

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

## Ingredients

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

\*store in the fridge

## Nutritional values

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

## Allergens

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

# Banana Bread with Pecans

with raisins & dates | 10 slices



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



## 1. Prepare

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

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

## 3. Bake the banana bread

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

## 2. Make the batter

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

## 4. Serve

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

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

Enjoy!





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## Utensils

Bowl, grater, kettle, large bowl, saucepan, heatproof bowl

## Ingredients

Chopped dates (g)	80
Carrot* (unit(s))	1
Chopped pecans (g)	100
Ground cinnamon (tsp)	1½
White chocolate chips (g)	100
Raisins (g)	40
Oats (g)	150
Pistachio nuts (g)	20

From your pantry

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	1682 /402
Total fat (g)	21
of which saturated (g)	5,1
Carbohydrates (g)	43
of which sugars (g)	24,9
Fibre (g)	5
Protein (g)	7
Salt (g)	0,4

## Allergens

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# Carrot Cake Energy Bites

with dates, pecan nuts & pistachios | 16 pieces



**Baking** Total time: 25 min.



### 1. Prepare

- Boil plenty of water in a kettle or saucepan. Place the chopped **dates** and **raisins** in a bowl and pour the hot water over them.
- Allow to soak for 10 minutes and then drain. In the meantime, finely grate the **carrot**.
- Finely chop the **raisins**, **dates** and **pecans**, then put them in a large bowl (see Tip).

**Tip:** if you have an electric mixer, use that to mix all the ingredients together.

### 2. Roll out the energy bites

- Add the **carrot**, **oats** and **cinnamon** to the bowl.
- Mix everything together, then roll the mixture into small balls (see Tip).

**Tip:** if the mixture is a bit too sticky, put it in the fridge to chill for a little bit. This will help the mixture to set and will make it easier to handle.

### 3. Melt the chocolate

- Bring plenty of water to a boil in a small saucepan.
- Put the **white chocolate chips** in a heat-resistant glass bowl that is larger than the saucepan.
- Place the bowl on top of the saucepan and allow the **chocolate** to melt, stirring continuously. Finely chop the **pistachios**.
- Dip the energy bites in the **chocolate** before sprinkling over the chopped **pistachios** (see Tip).

**Tip:** the energy bites are quite sweet thanks to the dates and raisins, so feel free to leave out the chocolate if you're trying to cut down on sugar!

### 4. Serve

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

**Tip:** store the energy bites in an airtight container in the fridge for up to 3 days!

Enjoy!





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## Utensils

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

## Ingredients

Salted almonds (g)	30
Chopped walnuts (g)	40
Chocolate chips (g)	100
Dried cranberries (g)	40
Oats (g)	150
Chia seeds (g)	100
Egg* (unit(s))	2
Tahini* (g)	100
Peanut butter (tub)	3

### From your pantry

Honey [or plant-based alternative] (tbsp)	2½
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\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	1987 /475
Total fat (g)	28,5
of which saturated (g)	6,2
Carbohydrates (g)	37,3
of which sugars (g)	14,8
Fibre (g)	8,4
Protein (g)	13,7
Salt (g)	0,1

## Allergens

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# Granola Bars

with nuts, chia seeds and cranberries | 12 pieces



**Baking** Total time: 45 min.



## 1. Prepare

- Preheat the oven to 165°C.
- Roughly chop the **nuts** and **chocolate chips**.
- Finely chop the **dried cranberries**.

## 2. Mix the granola bars

- In a large bowl, mix the **oats** with the **nuts**, **dried cranberries**, **chocolate chips** and **chia seeds**.
- Separate the **egg** whites from the yolks. Transfer the **egg whites** to a clean, grease-free 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 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 with the back of a spoon – this will help it stick together so the granola bars won't fall apart.
- Bake for 25 – 30 minutes.

## 4. Slice the granola

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

**Enjoy!**





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## Before you begin

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## Utensils

## Ingredients

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

\*store in the fridge

## Nutritional values

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

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

## Allergens

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

# 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 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 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 3: Raspberry & blueberry (4 portions)

Serve 130g **Greek-style yogurt** per person in deep bowls (see Tip).

- Top with 50g **granola** per person.
- Garnish with 1 tbsp **raspberries** and 1 tbsp **blueberries** per person.

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

Enjoy

## Before you begin

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

## Ingredients

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

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3816 /912	696 /166
Total fat (g)	53	10
of which saturated (g)	11,6	2,1
Carbohydrates (g)	75	14
of which sugars (g)	6,1	1,1
Fibre (g)	11	2
Protein (g)	33	6
Salt (g)	2,4	0,4

## Allergens

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

# Smashed Avocado Toast with Egg and Cherry Tomatoes

with fresh herbs, lime and feta | 2 servings



Weekend recipe Total time: 25 min.



## 1. Prepare

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

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

## 3. Poach the eggs

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

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

## 2. Boil the eggs

*This step shows an easy way to prepare the eggs. If you would like to poach the eggs, you can find the method in the next step.*

- Put the **eggs** in a saucepan with a lid and submerge them in water.
- Bring the water to a boil and then boil the **eggs** with the lid on for 6 - 8 minutes (see Tip).
- Remove the shell and cut the **eggs** in half.
- Proceed to step 4.

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

## 4. Serve

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

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

Enjoy!



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 and orange

# 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

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

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



Smoothie box



# Very Berry Smoothie

with blueberries, raspberries and banana | 2 servings

5 min.



## Utensils

Tall container, immersion blender

## Ingredients for 2 servings

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

### From your pantry

Honey	to taste
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\*store in the fridge

## Nutritional values

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

## Allergens

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1. Peel the **bananas** and cut them into pieces.
2. Add the **bananas, raspberries** and 250ml **coconut milk** to a blender or a jug/tall beaker (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))	3
Organic semi-skimmed milk* (ml)	200
Chia seeds (g)	10

### From your pantry

Honey	to taste
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\*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.
3. Put the **fruit, orange juice** and the **milk** in a blender (or a jug, 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!



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## Utensils

Large bowl, plastic wrap

## 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
Hummus* (g)	160
Red cherry tomatoes (g)	125
Salted almonds (g)	40
Easy peel orange* (unit(s))	2
[Persian] cucumber* (unit(s))	1

### 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)	4619 /1104	519 /124
Total fat (g)	63	7
of which saturated (g)	7,8	0,9
Carbohydrates (g)	86	10
of which sugars (g)	34,3	3,9
Fibre (g)	20	2
Protein (g)	33	4
Salt (g)	2,7	0,3

## Allergens

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# Bento Box with Tuna Salad Wraps

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



**Lunch** Total time: 15 min.



## 1. Make the tuna salad

- Finely chop the **scallions**. Chop the **coriander** and **mint**.
- Peel and dice the **mango**.
- Drain the **tuna** and add to a large bowl.
- Add the mayonnaise, **scallions**, and **fresh herbs** to the bowl and mix well. Season to taste with salt and pepper.

## 2. Make the wraps

- Halve and pit the **avocado**, then remove the skin and slice the flesh.
- Remove the core of the **little gem** and pull the leaves apart.
- Add a few leaves to each **tortilla**. Divide the **tuna** salad, **mango** and **avocado** over the **tortillas**.
- 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 **orange** and pull it apart into smaller segments.

## 4. Serve

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

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

Enjoy!





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## Before you begin

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## Utensils

Bowl, microplane, soup pot

## Ingredients

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

\*store in the fridge

## Nutritional values

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

## Allergens

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# Fresh Indian Dahl with Homemade Garlic Bread

with cheddar and fresh chives | 3-4 servings



**Lunch** Total time: 20 min.



### 1. Prepare

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

### 2. Make the garlic butter

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

### 3. Bake the bread

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

### 4. Warm up the dahl and serve

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

Enjoy!





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## Utensils

Parchment-lined baking sheet, small bowl, soup pot

## Ingredients

White demi-baguette (unit(s))	2
Fresh basil* (g)	10
Passata (g)	200
Italian seasoning (sachet(s))	1
Mini Roma tomatoes (g)	200
Mozzarella* (ball(s))	1
Fresh tomato soup with meatballs* (ml)	1000
From your pantry	
Extra virgin olive oil (tbsp)	1
Salt & pepper	to taste

\*store in the fridge

## Nutritional values

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

## Allergens

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

# Fresh Tomato Soup with Meatballs and Homemade Tomato-Mozzarella Bread

with Italian seasoning and fresh basil | 3 - 4 servings

**Lunch** Total time: 20 min.



## 1. Prepare

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

## 2. Top the baguette

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

## 3. Bake the bread

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

## 4. Warm up the soup and serve

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

Enjoy!







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## Utensils

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

## Ingredients

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

\*store in the fridge

## Nutritional values

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

## Allergens

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

# Tomato Soup with Meatballs and Avocado Toast

with poached eggs and feta | 3-4 servings



**Lunch** Total time: 15 min.



### 1. Prepare

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

### 3. Poach the eggs

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

### 2. Boil the eggs

- This step shows an easy way to prepare the **eggs**. If you would like to poach the **eggs**, you can find the method in the next step.
- Boil plenty of water in a saucepan. Carefully transfer the **egg** to the water and boil for 5 - 7 minutes.
- Rinse the **egg** under cold water, then remove the shell and cut the **egg** in half.
- Continue with step 4.

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

### 4. Heat up the soup and serve

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

Enjoy!





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## Before you begin

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, saucepan

## Ingredients

Cucumber* (unit(s))	1
Tomato (unit(s))	1
Egg* (unit(s))	2
Mesclun* (g)	40
Mayonnaise* (g)	50
Ham* (slice(s))	4
White demi-baguette (unit(s))	2

### From your pantry

Mustard	to taste
Salt & pepper	to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2602 / 622	707 / 169
Total fat (g)	28	8
of which saturated (g)	3,7	1
Carbohydrates (g)	68	19
of which sugars (g)	4,3	1,2
Fibre (g)	6	2
Protein (g)	24	7
Salt (g)	2,5	0,7

## Allergens

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

# Belgian Ham Sandwich

with egg, cucumber and tomato | 2 servings



**Lunch** Total time: 15 min.



## 1. Prepare

- Preheat the oven to 180°C.
- Bake the **demi-baguettes** for 6 - 8 minutes and let them cool down before cutting in half.
- Boil plenty of water in a saucepan. Carefully transfer the **eggs** to the water and boil for 10 - 12 minutes, then rinse the **eggs** under cold water.

## 2. Chop the vegetables

- Meanwhile, deseed the **tomato** and cut it into small cubes.
- Dice the **cucumber**.
- Remove the shell from the **egg** and cut into bite-sized pieces.

## 3. Make the spread

- Mix the **cucumber**, **tomato** and **eggs** with the mayonnaise in a bowl.
- Add mustard to taste and season with salt and pepper.

## 4. Serve

- Cut the **bread** open lengthways and add the **ham**, “smossalade” and **lettuce**.
- Close the bread and serve the sandwich.

Enjoy!





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## Before you begin

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## Utensils

Parchment-lined baking sheet, large bowl, frying pan

## Ingredients

Sweet chilli tortilla chips (g)	150
Organic sour cream* (g)	100
Grated cheddar* (g)	150
Sliced jalapeños* (g)	60
Scallions* (bunch)	1
Avocado (unit(s))	2
Shallot (unit(s))	1
Lime* (unit(s))	1
Tomato (unit(s))	1
Garlic (unit(s))	1
Mexican-style spices (sachet(s))	½
Farmer's minced meat* (g)	100
From your pantry	
Olive oil (tbsp)	1
Salt & pepper	to taste

\*store in the fridge

## Nutritional values

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

## Allergens

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

# Loaded Nachos with Minced Meat

with homemade guacamole, jalapeños and cheddar | 4 servings



Appetizer Total time: 15 – 20 min.



## 1. Prepare

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

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

## 2. Chop

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

## 3. Make the guacamole

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

## 4. Serve

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

Enjoy!





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## Before you begin

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## Utensils

Parchment-lined baking sheet, bowl, frying pan

## Ingredients

Egg* (unit(s))	4
Avocado (unit(s))	2
Cress* (g)	20
White ciabatta (unit(s))	2
Tomato (unit(s))	1
From your pantry	
[Plant-based] milk (splash)	1
[Plant-based] butter (tbsp)	1
Olive oil (tbsp)	½
Salt & pepper	to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3079 /736	748 /179
Total fat (g)	50	12
of which saturated (g)	11,2	2,7
Carbohydrates (g)	43	10
of which sugars (g)	3,8	0,9
Fibre (g)	6	2
Protein (g)	25	6
Salt (g)	1,2	0,3

## Allergens

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

# Avocado & Scrambled Eggs on Toast

with cress and tomato | 2 servings



Breakfast Total time: 20 - 25 min.



## 1. Prepare

- 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. Toast the bread

- 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. Make the scrambled eggs

- 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. Serve

- Place the toast onto 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.

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 40 - 45 minutes.
- Stir and mix the granola every 10 - 15 minutes until it is toasted all around.

## 4. Serve

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

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

Enjoy!





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Breakfastbox

Kick-start your day!

- 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.

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

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

## Utensils

Large bowl, pot or saucepan, frying pan

## Ingredients

Penne (g)	180
Sundried tomatoes (g)	30
Courgette* (unit(s))	1
Red cherry tomatoes (g)	250
Green pesto* (g)	40
Organic crème fraîche* (g)	50
Arugula & lamb's lettuce* (g)	40
Apple* (unit(s))	2
[Persian] cucumber* (unit(s))	1
Salted almonds (g)	80
Feta* (g)	50
Hummus* (g)	160
From your pantry	
Salt & pepper	to taste
Sunflower oil (tbsp)	1
Balsamic vinegar (tsp)	2

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	5351 / 1279	687 / 164
Total fat (g)	72	9
of which saturated (g)	15,8	2
Carbohydrates (g)	105	13
of which sugars (g)	32,1	4,1
Fibre (g)	17	2
Protein (g)	34	4
Salt (g)	2	0,3

## Allergens

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

# Bento Box with Pasta Salad

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



Lunch Total time: 20 min.



## 1. Prepare

- Boil plenty of water in a pot or saucepan, then cook the pasta for 10 - 12 minutes. Drain and set aside to cool.
- Finely dice the **courgette**.
- Heat the sunflower oil in a frying pan and fry the **courgette** for 3 - 4 minutes over medium-high heat. Season with salt and pepper.

## 2. Make the pasta salad

- Quarter half of the **cherry tomatoes**.
- Roughly chop the **sundried tomatoes** and crumble the **feta**.
- Add the pasta to a large bowl and mix with the **crème fraîche**, **pesto** and balsamic vinegar. Add the **arugula & lamb's lettuce**, **courgette**, chopped **cherry tomatoes**, **sundried tomatoes** and **feta** and mix well.
- Add half of the pasta salad to the lunch box.

## 3. Prepare the bento box

- Halve the **cucumber** and then cut into batons.
- Core and dice the **apple**.

## 4. Serve

- Add the **apple** and **almonds** to the lunch box with the pasta salad.
- Add half of the **cucumber** and half of the remaining **cherry tomatoes** to the lunch box. Eat them as a snack with the **hummus** (see Tip).

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

Enjoy!





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## Before you begin

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## Utensils

Large bowl, oven dish, parchment paper, saucepan

## Ingredients

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

\*store in the fridge

## Nutritional values

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

## Allergens

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

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



**Baking** Total time: 40 min.



### 1. Make the batter

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

### 2. Bake the brownies

- Pour the batter into the baking tin.
- Bake the brownies in the oven for 20 - 25 minutes.
- The brownies are done when you see cracks start to form on the surface.
- Take the brownie out of the oven and let it cool down.

### 3. Make the frosting

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

### 4. Serve

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

Enjoy!





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## Before you begin

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## Utensils

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 Jar 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

Blender or an immersion blender with a tall container

## Ingredients

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

### From your pantry

Honey [or plant-based alternative] 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)	47	9
of which sugars (g)	43,5	8,4
Fibre (g)	9	2
Protein (g)	8	2
Salt (g)	0,2	0

## Allergens

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

# Mango Smoothie Bowl with Blueberries

with passion fruit & chia seeds | 2 servings



Breakfast Total time: 10 min.



## 1. Prepare

- Peel the **mango** and cut it into small pieces.
- Cut the passion fruit in half.

## 2. Blend

- Process the **mango**, **coconut milk** and **Greek yogurt** into a thick smoothie using a blender or a tall container and an immersion blender.

## 3. Sweeten

- If you would prefer the smoothie to be sweeter, blend in some honey as preferred.

## 4. Serve

- Serve the smoothie in bowls.
- Top with the passion fruit and **blueberries**.
- Garnish with the desiccated **coconut** and **chia seeds**.

Enjoy!





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## Before you begin

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

## Utensils

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

## Ingredients

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

\*store in the fridge

## Nutritional values

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

## Allergens

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

# Smashed Avocado Toast with Egg and Cherry Tomatoes

with fresh herbs, lime and feta | 2 servings



Lunch Total time: 25 min.



## 1. Prepare

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

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

## 3. Poach the eggs

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

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

## 2. Boil the eggs

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

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

## 4. Serve

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

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

Enjoy!





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## Before you begin

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

## Utensils

Aluminum foil

## Ingredients

Flour tortillas (unit(s))	4
Smoked salmon* (g)	120
Herbed cream cheese* (g)	75
Arugula & lamb's lettuce* (g)	90
Cucumber* (unit(s))	1

### From your pantry

Extra virgin olive oil	to taste
Salt & pepper	to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2151 /514	742 /177
Total fat (g)	26	9
of which saturated (g)	9,9	3,4
Carbohydrates (g)	45	16
of which sugars (g)	2,8	1
Fibre (g)	4	1
Protein (g)	24	8
Salt (g)	2	0,7

## Allergens

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

# Smoked Salmon & Herbed Cream Cheese Wraps

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



**Lunch** Total time: 10 - 15 min.



## 1. Prepare

- Preheat the oven to 180°C.

## 2. Slice the cucumber

- Cut the **cucumber** in half lengthways, then into strips.

## 3. Heat up the tortillas

- Wrap the **tortillas** in aluminium foil, then put them in the oven for 3 - 4 minutes.

## 4. Serve

- Spread the **herbed cream cheese** over the wraps. Add the **smoked salmon** and **cucumber** followed by the **mixed salad leaves**, then drizzle with extra virgin olive oil to taste.

Enjoy!





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## Before you begin

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

## Utensils

Frying pan, two small bowls

## Ingredients

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

### From your pantry

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

\*store in the fridge

## Nutritional values

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

## Allergens

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

# Chicken Gyros on Turkish Bread

with garlic yogurt sauce, feta & tomato | 2 servings



**Lunch** Total time: 10 min.



## 1. Prepare

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

## 2. Fry the chicken

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

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

## 3. Make the quick-pickled onion

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

## 4. Serve

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

**Enjoy!**





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## Before you begin

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## Utensils

Parchment-lined baking sheet

## Ingredients

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

\*store in the fridge

## Nutritional values

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

## Allergens

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

# Smoked Salmon Flammekueche

with lemon, capers and sour cream | 2 servings



Lunch Total time: 15 min.



## 1. Prepare

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

## 2. Add the toppings

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

## 3. Bake the flammekueche

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

## 4. Serve

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

Enjoy!





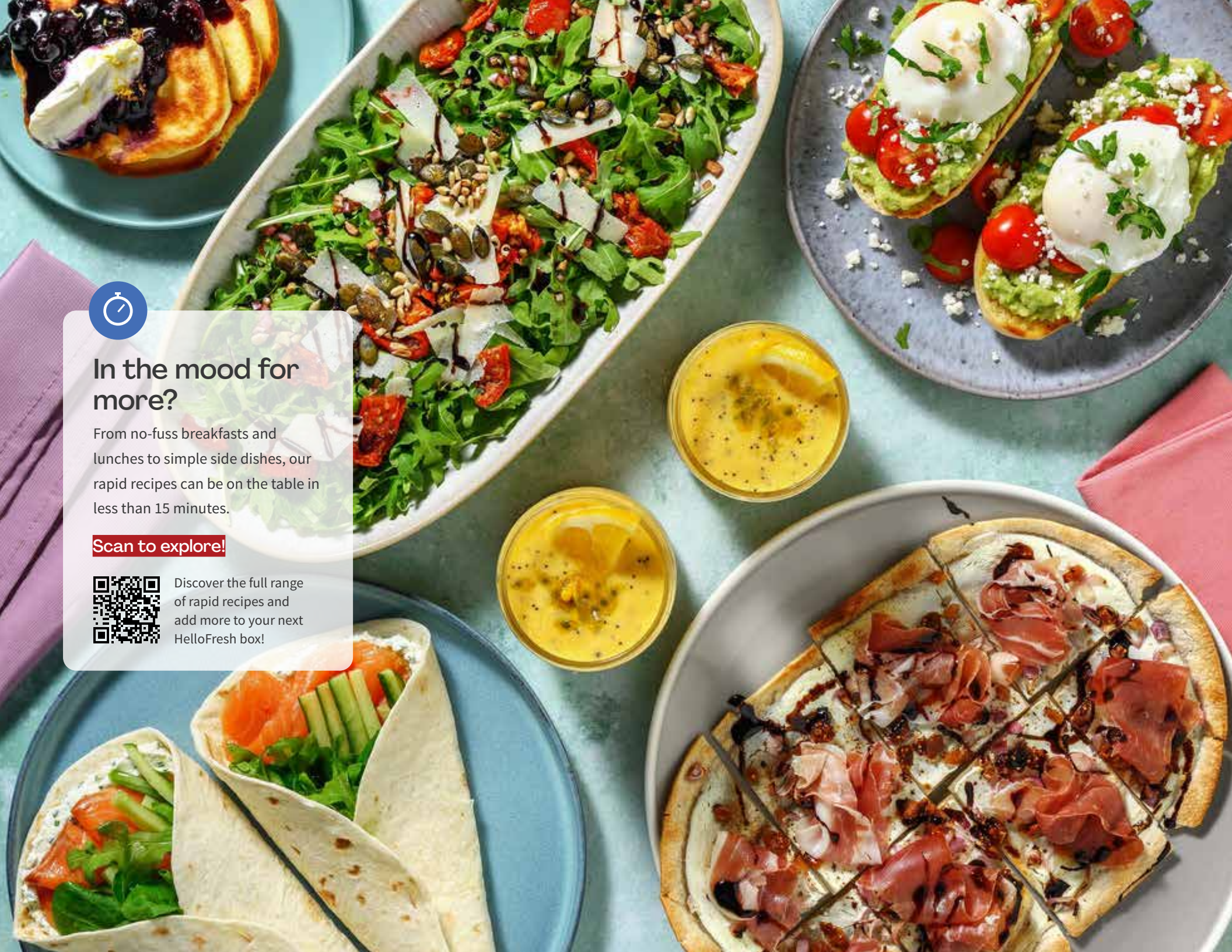
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## Before you begin

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## Utensils

Aluminum foil, microplane, saucepan, small bowl, frying pan, two bowls, whisk

## Ingredients

Egg* (unit(s))	2
Organic buttermilk* (ml)	200
Cream cheese* (g)	80
Flour (g)	150
Baking powder (g)	8
Blueberry jam (g)	15
Blueberries* (g)	125
Lemon* (unit(s))	1
From your pantry	
Sugar (tbsp)	2
Sunflower oil (tbsp)	1
Salt (tsp)	½

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2489 / 595	620 / 148
Total fat (g)	19	5
of which saturated (g)	6,5	1,6
Carbohydrates (g)	85	21
of which sugars (g)	28,6	7,1
Fibre (g)	6	1
Protein (g)	24	6
Salt (g)	3,5	0,9

## Allergens

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

# Blueberry Cheesecake-Pancakes

with cream cheese filling and warm blueberry sauce | 2 servings



Breakfast Total time: 20 min.



## 1. Prepare

- Zest the **lemon** and squeeze the juice into a small bowl.
- Beat the **eggs** in another bowl.
- Add the **buttermilk** and 1 tbsp **lemon** juice 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**, 0.5 tsp salt and 1 tbsp sugar.

**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 (see Tip), then 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.

**Tip:** these pancakes are meant to be small, as this makes them easier to stack.

## 2. Make the batter

- Fold the egg and buttermilk mixture into the flour with a spatula.
- Weigh out 80g **cream cheese**, then gradually add it to the batter in small amounts. Stir carefully so the pieces of **cream cheese** stay intact.
- Feel free to keep some of the **cream cheese** to garnish the pancakes with.

## 4. Serve

- In the meantime, put the **jam** in a saucepan with half of the **blueberries**, 4 tbsp water and 1 tbsp sugar.
- Simmer for 4 - 5 minutes over medium-high heat, or until the sauce has a thick, syrupy texture.
- Stack the pancakes on plates and pour the blueberry sauce on top.
- Garnish with the rest of the **blueberries** and **lemon** zest to taste.

Enjoy!





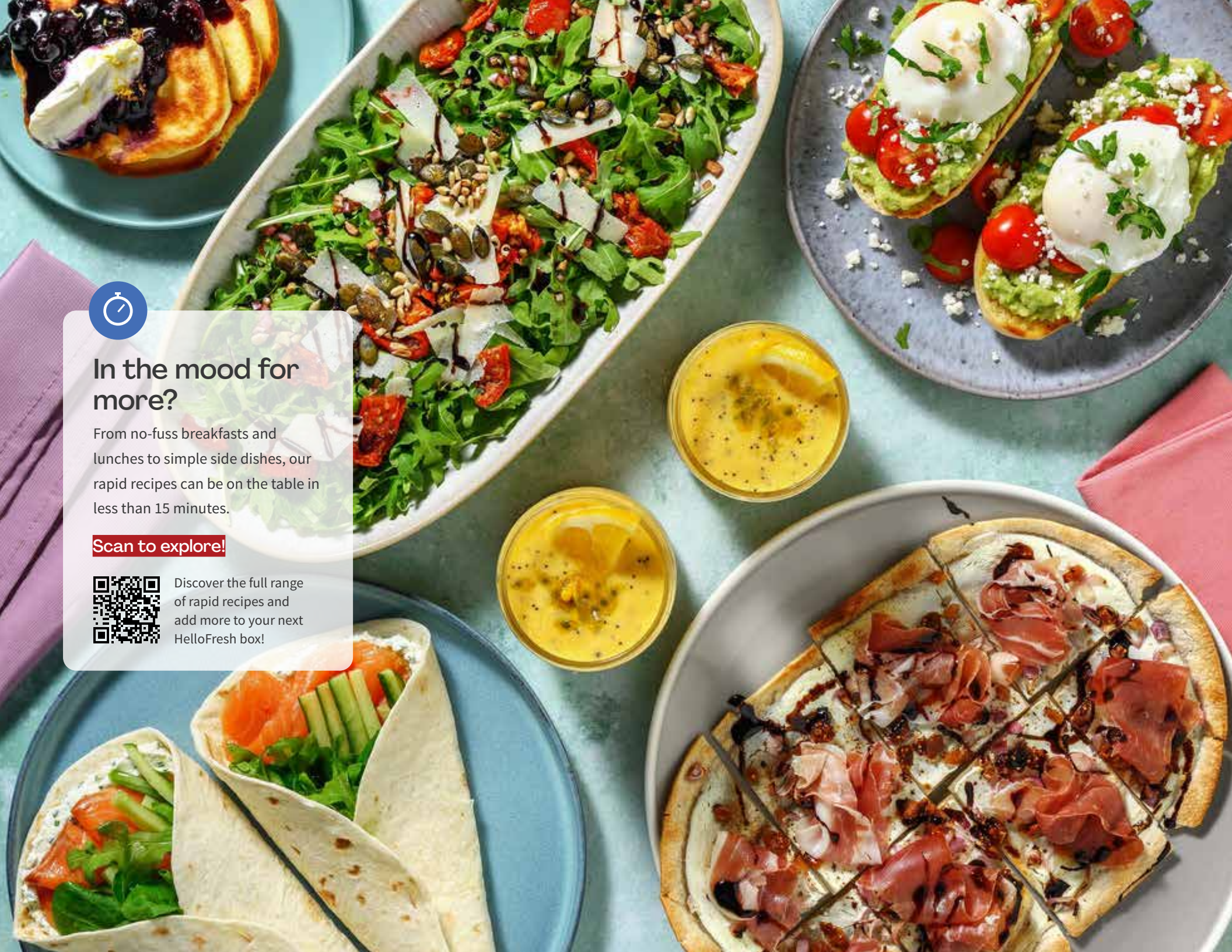
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## Before you begin

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## Utensils

Grater, lidded pot or saucepan, saucepan

## Ingredients

Fresh ravioli with spinach & ricotta* (g)	280
Tomato & mascarpone sauce* (g)	250
Fresh basil* (g)	10
Parmigiano Reggiano DOP* (unit(s))	1
From your pantry	
Salt & pepper	to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2138 / 511	737 / 176
Total fat (g)	23	8
of which saturated (g)	14	4,8
Carbohydrates (g)	52	18
of which sugars (g)	5,6	1,9
Fibre (g)	3	1
Protein (g)	21	7
Salt (g)	1,9	0,6

## Allergens

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

# Ravioli in Creamy Mascarpone-Tomato Sauce

with fresh basil & Parmigiano Reggiano | 2 servings



Lunch Total time: 15 - 20 min.



## 1. Prepare

- In a large pot or saucepan, boil plenty of water with a pinch of salt and cook the **ravioli** for 4 - 6 minutes.
- Drain and set aside.

## 2. Heat the sauce

- In a saucepan, heat the **tomato & mascarpone** sauce for 4 - 6 minutes over medium-low heat. Season with salt and pepper to taste.
- Transfer the **ravioli** to the sauce and mix carefully to combine.

## 3. Prepare the toppings

- Grate the **Parmigiano Reggiano**.
- Roughly chop or tear the **fresh basil**.

## 4. Serve

- Serve the **ravioli** and sauce on plates.
- Scatter the **Parmigiano Reggiano** and **basil** over the pasta.

Enjoy!





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## Before you begin

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## Utensils

Large bowl, bowl

## Ingredients

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

### From your pantry

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

\*store in the fridge

## Nutritional values

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

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

## Allergens

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

# Chia Seed Pudding

summer fruits, cinnamon & apple, mango & passion fruit

3x breakfast for 2

Breakfast Total time: 15 min.



## 1. Basic chia pudding

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

## 3. Variation 2: Apple pie (2 servings)

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

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

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

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

## 4. Variation 3: Tropical (2 servings)

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

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

Enjoy!





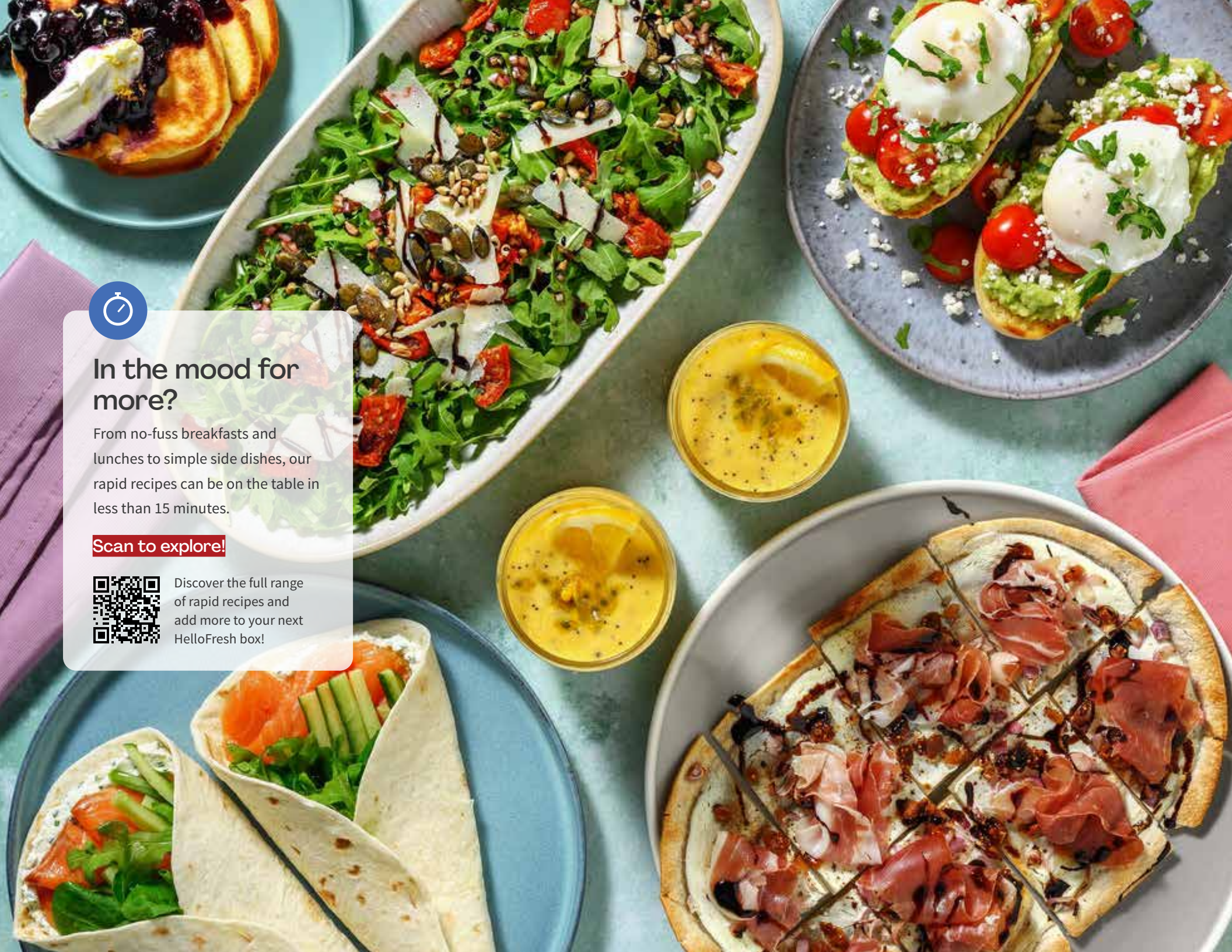
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## Before you begin

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## Utensils

Handheld mixer, mixing bowl, pot or saucepan, frying pan, heatproof bowl

## Ingredients

Chocolate chips (g)	300
Heavy cream* (ml)	400
Shaved almonds (g)	20

### From your pantry

Sugar (tbsp)	3
Salt & pepper	to taste

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	1732 /414
Total fat (g)	32
of which saturated (g)	18,3
Carbohydrates (g)	27
of which sugars (g)	25,2
Fibre (g)	1
Protein (g)	5
Salt (g)	0,1

## Allergens

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

# Chocolate Mousse

with almond shavings | 4 servings



**Dessert** Total time: 30 min.



## 1. Prepare

- Boil a shallow layer of water in a saucepan.
- Lower the heat and place a heat-resistant bowl over the pan (see Tip), making sure it doesn't touch the water.
- Put the **chocolate chips** in the bowl and allow to melt slowly, stirring continuously. Add a pinch of salt.
- Make sure the **chocolate** stays melted until you use it in step 3.

**Tip:** use a bowl that's big enough to make the mousse in – that way there's less to clean up afterwards!

## 3. Mix

- Take the melted **chocolate** off the pan (take care as it may be hot!).
- Using a spatula, carefully fold a third of the **cream** into the **chocolate** until well-combined with no visible clumps. Repeat until all of the **cream** is used up.
- Transfer the **chocolate** mousse to small glasses or a large serving bowl, cover with plastic film and put in the fridge to chill for at least 5 hours.

## 2. Whip the cream

- Put the **cream** and sugar in a bowl (see Tip).
- Use an electric whisk or handheld mixer to whip the **cream** and sugar together until it thickens but is still light and fluffy – you don't want it to be too firm.

**Tip:** make sure both the cream and the bowl are cold before you start, as this helps prevent the cream from separating.

## 4. Serve

- Take the **chocolate** mousse out of the fridge about 1 hour before serving so it can come up to room temperature.
- In the meantime, heat a frying pan over high heat without any oil and toast the **almond flakes** until golden brown.
- Scatter the **almond flakes** over the chocolate mousse before serving.

Enjoy!





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## Before you begin

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

## Utensils

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

## Ingredients

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

\*store in the fridge

## Nutritional values

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

## Allergens

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

# Vietnamese Spring Rolls

with hoisin sauce and fresh coriander | 10 pieces



Appetizer Total time: 20 min.



## 1. Prepare

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

## 3. Chop the herbs

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

## 2. Fry the shrimp

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

## 4. Serve

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

Enjoy!





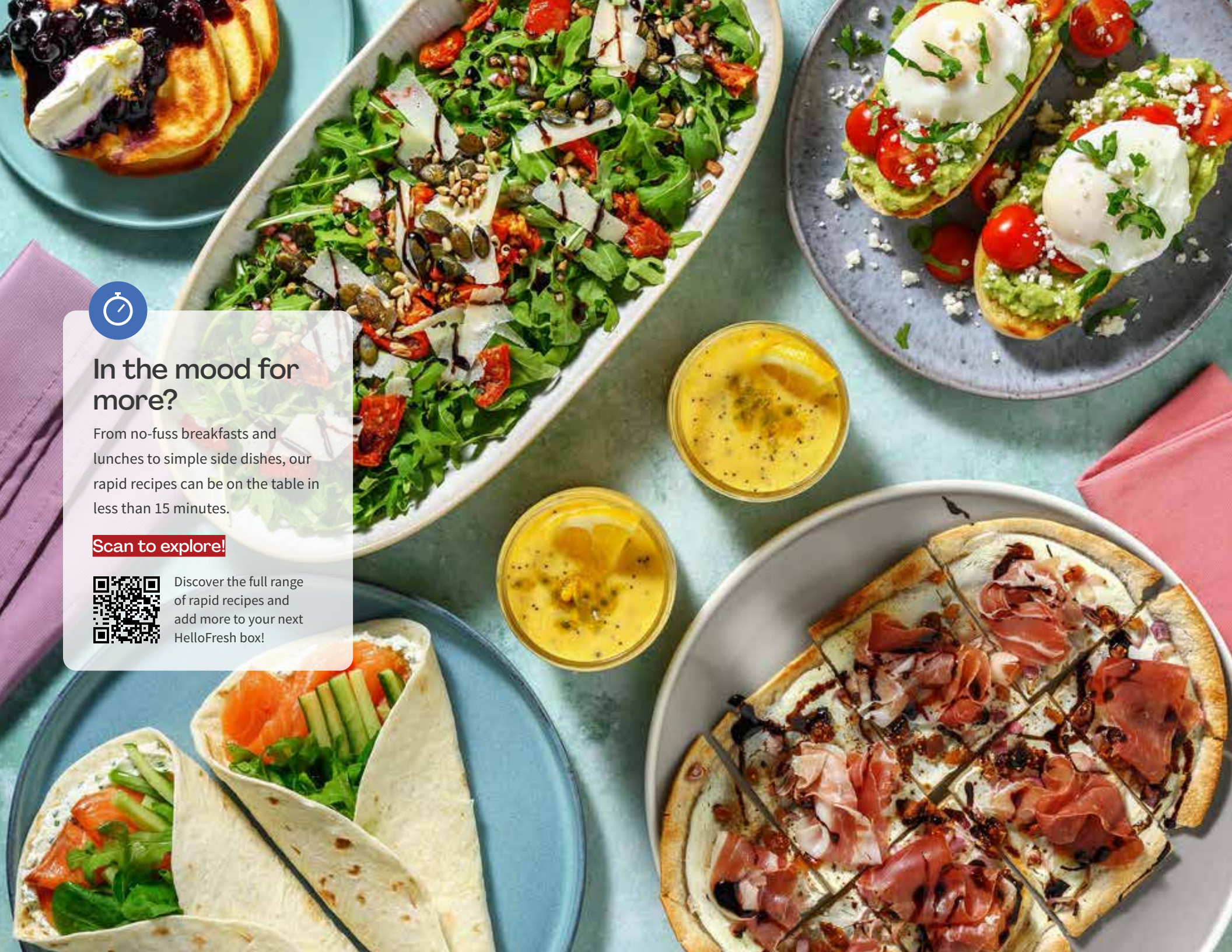
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## Before you begin

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

## Utensils

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

## Ingredients

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

### From your pantry

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

\*store in the fridge

## Nutritional values

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

## Allergens

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

# Apple Pie French Toast

with lemon whipped cream and speculaas pieces | 2 servings



Breakfast Total time: 25 min.



## 1. Prepare

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

## 2. Make the apple sauce

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

## 3. Fry the French toast

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

## 4. Serve

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

Enjoy!





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## Before you begin

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

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, 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!





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## Before you begin

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## Utensils

Parchment-lined baking sheet, two bowls

## Ingredients

White demi-baguette (unit(s))	2
Grated Gouda* (g)	100
Grated Gruyère DOP* (g)	25
Scallions* (bunch)	½
Garlic (unit(s))	2
Organic sour cream* (g)	200

### From your pantry

[Plant-based] butter (g)	40
Salt & pepper	to taste

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	1048 /250
Total fat (g)	14
of which saturated (g)	9
Carbohydrates (g)	22
of which sugars (g)	2
Fibre (g)	2
Protein (g)	9
Salt (g)	0,8

## Allergens

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

# Cheesy Gruyère Garlic Bread

with homemade sour cream and scallion dip | to share



Appetizer Total time: 20 min.



## 1. Prepare

- Preheat the oven to 220°C.
- Take the butter out of the fridge.
- Finely slice the **scallions**.
- Press or mince the **garlic**.

## 2. Make the garlic butter

- Mix the **garlic**, butter, **cheeses** and the white part of the **scallions** together in a bowl. Add salt and pepper to taste.
- In another bowl, mix the **sour cream** with the **scallion** greens. Add salt and pepper to taste.

## 3. Bake the garlic bread

- Cut the **baguettes** in half.
- Spread the **garlic butter** over the **bread**.
- Put the **bread** on a parchment-lined baking sheet, then bake for 12 - 15 minutes, or until the bread is crunchy and the **cheese** has melted.

## 4. Serve

- Serve the baguettes with the sour cream & scallion dip.

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

Small bowl

## Ingredients

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

\*store in the fridge

## Nutritional values

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

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

## Allergens

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

# Savoury Breakfast Crackers

with three variations of toppings | serves 2 per day



Breakfast Total time: 10 min.



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

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

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

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

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

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

Enjoy!





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## Before you begin

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

## Utensils

## Ingredients

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

\*store in the fridge

## Nutritional values

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

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

## Allergens

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

# Greek Yogurt and Fresh Fruit Breakfast Bowls

with three variations of toppings | 2 servings per day



Breakfast Total time: 5 min.



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

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

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

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

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

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

Enjoy!





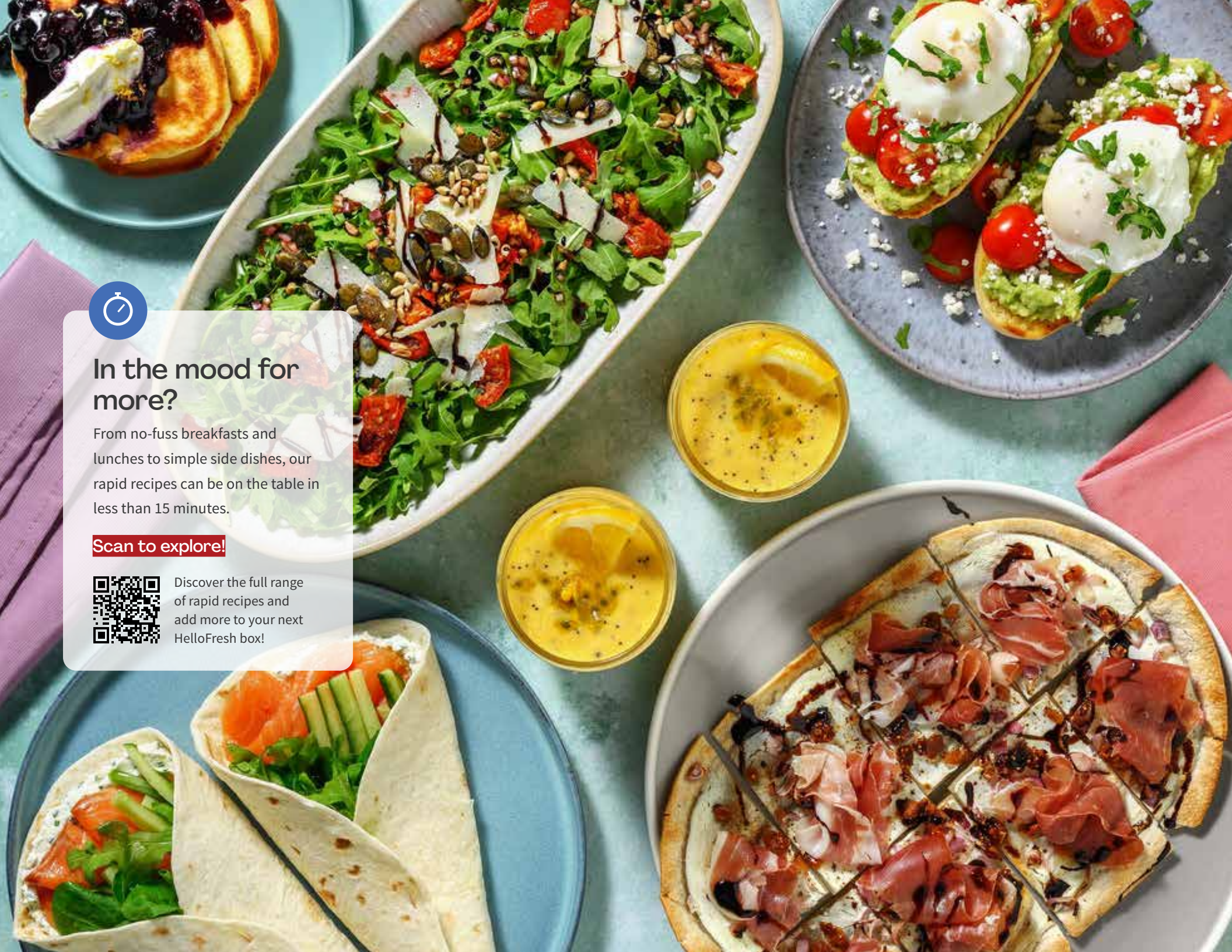
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## Before you begin

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## Utensils

Parchment-lined baking sheet, small bowl

## Ingredients

Pizza dough* (unit(s))	1
Passata (g)	200
Ham* (slice(s))	8
Pineapple* (g)	200
Grated aged Gouda* (g)	100
Italian seasoning (sachet(s))	1
From your pantry	
Salt & pepper	to taste

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	742 / 177
Total fat (g)	5
of which saturated (g)	2,8
Carbohydrates (g)	22
of which sugars (g)	4,3
Fibre (g)	1
Protein (g)	8
Salt (g)	1

## Allergens

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

# Kid-Friendly Mini Hawaiian Pizzas

with pineapple and ham | to share



Appetizer Total time: 25 min.



## 1. Prepare

- Preheat the oven to 200°C.
- In a small bowl, mix the **passata** and **Italian herbs**. Season with salt and pepper.
- Halve the **pineapple** pieces.
- Roughly chop the **ham**.

## 2. Cut the dough

- Roll out the **pizza dough**, then slice into 15 smaller squares.
- Transfer the dough to a parchment-lined baking sheet.

## 3. Make the mini pizzas

- Spread 1 tbsp **tomato** sauce over each piece of dough.
- Divide the **grated cheese** over each square.
- Top with the **pineapple** and **ham** (see Tip).

**Tip:** skip the pineapple and ham for some of the squares if you prefer to have a few mini cheese pizzas as well.

## 4. Serve

- Bake the pizzas in the oven for 8 - 10 minutes.
- Take the pizzas out of the oven and serve while still hot.

Enjoy!





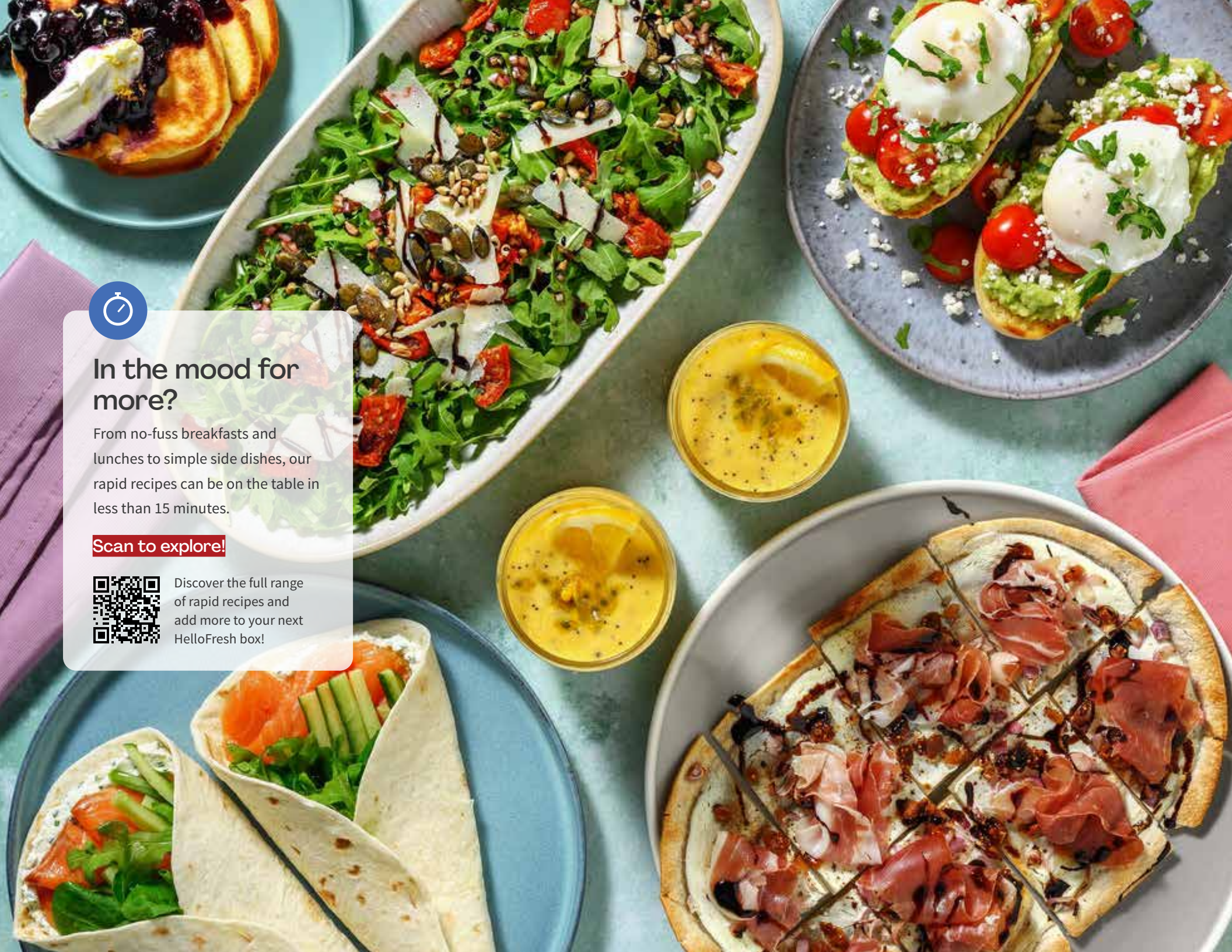
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## Before you begin

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## Utensils

Bowl, salad bowl, small bowl, frying pan, aluminium foil

## Ingredients

Flour (g)	400
Egg* (unit(s))	2
Organic semi-skimmed milk* (ml)	1000
Powdered sugar (g)	100
Ground cinnamon (tsp)	3
Apple* (unit(s))	1
Bacon* (slice(s))	4
Grated Gouda* (g)	75
Blueberry jam (g)	30
From your pantry	
Salt (tsp)	½
Sugar (tbsp)	2
[Plant-based] butter (tbsp)	2

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	696 / 166
Total fat (g)	5
of which saturated (g)	2,5
Carbohydrates (g)	25
of which sugars (g)	10,5
Fibre (g)	1
Protein (g)	6
Salt (g)	0,3

## Allergens

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

# Dutch Pancakes with Various Toppings

with apple & cinnamon, bacon & cheese, jam & powdered sugar

20 pancakes

**Lunch** Total time: 40 min.



### 1. Prepare the batter

- Add the **eggs** and **milk** to a large mixing bowl and mix well.
- Add 2 tbsp of sugar and a pinch of salt.
- Gradually add the **flour** while continuing to stir.

### 2. Prepare the toppings

- Finely slice the **apple** and add to a bowl. Mix with the **cinnamon**.
- Roughly chop the **bacon**.
- Add the **powdered sugar** to a small bowl.

### 3. Make the pancakes

- Melt a knob of butter in a frying pan over medium-high heat. Pour a ladle of batter into the pan, then fry the pancake for 2 minutes per side until golden brown. Remove from the pan and cover with aluminium to keep warm.
- To make the **apple & cinnamon** variation, fry the **apple** for 1 - 2 minutes, then pour in the batter and fry for 2 minutes per side.
- To make the **bacon & cheese** variation, fry the **bacon** for 2 minutes, then pour in the batter and fry for 2 minutes per side. Add the **cheese** after flipping the pancake.

### 4. Serve

- Lay the table with the different pancake variations.
- Serve the **jam** and **powdered sugar** on the table.
- Roll up each pancake with the desired topping.

Enjoy!





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