

## Before you begin

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

## Utensils

25cm loaf tin, large bowl, small bowl, frying pan, whisk, microplane

## Ingredients

Banana bread mix (g)	400
Blueberries* (g)	125
Lemon* (unit(s))	1
Shaved almonds (g)	10
Powdered sugar (g)	100
Banana (unit(s))	3
From your pantry	
Sunflower oil (ml)	100
Water (ml)	90
Salt & pepper	to taste

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	1081 /258
Total fat (g)	10
of which saturated (g)	1,6
Carbohydrates (g)	38
of which sugars (g)	24,4
Fibre (g)	1
Protein (g)	4
Salt (g)	0,5

## Allergens

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

# Blueberry & Lemon Banana Bread

with lemon glaze and almond flakes | 10 servings



**Baking** Total time: 85 min.



## 1. Prepare

- Preheat the oven to 160°C.
- Mash the **bananas** with a fork until smooth (see Tip).
- Grease a rectangular loaf tin, or line it with parchment paper.

**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.

## 3. Bake the banana bread

- Pour the batter into the loaf tin, then bake the banana bread for 45 - 55 minutes.
- When you remove the banana bread from the oven, leave it in the tin for 10 minutes, then take it out of the tin and let it cool down for another 5 minutes.

## 2. Make the batter

- In a large bowl, mix the mashed **bananas** with the **banana bread mix**, 90ml water and 100ml sunflower oil.
- Zest the **lemon** into the bowl, then whisk everything together into a smooth batter (you can use an **electric** whisk or whisk it by hand).
- Add the **blueberries** and mix them into the batter.
- Juice the **lemon** and set the juice aside until step 4.

## 4. Serve

- While the banana bread is cooling down, heat a frying pan without any oil over high heat. Toast the **shaved almonds** until they're golden brown.
- In a small bowl, combine the icing sugar with 4 tsp **lemon** juice and mix into a smooth icing.
- Drizzle the icing over the top of the banana bread, then scatter over the **shaved almonds**.

Enjoy!



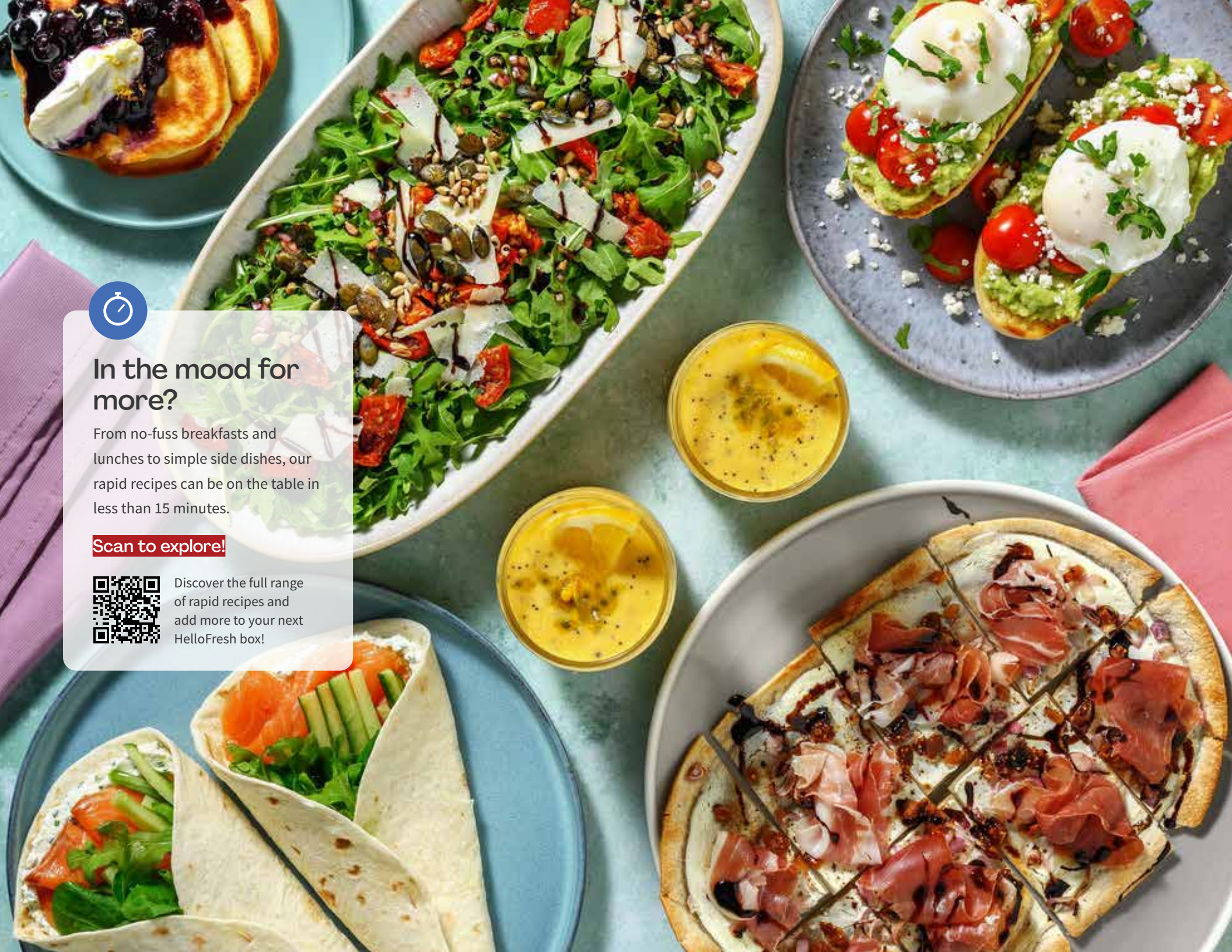
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## Before you begin

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## Utensils

## Ingredients

Greek yogurt* (g)	1000
Mango* (unit(s))	2
Blueberries* (g)	125
Chopped pecans (g)	30
Pumpkin seeds (g)	20
Apple* (unit(s))	1
Chia seeds (g)	100

### From your pantry

Honey to taste

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	592 /142
Total fat (g)	9
of which saturated (g)	3,7
Carbohydrates (g)	10
of which sugars (g)	7,1
Fibre (g)	3
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.

# Breakfast Bowls with Greek Yogurt and Fresh Fruit

with three variations of toppings | 2 servings per day



Breakfast Total time: 5 min.



### 1. Greek yogurt with mango, pumpkin and chia seeds

- Peel and dice 1 **mango**.
- Divide a third of the **yogurt** over two bowls.
- Garnish with the **mango**, the **pumpkin seeds** and a third of the **chia seeds**.
- Add honey to taste.

### 2. Greek yogurt with blueberries, pecan nuts and chia seeds

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

### 3. Greek yogurt with apple, mango and chia seeds

- Core and slice the **apple**. Peel and dice 1 **mango**.
- Divide a third of the **yogurt** over two bowls.
- Garnish with the **apple**, **mango** and a third of the **chia seeds**.
- Add honey to taste.

Enjoy!



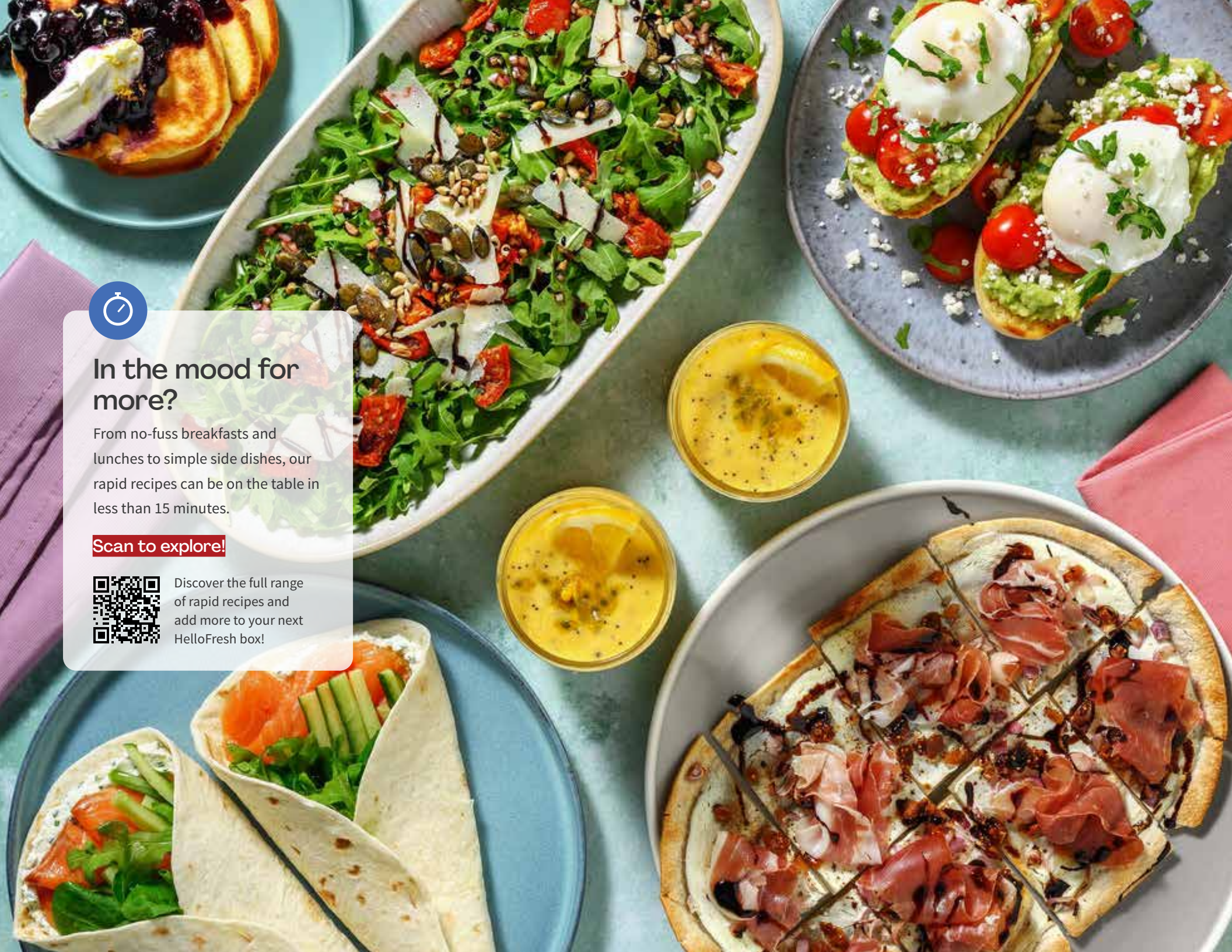
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## Before you begin

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## Utensils

Frying pan

## Ingredients

Grated cheddar* (g)	50
Grated Gouda* (g)	50
Onion chutney* (g)	80
Bacon* (slice(s))	6
Brioche bun (unit(s))	2
Onion (unit(s))	½
BBQ Sauce (g)	50

### From your pantry

Salt & pepper to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2434 /582	993 /237
Total fat (g)	27,2	11,1
of which saturated (g)	14,9	6,1
Carbohydrates (g)	59,1	24,1
of which sugars (g)	23,5	9,6
Fibre (g)	3,7	1,5
Protein (g)	24,7	10,1
Salt (g)	3,2	1,3

## Allergens

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

# Grilled Cheese Brioche with Cheddar and Gouda with bacon and onion chutney | 2 servings



Lunch Total time: 15 min.



## 1. Prepare

- Heat a clean frying pan over medium-high heat and fry the **bacon** for 3 - 4 minutes. Remove from the pan and set aside.
- Chop the **onion** into half rings.

## 2. Assemble

- Slice open the **brioche bun**.
- Spread the **onion chutney** on the **bread**.
- Add the **cheese, onion** and **bacon**, then close the **bun**.

## 3. Toast

- Heat the sandwich maker and add the grilled **cheese** (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 toastie in half diagonally and serve with the **BBQ sauce**.

Enjoy!



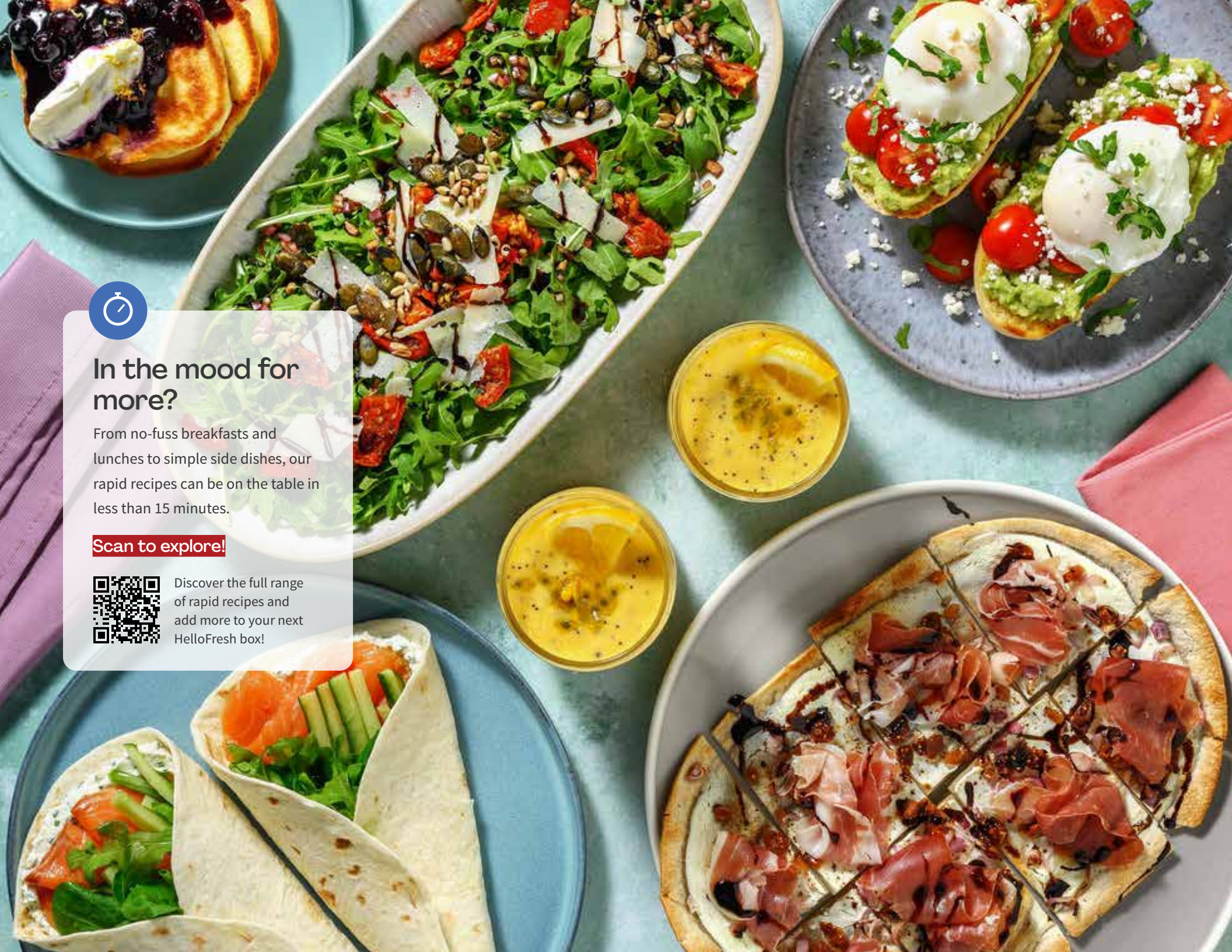
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## Before you begin

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

Saucepan, small bowl

## Ingredients

Herbed cream cheese* (g)	100
Cress* (g)	20
Avocado (unit(s))	1
Egg* (unit(s))	4
Ham* (slice(s))	8
Cream cheese* (g)	100
Radish* (bunch)	1
Crackers (unit(s))	12

### From your pantry

Salt & pepper	to taste
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\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	685 / 164
Total fat (g)	12
of which saturated (g)	3,9
Carbohydrates (g)	3
of which sugars (g)	1,1
Fibre (g)	3
Protein (g)	6
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: Ham and herbed cream cheese

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

### 2. Option 2: Smashed avocado and boiled eggs

- Boil plenty of water in a saucepan. Carefully transfer the **eggs** to the water and boil for 5 - 7 minutes (see Tip).
- Rinse the **egg** under cold water, then remove the shell and cut the **egg** in half.
- Halve and pit the **avocado**, then remove the skin. Transfer the flesh to a small bowl and mash well. Season with salt and pepper.
- Divide four **crackers** over two plates. Spread the **avocado** on the **crackers**. Garnish with the **eggs** and **cress**.

*Tip: you can also boil the eggs in advance and keep them in the fridge. Peel them in the morning to add to your crackers.*

### 3. Option 3: Cream cheese, ham and radishes

- Divide four **crackers** over two plates.
- Finely slice a handful of **radishes**.
- Spread the **crackers** with the **cream cheese**.
- Divide the **ham** over the **crackers** and garnish with the **radishes**. Season with salt and pepper.

Enjoy!



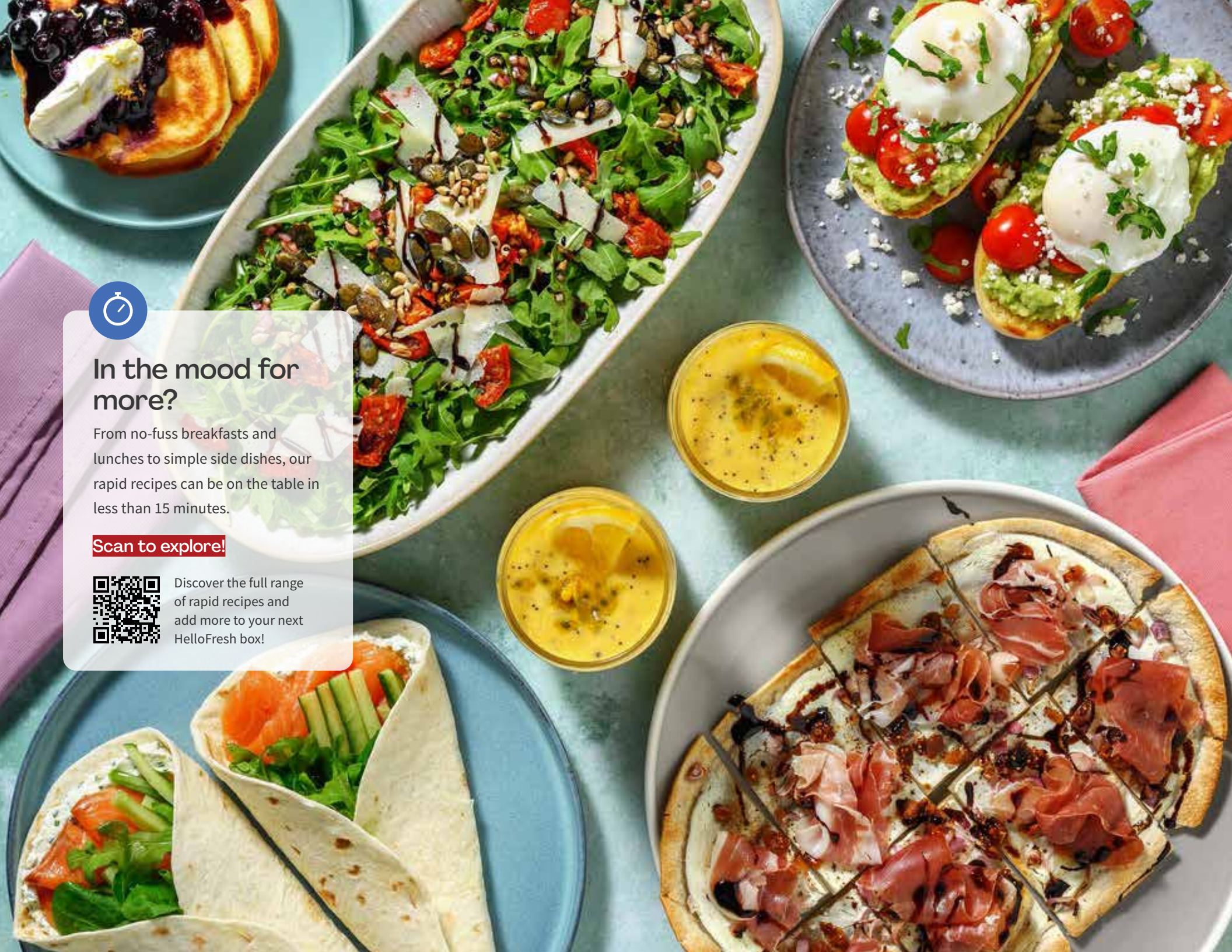
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## Before you begin

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

Grater, large bowl, plastic wrap, saucepan, frying pan

## Ingredients

Organic semi-skimmed milk* (ml)	1000
Oats (g)	400
Chia seeds (g)	20
Greek yogurt* (g)	150
Apple* (unit(s))	1
Raisins (g)	80
Ground cinnamon (tsp)	3
Speculaas pieces (g)	30
Blueberries* (g)	125
Carrot* (unit(s))	½
Chopped walnuts (g)	80
From your pantry	
Water (tbsp)	7
Honey (tsp)	1
Sugar (tbsp)	1
Butter (tbsp)	½

\*store in the fridge

## Nutritional values\*

	Per 100g
Energy (kJ/kcal)	698 / 167
Total fat (g)	6,2
of which saturated (g)	1,7
Carbohydrates (g)	21,1
of which sugars (g)	8,6
Fibre (g)	2,5
Protein (g)	5,4
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.

# Overnight Oats

Apple pie, blueberry pie, and carrot cake

3 x breakfast for 2

Breakfast Total time: 15 min.



## Overnight prep

- In a bowl, mix the **oats** with the organic semi-skimmed milk, **yogurt**, **chia seeds** and a pinch of salt.
- Cover the bowl with plastic wrap, put it in the fridge and leave to soak for at least 6 hours, or overnight.
- Heat a clean frying pan over high heat and toast the **walnut** pieces until golden brown, then remove from the pan and store in a closed container.

## Option 2: Blueberry pie

- Divide a third of the overnight **oats** between the bowls.
- Add two-thirds of the **blueberries** to a saucepan over medium-high heat. Add 4 tbsp of water and the sugar. Simmer for 4 - 5 minutes over medium-high heat, or until the sauce has a thick, syrupy texture (see Tip).
- Top the **oats** with the blueberry **jam**, the rest of the **blueberries** and the speculaas pieces.

**Tip:** You can also make the blueberry syrup in advance and store it in an airtight container in the fridge until use.

## Option 1: Apple pie

- Divide a third of the overnight **oats** between two bowls.
- Core and dice the **apple**.
- Melt a knob of butter in a frying pan over medium-high heat, add the **apple**, half of the **raisins** and half the **cinnamon** along with 3 tbsp of water and 1 tsp honey. Fry for 4 - 5 minutes (see Tip).
- Top the **oats** with the **apples** and half of the toasted **walnuts**.

**Tip:** You can also make the apple pie base in advance and store it in an airtight container in the fridge until use.

## Option 3: Carrot cake

- Divide a third of the overnight **oats** between the bowls.
- Grate the **carrot**.
- Add the **carrot**, half of the **cinnamon** and some honey to taste to the **oats** and mix well.
- Top the **oats** with half of the **walnut** pieces and half of the **raisins**.

Enjoy!



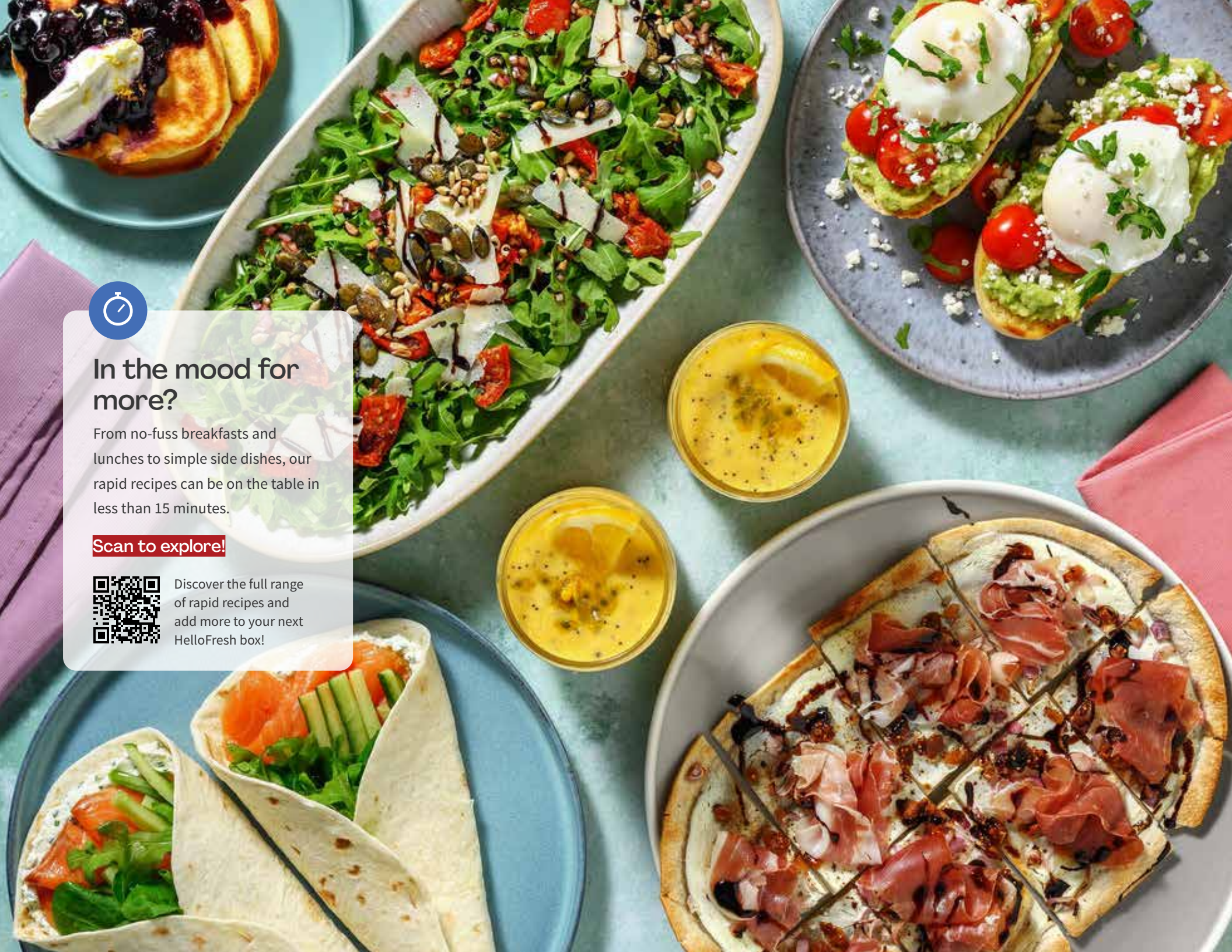
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## Utensils

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

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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!



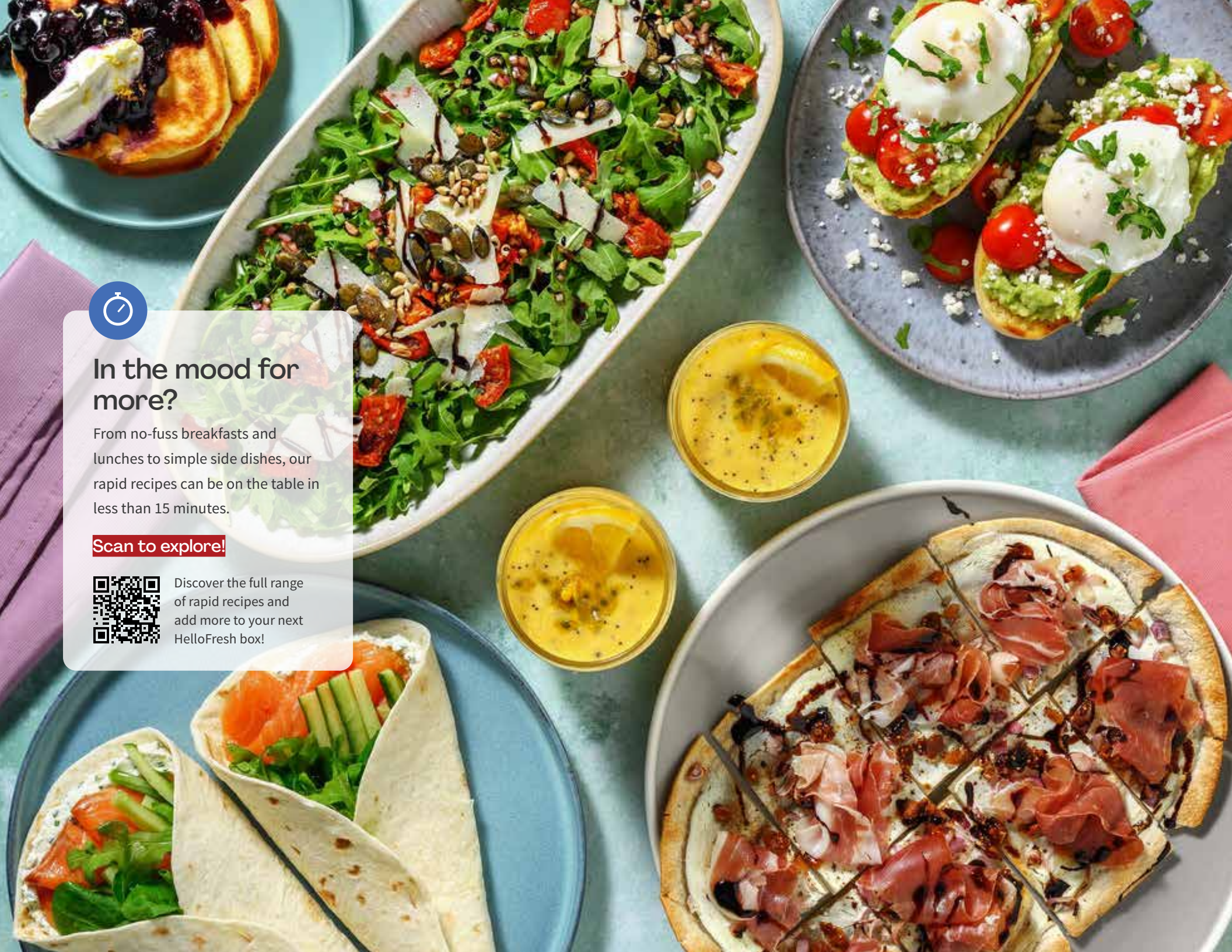
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# Fondue Box | Homemade Cheese Fondue with Three Cheeses

with demi-baguettes, 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 demi-baguettes                                                                  |



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 demi-baguette (unit(s))	4

### 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

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



### 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 **baguettes** 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 **baguettes**. 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!

Smoothie box

Kick-start your day!

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

**2** Very Berry Smoothie  
with blueberries, raspberries and banana

**3** Orange Dream Smoothie  
mango, orange and passion fruit

# Green Vegan Smoothie Bowl

with avocado, mango, kiwi and spinach | 2 servings

10 min.



## Utensils

Blender or immersion blender, tall container

## Ingredients for 2 servings

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

## Nutritional values

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

## Allergens

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

1. Cut the **avocado** in half, remove the pit and skin and dice the flesh. Peel and dice the **mango** and **kiwi**. Slice 2 **bananas**. For the garnish, set aside all of the **kiwi** and some of the **mango** and **banana**.
2. Put the **avocado**, **spinach**, 250ml **coconut milk** and most of the **banana** and **mango** in a blender or a tall container (if you're using an immersion blender).
3. Blend everything together into a thick smoothie. If the smoothie is too thick, add a splash of milk or water.
4. Pour the smoothie into two bowls. Garnish with the **grated coconut**, **kiwi** and the rest of the **banana** and **mango**.

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



Smoothie box

# Very Berry Smoothie

with blueberries, raspberries and banana | 2 servings

5 min.



## Utensils

Tall container, immersion blender

## Ingredients for 2 servings

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

### From your pantry

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

\*store in the fridge

## Nutritional values

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

## Allergens

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

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

# Orange Dream Smoothie

mango, orange and passion fruit | 2 servings

5 min.



## Utensils

Blender or immersion blender, tall container, small bowl

## Ingredients for 2 serving

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

### From your pantry

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

\*store in the fridge

## Nutritional values

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

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

## Enjoy!



## Before you begin

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

## Utensils

Parchment-lined baking sheet, large bowl, small bowl

## Ingredients

Flour (g)	260
Baking powder (g)	8
Organic buttermilk* (ml)	150
Chopped pecans (g)	40
Mascarpone* (g)	100
From your pantry	
[Plant-based] butter (g)	70
Sugar (g)	40
Honey [or plant-based alternative] (tbsp)	1
Salt (tsp)	1

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	1417 /339
Total fat (g)	19
of which saturated (g)	10,1
Carbohydrates (g)	37
of which sugars (g)	10
Fibre (g)	2
Protein (g)	7
Salt (g)	1,2

## Allergens

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

# Homemade Pecan Scones

with honey-mascarpone cream | 10 servings



**Baking** Total time: 40 min.



### 1. Make the batter

- Preheat the oven to 180°C. Take the butter out of the refrigerator.
- In a large bowl, mix the **flour**, **baking powder**, sugar and salt.
- Knead the butter and dry ingredients together until you have **bread** crumbs.
- Add the **buttermilk** and **pecans** and knead together until well combined. The dough should have a smooth, consistent texture.

### 2. Make the scones

- Shape the dough into little balls, using roughly 2 tbsp of the dough for each one.
- Transfer to a parchment-lined baking sheet.
- Bake the scones for 10 - 15 minutes.

### 3. Prepare the honey mascarpone

- Add the **mascarpone** and honey to a small bowl.
- Mix well, until the honey is fully incorporated into the **mascarpone**.

### 4. Serve

- Let the scones cool down thoroughly once you take them out of the oven.
- Serve the scones on a plate with the **mascarpone cream**.

Enjoy!



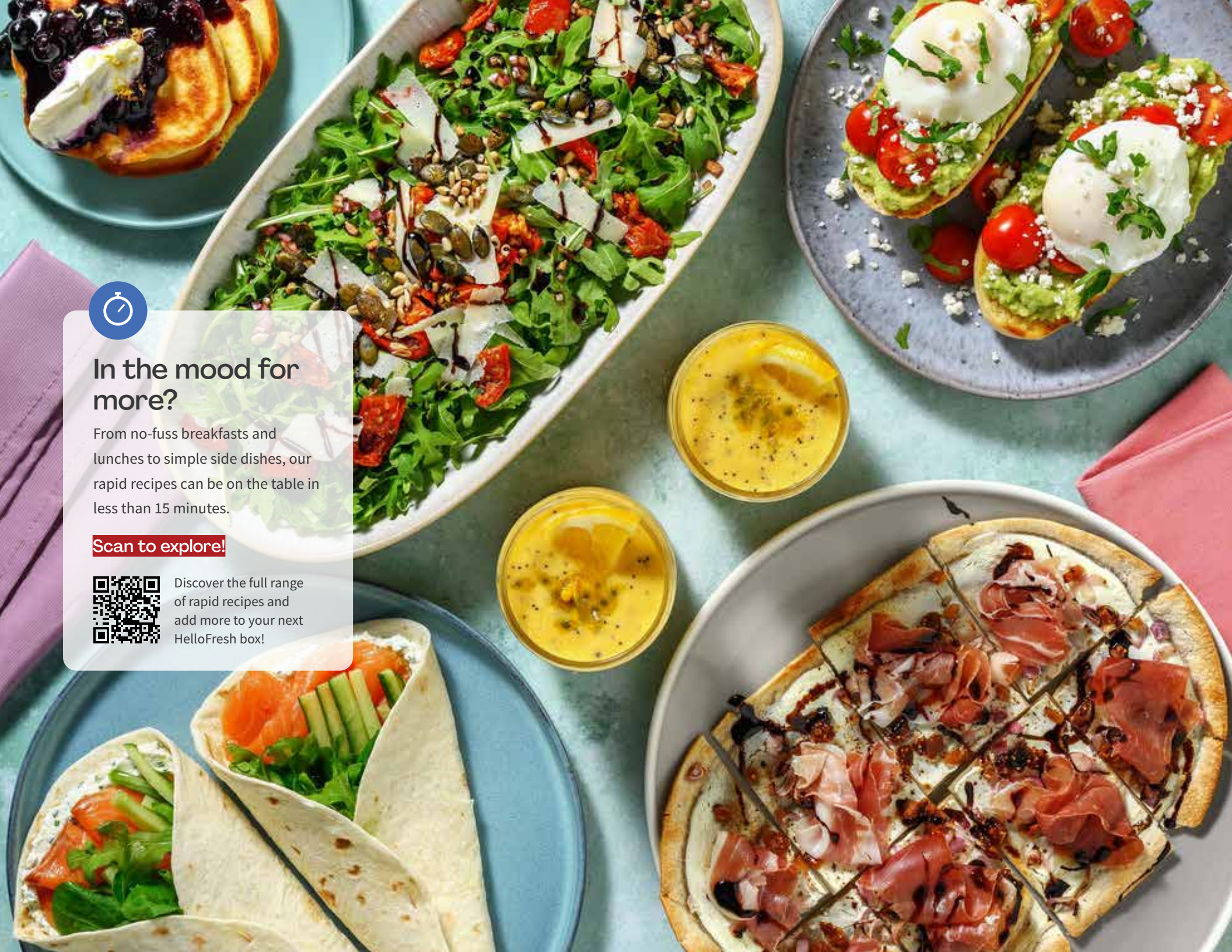
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## Before you begin

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

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)	862 / 206
Total fat (g)	14,5
of which saturated (g)	4,8
Carbohydrates (g)	10,9
of which sugars (g)	2,4
Fibre (g)	1,4
Protein (g)	7,1
Salt (g)	0,7

## 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!



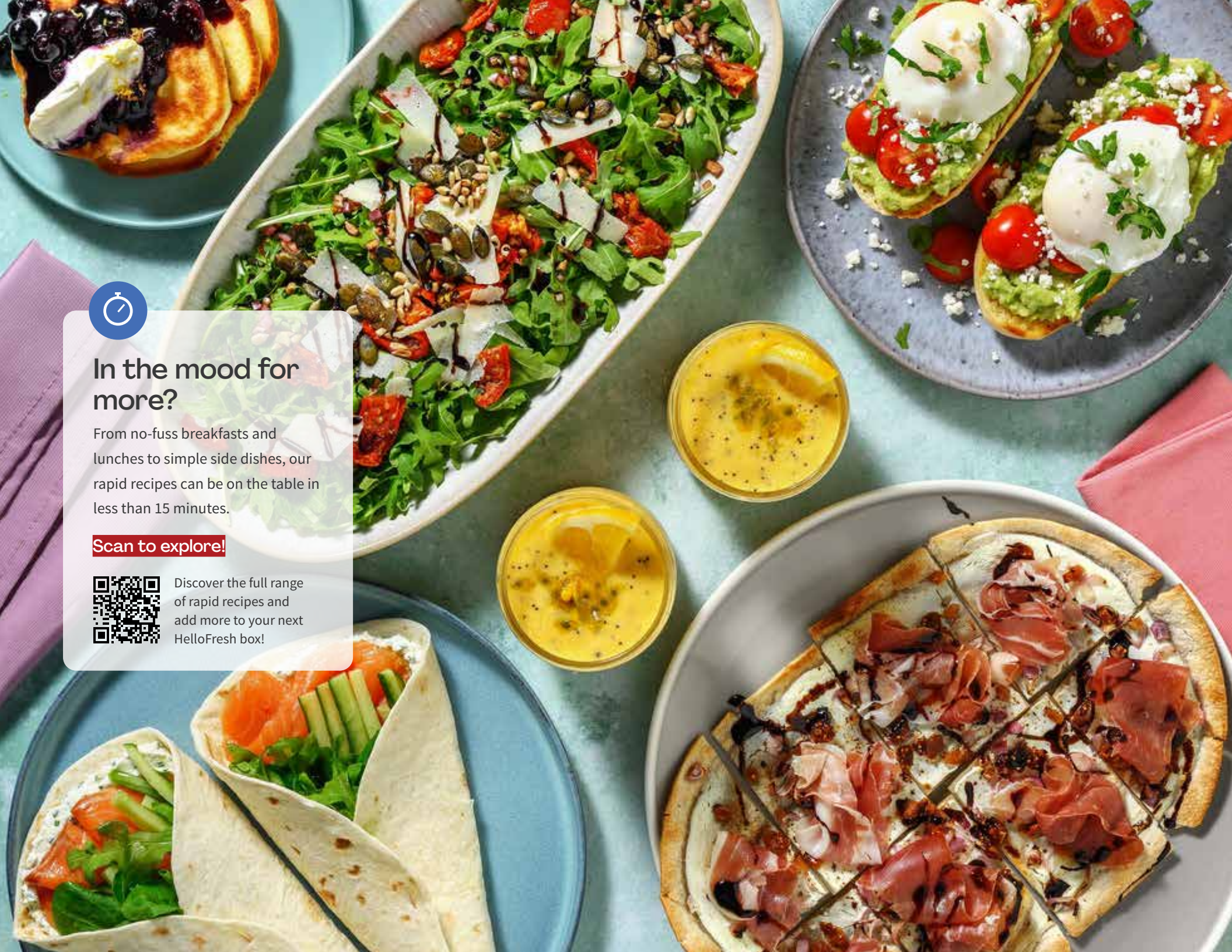
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## Before you begin

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## Utensils

Parchment-lined baking sheet, bowl, mixing bowl

## Ingredients

Oats (g)	200
Desiccated coconut (g)	40
Salted almonds (g)	40
Pumpkin seeds (g)	40
Peanut butter (tub)	1
Sunflower seeds (g)	40
Chocolate chips (g)	100
Cranberry & walnut mix (g)	120

### From your pantry

Olive oil (tbsp)	2
Honey [or plant-based alternative] (tbsp)	5
Brown sugar (tbsp)	2
Salt (tsp)	½

\*store in the fridge

## Nutritional values

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

## Allergens

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

# Homemade Granola Mix

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



Breakfast Total time: 60 - 70 min.



## 1. Prepare

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

## 2. Mix the granola

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

## 3. Bake the granola

- Transfer the granola to a parchment-lined baking sheet and spread it into an even layer.
- Bake the granola in the oven for 20 - 25 minutes.
- Stir and mix the granola every 5 - 10 minutes until it is toasted all around.

*Tip: Depending on your type of oven, it could take a little longer for the granola to bake. Keep an eye on the oven and check every 5 minutes!*

## 4. Serve

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

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

Enjoy!



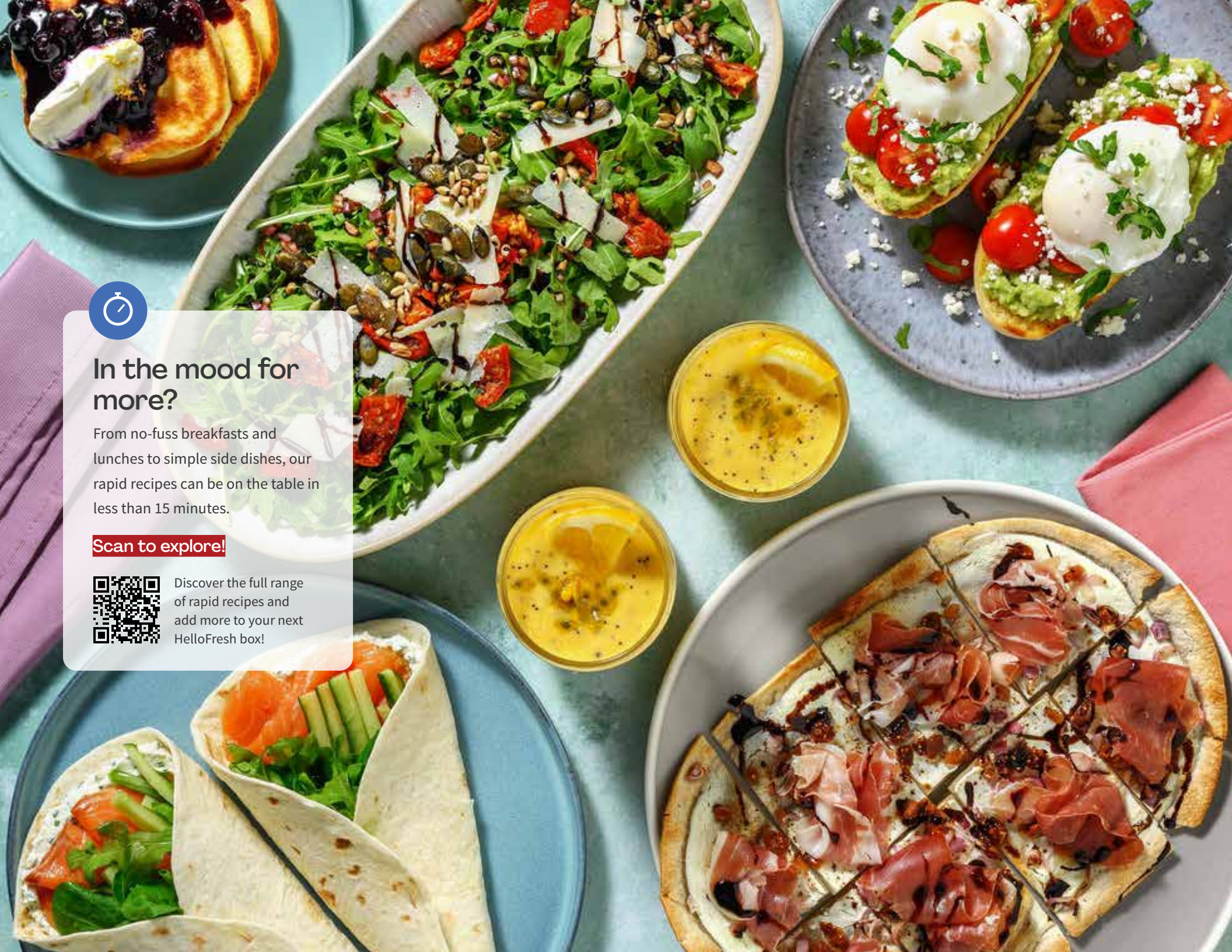
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## Utensils

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!



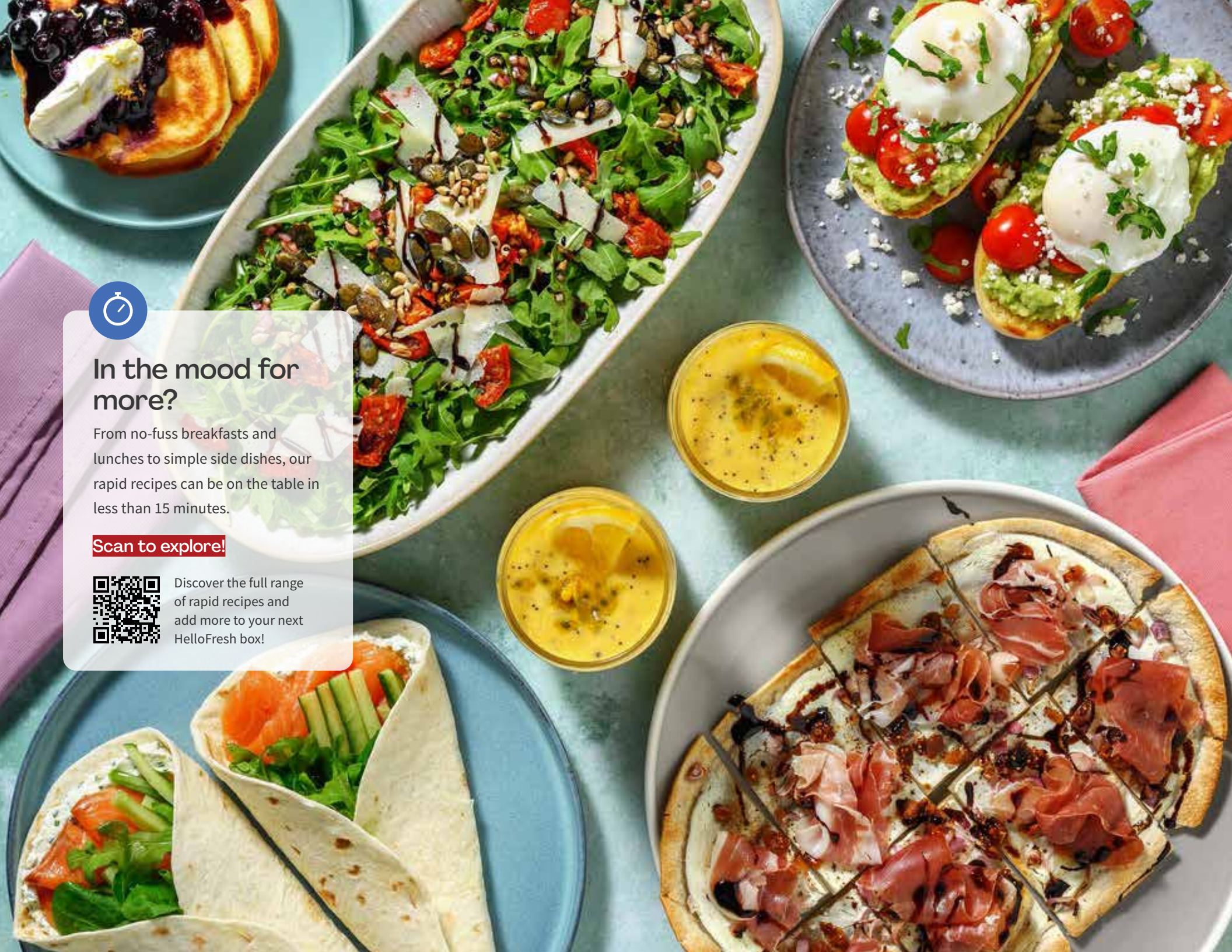
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## Before you begin

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## Utensils

Bowl, plastic wrap

## Ingredients

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

### From your pantry

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

\*store in the fridge

## Nutritional values

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

## Allergens

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

# Bento Box with Smoked Salmon Wraps

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



Lunch Total time: 15 min.



## 1. Prepare

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

## 2. Assemble the wraps

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

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

## 3. Prepare the bento box

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

## 4. Serve

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

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

Enjoy!



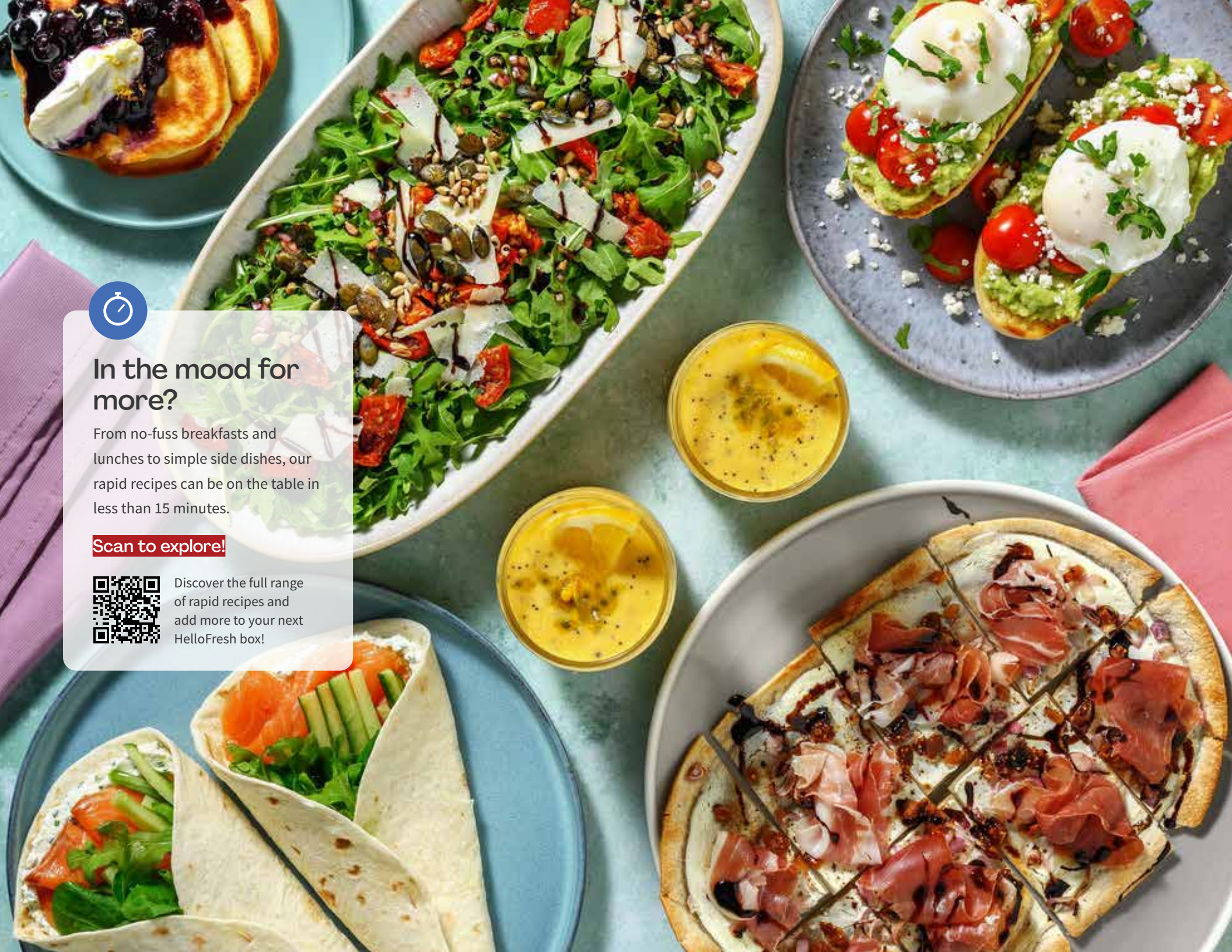
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1

Poached Eggs and Bacon on Baked Baguettes with avocado

2

Avocado & Goat's Cheese Open-Faced Sandwiches

3

Mango & Spinach Smoothie

# Poached Eggs and Bacon on Baked Baguettes

with avocado | 2 servings

20 min.



## Utensils

Parchment-lined baking sheet, pot or saucepan, kitchen paper, plate, slotted spoon

## Ingredients for 2 servings

Bacon* (slice(s))	4
Egg* (unit(s))	4
White demi-baguette (unit(s))	2
Avocado (unit(s))	1

### From your pantry

Salt and pepper	to taste
White wine vinegar (tsp)	1

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2724 /651	842 /201
Total fat (g)	29	9
of which saturated (g)	6,6	2
Carbohydrates (g)	67	21
of which sugars (g)	1,9	0,6
Fiber (g)	6	2
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.

## 1. Prepare

- Preheat the oven to 200°C.
- Cut the **avocado** in half, then remove the pit and the skin. Thinly slice the avocado.

## 2. Bake the bread

- Add the **baguettes** and **bacon** to a parchment-lined baking sheet.
- Bake in the oven for 5 - 7 minutes.

## 3. Poach the eggs

- Boil plenty of water in a pot or saucepan. Add the white wine vinegar once the water is boiling.
- Crack the **eggs** into individual glasses. Stir the water so that you have a whirlpool.
- Carefully drop one **egg** at a time into the water and lower the heat to medium-low.
- Boil for 2 - 3 minutes or until the egg whites are set. Use a slotted spoon to carefully remove the **eggs** from the pan and let them rest on a plate lined with a paper towel.

## 4. Serve

- Slice the **baguettes** lengthways and spread the avocado over each half.
- Top with the bacon and poached eggs. Season with salt and pepper to taste.

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



# Avocado & Goat's Cheese Open-Faced Sandwiches

2 days of breakfast for 2 persons | 4 servings

10 min.



## Utensils

## Ingredients for 2 servings

Fresh goat's cheese* (g)	100
Avocado (unit(s))	2
Cress* (g)	20
Wholegrain ciabatta (unit(s))	4

### From your pantry

Salt and pepper	to taste
-----------------	----------

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	913 /218
Total fat (g)	11
of which saturated (g)	3,5
Carbohydrates (g)	19
of which sugars (g)	0,8
Fiber (g)	5
Protein (g)	9
Salt (g)	0,7

## 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. Halve and pit one **avocado**, then remove the skin and slice the flesh.
3. Slice the baked **bread** lengthways, then spread the **goat's cheese** on each half.
4. Top with the **avocado** slices, then garnish with the **cress** and season with salt and pepper to taste.
5. Repeat the recipe for a second breakfast the next day.

# Mango & Spinach Smoothie

2 days of breakfast for 2 persons | 4 servings

10 min.



## Utensils

Blender or an immersion blender with a tall container

## Ingredients for 2 serving

Mango* (unit(s))	2
Organic semi-skimmed milk* (ml)	500
Organic Greek yogurt* (g)	150
Spinach* (g)	200

### From your pantry

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

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	251 /60
Total fat (g)	2
of which saturated (g)	1,1
Carbohydrates (g)	7
of which sugars (g)	7,1
Fiber (g)	1
Protein (g)	3
Salt (g)	0,1

1. Peel and dice 1 **mango**.
2. Add the **mango** to a blender, along with 250 ml of **milk**, 75g of **Greek yogurt**, and half of the **spinach**.
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

Plastic wrap, small bowl, frying pan

## Ingredients

Flour tortillas (unit(s))	4
Arugula & lamb's lettuce* (g)	40
Bell pepper* (unit(s))	1
Hummus* (g)	160
Red cherry tomatoes (g)	125
[Persian] cucumber* (unit(s))	1
Salted almonds (g)	40
Chicken thigh strips with Mediterranean herbs* (g)	100
Mandarin (unit(s))	2
Tomato tapenade* (g)	80
From your pantry	
Sunflower oil (tbsp)	1
[Plant-based] mayonnaise (tbsp)	2
Salt & pepper	to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4494 / 1074	729 / 174
Total fat (g)	69	11
of which saturated (g)	9,4	1,5
Carbohydrates (g)	70	11
of which sugars (g)	17,6	2,9
Fibre (g)	13	2
Protein (g)	28	5
Salt (g)	3,5	0,6

## Allergens

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

# Bento Box with Mediterranean Chicken Wraps

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



Lunch Total time: 15 min.



## 1. Prepare

- Dice the **bell pepper**.
- Heat the sunflower oil in a frying pan over medium heat and fry the **chicken thigh strips** for 4 - 6 minutes.
- Add the **bell pepper** during the last 3 minutes of cooking time. Season with salt and pepper as preferred.

## 2. Assemble the wraps

- Mix the **tomato tapenade** and mayonnaise in a small bowl.
- Spread the tapenade-mayo on the **tortillas**.
- Top with the **arugula & lamb's lettuce**, **chicken** and **bell pepper**.
- Roll up the **tortillas** and add two wraps to the lunch box (see Tip).

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

## 3. Prepare the bento box

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

## 4. Serve

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

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

Enjoy!



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## Before you begin

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## Utensils

Saucepan, small bowl, frying pan

## Ingredients

Giant couscous (g)	75
Spinach* (g)	100
Shrimp* (g)	120
[Persian] cucumber* (unit(s))	1
Bell pepper* (unit(s))	1
Pumpkin seeds (g)	10
Greek-style spice mix (sachet(s))	1
Feta* (g)	50
From your pantry	
Extra virgin olive oil (tbsp)	3
Red wine vinegar (tbsp)	1
Honey [or plant-based alternative] (tbsp)	1
Salt & pepper	to taste
Sunflower oil (tbsp)	½

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2197 / 525	590 / 141
Total fat (g)	30	8
of which saturated (g)	8,1	2,2
Carbohydrates (g)	38	10
of which sugars (g)	11,2	3
Fibre (g)	6	1
Protein (g)	22	6
Salt (g)	1,4	0,4

## Allergens

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

# Salad with Shrimp and Feta

with giant couscous and fresh vegetables | 2 servings



Lunch Total time: 15 min.



### 1. Boil the giant couscous

- Boil plenty of water in a pot or saucepan and cook the **giant couscous** for 12 - 14 minutes, covered, then drain and set aside.
- Heat a clean frying pan over high heat. Toast the **pumpkin seeds** until they start to pop. Remove them from the pan and set aside.

### 2. Fry the shrimp

- Heat the sunflower oil in the same frying pan over medium-high heat.
- Fry the **shrimp** for 3 - 4 minutes until done, then remove from the pan and set aside.

### 3. Prepare the vegetables

- Dice the **bell pepper** and the **cucumber**.
- Roughly chop the **spinach**.
- In a small bowl, combine the extra virgin olive oil, honey, red wine vinegar, and **Greek-style spice mix**.
- Mix well and season with salt and pepper.

### 4. Make the salad jars

- Crumble the **feta**.
- Pour the dressing into two jars.
- Then add the ingredients to the jars in the following order: **bell pepper, cucumber, giant couscous, spinach, shrimp, feta** and **pumpkin seeds** (see Tip).

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

Enjoy!



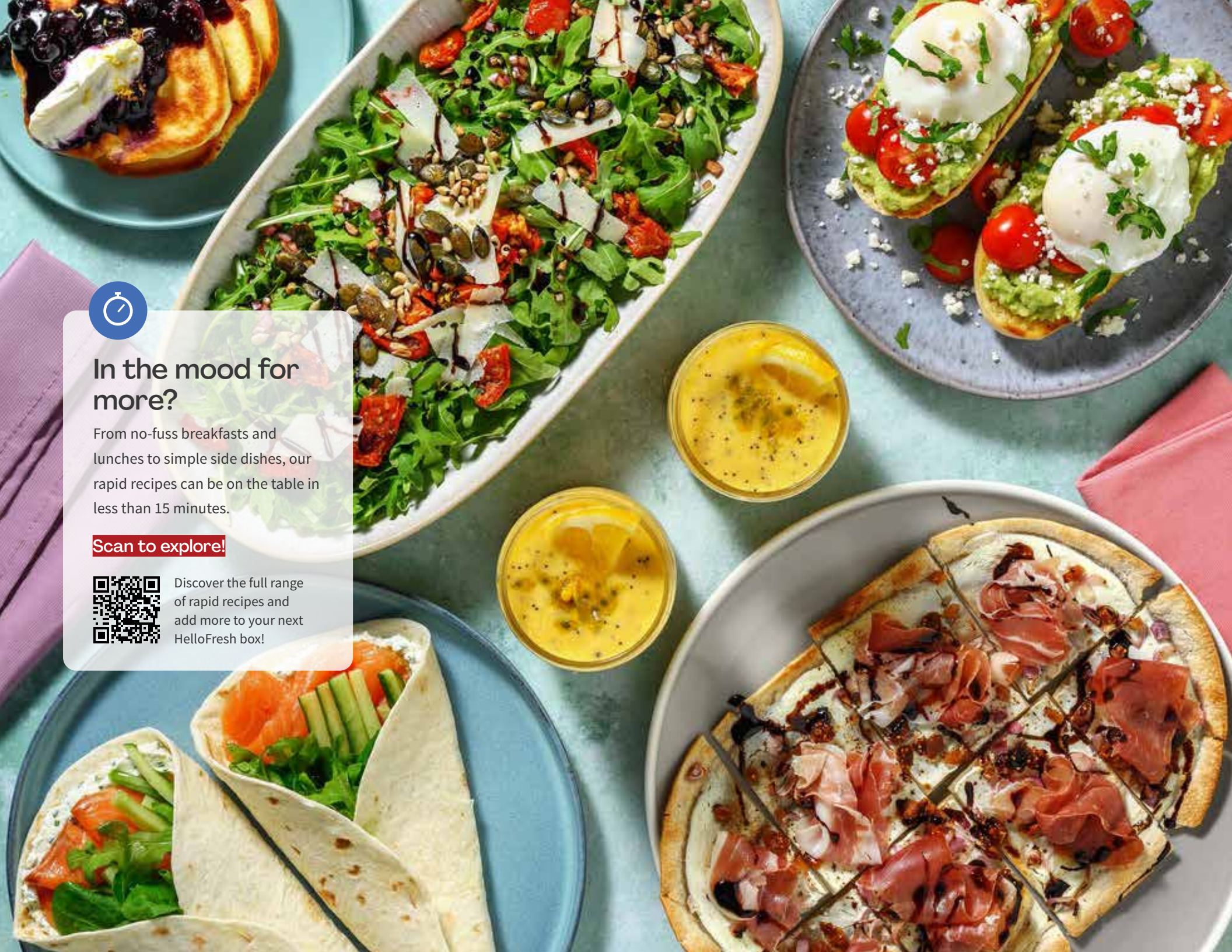
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## Before you begin

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## Utensils

Plastic wrap, 2x small saucepan

## Ingredients

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

## Nutritional values

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

## Allergens

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

# White Chocolate Pots

with blueberry jam and speculaas pieces | 4 servings



Total time: 15 – 20 min.



## 1. Make the base

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

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

## 2. Melt the chocolate

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

## 3. Make the chocolate pots

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

## 4. Serve

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

Enjoy!



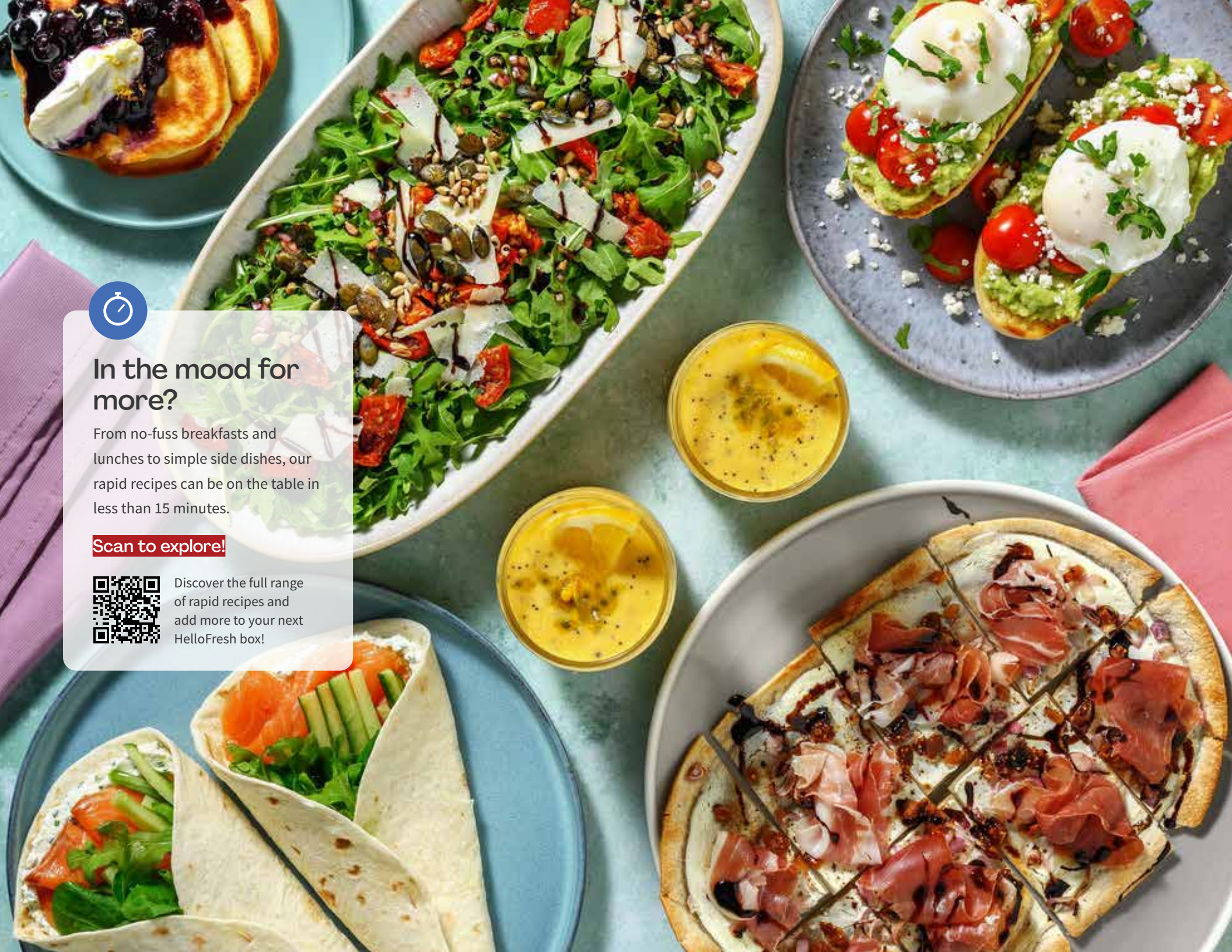
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## Before you begin

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## Utensils

blender or an immersion blender with a tall container, 2x bowl, 2x sieve

## Ingredients

Fresh ginger* (tsp)	20
Easy peel orange* (unit(s))	4
Lemon* (unit(s))	1
Apple* (unit(s))	2

### From your pantry

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

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	231 /55
Total fat (g)	0
of which saturated (g)	0
Carbohydrates (g)	12
of which sugars (g)	8,1
Fibre (g)	3
Protein (g)	1
Salt (g)	0

## Allergens

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

# Homemade Ginger Shots

ginger-orange & ginger-lemon | 2x 700 ml bottles



Total time: 20 - 25 min.



### 1. Prepare the ginger and orange

- Peel or thoroughly wash half of the **ginger** and cut it into smaller chunks.
- Use a sharp knife to remove the skin from the **orange** and then dice the flesh.

### 2. Make the ginger-orange juice

- Add the **ginger, orange**, and 100ml of water to a tall container (see Tip). Blend as smoothly as possible using an immersion blender.
- Place a sieve above a bowl, pour in the mixture, and press down with a spoon to squeeze out the juice.
- Add honey to taste.

*Tip: if you have a non-immersion blender at home, you can also use this to blend the ingredients.*

### 3. Prepare the ginger and lemon

- Peel or thoroughly wash the other half of the **ginger** and cut it into smaller chunks.
- Peel and core the **apple**, then cut it into wedges.
- Use a sharp knife to remove the skin from the **lemon** and then dice the flesh.

### 4. Make the ginger-lemon juice

- Add the **ginger** to a tall container, along with the **apple, lemon** and 150ml water. Blend as smoothly as possible using an immersion blender.
- Place a sieve above a bowl, pour in the mixture, and press down with a spoon to squeeze out the juice.
- Add honey to taste.
- Pour one small shot of juice in the morning for a good start to your day. Store the rest in airtight bottles in the fridge.

Enjoy!



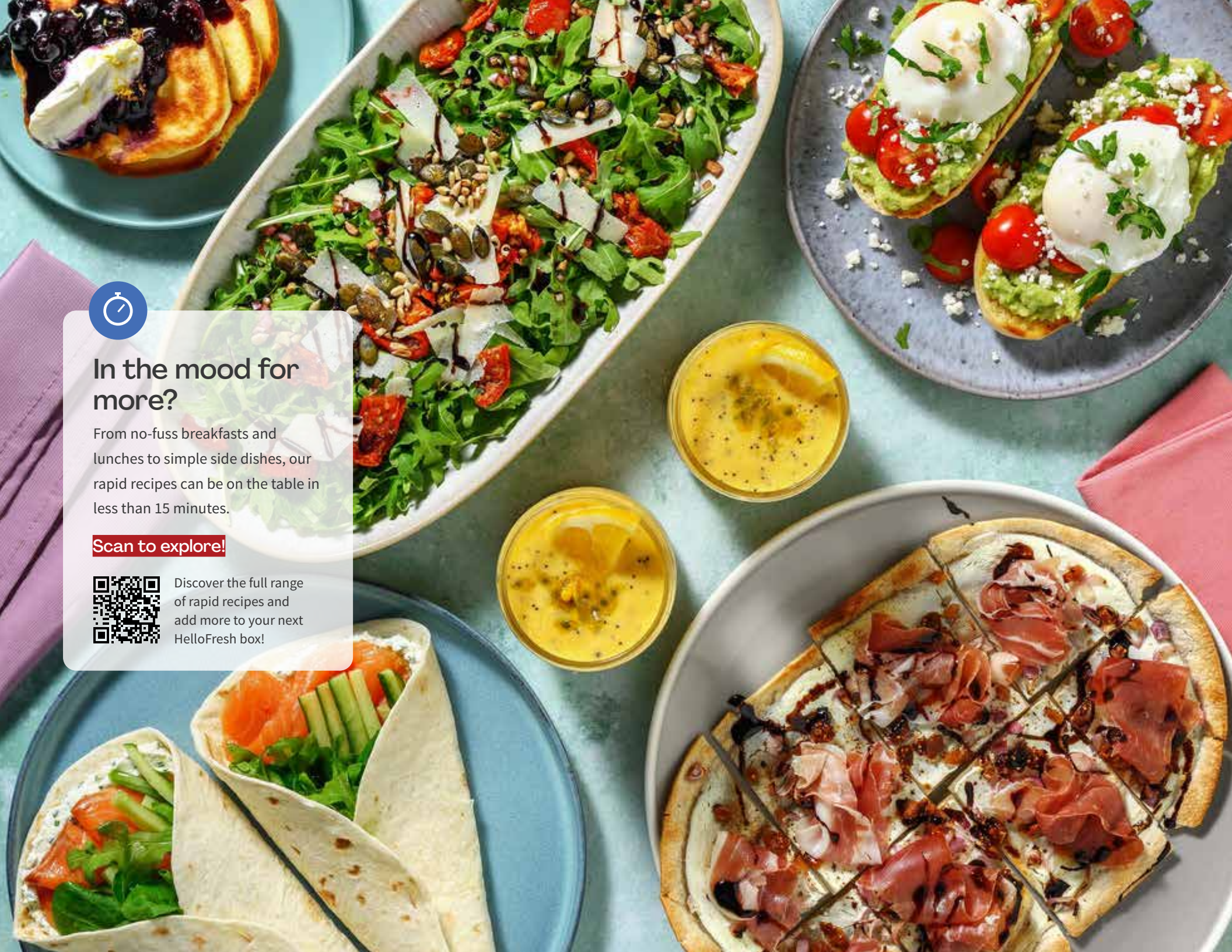
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## Before you begin

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, large bowl, handheld mixer, oven dish, parchment paper

## Ingredients

Oats (g)	150
Dried cranberries (g)	80
Salted peanuts (g)	40
Pistachio nuts (g)	40
Chopped pecans (g)	40
Sesame seeds (sachet(s))	1
Ground cinnamon (tsp)	3
Egg* (unit(s))	2
Tahini (g)	100
Peanut butter (tub)	3
From your pantry	
Honey [or plant-based alternative] (tbsp)	3
Salt (pinch)	1

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	1884 /450
Total fat (g)	27
of which saturated (g)	4,1
Carbohydrates (g)	36
of which sugars (g)	15,8
Fibre (g)	5
Protein (g)	14
Salt (g)	0,2

## Allergens

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

# Granola Bars

with cranberries, mixed nuts and sesame seeds | 12 pieces



Total time: 45 min.



## 1. Prepare

- Preheat the oven to 165°C.
- Roughly chop the **peanuts, pistachios** and **dried cranberries**, and transfer them to a large bowl, along with the **chopped pecans**.

## 2. Mix the granola

- Add the **oats, sesame seeds** and **ground cinnamon** to the same bowl and mix.
- Separate the **egg** whites from the yolks. Transfer the **egg whites** to a clean bowl, then beat them with an electric whisk until firm. Add the **tahini, peanut butter** and honey and mix well to combine.
- Add this mixture to the bowl with the **oats** and gently mix everything together.

## 3. Bake the granola bars

- Line a square oven dish with parchment paper.
- Transfer the granola mixture to the oven dish, pressing it down firmly with the back of a spoon (see Tip).
- Drizzle with extra honey to taste and sprinkle with a pinch of salt if preferred.
- Bake for 20 – 25 minutes.

## 4. Serve

- Once the baked granola mixture has cooled down, carefully remove it from the tin, then use a sharp knife to cut it into thick slices.
- Serve the granola bars.

Enjoy!

*Tip: this will make the mixture stick together so the granola bars don't crumble or fall apart later on.*



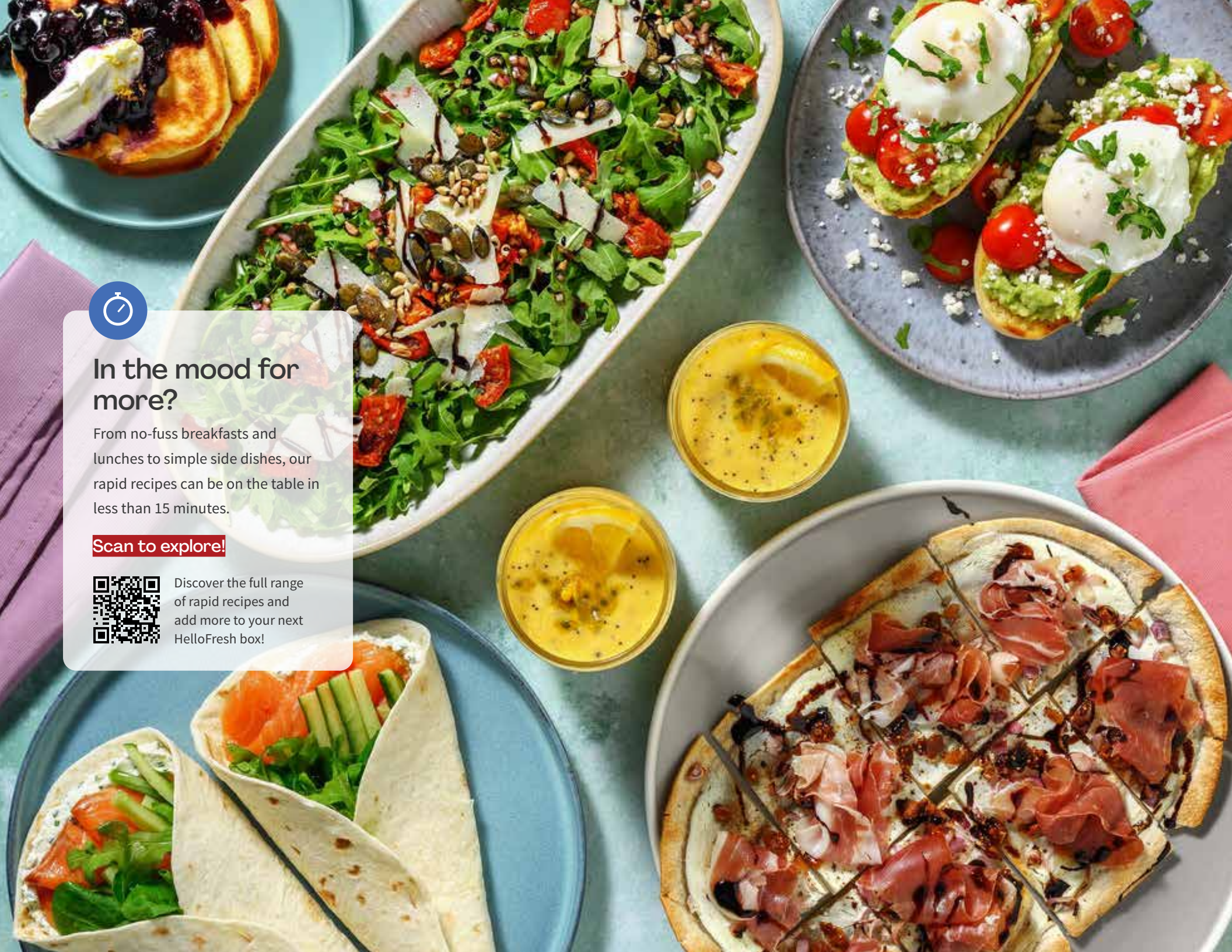
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## Before you begin

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## Utensils

Parchment-lined baking sheet, bowl

## Ingredients

Chicken thigh* (unit(s))	2
Mozzarella* (ball(s))	1
Arugula* (g)	80
Shaved almonds (g)	20
Tomato (unit(s))	1
Green pesto* (g)	40
Crema di balsamico (ml)	8
From your pantry	
Olive oil (tbsp)	½
Salt & pepper	to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2218 /530	801 /191
Total fat (g)	40	14
of which saturated (g)	12,3	4,4
Carbohydrates (g)	6	2
of which sugars (g)	4,2	1,5
Fibre (g)	2	1
Protein (g)	37	13
Salt (g)	0,8	0,3

## Allergens

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

# Italian-Style Pesto Chicken & Mozzarella Salad

with shaved almonds and crema di balsamico | 2 servings



Total time: 30 min.



### 1. Roast the chicken

- Preheat the oven to 200°C.
- Lay the **chicken** flat on a parchment-lined baking sheet, drizzle with the olive oil and season with salt and pepper.
- Roast the **chicken** until cooked all the way through, for about 16 - 18 minutes.

### 2. Prepare the toppings

- Dice the **tomato**.
- Drain the **mozzarella** and tear it into small pieces.

### 3. Shred the chicken

- Transfer the **chicken** to a bowl.
- Use two forks to shred the **chicken**.
- Stir the **pesto** through the **chicken**.

### 4. Serve

- Divide the **arugula** between two bowls.
- Top with the **tomatoes**, **mozzarella** and **pesto chicken**.
- Drizzle with the **crema di balsamico**.
- Garnish with the **shaved almonds**.

Enjoy!



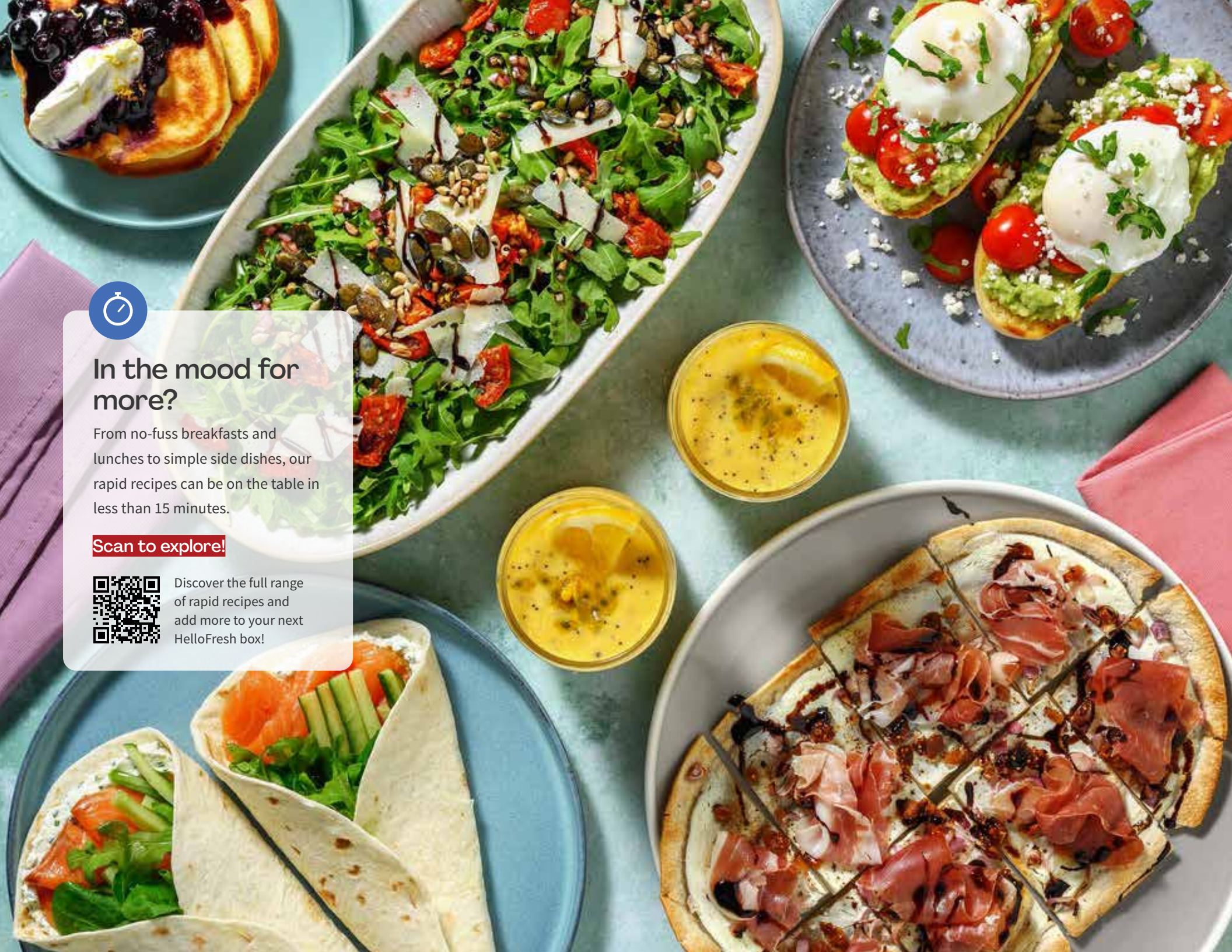
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## Before you begin

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## Utensils

Bowl, kettle, large bowl

## Ingredients

Chopped dates (g)	80
Oats (g)	150
Chia seeds (g)	20
Tahini (g)	50
Ground cinnamon (tsp)	1
Salted almonds (g)	80
Dried cranberries (g)	80

### From your pantry

Honey [or plant-based alternative] to taste

*\*store in the fridge*

## Nutritional values

	Per 100g
Energy (kJ/kcal)	1908 /456
Total fat (g)	20
of which saturated (g)	2,1
Carbohydrates (g)	55
of which sugars (g)	25,2
Fibre (g)	8
Protein (g)	11
Salt (g)	0,1

## Allergens

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

# Energy Bites with Almonds and Cranberries

with tahini and cinnamon | 16 pieces



Total time: 25 min.



### 1. Soak the dried fruits

- Boil plenty of water in a kettle or saucepan. Place the **chopped dates** and the **dried cranberries** in a bowl and pour the hot water over them.
- Allow them to soak for 10 minutes and then drain.

### 2. Chop the almonds

- Roughly chop the **salted almonds**.

### 3. Make the energy bites

- In a large bowl, combine the **oats, chia seeds, dates, cranberries, almonds, tahini** and **cinnamon**. Add honey to taste.
- Mix everything together, then roll the mixture into small balls (see Tip).

**Tip:** *wet your hands to make to prevent the mixture from sticking to your skin.*

### 4. Serve

- Serve the energy bites on a serving dish (see Tip).

**Tip:** *store the energy bites in an airtight container in the fridge!*

**Enjoy!**



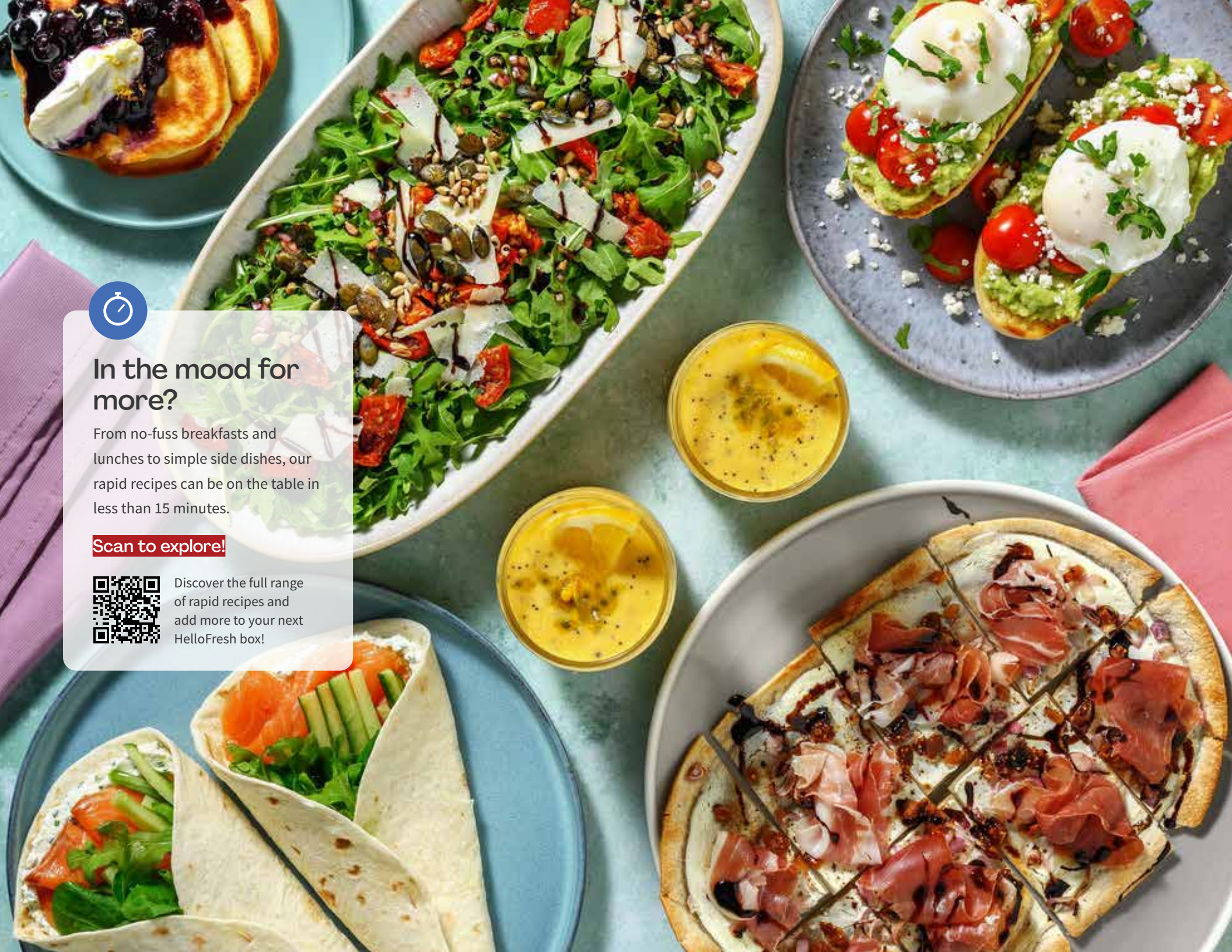
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## Before you begin

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## Utensils

Immersion blender, lidded soup pot

## Ingredients

Parsnip* (unit(s))	3
Carrot* (unit(s))	5
Potatoes (g)	400
Onion (unit(s))	2
Garlic (unit(s))	3
Sicilian-style herb mix (sachet(s))	1
Cress* (g)	20
Salted almonds (g)	60

### From your pantry

Olive oil (tbsp)	2
Water (ml)	750
Low sodium vegetable stock cube (unit(s))	1
Salt & pepper	to taste

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	375 /90
Total fat (g)	4
of which saturated (g)	0,5
Carbohydrates (g)	11
of which sugars (g)	4,1
Fibre (g)	4
Protein (g)	2
Salt (g)	0,2

## Allergens

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

# Parsnip and Carrot Soup

with cress and salted almonds | 4 servings



Total time: 45 min.



## 1. Prepare

- Dice the **onion**.
- Press or mince the **garlic**.
- Chop the **parsnip**, **carrot** and **potatoes** into 2cm chunks.

## 2. Fry the vegetables

- Heat the olive oil in a lidded soup pot over medium-high heat, then fry the **onion** and **garlic** for 1 - 2 minutes.
- Add the **parsnip**, **carrot**, **potatoes**, and **Sicilian-style herb mix** and fry for 3 - 4 minutes. Season with salt and pepper to taste.
- Add the water and crumble in the stock cube (see pantry for amounts). Simmer over medium-low heat for 25 - 35 minutes, covered, or until the vegetables are softened.

## 3. Finish

- In the meantime, tear off the **cress** (or use scissors if preferred) and chop the **almonds**.
- When the vegetables are softened, purée the soup with an immersion blender. Taste and add extra salt and pepper if desired. Add extra water if you want the soup to be less thick.

## 4. Serve

- Serve the soup in bowls or deep plates.
- Garnish with the **almonds** and **cress**.

Enjoy!



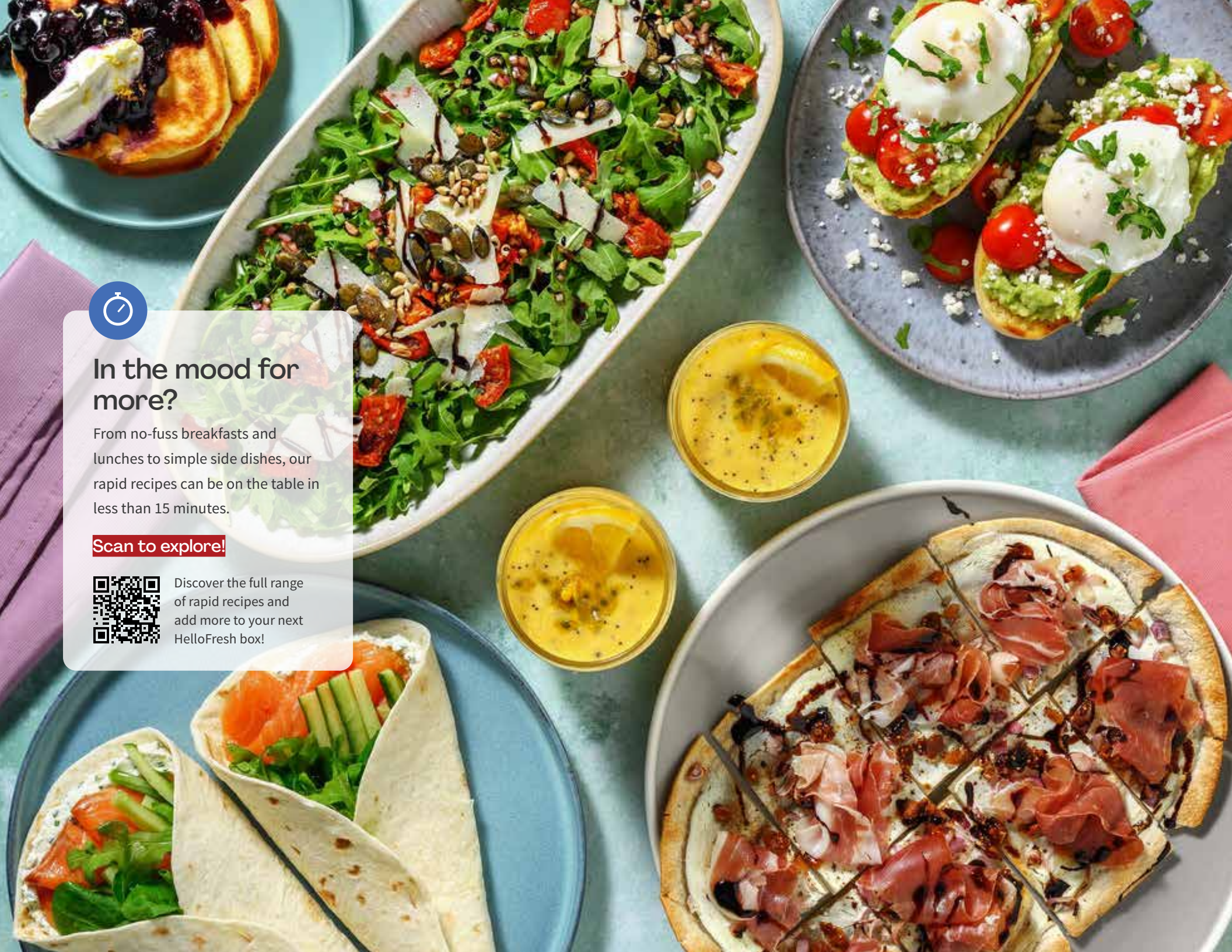
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## Before you begin

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## Utensils

Aluminum foil, frying pan

## Ingredients

Flour tortillas (unit(s))	4
Avocado (unit(s))	1
Cucumber* (unit(s))	1
Feta* (g)	50
Arugula & lamb's lettuce* (g)	40
BBQ spice rub (sachet(s))	1
Chicken thigh strips* (g)	100

### From your pantry

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

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2419 / 578	762 / 182
Total fat (g)	33	10
of which saturated (g)	9,1	2,9
Carbohydrates (g)	46	15
of which sugars (g)	3,3	1,0
Fibre (g)	6	2
Protein (g)	22	7
Salt (g)	1,8	0,6

## Allergens

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

# BBQ Chicken Wrap with Avocado & Feta

with arugula, lamb's lettuce & cucumber | 2 servings



Lunch Total time: 10 min.



## 1. Prepare

- Preheat the oven to 200°C. Halve the **cucumber** lengthways and then cut into batons.
- Halve and pit the **avocado**, then slice the flesh.
- Crumble the **feta**.

## 2. Fry the chicken

- Heat the sunflower oil in a frying pan over medium heat and fry the **chicken thigh strips** with the **BBQ spice rub**\* for 4 - 6 minutes.
- Season with salt and pepper.

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

## 3. Warm up the tortillas

- Meanwhile, wrap the **tortillas** in aluminium foil and heat in the oven for 3 - 4 minutes.

## 4. Serve

- Fill the wraps with the **chicken, avocado, feta** and **cucumber**.
- Finish with the **arugula** and **lamb's lettuce**.
- Drizzle with extra virgin olive oil as preferred.

Enjoy!



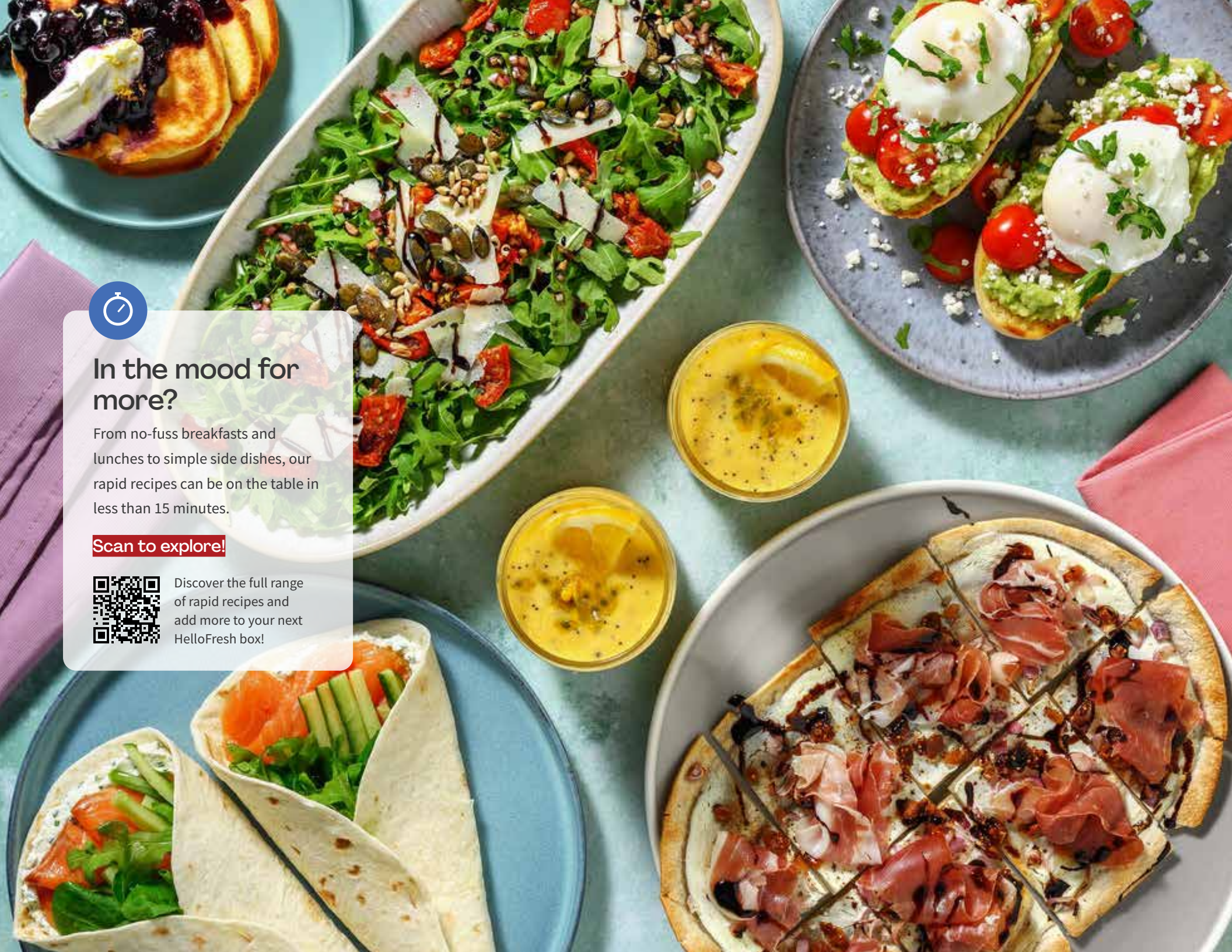
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## Before you begin

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** and quick-pickled **onion**.

**Enjoy!**



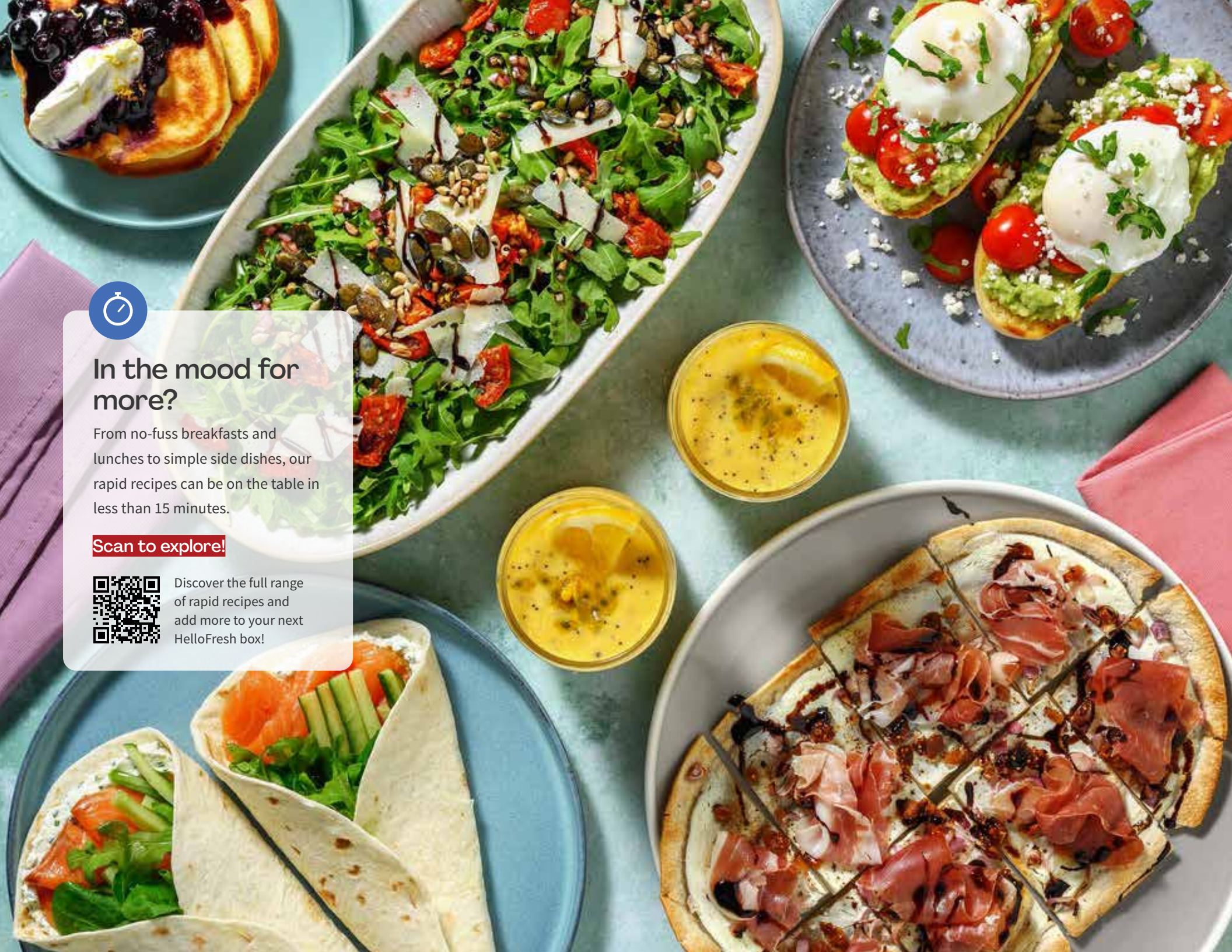
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## Before you begin

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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!



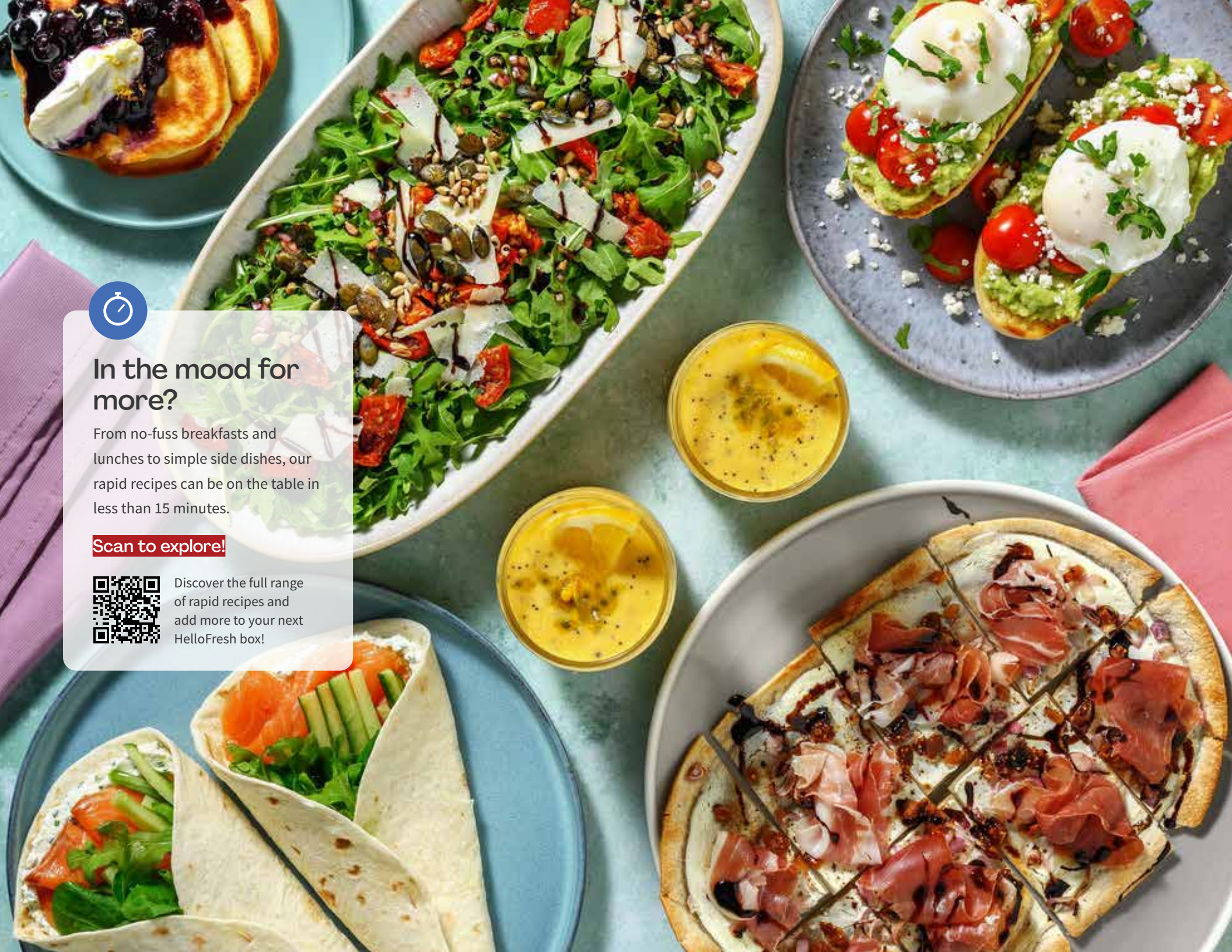
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## Before you begin

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## Utensils

Blender or immersion blender, tall container, small bowl

## Ingredients

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
Fibre (g)	8	2
Protein (g)	7	2
Salt (g)	0,1	0

## Allergens

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

# Orange Dream Smoothie

mango, orange and passion fruit | 2 servings



Total time: 5 min.



## 1. Prepare

- Cut 1 **orange** in half and juice it into a small bowl.

## 2. Cut the fruit

- Peel the **mango** and finely chop the flesh.
- Cut the **passion fruit** in half and scoop out the flesh.

## 3. Blend

- Put the **fruit**, **orange juice** and the **milk** in a blender (or a tall container, if you're using an immersion blender), then blend into a thick smoothie.
- Add some honey to taste.

## 4. Serve

- Serve the smoothie into two glasses and scatter over the **chia seeds** to finish off.

Enjoy!



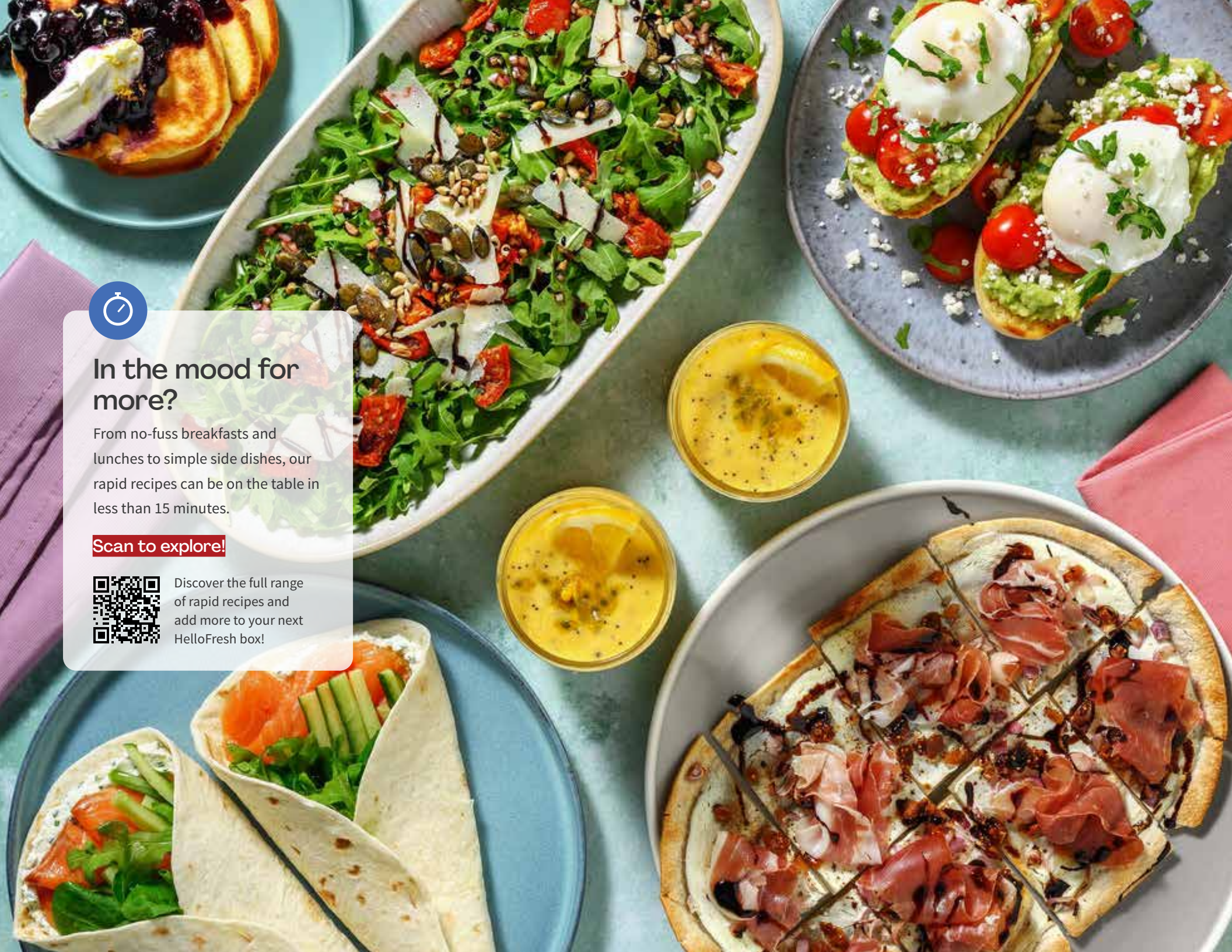
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## Before you begin

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))	4
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)	2306 /551	803 /192
Total fat (g)	27	9,4
of which saturated (g)	3,4	1,2
Carbohydrates (g)	58,3	20,3
of which sugars (g)	11,6	4
Fibre (g)	3,6	1,3
Protein (g)	18,3	6,4
Salt (g)	1,9	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 **rainbow slaw 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!



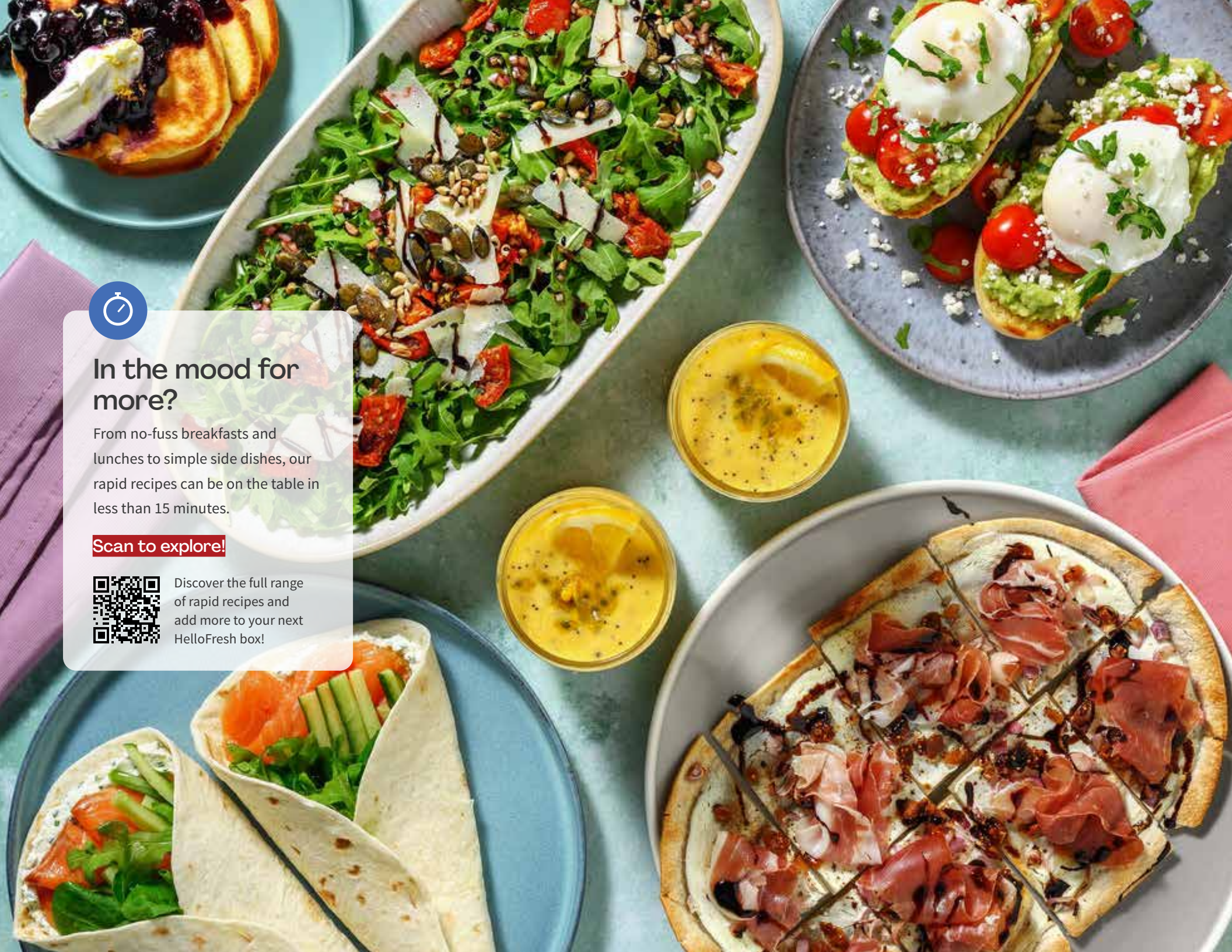
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## Before you begin

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## Utensils

Parchment-lined baking sheet, small bowl, two bowls

## Ingredients

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

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	993 /237
Total fat (g)	15
of which saturated (g)	2,4
Carbohydrates (g)	11
of which sugars (g)	3,5
Fibre (g)	1
Protein (g)	15
Salt (g)	0,5

## Allergens

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

# Crispy Chicken Bites

with sriracha-mayo and mango dip | 4 servings



Appetizer Total time: 25 min.



## 1. Prepare

- Preheat the oven to 200°C.
- Put the regular mayonnaise into a bowl.
- In a separate medium bowl, combine the **panko breadcrumbs**, **piri piri seasoning\*** and 2 tbsp of olive oil. Season with salt and pepper.
- Cut the **chicken breast** into 3cm chunks.

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

## 2. Bake the chicken

- Add the **chicken** to the mayonnaise, season with salt and pepper and mix well.
- Dip the **chicken** into the **breadcrumbs** and make sure they are completely coated. Transfer to a parchment-lined baking tray.
- Bake the **chicken** on the top shelf of the oven for 15 - 20 minutes, until slightly golden brown and cooked through.

## 3. Make the mango dip

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

## 4. Serve

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

Enjoy!



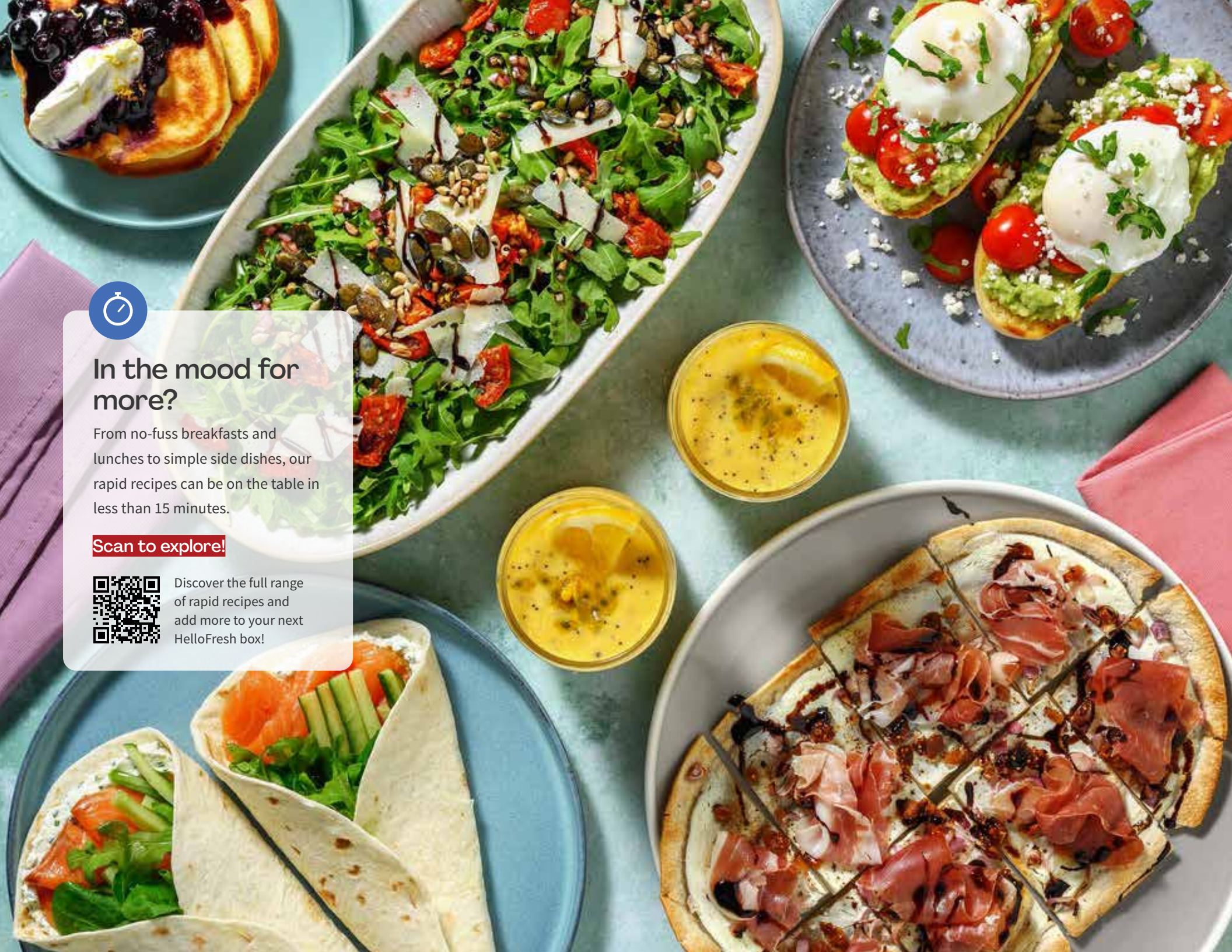
## In the mood for more?

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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

## 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
From your pantry	
Salt & pepper	to taste

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	1506 /360
Total fat (g)	25
of which saturated (g)	16,2
Carbohydrates (g)	23
of which sugars (g)	0,9
Fibre (g)	2
Protein (g)	10
Salt (g)	0,8

## Allergens

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

# 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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