

## 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

Large bowl, parchment paper

## Ingredients

|                          |          |
|--------------------------|----------|
| Egg* (unit(s))           | 2        |
| Chocolate cake mix (g)   | 400      |
| Blueberries* (g)         | 125      |
| Shaved almonds (g)       | 10       |
| From your pantry         |          |
| Water (ml)               | 80       |
| [Plant-based] butter (g) | 40       |
| Salt & pepper            | to taste |

\*store in the fridge

## Nutritional values

|                        | Per 100g  |
|------------------------|-----------|
| Energy (kJ/kcal)       | 1241 /297 |
| Total fat (g)          | 8,3       |
| of which saturated (g) | 4,3       |
| Carbohydrates (g)      | 47,3      |
| of which sugars (g)    | 29,8      |
| Fibre (g)              | 2,4       |
| Protein (g)            | 6,1       |
| Salt (g)               | 1,4       |

## Allergens

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# Chocolate & Blueberry Brownies

with almond flakes | 9 servings



**Baking** Total time: 40 min.



## 1. Prepare

- Take the butter out of the fridge, weigh it out and cut it into cubes.
- Let the butter come up to room temperature.
- Preheat the oven to 180°C.
- Line a 20x20cm baking tin with parchment paper (see Tip).

**Tip:** if you don't have a baking tin, feel free to use a square oven dish instead.

## 2. Make the batter

- In a large bowl, combine the **cake mix** with 80ml water, the butter and 2 **eggs**. Mix everything together until you have a smooth batter (see Tip).
- Add two-thirds of the **blueberries** to the batter.

**Tip:** if you have an electric whisk or mixer, mix the batter for 4 minutes on a low speed setting.

## 3. Bake the brownie

- Transfer the batter to the baking tin.
- Scatter over the **shaved almonds**.
- Put the tin in the oven for 20 - 25 minutes.
- The brownie is ready when you can see cracks in the surface (see Tip).

**Tip:** check if the brownie is done by piercing it with a skewer. It's fine if the skewer comes out a little bit sticky, but pop it back in the oven for a few minutes if it's very runny.

## 4. Serve

- Take the brownie out of the oven, then let it cool down for 5 minutes.
- Garnish with the rest of the **blueberries**.
- Cut the brownie into roughly 9 pieces and remove from the baking tin.

**Enjoy!**





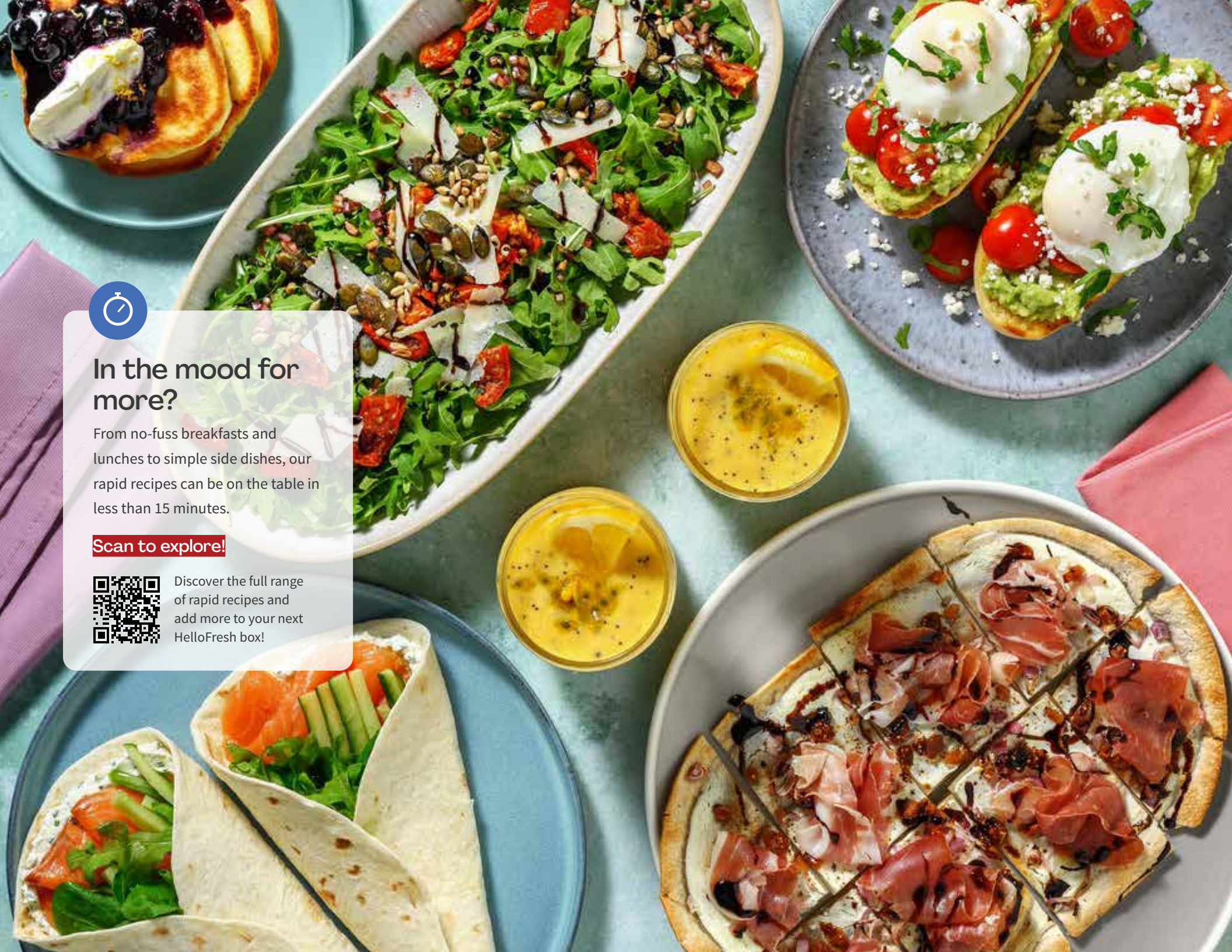
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Breakfast box

Kick-start your day!

**1** American Pancakes with Mango and Coconut

**2** Ham & Herbed Cream Cheese Open-Faced Sandwiches

**3** Greek Yogurt Bowl with Mango

# American Pancakes with Mango and Coconut

topped with honey mascarpone | 2 servings

20 min.



## Utensils

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

## Ingredients for 2 servings

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

## From your pantry

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

\*store in the fridge

## Nutritional values

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

## 1. Make the batter

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

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

## 2. Fry the pancakes

- Heat a drizzle of sunflower oil in a large frying pan over medium-high heat.
- Pour a ladle full of batter into the pan. Fry the pancakes for about 2 minutes on each side until brown, then remove from the pan and cover with aluminium foil to keep warm.
- Repeat until you've used all the batter, adding more sunflower oil in between as needed.

## 3. Prepare the toppings

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

## 4. Serve

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

## Allergens

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



# Ham & Herbed Cream Cheese Open-Faced Sandwiches

2 days of breakfast for 2 persons | 4 servings

10 min.



## Utensils

-

## Ingredients for 2 servings

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

\*store in the fridge

## Nutritional values

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

## Allergens

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

# Greek Yogurt Bowl with Mango

2 days of breakfast for 2 persons | 4 servings

10 min.



## Utensils

-

## Ingredients for 2 serving

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

### From your pantry

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

\*store in the fridge

## Nutritional values

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

1. Peel and dice the **mango**.
2. Serve 125g **Greek yogurt** per person in bowls.
3. Top each bowl with a quarter of the **mango** and **pumpkin seeds**. Drizzle with honey to taste.
4. Repeat the recipe for a second breakfast the next day.

Enjoy!



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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

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# 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

2x bowl, plastic wrap, 2x small bowl, microplane

## Ingredients

|                                 |          |
|---------------------------------|----------|
| Apple* (unit(s))                | 1        |
| Lime* (unit(s))                 | ½        |
| Mango* (unit(s))                | 1        |
| Lemon* (unit(s))                | ½        |
| White chocolate chips (g)       | 100      |
| Dried cranberries (g)           | 20       |
| Mango chutney* (g)              | 80       |
| Chia seeds (g)                  | 100      |
| Desiccated coconut (g)          | 10       |
| Organic semi-skimmed milk* (ml) | 500      |
| Greek yogurt* (g)               | 150      |
| Chopped pecans (g)              | 20       |
| From your pantry                |          |
| Water (ml)                      | 100      |
| Honey (tbsp)                    | 2        |
| Honey                           | to taste |
| Salt (tsp)                      | 1        |
| Salt & pepper                   | to taste |

\*store in the fridge

## Nutritional values

|                        | Per 100g |
|------------------------|----------|
| Energy (kJ/kcal)       | 621 /148 |
| Total fat (g)          | 7        |
| of which saturated (g) | 2,9      |
| Carbohydrates (g)      | 16       |
| of which sugars (g)    | 12,7     |
| Fibre (g)              | 3        |
| Protein (g)            | 3        |
| Salt (g)               | 0,5      |

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

## Allergens

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# Chia Seed Pudding: 3 Variations

sticky mango, white chocolate & cranberry, green apple & lime | serves 2 per day



Breakfast Total time: 15 min.



### 1. Basic chia pudding

- In a bowl, mix the **chia seeds** with the organic semi-skimmed **milk**, water, **greek yogurt**, 2 tbsp honey and salt.
- Cover the bowl with plastic wrap, put it in the fridge and leave to soak for at least 4 hours, or overnight.

### 2. Variation 1: Sticky mango (2 servings)

- Peel the **mango** and cut the flesh into strips.
- In a bowl, mix a third of the chia pudding with half of the **desiccated coconut**.
- Divide the **mango chutney** between two glasses.
- Add the chia pudding you mixed with the **desiccated coconut** on top.
- Garnish with the **mango** and the rest of the **coconut**.

### 3. Variation 2: Cranberry & white chocolate (2 servings)

- Zest the **lemon**, then juice it into a small bowl.
- Roughly chop the **cranberry** and the **white chocolate**.
- Divide a third of the chia pudding between two glasses. Mix the **lemon** juice, zest, half of the **white chocolate** and **cranberries** into the chia pudding.
- Garnish with the rest of the **cranberries** and **white chocolate** on top (see Tip).

**Tip:** If you prefer a healthier breakfast, leave out the white chocolate and add some honey to taste for some extra sweetness.

### 4. Variation 3: Green apple & lime (2 servings)

- Finely dice the **apple**. Zest the **lime**. Juice the **lime** into a small bowl and mix half of it with the diced **apple**.
- Divide a third of the chia pudding between two glasses. Mix the rest of the **lime** juice into the chia pudding.
- Garnish with the **apple**, the **lime** zest, and **pecans**.
- Drizzle some honey to taste on top.

Enjoy!





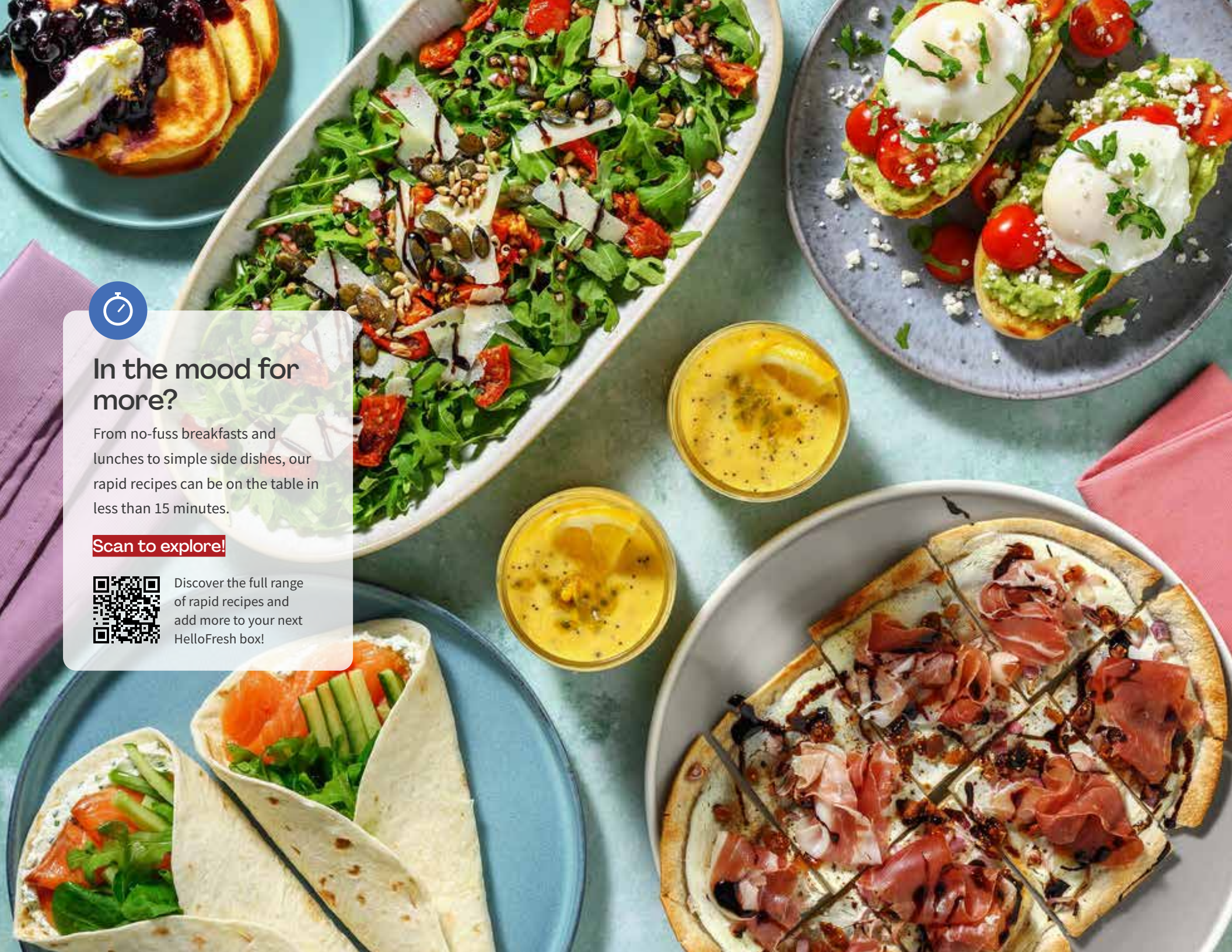
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## Utensils

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 |
|---------------|----------|

\*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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## Utensils

Lidded frying pan

## Ingredients

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

\*store in the fridge

## Nutritional values

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

## Allergens

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

# Brioche Grilled Cheese with Brie and Serrano Ham

with mango chutney and arugula | 2 servings



Lunch Total time: 15 min.



### 1. Prepare

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

### 2. Assemble

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

### 3. Toast

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

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

### 4. Serve

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

Enjoy!





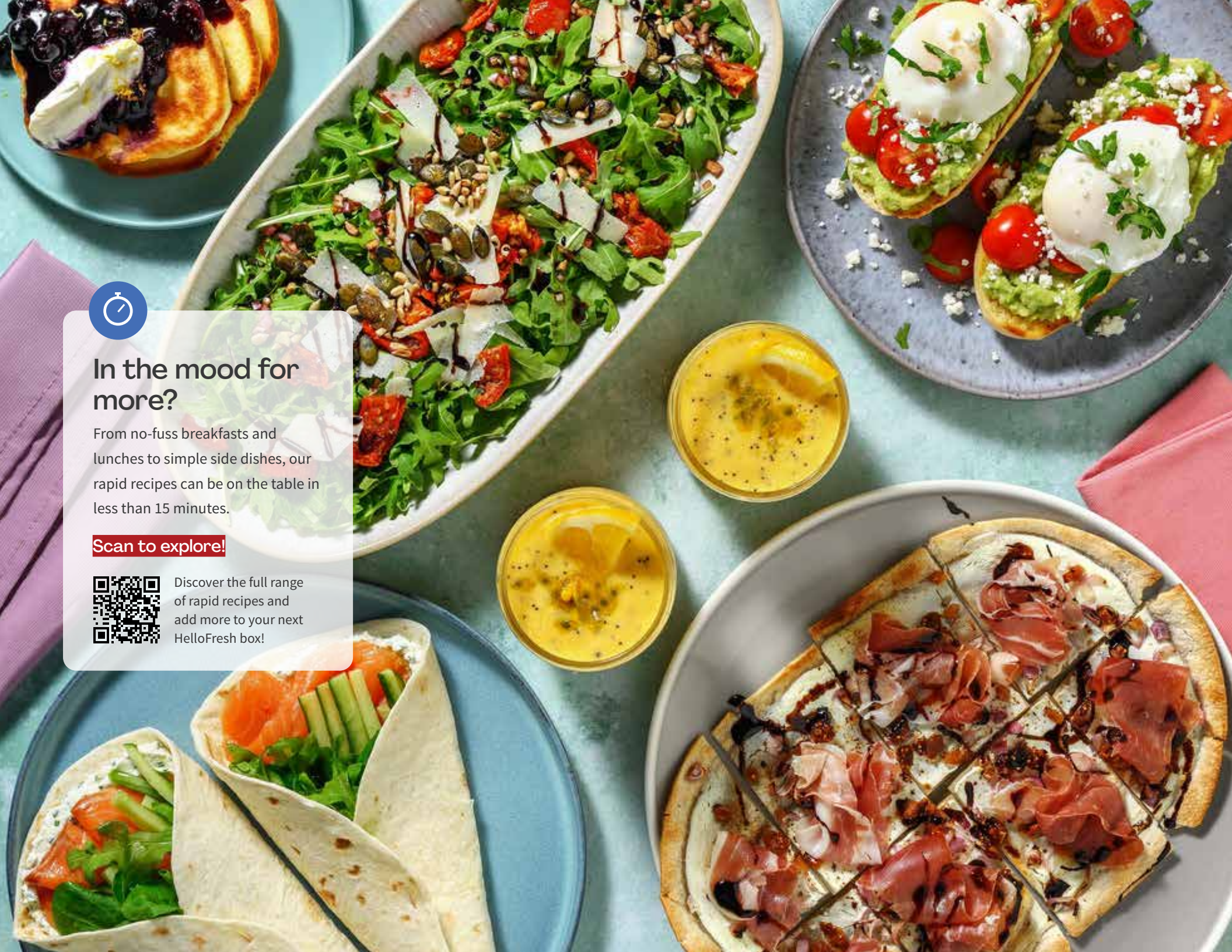
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# Fondue Box | Homemade Cheese Fondue with Three Cheeses

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

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### 1. Boil the baby potatoes

Preheat the oven to 200°C. Boil plenty of water in a lidded pot or saucepan for the **baby potatoes** and crumble in the stock cube. In the meantime, wash the baby potatoes and cut any larger ones in half. Transfer to the pot and cook for 12 - 15 minutes, covered. Drain when finished and set aside without the lid.



### 2. Cook the broccoli

Boil plenty of salted water in another lidded pot or saucepan. Cut the **broccoli** into florets, then boil for 4 - 6 minutes, covered. Drain and set aside without the lid when finished.



### 3. Fry the mushrooms

Heat a drizzle of olive oil in a frying pan over medium-high heat, then fry the **mushrooms** for 4 - 6 minutes. Add the **Italian herbs** halfway through and season with salt and pepper. Put the **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** Mango Smoothie Bowl with Blueberries  
with passion fruit & chia seeds

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

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

## Mango Smoothie Bowl with Blueberries

with passion fruit & chia seeds | 2 servings

10 min.



### Utensils

Tall container, immersion blender

### Ingredients for 2 servings

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

### From your pantry

Honey to taste

\*store in the fridge

### Nutritional values

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

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

### Allergens

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

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



Smoothie box



# Orange Dream Smoothie

mango, orange and passion fruit | 2 servings

5 min.



## Utensils

Blender or immersion blender, tall container, small bowl

## Ingredients for 2 servings

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

### From your pantry

Honey to taste

\*store in the fridge

## Nutritional values

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

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

## Allergens

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

# Green Smoothie

with spinach, avocado & mint | 2 servings

5 min.



## Utensils

Bowl, blender or immersion blender, tall container

## Ingredients for 2 serving

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

### From your pantry

Honey to taste

\*store in the fridge

## Nutritional values

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

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

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

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

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

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

Enjoy!



## Before you begin

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

## Utensils

Plastic wrap, frying pan

## Ingredients

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

### From your pantry

|                     |          |
|---------------------|----------|
| Sunflower oil (tsp) | 1        |
| Salt & pepper       | to taste |

\*store in the fridge

## Nutritional values

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

## Allergens

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

# Bento Box with Chicken & Avocado Wraps

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



Lunch Total time: 15 min.



## 1. Prepare

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

## 2. Assemble the wraps

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

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

## 3. Prepare the bento box

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

## 4. Serve

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

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

Enjoy!





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## Before you begin

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

## Utensils

Bowl, peeler, frying pan

## Ingredients

|                               |          |
|-------------------------------|----------|
| Pulled chicken* (g)           | 100      |
| Bao buns* (unit(s))           | 4        |
| Hoisin sauce (g)              | 25       |
| [Persian] cucumber* (unit(s)) | 1        |
| Carrot* (unit(s))             | 1        |
| Crispy fried onions (g)       | 30       |
| Sriracha mayo* (g)            | 50       |
| From your pantry              |          |
| White wine vinegar (tbsp)     | 3        |
| Sugar (tsp)                   | 1        |
| Salt & pepper                 | to taste |
| Sunflower oil (tbsp)          | ½        |

\*store in the fridge

## Nutritional values

|                        | Per serving | Per 100g |
|------------------------|-------------|----------|
| Energy (kJ/kcal)       | 2404 /574   | 700 /167 |
| Total fat (g)          | 26          | 7        |
| of which saturated (g) | 6,5         | 1,9      |
| Carbohydrates (g)      | 68          | 20       |
| of which sugars (g)    | 17,4        | 5,1      |
| Fibre (g)              | 4           | 1        |
| Protein (g)            | 17          | 5        |
| Salt (g)               | 1,8         | 0,5      |

## Allergens

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

# Hoisin Pulled Chicken Bao Buns

with carrot, cucumber and fried onions | 2 servings



Appetizer Total time: 15 min.



### 1. Prepare

- Preheat the oven to 180°C.
- Use a peeler to shave the **carrot** into thin ribbons.
- In a bowl, combine the white wine vinegar with the sugar. Transfer the **carrot** to the bowl and season to taste with salt, then toss to combine.
- Slice the **cucumber** into thin crescents.

### 2. Fry

- Bake the **bao buns** in the oven for 4 - 5 minutes.
- In the meantime, heat a drizzle of sunflower oil in a frying pan over medium-high heat.
- Fry the **pulled chicken** along with the **hoisin sauce** for 4 - 5 minutes.

### 3. Assemble

- Cut or gently pull the **bao buns** open and fill them with the **carrot** and **cucumber**.
- Add the **pulled chicken** to each **bao bun**.

### 4. Serve

- Drizzle the **sriracha mayo** over the **bao buns**.
- Garnish with the fried **onions**.

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 Gouda* (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)       | 844 /202 |
| Total fat (g)          | 14       |
| of which saturated (g) | 4,7      |
| Carbohydrates (g)      | 10,9     |
| of which sugars (g)    | 2        |
| Fibre (g)              | 2,2      |
| Protein (g)            | 6,8      |
| 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 and jalapeños | 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 **cheese**.

*\*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

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, 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!





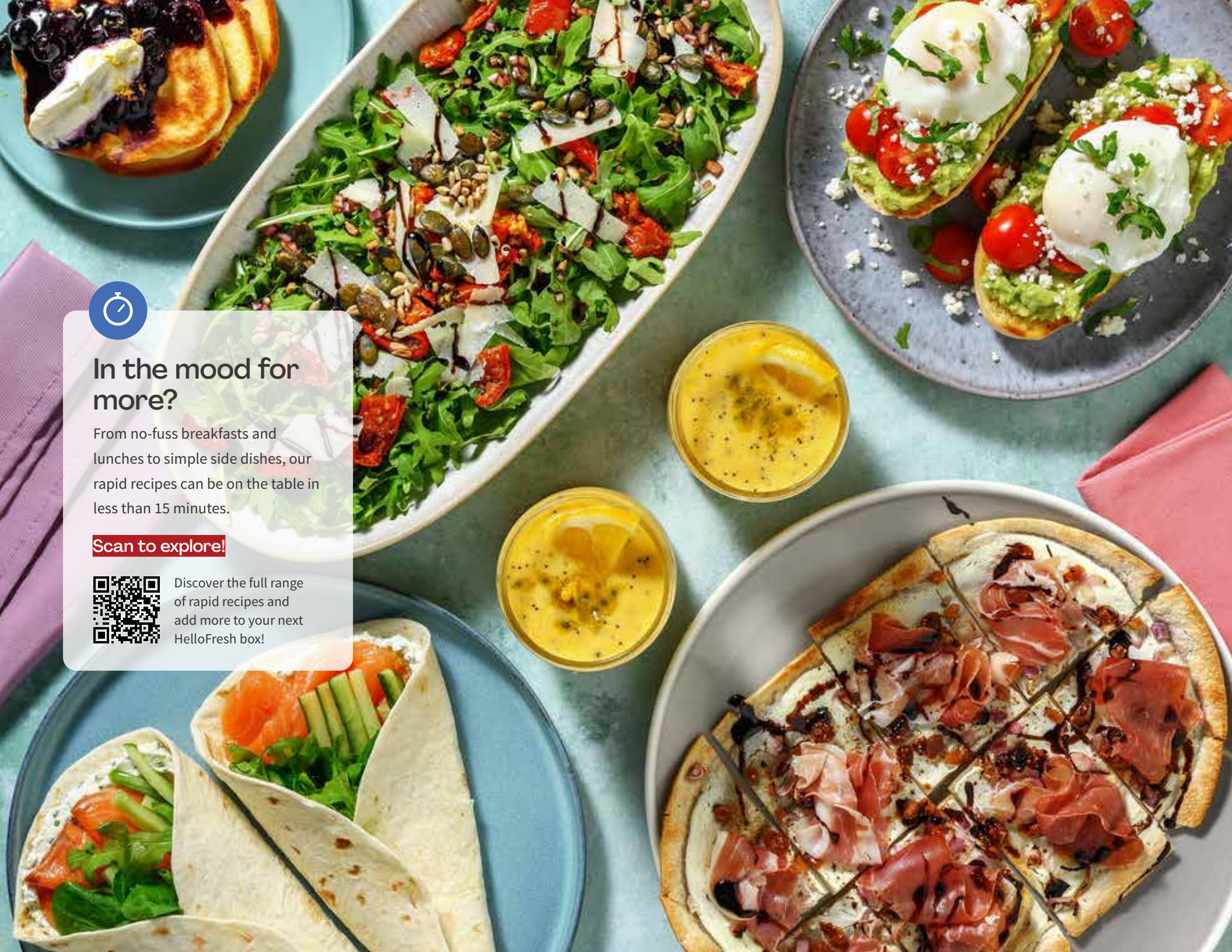
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## Before you begin

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, frying pan

## Ingredients

|                               |          |
|-------------------------------|----------|
| Egg* (unit(s))                | 4        |
| Fresh chives* (g)             | 5        |
| Avocado (unit(s))             | 1        |
| Bacon* (slice(s))             | 4        |
| Bake-off croissants (unit(s)) | 4        |
| From your pantry              |          |
| [Plant-based] butter (tbsp)   | 1        |
| [Plant-based] milk (splash)   | 1        |
| Salt & pepper                 | to taste |
| <i>*store in the fridge</i>   |          |

## Nutritional values

|                        | Per 100g  |
|------------------------|-----------|
| Energy (kJ/kcal)       | 1045 /250 |
| Total fat (g)          | 17        |
| of which saturated (g) | 7,1       |
| Carbohydrates (g)      | 16        |
| of which sugars (g)    | 2,9       |
| Fibre (g)              | 1         |
| Protein (g)            | 9         |
| Salt (g)               | 0,7       |

## Allergens

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

# Croissants with Scrambled Eggs

with avocado and bacon | 4 pieces



**Breakfast** Total time: 15 - 20 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**.
- Finely chop the **chives**.

## 2. Bake the croissants

- Transfer the **bacon** to one side of the parchment-lined baking sheet and bake in the oven for 8 - 10 minutes.
- During the last 4 - 6 minutes of cooking time, add the **croissants** to the other side of the parchment-lined baking sheet and bake alongside the **bacon**.

## 3. Make the scrambled eggs

- Meanwhile, 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

- Cut open the **croissants**.
- Add the **avocado** slices to the **croissants**, then top with the **bacon** and scrambled **eggs**.
- Garnish with the **chives** and season to taste with 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 your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

## 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

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

## Utensils

Bowl, plastic wrap, frying pan

## Ingredients

|                                    |          |
|------------------------------------|----------|
| Oats (g)                           | 400      |
| Organic semi-skimmed milk* (ml)    | 1000     |
| Apple* (unit(s))                   | 2        |
| Ground cinnamon (tsp)              | 3        |
| Chopped pecans (g)                 | 60       |
| Blueberries* (g)                   | 125      |
| From your pantry                   |          |
| Honey [or plant-based alternative] | to taste |
| Sunflower oil (tbsp)               | ¼        |
| <i>*store in the fridge</i>        |          |

## Nutritional values

|                        | Per 100g |
|------------------------|----------|
| Energy (kJ/kcal)       | 592 /142 |
| Total fat (g)          | 5        |
| of which saturated (g) | 1        |
| Carbohydrates (g)      | 19       |
| of which sugars (g)    | 3,3      |
| Fibre (g)              | 2        |
| Protein (g)            | 5        |
| Salt (g)               | 0,1      |

## Allergens

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

# Overnight Oats

with caramelised apple & blueberries | 6 servings



Breakfast Total time: 15 - 20 min.



## 1. Prepare

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

## 2. Caramelize the apples

- Core and dice the **apples**.
- Heat the oil in a frying pan on medium-high heat. Add the diced **apple** and fry for 4 - 5 minutes.
- Add the **cinnamon** and fry for another minute.

## 3. Serve

- Serve the **oats** in 6 bowls.
- Top with the **apple**, **blueberries** and **pecans**.
- Add honey to taste.

Enjoy!





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## Before you begin

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## Utensils

2x mixing bowl, oven dish, saucepan, heatproof bowl

## Ingredients

|                            |     |
|----------------------------|-----|
| Red velvet cake mix (pack) | 1   |
| Egg* (unit(s))             | 2   |
| Mascarpone* (g)            | 200 |
| White chocolate chips (g)  | 100 |
| From your pantry           |     |
| Sunflower oil (ml)         | 50  |
| Water (ml)                 | 100 |
| *store in the fridge       |     |

## Nutritional values

|                        | Per 100g   |
|------------------------|------------|
| Energy (kJ/kcal)       | 1692 / 404 |
| Total fat (g)          | 19         |
| of which saturated (g) | 9,6        |
| Carbohydrates (g)      | 50         |
| of which sugars (g)    | 29,2       |
| 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.

# Valentine's Day Red Velvet Truffles

with white chocolate | to share



**Dessert** Total time: 80 - 90 min.



## 1. Make the cake

- Preheat the oven to 180°C and grease an oven dish.
- Add the **red velvet cake mix**, **eggs**, sunflower oil and water to a mixing bowl. Mix well until it becomes a smooth batter.
- Add the batter to an oven dish.
- Bake the cake for 30 - 35 minutes in the oven.

## 3. Melt the chocolate

- Boil a shallow layer of water in a saucepan, then place a heat-resistant bowl on top, making sure it doesn't touch the water.
- Add the **white chocolate** and stir constantly while it melts.
- Dip the truffles into the **white chocolate** one at a time to coat them.
- Garnish the truffles with the reserved crumbs.

## 2. Make the truffles

- Let the cake cool down completely, then crumble it with your hands into a mixing bowl. Reserve 2 tbsp of the crumbs for step 3.
- Add the **mascarpone** to the bowl and knead gently with your fingers until fully incorporated.
- Scoop out 1 tbsp of the mixture and squeeze it together with your hands, then roll it into a ball.
- Repeat this step until you have about 20 truffles. Transfer the truffles to a fridge and chill for at least 30 minutes.

## 4. Serve

- Transfer the truffles back to the fridge to chill for 5 minutes, or until the chocolate has set.
- Serve the truffles on a serving dish or store in an airtight container in the fridge.

Enjoy!





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## Before you begin

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## Utensils

Handheld mixer, 2x mixing bowl, frying pan

## Ingredients

|                                 |     |
|---------------------------------|-----|
| Pomegranate* (unit(s))          | 1   |
| Red velvet cake mix (pack)      | 1   |
| Organic semi-skimmed milk* (ml) | 500 |
| Egg* (unit(s))                  | 4   |
| White chocolate chips (g)       | 100 |
| Heavy cream* (ml)               | 200 |
| From your pantry                |     |
| Sugar (tsp)                     | 1   |
| Sunflower oil (tbsp)            | ¼   |

\*store in the fridge

## Nutritional values

|                        | Per 100g  |
|------------------------|-----------|
| Energy (kJ/kcal)       | 905 / 216 |
| Total fat (g)          | 7         |
| of which saturated (g) | 3,9       |
| Carbohydrates (g)      | 32        |
| of which sugars (g)    | 19,4      |
| Fibre (g)              | 1         |
| Protein (g)            | 5         |
| Salt (g)               | 0,6       |

## Allergens

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

# Valentine's Day Pancakes

with white chocolate | 4 servings



Breakfast Total time: 30 - 40 min.



### 1. Make the whipped cream

- Pour the **cream** into a mixing bowl and add the sugar.
- Beat with a handheld mixer or a whisk for 3 - 4 minutes, or until stiff peaks form.
- Transfer to the refrigerator to keep cool while making the pancakes.

### 2. Make the batter

- Combine the **eggs** and **milk** in a mixing bowl.
- Add the **red velvet mix** and mix together until just combined.
- Fold in the **chocolate chips**.

### 3. Fry the pancakes

- Heat the oil in a frying pan over medium-high heat.
- Pour a ladle full of batter into the pan.
- Fry the pancake for about 2 minutes on each side, then remove from the pan and repeat for the rest of the batter.

### 4. Serve

- Roll the **pomegranate** over the countertop so as to release the seeds, then cut it open and scoop them out.
- Serve the pancakes on plates.
- Top with the whipped cream and garnish with the **pomegranate 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 your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

## Utensils

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

## Ingredients

|                              |     |
|------------------------------|-----|
| Brioche bun (unit(s))        | 2   |
| Egg* (unit(s))               | 4   |
| Garlic (unit(s))             | 1   |
| Spinach* (g)                 | 300 |
| Lemon* (unit(s))             | 1   |
| Hollandaise sauce* (g)       | 100 |
| Grana Padano flakes DOP* (g) | 20  |

### From your pantry

|                           |          |
|---------------------------|----------|
| Sunflower oil (tbsp)      | 1        |
| White wine vinegar (tbsp) | 4        |
| Salt & pepper             | to taste |

\*store in the fridge

## Nutritional values

|                        | Per serving | Per 100g |
|------------------------|-------------|----------|
| Energy (kJ/kcal)       | 2950 /705   | 623 /149 |
| Total fat (g)          | 45          | 9        |
| of which saturated (g) | 12,2        | 2,6      |
| Carbohydrates (g)      | 43          | 9        |
| of which sugars (g)    | 7,2         | 1,5      |
| Fibre (g)              | 7           | 1        |
| Protein (g)            | 30          | 6        |
| Salt (g)               | 1,8         | 0,4      |

## Allergens

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

# Eggs Florentine with Spinach and Grana Padano

on brioche bread with Hollandaise sauce | 2 servings



Breakfast Total time: 20 - 25 min.



## 1. Boil the eggs

*This step describes a simple method for preparing the eggs. If you'd prefer poached eggs, follow the instructions in step 2.*

- Preheat the oven to 180°C.
- Boil plenty of water in a lidded saucepan. Add the **eggs** and boil for 6 - 8 minutes, covered (see Tip).
- When finished, peel the **eggs** and cut them in half, then move on to step 3.

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

## 3. Prepare the spinach

- Bake the **brioche buns** in the oven for 3 - 4 minutes.
- Meanwhile, heat the sunflower oil in a frying pan over medium-high heat and crush or mince the **garlic**. Zest the **lemon** and cut into 6 wedges.
- Add the **garlic** and **spinach** to the pan, in batches if needed. Fry the **spinach** while stirring for 1 minute until it starts to wilt, add the juice of 2 **lemon wedges**, then remove the pan from the heat. Add a pinch of salt and pepper.
- Heat the **Hollandaise sauce** in a small saucepan for 1 - 2 minutes.

## 2. Poach the eggs

- Preheat the oven to 180°C.
- Boil plenty of water in a large pot. Once boiling, add the vinegar.
- Use a whisk to swirl the water to create a small whirlpool. Carefully crack an **egg** into the whirlpool, then turn the heat to low and cook until the white part has fully set; this should take 2 - 3 minutes (see Tip).
- Remove the **egg** with a slotted spoon and add to a plate lined with kitchen paper to absorb excess water. Repeat for each **egg**.

*Tip: this method will give you runny egg yolks, but feel free to cook them for a minute longer if you prefer.*

## 4. Serve

- Cut open the **brioche buns** and top with the **spinach**.
- Place the **eggs** carefully on top, season with salt and pepper, and drizzle the **Hollandaise sauce** over them.
- Garnish with the **Grana Padano flakes** and **lemon zest** to taste and serve with the rest of the **lemon wedges** alongside.

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

24cm cake tin, microplane, handheld mixer, mixing bowl, saucepan, rolling pin or food processor

## Ingredients

|                      |     |
|----------------------|-----|
| Blueberries* (g)     | 125 |
| Speculaas pieces (g) | 180 |
| Cream cheese* (g)    | 300 |
| Egg* (unit(s))       | 2   |
| Lemon* (unit(s))     | 1   |

### From your pantry

|                          |    |
|--------------------------|----|
| [Plant-based] butter (g) | 80 |
| Sugar (tbsp)             | 4  |

\*store in the fridge

## Nutritional values

|                        | Per 100g  |
|------------------------|-----------|
| Energy (kJ/kcal)       | 1004 /240 |
| Total fat (g)          | 15,4      |
| of which saturated (g) | 10,1      |
| Carbohydrates (g)      | 20,3      |
| of which sugars (g)    | 12,8      |
| Fibre (g)              | 0,7       |
| Protein (g)            | 5         |
| Salt (g)               | 0,5       |

## Allergens

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

# Valentine's Day Lemon-Blueberry Cheesecake

with a speculaas base | to share



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



## 1. Prepare the base

- Crush the **speculaas pieces** in a food processor until you get fine crumbs (see Tip).
- Melt the butter in a saucepan and mix in the **crushed speculaas**.
- Add the mixture to a 24cm cake tin and press down firmly with the back of a spoon to form the base layer.
- Cool the speculaas base in the fridge until the filling is ready.

**Tip:** You can also add the speculaas pieces to a ziplock bag and crush them with a rolling pin.

## 3. Bake

- Spread the filling over the base.
- Use the **blueberries** to make a heart shape on top of the filling.
- Transfer the cheesecake to the oven and bake for 45 - 50 minutes.

## 2. Make the filling

- Preheat the oven to 170°C.
- Zest the **lemon**.
- Add the **cream cheese, eggs** and sugar to a mixing bowl.
- Use a handheld mixer to mix the ingredients into a light consistency and then mix in 1 tsp of **lemon zest**.

## 4. Serve

- Let the cheesecake cool down to room temperature 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 your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

## Utensils

Blender or an immersion blender with a tall container

## Ingredients

|                                    |          |
|------------------------------------|----------|
| Blueberries* (g)                   | 125      |
| Passion fruit* (unit(s))           | 2        |
| Easy peel orange* (unit(s))        | 4        |
| From your pantry                   |          |
| Honey [or plant-based alternative] | to taste |
| <i>*store in the fridge</i>        |          |

## Nutritional values

|                        | Per serving | Per 100g |
|------------------------|-------------|----------|
| Energy (kJ/kcal)       | 644 /154    | 207 /49  |
| Total fat (g)          | 0           | 0        |
| of which saturated (g) | 0           | 0        |
| Carbohydrates (g)      | 28          | 9        |
| of which sugars (g)    | 25,7        | 8,3      |
| Fibre (g)              | 8           | 3        |
| Protein (g)            | 4           | 1        |
| Salt (g)               | 0           | 0        |

## Allergens

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

# Blueberry-Passion Fruit Smoothie

with orange juice | 2 servings



Breakfast Total time: 5 - 10 min.



### 1. Prepare

- Cut 4 **oranges** in half.
- Juice the **oranges**.
- Halve 2 **passion fruits**.

### 2. Blend

- Scoop the flesh out of the **passion fruits** and add to the blender (or a tall container, if you're using an immersion blender).
- Add the **orange juice** and two-thirds of the **blueberries**, then blend until smooth.

### 3. Finish

- Add honey to taste.

### 4. Serve

- Pour the smoothie into two glasses and garnish with the rest of the **blueberries**.

Enjoy!





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## Before you begin

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## Utensils

Parchment-lined baking sheet, bowl

## Ingredients

|                               |     |
|-------------------------------|-----|
| Passata (g)                   | 200 |
| Italian seasoning (sachet(s)) | 1   |
| Serrano ham* (g)              | 40  |
| Burrata* (ball(s))            | 1   |
| Fresh basil* (g)              | 5   |
| Green pesto* (g)              | 60  |
| Pizza dough* (unit(s))        | 2   |

### 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)       | 6029 /1441  | 997 /238 |
| Total fat (g)          | 47          | 8        |
| of which saturated (g) | 13,5        | 2,2      |
| Carbohydrates (g)      | 193         | 32       |
| of which sugars (g)    | 13,1        | 2,2      |
| Fibre (g)              | 8           | 1        |
| Protein (g)            | 49          | 8        |
| Salt (g)               | 6,7         | 1,1      |

## Allergens

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

# Heart-Shaped Pizza with Serrano Ham

with burrata and fresh basil | 2 servings



Appetizer Total time: 20 - 25 min.



## 1. Prepare

- Preheat the oven to 200°C.
- In a bowl, mix the **passata** with the **Italian herbs**.
- Season with salt and pepper to taste.

## 3. Prepare the toppings

- Tear the **Serrano ham** into pieces.
- Tear the **basil** into pieces.

## 2. Make the pizzas

- Place the **pizza dough** on a parchment-lined baking sheet.
- Cut the dough 10cm from the top to the middle, and fold to form the top of a heart.
- Fold the dough inwards at the bottom.
- Spread the tomato sauce over the **pizza dough**. Bake the pizza in the oven for 13 - 15 minutes.

*Tip: if you would like to save time, you can also leave the dough as is.*

## 4. Serve

- Serve the pizzas on plates and top with the **Serrano ham**.
- Top with the **burrata**, **basil** and **pesto**.
- Season with black pepper and drizzle over some 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

Microplane, pot or saucepan, small bowl

## Ingredients

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

### From your pantry

Salt & pepper to taste

\*store in the fridge

## Nutritional values

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

## Allergens

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

# Fresh Ravioli with Green Pesto

with sundried tomatoes, arugula & Parmigiano Reggiano

2 servings

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



## 1. Prepare

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

## 2. Boil the ravioli

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

## 3. Stir in the pesto

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

## 4. Serve

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

Enjoy!







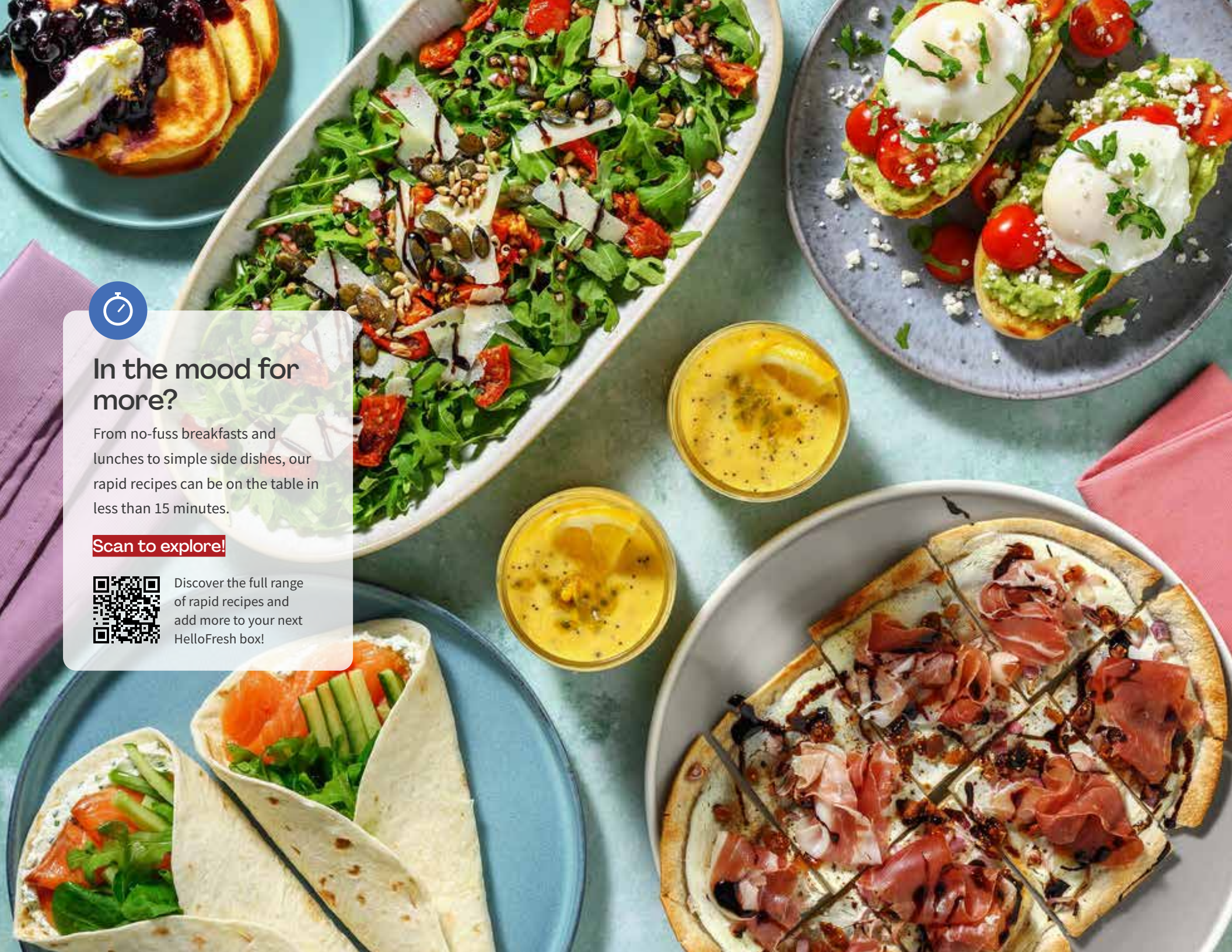
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## Before you begin

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

Deep plate, frying pan, whisk

## Ingredients

|                                 |     |
|---------------------------------|-----|
| Brioche bun (unit(s))           | 2   |
| Mascarpone* (g)                 | 50  |
| Egg* (unit(s))                  | 2   |
| Organic semi-skimmed milk* (ml) | 100 |
| Blueberries* (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)       | 2099 /502   | 732 /175 |
| Total fat (g)          | 22,2        | 7,7      |
| of which saturated (g) | 10,7        | 3,7      |
| Carbohydrates (g)      | 57,2        | 19,9     |
| of which sugars (g)    | 22,2        | 7,7      |
| Fibre (g)              | 4,7         | 1,7      |
| Protein (g)            | 16,9        | 5,9      |
| 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 Blueberries

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 **blueberries** 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

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

## Ingredients

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

### From your pantry

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

\*store in the fridge

## Nutritional values

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

## Allergens

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

# Avocado Toast with Serrano Ham and Burrata

with tomato and basil | 2 servings



Breakfast Total time: 15 min.



### 1. Prepare

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

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

### 2. Make the tomato salsa

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

### 3. Tear up the burrata

- Tear the burrata into small pieces.

### 4. Serve

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

Enjoy!





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## Before you begin

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## Utensils

Large bowl

## Ingredients

|                             |    |
|-----------------------------|----|
| Tuna packed in water (can)  | 1  |
| Mango* (unit(s))            | 1  |
| Scallions* (bunch)          | ½  |
| Fresh coriander & mint* (g) | 10 |
| Little gem* (unit(s))       | 2  |
| Avocado (unit(s))           | 1  |
| Flour tortillas (unit(s))   | 4  |

### From your pantry

|                                 |          |
|---------------------------------|----------|
| [Plant-based] mayonnaise (tbsp) | 2        |
| Salt & pepper                   | to taste |

\*store in the fridge

## Nutritional values

|                        | Per serving | Per 100g  |
|------------------------|-------------|-----------|
| Energy (kJ/kcal)       | 2816 / 673  | 593 / 142 |
| Total fat (g)          | 34          | 7         |
| of which saturated (g) | 4,4         | 0,9       |
| Carbohydrates (g)      | 66          | 14        |
| of which sugars (g)    | 20,9        | 4,4       |
| Fibre (g)              | 9           | 2         |
| Protein (g)            | 23          | 5         |
| Salt (g)               | 1,9         | 0,4       |

## Allergens

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

# Wraps with Tuna, Mango & Avocado

with coriander and scallions | 2 servings



**Lunch** Total time: 15 min.



## 1. Prepare

- Finely slice the **scallions** into rings.
- Roughly chop the **coriander** and **mint**.
- Peel the **mango** and cut the flesh into strips.
- Drain the **tuna**.

## 2. Make the tuna salad

- Put the **tuna** in a large bowl. Add the mayonnaise, **scallions**, **coriander** and **mint** and mix well.
- Season with salt and pepper to taste.

## 3. Prepare the avocado

- Cut the **avocado** in half, remove the pit and skin, then slice the flesh.
- Remove the core of the **little gem** and pull the leaves apart.

## 4. Serve

- Place 2 - 3 **little gem** leaves in the middle of each **tortilla**.
- Fill the **tortillas** with the **tuna** salad, **mango** and **avocado**.
- Roll up the **tortillas** and cut them in half before serving.

Enjoy!





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## Before you begin

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

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

## Utensils

Parchment-lined baking sheet, large frying pan, small bowl

## Ingredients

|   |     |
|---|-----|
| Onion (unit(s))                           | 2   |
| Green bell pepper* (unit(s))              | 1   |
| Chicken mince with Mexican seasoning* (g) | 200 |
| Mexican-style spices (sachet(s))          | 1   |
| Tomato (unit(s))                          | 2   |
| Organic sour cream* (g)                   | 50  |
| Flour tortillas (unit(s))                 | 4   |
| Grated Gouda* (g)                         | 75  |

### From your pantry

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

\*store in the fridge

## Nutritional values

|                        | Per serving | Per 100g |
|------------------------|-------------|----------|
| Energy (kJ/kcal)       | 2833 /677   | 582 /139 |
| Total fat (g)          | 32          | 7        |
| of which saturated (g) | 20,3        | 4,2      |
| Carbohydrates (g)      | 55          | 11       |
| of which sugars (g)    | 7,2         | 1,5      |
| Fibre (g)              | 9           | 2        |
| Protein (g)            | 36          | 7        |
| Salt (g)               | 2,9         | 0,6      |

## Allergens

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

# Quesadillas with Chicken Mince and Bell Pepper

with Mexican dipping sauce | 2 servings



Lunch Total time: 25 - 30 min.



## 1. Prepare

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

## 2. Make the filling

- Heat the butter in a frying pan over medium-high heat, then fry the **onion** and **bell pepper** for 2 - 3 minutes.
- Add the **mince** and half of the **Mexican-style spices\***, and fry for another 3 - 4 minutes, or until done. Season with salt and pepper.
- In the meantime, thinly slice the **tomato**.
- In a small bowl, mix the **sour cream** with the rest of the **Mexican-style spices**.

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

## 3. Make the quesadillas

- Place the **tortillas** on a parchment-lined baking sheet and spread the veggie and mince filling over one half of each tortilla.
- Top with the **grated cheese** and 2 - 3 slices of **tomato** per tortilla, then fold the other side over the filling and press down so it doesn't open up again. Rub a little bit of olive oil over the top of each quesadilla.
- Put the quesadillas on the top shelf of the oven to bake for 5 - 7 minutes, until golden brown.

## 4. Serve

- In the meantime, finely chop the rest of the slices of **tomato**, then mix these with the **sour cream** and season with salt and pepper to taste.
- Serve the quesadillas with the sour cream dip.

Enjoy!





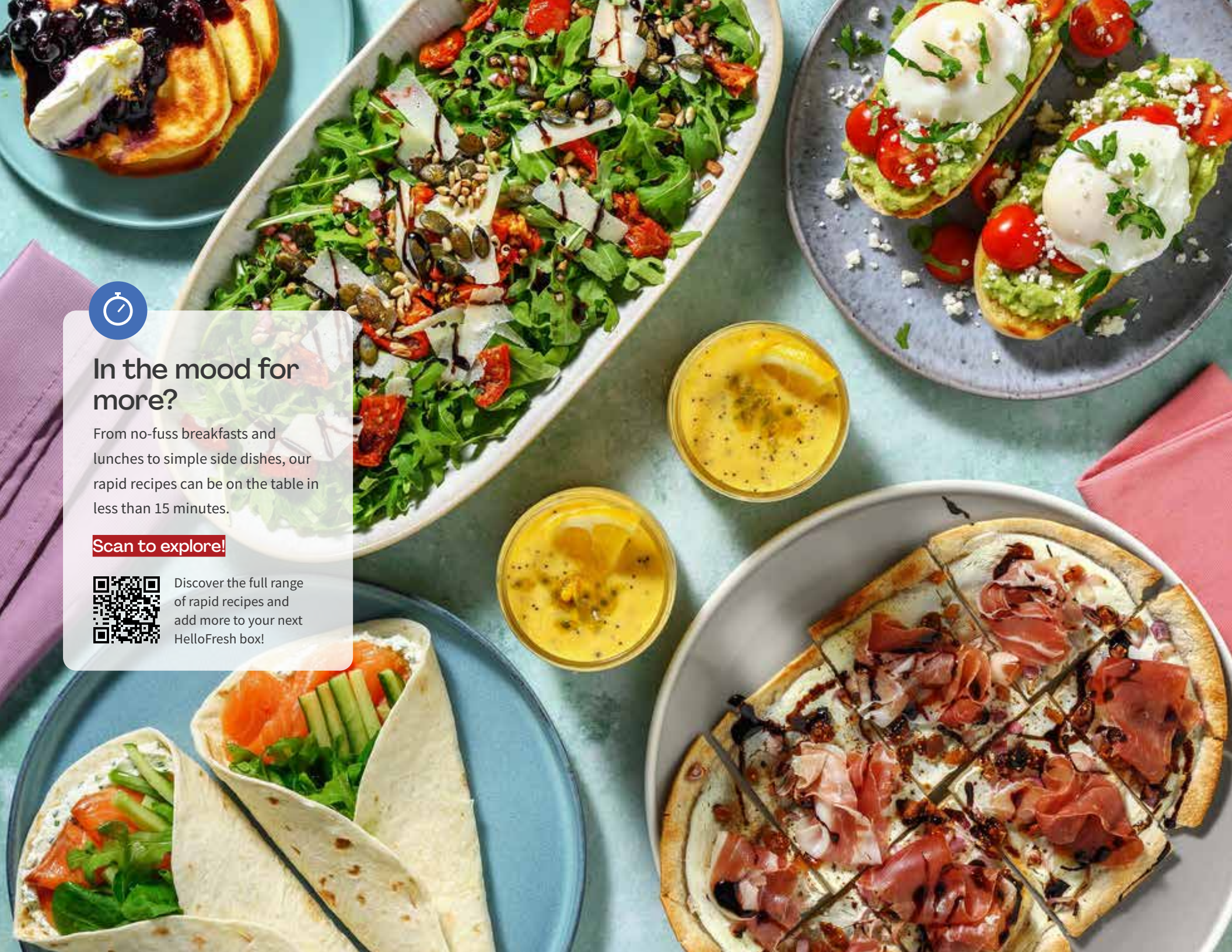
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## Before you begin

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

Oven dish

## Ingredients

|                               |          |
|-------------------------------|----------|
| Fresh flat leaf parsley* (g)  | 10       |
| Garlic (unit(s))              | 2        |
| Red chili pepper* (unit(s))   | 1        |
| Lemon* (unit(s))              | 1        |
| Aioli* (g)                    | 50       |
| Shrimp* (g)                   | 360      |
| White demi-baguette (unit(s)) | 2        |
| From your pantry              |          |
| [Plant-based] butter (tbsp)   | ¾        |
| Salt & pepper                 | to taste |

\*store in the fridge

## Nutritional values

|                        | Per 100g  |
|------------------------|-----------|
| Energy (kJ/kcal)       | 684 / 163 |
| Total fat (g)          | 6         |
| of which saturated (g) | 1,2       |
| Carbohydrates (g)      | 18        |
| of which sugars (g)    | 0,8       |
| Fibre (g)              | 2         |
| Protein (g)            | 9         |
| Salt (g)               | 0,9       |

## Allergens

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

# Spicy Garlic Shrimp

with aioli, baguette & lemon | to share



Appetizer Total time: 15 - 20 min.



### 1. Prepare

- Preheat the oven to 200°C.
- Finely chop the **parsley** stems, then roughly chop the leaves.
- Deseed and finely chop the **red chili pepper**\*
- Crush or mince the **garlic**.

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

### 2. Cook the shrimp

- Transfer the **shrimp** to an oven dish along with the butter, **parsley** stems, **chili pepper** and **garlic**.
- Mix well to combine and season with salt and pepper.

### 3. Bake the baguettes

- Bake the **shrimp** with the **baguettes** alongside for 6 - 8 minutes or until the **shrimp** are done.
- Cut the **lemon** into wedges in the meantime.

### 4. Serve

- Transfer the **shrimp** to a serving dish and garnish with the **parsley** leaves.
- Serve immediately, with the **baguettes**, **aioli** and **lemon** wedges alongside.

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

## 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!





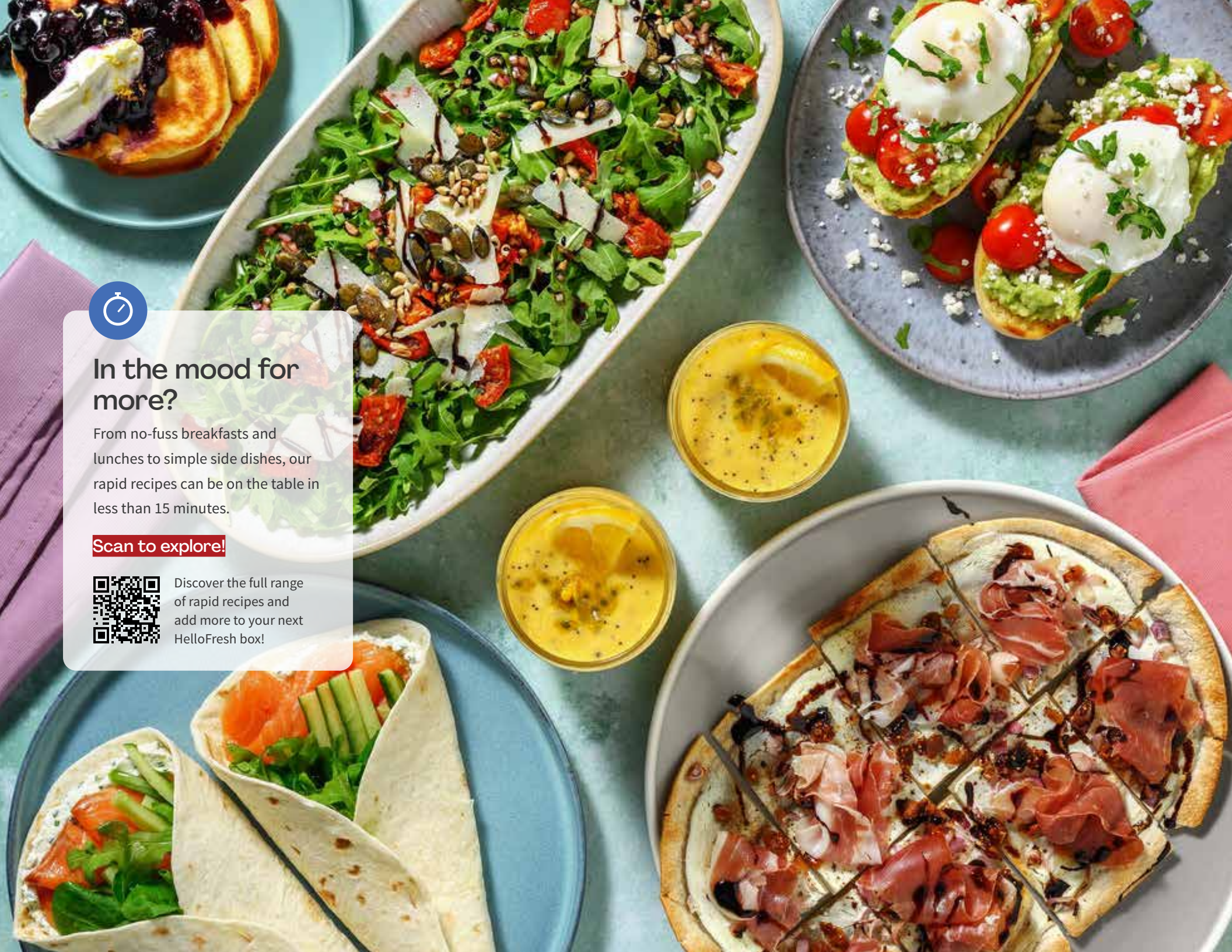
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## Before you begin

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## Utensils

Immersion blender, soup pot

## Ingredients

|                                     |          |
|-------------------------------------|----------|
| Cooking cream (g)                   | 150      |
| Sliced carrots* (g)                 | 150      |
| Red cherry tomatoes (g)             | 500      |
| Sicilian-style herb mix (sachet(s)) | 1        |
| Basil crème (ml)                    | 24       |
| Onion (unit(s))                     | 1        |
| Garlic (unit(s))                    | 1        |
| From your pantry                    |          |
| Olive oil (tbsp)                    | 1        |
| Low sodium vegetable stock (ml)     | 1000     |
| Balsamic vinegar (tsp)              | 2        |
| Salt & pepper                       | to taste |

\*store in the fridge

## Nutritional values

|                        | Per 100g |
|------------------------|----------|
| Energy (kJ/kcal)       | 182 /43  |
| Total fat (g)          | 3        |
| of which saturated (g) | 1,1      |
| Carbohydrates (g)      | 2        |
| of which sugars (g)    | 1,6      |
| Fibre (g)              | 2        |
| Protein (g)            | 1        |
| Salt (g)               | 0,3      |

## Allergens

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

# Quick Homemade Cherry Tomato & Carrot Soup

with Sicilian herbs and basil crème | 4 servings



Lunch Total time: 15 min.



### 1. Prepare

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

### 2. Add the vegetables

- Add the **cherry tomatoes** and sliced **carrots** to the pot.
- Add the **Sicilian-style herbs** and balsamic vinegar, then season with salt and pepper.
- Fry for 3 - 4 minutes, then add the stock.
- Bring the soup to a boil.

### 3. Make the soup

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

### 4. Serve

- Serve the soup in bowls and drizzle with the **basil crème**.

Enjoy!





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## Before you begin

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## Utensils

Parchment-lined baking sheet, bowl, frying pan

## Ingredients

|                         |          |
|-------------------------|----------|
| Pita bread (unit(s))    | 4        |
| Pulled chicken* (g)     | 200      |
| Avocado (unit(s))       | 1        |
| Bell pepper strips* (g) | 100      |
| Grated Gouda* (g)       | 50       |
| Lemon* (unit(s))        | 1        |
| From your pantry        |          |
| Olive oil (tbsp)        | 1        |
| Salt & pepper           | to taste |

\*store in the fridge

## Nutritional values

|                        | Per serving | Per 100g |
|------------------------|-------------|----------|
| Energy (kJ/kcal)       | 2787 /666   | 751 /180 |
| Total fat (g)          | 33          | 9        |
| of which saturated (g) | 10,3        | 2,8      |
| Carbohydrates (g)      | 55          | 15       |
| of which sugars (g)    | 6           | 1,6      |
| Fibre (g)              | 6           | 2        |
| Protein (g)            | 35          | 9        |
| Salt (g)               | 2,5         | 0,7      |

## Allergens

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

# Pulled Chicken and Avocado Pitas

with bell pepper and Gouda | 2 servings



Lunch Total time: 15 min.



### 1. Fry the pulled chicken

- Preheat the oven to 180°C.
- Heat the olive oil in a frying pan over medium heat and fry the **bell pepper** for 2 - 3 minutes.
- Set the **bell pepper** aside, then add the **pulled chicken** to the pan along with 2 tbsp of water and cook for 3 - 4 minutes.
- Season with salt and pepper.

### 2. Bake the bread

- Meanwhile, cut the **pitas** in half and place them on a baking sheet lined with parchment paper.
- Cover half of them with the **grated cheese**.
- Bake the **pitas** for 4 - 5 minutes in the upper part of the oven, or until the **cheese** has melted.

### 3. Make the smashed avocado

- In the meantime, cut the **avocado** in half, remove the pit and scoop out the flesh with a spoon, then cut it into small cubes.
- Cut the **lemon** in half.
- In a bowl, squeeze half the **lemon**.
- Add the **avocado** and mash everything with a fork until you obtain a thick purée. Season with salt and pepper.

### 4. Serve

- Spread the smashed **avocado** over the **pita** halves without **cheese**.
- Add the **bell pepper** and **pulled chicken** on top, then close with the cheesy pita halves and serve while hot.

Enjoy!





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