own tacos and enjoy!

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

Peeler or cheese slicer, salad bowl, frying pan

Ingredients

Smoked salmon* (g)	160
Avocado (unit(s))	1
Arugula & lamb's lettuce* (g)	90
Cucumber* (unit(s))	1
Honey-mustard dressing* (g)	40
White ciabatta (unit(s))	1
Shallot (unit(s))	1
From your pantry	
Olive oil (tbsp)	1
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2157 / 515	589 / 141
Total fat (g)	34	9
of which saturated (g)	7	1,9
Carbohydrates (g)	26	7
of which sugars (g)	5,5	1,5
Fibre (g)	5,4	1,5
Protein (g)	25	7
Salt (g)	1,7	0,5

Allergens

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Smoked Salmon & Mixed Greens Salad

with avocado and croutons | 2 servings



Lunch Total time: 10 min.



1. Chop the vegetables

- Cut the **shallot** into thin half rings.
- Halve and pit the **avocado**, then remove the skin and slice the flesh.
- Use a peeler or cheese slicer to shave the **cucumber** into thin ribbons.

2. Make the croutons

- Cut the **bread roll** into 3cm cubes.
- Heat a generous drizzle of olive oil in a frying pan on medium-high heat.
- Fry the **bread** for 6 - 8 minutes until crispy. Season with salt and pepper to taste.

3. Prepare the salmon

- Use two forks to shred the **smoked salmon** into smaller pieces.

4. Finish the salad and serve

- Put the **mixed greens** and **shallot** in a salad bowl.
- Add the **dressing**, toss well and season with salt and pepper.
- Add the **cucumber** and **avocado**, then garnish with the **smoked salmon** and croutons.

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!



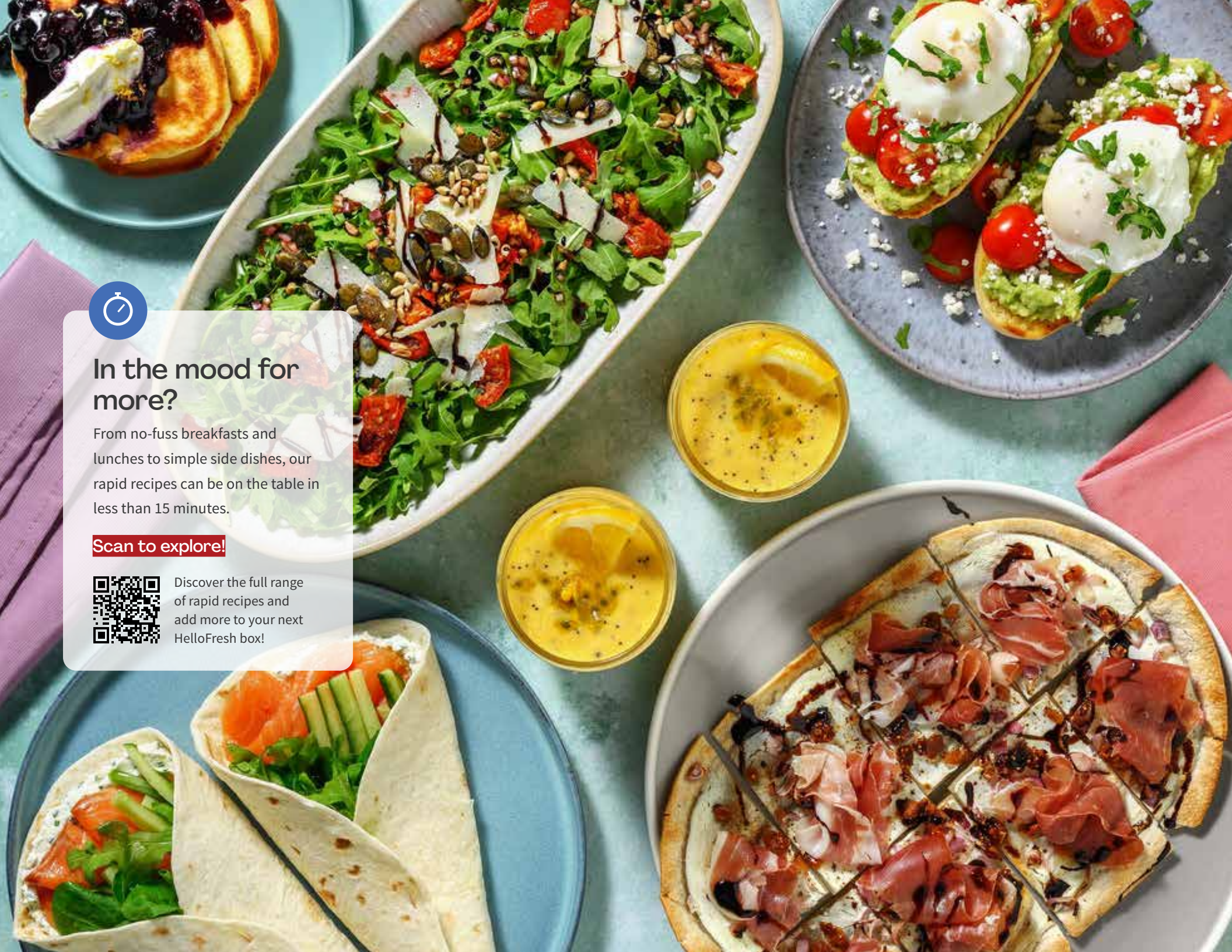
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Utensils

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

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

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Allergens

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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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Utensils

Bowl, deep plate, frying pan or grill pan, kitchen paper

Ingredients

Shrimp* (g)	360
Curry powder (sachet(s))	1
Garam Masala (sachet(s))	½
Lime* (unit(s))	1
Mango chutney* (g)	80
Organic full-fat yogurt* (g)	50
From your pantry	
Sunflower oil (tbsp)	1
Flour (tbsp)	1
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	353 /84
Total fat (g)	2
of which saturated (g)	0,4
Carbohydrates (g)	7
of which sugars (g)	4,8
Fibre (g)	1
Protein (g)	9
Salt (g)	0,6

Allergens

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Tandoori-Style Marinated Shrimp

with mango chutney and lime | to share



Appetizer Total time: 20 min.



1. Make the marinade

- Cut the **lime** into 6 wedges.
- In a bowl, combine the **yogurt**, **curry powder**, **garam masala***, and the juice of 2 **lime wedges** to make a marinade.
- Season to taste with salt and pepper.

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

2. Marinate the shrimp

- Transfer the flour to a deep plate. Pat the **shrimp** dry with kitchen paper and then coat it with flour.
- Transfer the **shrimp** to the marinade.
- Mix well, being sure to fully cover the **shrimp**.
- Set aside and marinate the **shrimp** for at least 10 minutes (see Tip).

Tip: the shrimp will absorb more flavour the longer you marinate them. If you have time, prepare the marinade in the morning and keep in the fridge so as to allow the shrimp to marinate all day.

3. Fry the shrimp

- Heat the sunflower oil in a grill pan or frying pan over high heat.
- Add the **shrimp** to the pan and fry for 2 - 3 minutes, until the **shrimp** are done.

4. Serve

- Serve the **shrimp** with the **mango chutney** on the side and garnish with the rest of the **lime wedges**.

Enjoy!



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Utensils

Lidded frying pan

Ingredients

Brioche bun (unit(s))	2
Serrano ham* (g)	40
Brie* (g)	200
Mango chutney* (g)	40
Arugula* (g)	20
Tomato ketchup* (g)	60
From your pantry	
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2644 /632	1037 /248
Total fat (g)	35	14
of which saturated (g)	21,6	8,5
Carbohydrates (g)	48	19
of which sugars (g)	14,6	5,7
Fibre (g)	4	1
Protein (g)	31	12
Salt (g)	3,5	1,4

Allergens

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Brioche Grilled Cheese with Brie and Serrano Ham

with mango chutney and arugula | 2 servings



Lunch Total time: 15 min.



1. Prepare

- Slice open the **bríoche**.
- Cut the **brie** into slices.

2. Assemble

- Spread the **mango chutney** on the **bríoche**.
- Layer the **brie**, **serrano ham** and **arugula** inside the **bríoche**.

3. Toast

- Heat the sandwich maker or panini press and place the grilled **cheese** sandwich in it (see Tip).
- Grill for 5 - 6 minutes or until the **cheese** has melted.

Tip: If you do not have a sandwich maker at home, you could also make the grilled cheese in a lidded frying pan. Heat a knob of butter in the pan over medium heat and toast the grilled cheese for 2 - 3 minutes on each side.

4. Serve

- Slice the grilled **cheese bríoche** sandwich in half diagonally and serve with the ketchup on the side.

Enjoy!



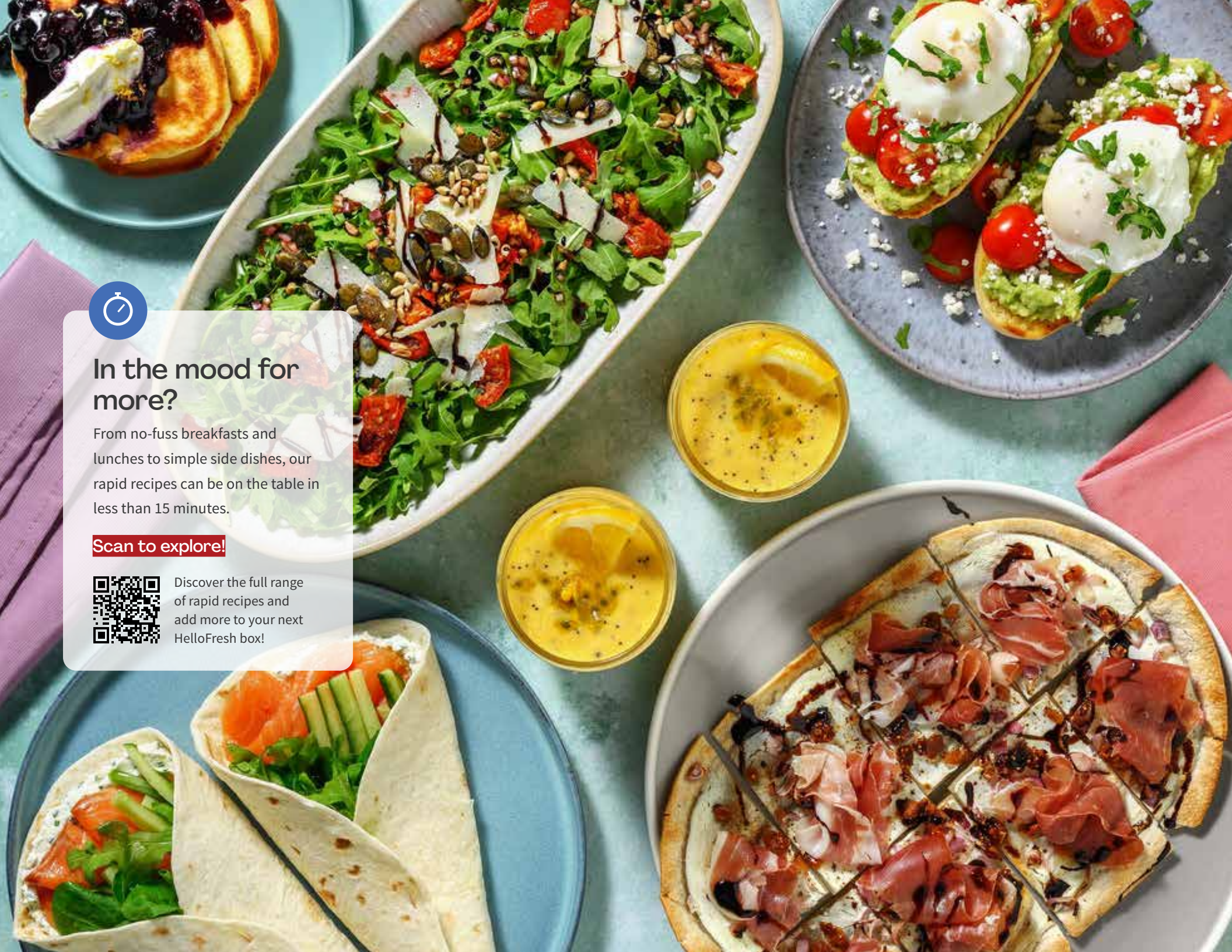
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Utensils

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

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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



Weekend recipe 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 sandwich maker if you have one.

3. Tear up the burrata

- Tear the **burrata** into small pieces.

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.

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!

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!

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 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

Aluminum foil, small pot or saucepan, spatula, two bowls, whisk, frying pan

Ingredients

Egg* (unit(s))	2
Organic buttermilk* (ml)	200
Flour (g)	150
Baking powder (g)	8
Speculaas spices (sachet(s))	1
Fresh ginger* (tsp)	5
Cream cheese* (g)	100
From your pantry	
Sugar (tbsp)	3
Sunflower oil (tbsp)	1
Salt (tsp)	½
Honey [or plant-based alternative] (tbsp)	2
[Plant-based] butter (tbsp)	1

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2878 /688	824 /197
Total fat (g)	26	8
of which saturated (g)	12	3,3
Carbohydrates (g)	90	26
of which sugars (g)	34,2	10
Fibre (g)	4	1
Protein (g)	24	7
Salt (g)	3,6	1

Allergens

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American-Style Gingerbread Pancakes

with cream cheese filling & ginger syrup | 2 servings



Breakfast Total time: 25 min.



1. Prepare the ginger syrup

- Grate the **ginger**.
- Add the honey, 4 tbsp of water, 2 tbsp of sugar, the **ginger** and a quarter of the **speculaas spices** to a small saucepan.
- Simmer on medium-high heat for 6 - 8 minutes.
- Turn off the heat, then stir in 1 tbsp of butter until melted. Cover and keep warm until ready to serve.

2. Make the batter

- Beat the **eggs** in a bowl.
- Add the **buttermilk** to the **eggs**, then whisk together until light and fluffy (see Tip).
- Weigh out 150g flour, then transfer to a bowl and add half a sachet of **baking powder**, the rest of the **speculaas spices**, 0.5 tsp salt and 1 tbsp sugar.
- Fold the **egg** and **buttermilk** mixture into the **flour** with a spatula.

Tip: the egg mixture is ready when you can see lots of air bubbles.

3. Fry the pancakes

- Heat the sunflower oil in a frying pan over medium-high heat.
- Pour a soup ladle full of batter into the pan. Add a small dollop of **cream cheese** and fry the pancake for about 2 minutes on each side.
- Remove from the pan and cover with aluminium foil to keep warm.
- Repeat these steps until you've used all of the batter, adding a little bit of sunflower oil in between each pancake if the pan dries out.

4. Serve

- Stack the pancakes on plates and drizzle with the ginger syrup.

Enjoy!



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Utensils

Bowl, small bowl, frying pan

Ingredients

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

From your pantry

Salt & pepper	to taste
Olive oil (tbsp)	1

*store in the fridge

Nutritional values

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

Allergens

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

Mediterranean-Style Chicken on Turkish Bread

with bruschetta spread and garlic yogurt sauce | 2 servings



Lunch Total time: 15 min.



1. Prepare

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

2. Fry the chicken

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

3. Prepare the toppings

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

4. Serve

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

Enjoy!



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Utensils

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

Ingredients

Apple* (unit(s))	4
Ground cinnamon (tsp)	3
Cane sugar (g)	100
Chopped walnuts (g)	80
Heavy cream* (ml)	200
Cookie dough salted caramel* (pack)	1
From your pantry	
Flour (tbsp)	1
Sugar (tbsp)	1

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1044 /249
Total fat (g)	13
of which saturated (g)	5,8
Carbohydrates (g)	29
of which sugars (g)	22,2
Fibre (g)	2
Protein (g)	3
Salt (g)	0,1

Allergens

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

Salted Caramel Apple Crumble

with pre-made cookie dough and whipped cream | to share



Baking Total time: 30 min.



1. Prepare

- Preheat the oven to 180°C.
- In a mixing bowl, whisk the **cream** with 1 tbsp of sugar using a handheld mixer until firm and thick.
- Fold in half of the **cinnamon**.

2. Make the filling

- Grease an oven dish or line it with parchment paper.
- Core and dice the **apple**. Add the **apple** to a bowl.
- Mix with the **walnuts**, the rest of the **cinnamon**, **cane sugar** and 1 tbsp of flour.
- Transfer the **apple** mixture to the oven dish.

3. Bake the crumble

- Crumble the cookie dough on top of the filling.
- Make sure the crumbs are evenly distributed and the **apples** are completely covered.
- Put the crumble in the oven for 30 - 35 minutes, or until golden brown.

4. Serve

- Let the crumble cool down for 5 minutes before serving (see Tip).

Tip: you can keep the apple crumble in the fridge for up to a week. It's equally delicious served hot or cold, but if you'd like to reheat it, pop it in the oven for 15 minutes at +/- 160°C.

Enjoy!



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Utensils

25cm loaf tin, large bowl, microplane, handheld mixer, parchment paper, skewers

Ingredients

Banana bread mix (g)	400
Banana (unit(s))	4
Speculaas spices (sachet(s))	2
Fresh ginger* (tsp)	5
Easy peel orange* (unit(s))	1
Chopped pecans (g)	50
From your pantry	
Honey [or plant-based alternative] (tbsp)	3
Water (ml)	50
Sunflower oil (ml)	50

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	981 /234
Total fat (g)	8
of which saturated (g)	1,4
Carbohydrates (g)	35
of which sugars (g)	20,9
Fibre (g)	2
Protein (g)	4
Salt (g)	0,5

Allergens

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

Banana Bread with Ginger

with orange and chopped pecans | 12 slices



Baking Total time: 85 min.



1. Prepare

- Preheat the oven to 160°C.
- Grate the **ginger**.
- Zest and juice the **orange** into a large bowl.
- Add three **bananas** to the bowl and mash them with a fork, then mix in the honey, **ginger** and **speculaas spices** (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. Finish the banana bread

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

2. Make the batter

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

4. Serve

- After 55 minutes, check if the cake is done by poking it with a skewer.
- If the skewer comes out clean, the cake is ready. Remove it from the oven and let the cake cool completely.
- Cut the cake into slices and serve.

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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Sweet & Savory Breakfast Box

Kick-start your day!

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

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

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

Avocado & Scrambled Eggs on Ciabatta Toast

with tomato and cress | 2 servings

20 min.



Utensils

Parchment-lined baking sheet, bowl, frying pan

Ingredients for 2 servings

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

*store in the fridge

Nutritional values

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

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

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

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



Ham & Herbed Cream Cheese Open-Faced Sandwiches

2 days of breakfast for 2 persons | 4 servings

5 min.



Utensils

-

Ingredients for 4 servings

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

From your pantry

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

*store in the fridge

Nutritional values

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

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

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

Banana & Blueberry Smoothie

2 days of breakfast for 2 persons | 4 servings

5 min.



Utensils

Blender or an immersion blender with a tall container

Ingredients for 4 servings

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

From your pantry

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

*store in the fridge

Nutritional values

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

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

Tip: Mix some honey through the smoothie to taste.

Enjoy!

Before you begin

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

Utensils

Parchment-lined baking sheet, frying pan

Ingredients

Flour tortillas (unit(s))	4
Grated Gouda* (g)	75
Chicken breast* (unit(s))	2
BBQ Sauce (g)	50
Onion (unit(s))	1
Green bell pepper* (unit(s))	1
Organic crème fraîche* (g)	50
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)	2879 /688	720 /172
Total fat (g)	32	8
of which saturated (g)	18,2	4,5
Carbohydrates (g)	55	14
of which sugars (g)	10,1	2,5
Fibre (g)	5	1
Protein (g)	41	10
Salt (g)	2,1	0,5

Allergens

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

Quesadillas with Pulled Chicken

with bell pepper and BBQ sauce | 2 servings



Lunch Total time: 25 min.



1. Prepare

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

2. Fry the chicken

- Season the **chicken** with salt and pepper.
- Heat the butter in a frying pan over medium-high heat and fry the **chicken** for 2 - 3 minutes per side. Reduce the heat and fry for a further 4 - 5 minutes or until done.
- Remove the **chicken** from the pan and shred it using two forks.
- Add the **chicken** back to the pan, together with the **bell pepper**, **onion** and **BBQ sauce**. Simmer for 4 - 5 minutes on medium-high heat.

3. Make the quesadillas

- Place the **tortillas** on a parchment-lined baking sheet. Add the **pulled chicken** and **veggies** to just half of each **tortilla**.
- Top with the **grated cheese**, then fold the other side over the filling and press down.
- Put the quesadillas in the oven and bake for 5 - 7 minutes, until golden brown.

4. Serve

- Serve the quesadillas with the **crème fraîche** on the side.

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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Utensils

Bowl, mixing bowl, rolling pin, saucepan, frying pan

Ingredients

Flour (g)	200
Greek yogurt* (g)	350
Baking powder (g)	16
Garlic (unit(s))	2
Fresh coriander & mint* (g)	20
Mango chutney* (g)	160
Garam Masala (sachet(s))	½
Fresh Indian dahl soup* (ml)	1000
From your pantry	
[Plant-based] butter (tbsp)	2
Honey [or plant-based alternative] (tbsp)	½
White wine vinegar (tsp)	1
Flour	for dusting
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	548 / 131
Total fat (g)	6
of which saturated (g)	3,8
Carbohydrates (g)	17
of which sugars (g)	5,0
Fibre (g)	2
Protein (g)	4
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.

Homemade Naan with Garlic and Coriander

with fresh raita and mango chutney | to share



Appetizer Total time: 45 min.



1. Make the dough

- Add 200g of **flour**, the **baking powder**, 230g of **Greek yogurt**, and 0.25 tsp salt to a mixing bowl.
- Knead for 1 minute, until it comes together into a sticky ball (see Tip).
- Rest the dough during the next step.

Tip: you want a sticky but manageable dough. If it's dry, add a little more yogurt; if it's too wet to roll, add a little flour.

3. Finish the naan

- Divide the dough into 6 equal balls.
- Dust a rolling pin and the rolling surface with **flour**.
- Roll each ball out onto the rolling surface into a thin, 15-20cm diameter naan.
- Heat a clean frying pan over high heat. When the pan is nice and hot, cook each naan for 2 minutes per side, until lightly golden spots appear and the naan puffs up.

2. Make the sauces

- Thinly slice the **garlic**.
- Finely chop the **fresh herbs**, making sure to keep them separate.
- Melt the butter in a saucepan, then remove from the heat and add the **garlic** and **coriander**. Stir together and season to taste with salt and pepper.
- In a bowl, mix half of the **mango chutney** with the rest of the **yogurt**, **garam masala***, **mint**, white wine vinegar, and honey. Season to taste with salt and pepper.

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

4. Serve

- When the naans are done, brush them with the **garlic coriander butter**.
- Serve the naans with the **yogurt sauce** and the **mango chutney** on the side.

Enjoy!



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Before you begin

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Utensils

Parchment-lined baking sheet, bowl

Ingredients

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

*store in the fridge

Nutritional values

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

Allergens

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

Soup

You can find the soup instructions on the packaging.

Fresh Tomato Soup with Meatballs and Super Cheesy Pesto Garlic Baguette

with cheddar and Gouda | to share

Appetizer Total time: 20 min.



1. Prepare

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

2. Prepare the baguettes

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

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

3. Bake the baguettes

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

4. Serve

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

Enjoy!



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Before you begin

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Utensils

Parchment-lined baking sheet, bowl

Ingredients

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

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	697 /167
Total fat (g)	8,7
of which saturated (g)	2,4
Carbohydrates (g)	17,2
of which sugars (g)	2
Fibre (g)	1,4
Protein (g)	5
Salt (g)	1

Allergens

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

Soup

You can find the soup instructions on the packaging.

Fresh Tomato-Basil Soup with Super Cheesy Pesto Garlic Baguette

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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Before you begin

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Utensils

Parchment-lined baking sheet, bowl

Ingredients

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

From your pantry

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

*store in the fridge

Nutritional values

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

Allergens

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

Super Cheesy Pesto Garlic Baguettes

with cheddar and Gouda | to share



Appetizer Total time: 20 min.



1. Prepare

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

2. Prepare the baguettes

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

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

3. Bake the baguettes

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

4. Serve

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

Enjoy!



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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
Smoked salmon* (g)	120

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)	2970 /710	779 /186
Total fat (g)	44,8	11,8
of which saturated (g)	11,5	3
Carbohydrates (g)	39,3	10,3
of which sugars (g)	5,7	1,5
Fibre (g)	4	1
Protein (g)	36,3	9,5
Salt (g)	2,4	0,6

Allergens

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

Eggs Royale with Smoked Salmon

on brioche bread with Béarnaise sauce | 2 servings

Breakfast Lunch Total time: 25 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.

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.

3. Prepare the spinach

- Meanwhile, heat the sunflower oil in a frying pan over medium-high heat.
- Reduce the heat and then tear the **spinach** into the pan, in batches if needed. Add a pinch of salt and pepper.
- Fry the **spinach** while stirring for 1 minute until it starts to wilt down, then take the pan off the heat.
- Heat up the **Béarnaise sauce** in a small saucepan for 1 - 2 minutes. Put the **brioche rolls** in the oven to bake for 3 - 4 minutes.

4. Serve

- Cut open the **brioche rolls** and top with the **spinach** and **smoked salmon**.
- Carefully place the **eggs** on top and drizzle the **Béarnaise sauce** over the eggs.

Enjoy!



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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!



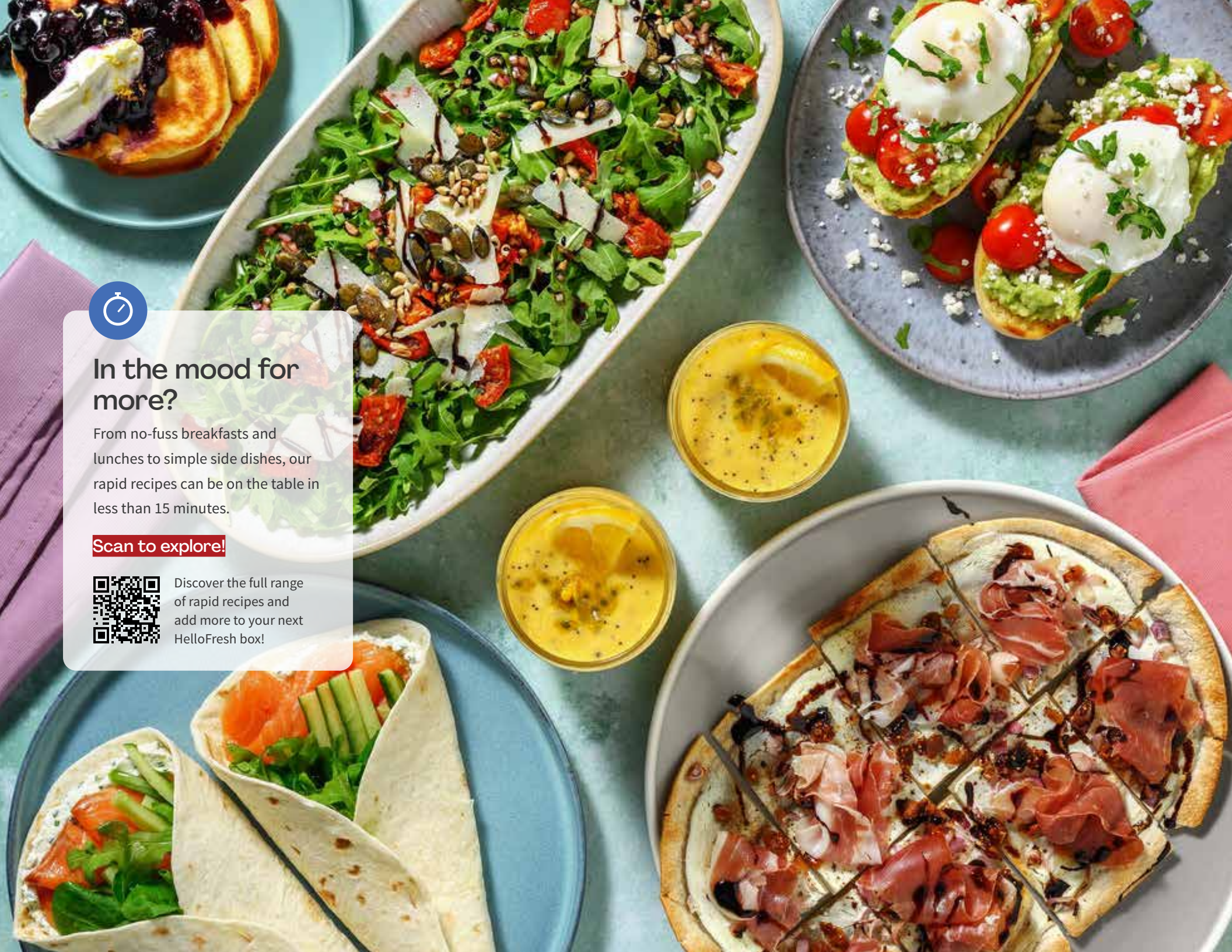
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Before you begin

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Utensils

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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Before you begin

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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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Before you begin

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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, 2x tall container

Ingredients

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
Fibre (g)	8	2
Protein (g)	4	1
Salt (g)	0	0

Allergens

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

Tutti-frutti Smoothie with Raspberries

with pineapple, orange and banana | 2 servings



Breakfast Total time: 5 min.



1. Slice the banana

- Peel and slice 1 **banana**.

2. Juice the orange

- Juice the **orange** into a blender (or a tall container, if you're using an immersion blender).

3. Blend the smoothie

- Add the raspberries, **banana, pineapple** and 250ml **coconut milk**, then blend into a thick smoothie.

4. Serve

- Pour the smoothie into two glasses and serve.

Enjoy!



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Utensils

Lidded pot or saucepan, kitchen paper, frying pan

Ingredients

Fresh spaghetti* (g)	250
Pre-cut mushroom mix* (g)	175
Herbed cream cheese* (g)	150
Grated Gouda* (g)	25
Bacon* (slice(s))	2
Truffle-style olive oil (ml)	8
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)	3297 /788	1018 /243
Total fat (g)	44	14
of which saturated (g)	23,2	7,2
Carbohydrates (g)	74	23
of which sugars (g)	2,6	0,8
Fibre (g)	4	1
Protein (g)	24	8
Salt (g)	1,2	0,4

Allergens

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

Fresh Spaghetti with Truffle-Mushroom Cream Sauce

with bacon and herb cream cheese | 2 servings



Lunch Total time: 15 min.



1. Prepare

- Boil plenty of water with a pinch of salt in a lidded pot or saucepan for the **spaghetti**.
- Boil the **spaghetti** for 4 - 6 minutes.
- Save a cup of pasta water, then drain and set aside without the lid.

2. Fry the bacon

- Heat a frying pan without any oil and fry the **bacon** for 2 - 3 minutes until crispy.
- Remove from the pan and set aside on kitchen paper to cool down.

3. Prepare the sauce

- Heat a generous knob of butter in the same frying pan over medium-high heat.
- Add the **mushrooms** and fry for 5 minutes.

4. Serve

- Add the **spaghetti** to the pan with the **mushrooms**, along with the **herbed cream cheese** and a splash of pasta water. Season with salt and pepper to taste.
- Scatter over the **grated cheese** and crumble the **bacon** on top.
- Drizzle with the **truffle-infused olive oil** 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

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

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Utensils

Bowl

Ingredients

Hotdog bun (unit(s))	6
Brandt & Levie BBQ pork sausage* (unit(s))	6
Sliced jalapeños* (g)	90
Fresh coriander* (g)	10
Sriracha mayo* (g)	100
Avocado dip* (g)	160
Sweet chili tortilla chips (g)	75

From your pantry

Salt & pepper to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1037 /248
Total fat (g)	14,2
of which saturated (g)	3,1
Carbohydrates (g)	20,5
of which sugars (g)	2,6
Fibre (g)	1,3
Protein (g)	9
Salt (g)	0,9

Allergens

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

Mexican-Style Hotdog with Brandt & Levie Sausage

with avocado dip, tortilla chips and jalapeños | 6 servings



Lunch Total time: 15 - 20 min.



1. Prepare

- Finely chop the **coriander**.
- Add the **tortilla chips** to a bowl and crumble with your hand.

2. Grill

- Preheat the barbecue (see Tip).
- Cut the **hotdog buns** open, but not all the way through, then put them face-down on the barbecue and toast for 3 - 5 minutes, or until they're lightly browned.
- Grill the hotdogs on the barbecue for 4 - 6 minutes until done.

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

3. Assemble

- Spread the **avocado dip** over the **hotdog buns**.
- Place the **hotdogs** in the **buns**.
- Top the hotdogs with the crumbled **tortilla chips**.

4. Serve

- Drizzle the **sriracha mayo** over the hotdogs.
- Garnish with the **jalapeños*** and **coriander**.

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

Enjoy!



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Utensils

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

Ingredients

Puff pastry* (roll(s))	2
Egg* (unit(s))	2
Belgian spice mix (tsp)	3
Panko breadcrumbs (g)	25
Garlic (unit(s))	1
Onion chutney* (g)	40
Cream cheese* (g)	50
Spinach* (g)	100
Sesame seeds (sachet(s))	1
Grated aged Gouda* (g)	75
Greek-style cheese* (g)	100
Seasoned minced meat blend* (g)	100
From your pantry	
Mustard (tbsp)	1½
Sunflower oil (tbsp)	½
Flour (tbsp)	1
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1251 /299
Total fat (g)	19
of which saturated (g)	10,2
Carbohydrates (g)	22
of which sugars (g)	2,2
Fibre (g)	2
Protein (g)	10
Salt (g)	0,9

Allergens

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

Mini Pastry Platter

with mini cheese rolls, spinach rolls and sausage rolls | to share



Lunch Total time: 45 - 55 min.



1. Prepare

- Preheat the oven to 200°C.
- Roll out the **puff pastry** over the counter and dust lightly with some flour so it doesn't stick together. Press the two pieces of **pastry** together to make one long strip.
- Cut the **pastry** into 3 pieces of the same width. Beat 1 **egg** into a small bowl to brush over the pastries later.
- Heat the sunflower oil in a frying pan over medium-high heat. Add the **spinach**, fry for 1 - 2 minutes while stirring and season with salt and pepper to taste.

3. Make the sausage rolls

- Press or mince the **garlic**. In a bowl, add the **minced meat**, the **garlic**, 1 **egg**, **panko**, 0.5 tbsp mustard and 1 tsp **Belgian spice mix**. Mix well.
- Take 1 piece of **pastry** and cut it in half lengthways. Spread the **minced meat** over the middle of each half, then spread the **onion chutney** over the top.
- Fold the dough over the **meat** and press the edges together. Slice into 3cm pieces. Brush some **egg** over the top and sprinkle over half a sachet of **sesame seeds**.

2. Make the spinach rolls

- Crumble up the **Greek-style cheese** into a bowl. Add the **spinach** and mix well.
- Take 1 piece of **pastry** and cut it in half lengthways. Spread the mixture over the **pastry**.
- Fold the dough over the filling and press the edges together.
- Slice into 3cm pieces and brush some **egg** over the top.

4. Make the cheese rolls

- Take 1 piece of **puff pastry** and cut it in half lengthways. Spread the **cream cheese** over the middle of each half, then spread the rest of the mustard over the top and scatter over the **grated aged Gouda**.
- Fold the dough over the filling and press the edges together. Slice into 3cm pieces and brush some **egg** over the top.
- Place the mini pastries on a parchment-lined baking sheet.
- Pop the pastries in the oven for 15 - 20 minutes.

Enjoy!



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Before you begin

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Utensils

Bowl, mixing bowl, rolling pin, saucepan, frying pan

Ingredients

Flour (g)	200
Greek yogurt* (g)	350
Baking powder (g)	16
Garlic (unit(s))	2
Fresh coriander & mint* (g)	20
Mango chutney* (g)	160
Garam Masala (sachet(s))	½
From your pantry	
[Plant-based] butter (tbsp)	2
Flour	for dusting
Honey [or plant-based alternative] (tbsp)	½
White wine vinegar (tsp)	1
Salt & pepper	to taste
*store in the fridge	

Nutritional values

	Per 100g
Energy (kJ/kcal)	855 / 204
Total fat (g)	8
of which saturated (g)	4,8
Carbohydrates (g)	28
of which sugars (g)	9,1
Fibre (g)	1
Protein (g)	6
Salt (g)	1,1

Allergens

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

Homemade Naan with Garlic and Coriander

with fresh raita and mango chutney | to share



Appetizer Total time: 45 min.



1. Make the dough

- Add 200g of **flour**, the **baking powder**, 230g of **Greek yogurt**, and 0.25 tsp salt to a mixing bowl.
- Knead for 1 minute, until it comes together into a sticky ball (see Tip).
- Rest the dough during the next step.

Tip: you want a sticky but manageable dough. If it's dry, add a little more yogurt; if it's too wet to roll, add a little flour.

3. Finish the naan

- Divide the dough into 6 equal balls.
- Dust a rolling pin and the rolling surface with flour.
- Roll each ball out onto the rolling surface into a thin, 15-20cm diameter naan.
- Heat a clean frying pan over high heat. When the pan is nice and hot, cook each naan for 2 minutes per side, until lightly golden spots appear and the naan puffs up.

2. Make the sauces

- Thinly slice the **garlic**.
- Finely chop the **fresh herbs**, making sure to keep them separate.
- Melt the butter in a saucepan, then remove from the heat and add the **garlic** and **coriander**. Stir together and season to taste with salt and pepper.
- In a bowl, mix half of the **mango chutney** with the rest of the **yogurt**, **garam masala***, **mint**, white wine vinegar, and honey. Season to taste with salt and pepper.

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

4. Serve

- When the naans are done, brush them with the **garlic coriander butter**.
- Serve the naans with the **yogurt sauce** and the **mango chutney** on the side.

Enjoy!



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Utensils

Bowl, microplane, skewers, small bowl, frying pan

Ingredients

Garam Masala (sachet(s))	1
Organic full-fat yogurt* (g)	50
Tomato paste (can)	½
Mango chutney* (g)	40
Garlic (unit(s))	1
Chicken thigh strips* (g)	400
Fresh coriander* (g)	10
Fresh ginger* (tsp)	2½
From your pantry	
Olive oil (tbsp)	1
[Plant-based] mayonnaise (tbsp)	2
Salt (tsp)	1

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	808 / 193
Total fat (g)	14
of which saturated (g)	3,6
Carbohydrates (g)	5
of which sugars (g)	3,5
Fibre (g)	1
Protein (g)	12
Salt (g)	1,1

Allergens

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

Tandoori-Style Chicken Skewers

with mango chutney mayonnaise | 4 servings



Appetizer Total time: 15 min.



1. Prepare

- Crush or **mince** the **garlic**. Finely grate the **ginger**.
- Slice the **chicken** lengthways into smaller strips.
- In a bowl, mix the **tomato paste**, **yogurt**, **garlic**, **ginger**, **garam masala***, salt, and half of the olive oil.
- Add the **chicken** to this marinade and mix well, then set aside until further use.

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

2. Fry the chicken

- Heat the rest of the olive oil in a frying pan over medium-high heat.
- Thread the **chicken** onto **skewers**.
- Fry the **chicken** for 8 - 10 minutes or until done.

3. Make the sauce

- In a small bowl, mix the mayonnaise with the **mango chutney**.
- Finely chop the **coriander**.

4. Serve

- Place the **chicken skewers** on a serving platter and garnish with the **coriander**.
- Serve with the **mango chutney** mayonnaise on the side.

Enjoy!



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Utensils

Tall container, immersion blender, frying pan

Ingredients

Naan bread with herbs (unit(s))	2
Bacon* (slice(s))	4
Avocado (unit(s))	1
Greek-style cheese* (g)	50
Garam Masala (sachet(s))	1
Tomato (unit(s))	1
Egg* (unit(s))	4
From your pantry	
Sunflower oil (tbsp)	1
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3359 /803	857 /205
Total fat (g)	47,8	12,2
of which saturated (g)	12,2	3,1
Carbohydrates (g)	56,6	14,4
of which sugars (g)	5,3	1,4
Fibre (g)	6,7	1,7
Protein (g)	34,1	8,7
Salt (g)	2,5	0,6

Allergens

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

Breakfast Naan with Fried Eggs and Garam Masala

with avocado & bacon | 2 servings



Breakfast Total time: 20 min.



1. Prepare

- Preheat the oven to 200°C.
- Halve and pit the **avocado**, then remove the skin and slice the flesh.
- Dice the **tomato**.

2. Make the whipped cheese

- Add the **Greek-style cheese** and half of the **garam masala*** to a tall container (see Tip).
- Blend with an immersion blender until you have a smooth consistency.
- Season to taste with salt and pepper.

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

Tip: add extra garam masala to taste.

3. Fry the bacon & eggs

- Heat a frying pan over medium-high heat and fry the **bacon** for 5 - 6 minutes.
- Remove the **bacon** from the pan and add the sunflower oil.
- Fry the **eggs** for 4 - 6 minutes.
- Meanwhile, bake the **bread** for 3 - 4 minutes in the preheated oven.

4. Serve

- Spread the **whipped cheese** over the **naan bread**.
- Top with the **tomato, avocado, and bacon**.
- Finish with the **fried eggs**.

Enjoy!



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