

## Before you begin

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

## Utensils

25cm loaf tin, handheld mixer, large bowl, skewers, whisk

## Ingredients

Banana (unit(s))	3
Banana bread mix (g)	400
Desiccated coconut (g)	30
Chopped walnuts (g)	40
From your pantry	
Sunflower oil (ml)	100
Water (ml)	90

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	1300 /311
Total fat (g)	16
of which saturated (g)	3,8
Carbohydrates (g)	36
of which sugars (g)	19,4
Fibre (g)	2
Protein (g)	5
Salt (g)	0,6

## Allergens

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

# Banana Bread

with walnuts & coconut | 10 slices



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



## 1. Prepare

- Preheat the oven to 160°C.
- Mash up two of the **bananas** with a fork (see Tip). Cut the other **banana** in half lengthways and set aside.
- Grease a loaf tin or line it with parchment paper.

*Tip: the bananas will ripen faster if you store them next to an avocado or wrap them in newspaper. If the bananas are still a bit too hard to mash by hand, you can always use a blender instead.*

## 3. Bake the banana bread

- Pour the batter into the cake tin.
- Put the two halves of the other **banana** on top and gently press them into the batter a little bit, making sure they're still visible.
- Put the banana bread in the oven and bake for 45 - 55 minutes.

## 2. Make the batter

- In a large bowl, mix the mashed **banana** with the **banana bread mix**, 100ml sunflower oil and 90ml water.
- Use an electric mixer or whisk to mix everything together until well combined.
- Add the **chopped walnuts** and two-thirds of the grated **coconut** and mix well.

## 4. Serve

- Check if the banana bread is done by piercing it with a skewer - if it comes out dry, then the banana bread is ready. Remove from the oven and leave it in the tin to cool down for 15 minutes.
- Garnish with the rest of the grated **coconut** and then cut into slices (see Tip).

*Tip: if you're having a slice of banana bread the next day, quickly pop it in the oven or toaster to warm it up!*

Enjoy!



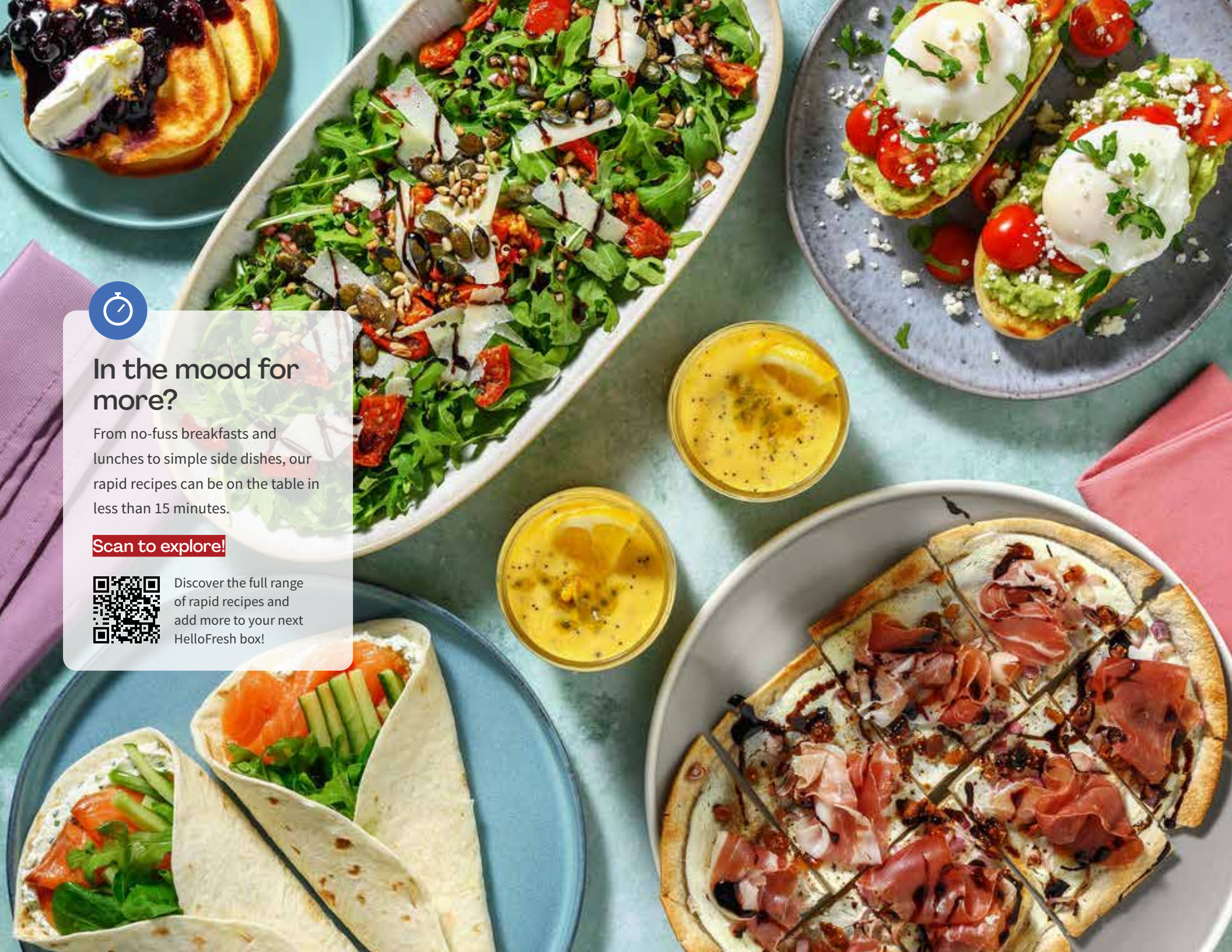
## In the mood for more?

From no-fuss breakfasts and lunches to simple side dishes, our rapid recipes can be on the table in less than 15 minutes.

**Scan to explore!**



Discover the full range of rapid recipes and add more to your next HelloFresh box!



## 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, tall container, large bowl, rolling pin, small bowl, whisk, zester

## Ingredients

Spelt flour (g)	260
Baking powder (g)	8
Raisins (g)	40
Organic buttermilk* (ml)	150
Heavy cream* (ml)	200
Mascarpone* (g)	100
Blueberry jam (g)	60
Lemon* (unit(s))	¼
From your pantry	
[Plant-based] butter (g)	70
Sugar (g)	55
Salt (tsp)	1

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	1282 /306
Total fat (g)	17
of which saturated (g)	10,7
Carbohydrates (g)	34
of which sugars (g)	14,6
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.

# Scones with Homemade Clotted Cream

with blueberry jam | 10 servings



**Baking** Total time: 40 min.



### 1. Make the batter

- Preheat the oven to 200°C.
- Take the butter out of the refrigerator and weigh out the appropriate amount.
- In a large bowl, mix the flour with the **baking powder**, 40 grams of sugar and a pinch of salt.
- Knead the butter and dry ingredients together until you have bread crumbs.
- Add the **buttermilk** and **raisins** and knead together until well combined. The dough should have a smooth, consistent texture.

### 3. Prepare the toppings

- Pour the **heavy cream** into a tall container and add 15 grams of sugar. Beat with an (electric) whisk or mixer until firm.
- Zest the **lemon**, and squeeze the juice of a quarter of the **lemon** into a small bowl.
- Put the whipped **cream**, **lemon zest** and **mascarpone** in a bowl and whisk together until well combined (see Tip).
- Add the **blueberry jam** to the **lemon juice** and mix well. Store the cream mixture and jam in the refrigerator until serving.

*Tip: in this step, you're preparing a homemade version of clotted cream by combining whipped cream and mascarpone. Feel free to add some icing sugar if you'd like it to be a bit sweeter.*

### 2. Make the scones

- Sprinkle some **flour** onto your work surface so that the dough doesn't stick to it, then roll out the dough until it's 1.5 - 2cm thick.
- Using a cookie cutter or drinking glass, cut the dough into circles with a 4 - 5cm diameter, then transfer these to a parchment-lined baking sheet.
- Put the scones in the oven for 10 - 15 minutes, or until they have a lightly browned crust. Keep a close eye on the oven and check the scones after 10 minutes.

### 4. Serve

- Let the scones cool down thoroughly once you've taken them out of the oven.
- Serve the scones on a plate with the **mascarpone cream** and the **blueberry jam**.

Enjoy!



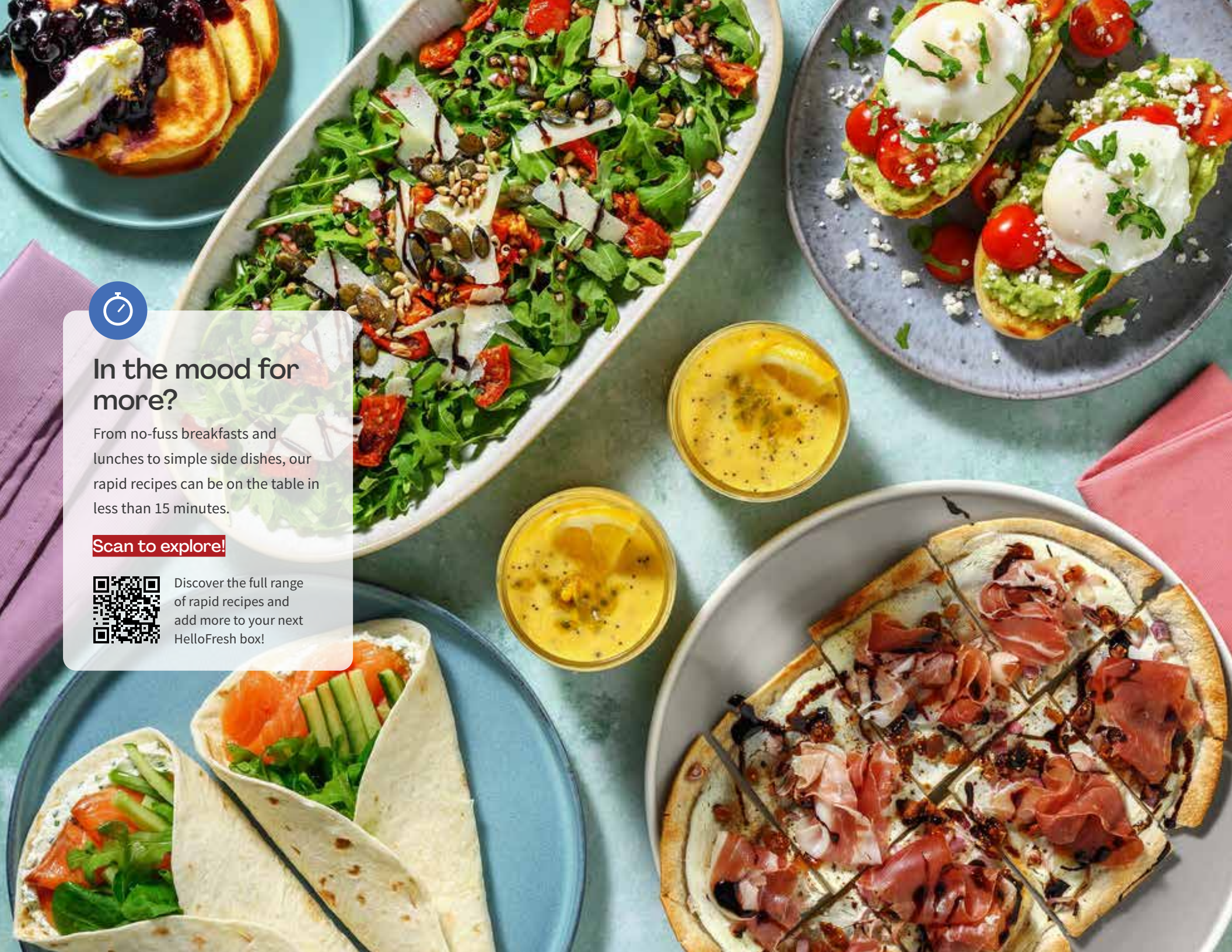
## In the mood for more?

From no-fuss breakfasts and lunches to simple side dishes, our rapid recipes can be on the table in less than 15 minutes.

**Scan to explore!**



Discover the full range of rapid recipes and add more to your next HelloFresh box!



## 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, baking tin or oven dish, parchment paper, whisk

## Ingredients

Salted almonds (g)	40
Chocolate cake mix (g)	400
Egg* (unit(s))	2
Crumbled stroopwafel (g)	120
Chocolate chips (g)	100
From your pantry	
[Plant-based] butter (g)	80
Water (ml)	80

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	1604 /383
Total fat (g)	18
of which saturated (g)	8,9
Carbohydrates (g)	48
of which sugars (g)	29
Fibre (g)	2
Protein (g)	7
Salt (g)	1,2

## Allergens

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

# Stroopwafel Brownies

with roasted almonds and chocolate chips | 9 pieces



**Baking** Total time: 40 min.



## 1. Prepare

- Weigh out the butter, dice it and let it come up to room temperature.
- Preheat the oven to 180°C.
- Line a 20 x 20cm baking tin with parchment paper (see Tip).
- Roughly chop the **salted almonds**.

**Tip:** you can also use a square oven dish if you don't have a baking tin.

## 2. Mix the batter

- In a large bowl, mix the **chocolate cake mix**, **eggs**, butter and water together until smooth (see Tip).
- Add the **chocolate chips** and chopped **almonds** and stir well.

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

## 3. Pour the batter

- Pour the batter into the cake tin and scatter over the **crumbled stroopwafel** pieces.
- Bake the brownie for 20 - 25 minutes.
- The brownie is done when you start to 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 and let it cool down for 5 minutes.
- Cut it into roughly 9 pieces and take them out of the tin one by one.

**Enjoy!**



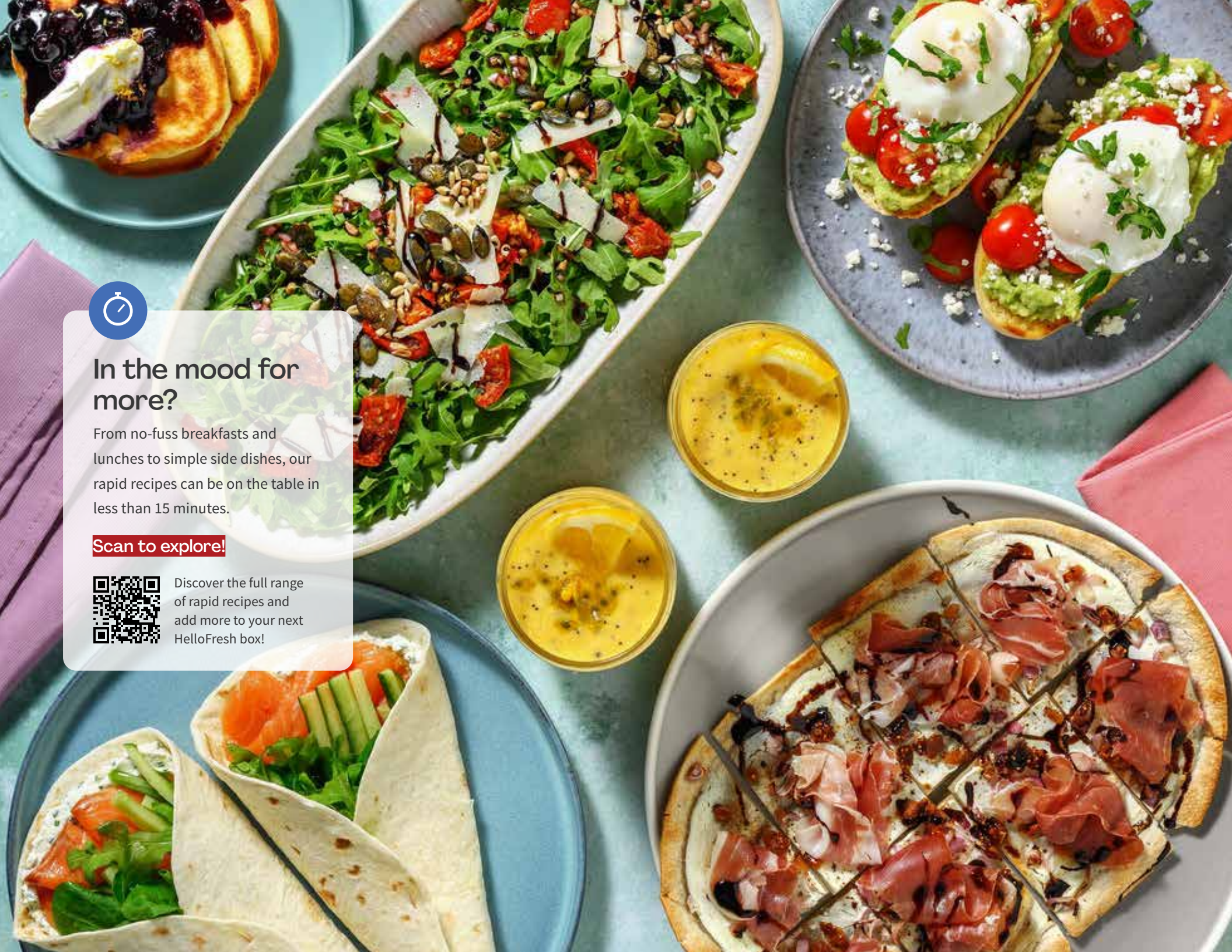
## In the mood for more?

From no-fuss breakfasts and lunches to simple side dishes, our rapid recipes can be on the table in less than 15 minutes.

**Scan to explore!**



Discover the full range of rapid recipes and add more to your next HelloFresh box!



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

### From your pantry

Honey to taste

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	592 /142
Total fat (g)	9
of which saturated (g)	3,7
Carbohydrates (g)	10
of which sugars (g)	7,1
Fibre (g)	3
Protein (g)	4
Salt (g)	0,1

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

## Allergens

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

# 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 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!



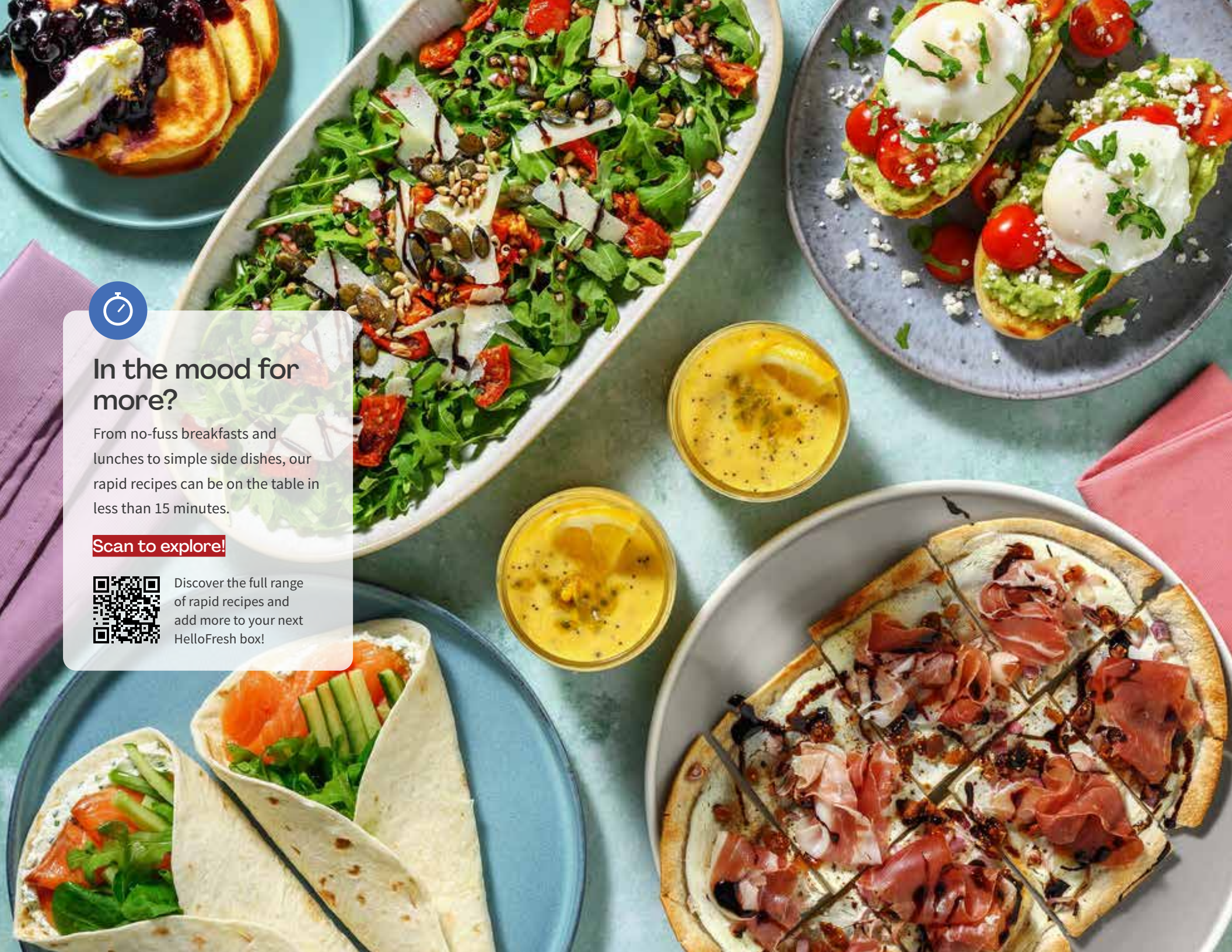
## In the mood for more?

From no-fuss breakfasts and lunches to simple side dishes, our rapid recipes can be on the table in less than 15 minutes.

**Scan to explore!**



Discover the full range of rapid recipes and add more to your next HelloFresh box!





## 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

## Ingredients

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

### From your pantry

Salt & pepper to taste

\*store in the fridge

## Nutritional values

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

## Allergens

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

# Grilled Cheese Brioche with Cheddar and Gouda

with bacon and onion chutney | 2 servings



Lunch Total time: 15 min.



### 1. Prepare

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

### 2. Assemble

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

### 3. Toast

- Heat the sandwich maker and add the grilled **cheese** (see Tip).
- Grill for 5 - 6 minutes or until the **cheese** has melted.

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

### 4. Serve

- Slice the toastie in half diagonally and serve with the **BBQ sauce**.

Enjoy!



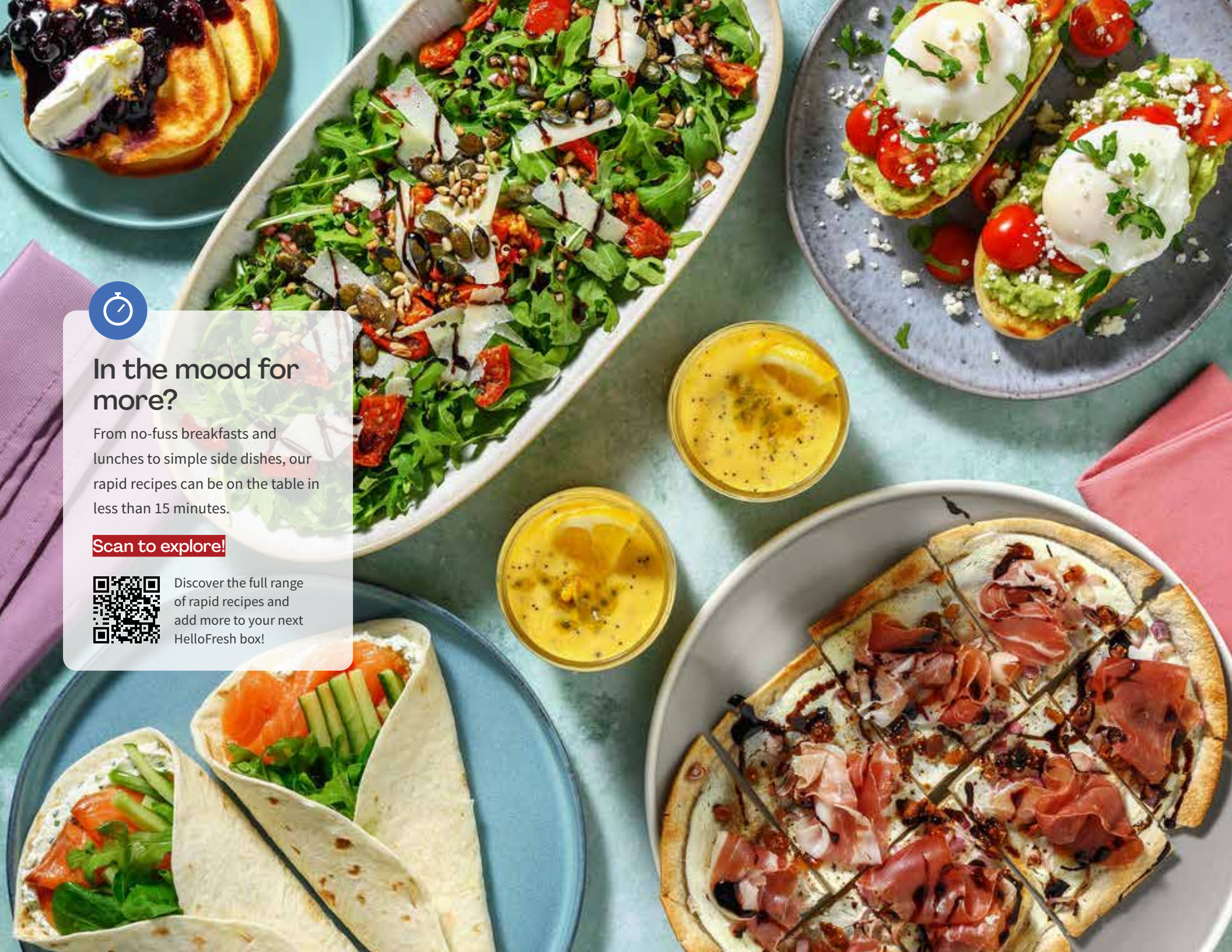
## In the mood for more?

From no-fuss breakfasts and lunches to simple side dishes, our rapid recipes can be on the table in less than 15 minutes.

**Scan to explore!**



Discover the full range of rapid recipes and add more to your next HelloFresh box!



## Before you begin

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

## Utensils

Saucepan, small bowl

## Ingredients

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

### From your pantry

Salt & pepper	to taste
---------------	----------

\*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!



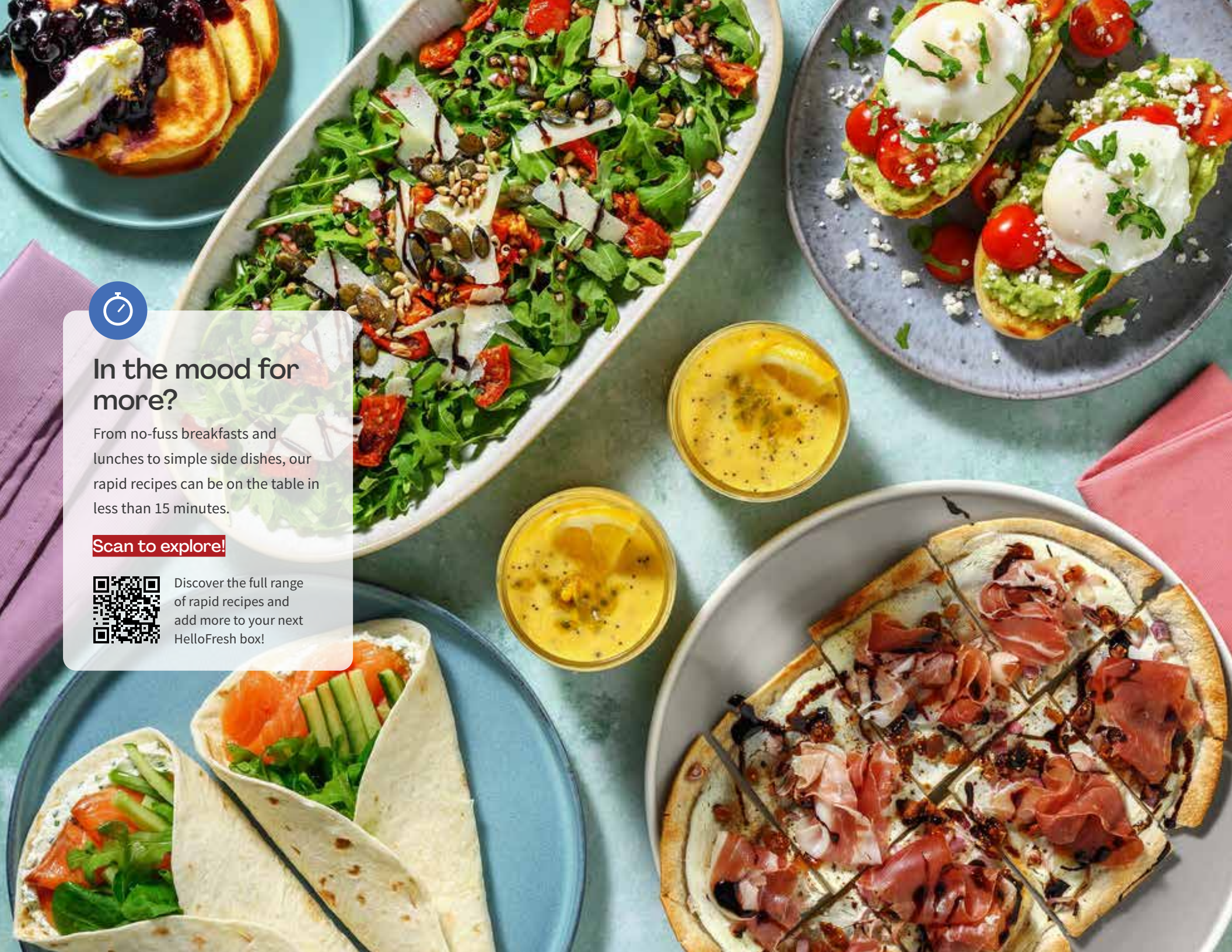
## In the mood for more?

From no-fuss breakfasts and lunches to simple side dishes, our rapid recipes can be on the table in less than 15 minutes.

**Scan to explore!**



Discover the full range of rapid recipes and add more to your next HelloFresh box!



## 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

## 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 1: Mango & blueberry (2 portions)

- Peel and slice the **mango**.
- Serve 130g **Greek-style yogurt** per person in deep bowls (see Tip).
- Top with 50g **granola** per person.
- Garnish with half of the **mango** per person and 1 tbsp **blueberries** each.

*Tip: if you want to turn this into a smoothie bowl, use a blender to blend the fruit and yogurt until smooth. Add some honey or agave syrup to taste, then scatter over a spoonful of granola.*

## Option 2: Apple & blueberry (4 portions)

- Core the **apple** and then slice it - you need half an **apple** per person (see Tip).
- Serve 130g **Greek-style yogurt** per person in deep bowls.
- Top with 50g **granola** per person.
- Garnish with the **apple** and 1.5 tbsp **blueberries** per person.

*Tip: if you're in the mood for something warm, caramelize the apple! Just fry the apple with 1 tbsp butter for 4 - 5 minutes over medium-high heat. Once the apple is lightly browned, add 0.5 tbsp honey and fry for another 1 - 2 minutes, adding a pinch of cinnamon if preferred.*

## Option 3: Raspberry & blueberry (4 portions)

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

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

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

Enjoy

## Before you begin

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

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

## Ingredients

Flour (g)	150
Egg* (unit(s))	2
Organic buttermilk* (ml)	200
Raspberries* (g)	125
Strawberry sauce (g)	15
Baking powder (g)	8
Mascarpone* (g)	50
Lemon* (unit(s))	1

### From your pantry

Sugar (tbsp)	2
Honey [or plant-based alternative] (tbsp)	1
Sunflower oil (tbsp)	1
Salt (tsp)	½

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2711 / 648	683 / 163
Total fat (g)	24	6
of which saturated (g)	10	2,5
Carbohydrates (g)	87	22
of which sugars (g)	31,4	7,9
Fibre (g)	6	1
Protein (g)	22	6
Salt (g)	3,2	0,8

## Allergens

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

# American Pancakes with Mascarpone

with homemade raspberry sauce and honey | 2 servings



Weekend recipe Total time: 25 min.



## 1. Make the batter

- Beat the **eggs** in a bowl, then add the **buttermilk** and whisk together until fluffy (see Tip).
- Weigh out 150g **flour**. Put the **flour** in a bowl and add 0.5 sachet **baking powder**, 0.5 tsp salt and 1 tbsp sugar.
- Juice the **lemon** into a small bowl.
- Using a spatula, fold the **egg** and buttermilk mixture into the flour. Add 1 tbsp **lemon** juice and mix well.

**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 (see Tip). 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 some more sunflower oil in between as needed.

**Tip:** the pancakes in this recipe are meant to be small – this makes it easier to stack them up.

## 3. Prepare the sauce

- In the meantime, heat up the **strawberry sauce** with the **raspberries**, 4 tbsp water and 1 tbsp sugar in a saucepan over medium-high heat.
- Simmer for 2 - 3 minutes, or until the sauce has a thick, syrupy texture.

## 4. Serve

- Stack the pancakes on a serving dish and pour over the sauce.
- Serve with the honey and **mascarpone** (see Tip).

**Tip:** this meal is high in calories. If you're keeping an eye on your calorie intake, feel free to leave out the honey and/or mascarpone.

Enjoy!

Smoothie box

Kick-start your day!

**1** Mango Smoothie Bowl with Blueberries  
with chia seeds

**2** Orange Dream Smoothie  
with mango

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

# Mango Smoothie Bowl with Blueberries

with chia seeds | 2 servings

10 min.



## Utensils

Tall container, immersion blender

## Ingredients for 2 servings

Blueberries* (g)	125
Coconut milk (ml)	250
Desiccated coconut (g)	10
Chia seeds (g)	10
Mango* (unit(s))	3
Greek yogurt* (g)	150
<b>From your pantry</b>	
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. Set aside a few pieces of mango to use as garnish.
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 reserved mango and the 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

with mango | 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
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 it.
3. Put the **fruit, orange** juice and **milk** in a blender (or a tall container if you're using an immersion blender), then blend into a thick smoothie. Add some honey to taste.
4. Serve the smoothie into two glasses and scatter over the chia seeds to finish off.

## Allergens

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

# Green Smoothie

with spinach, avocado & mint | 2 servings

5 min.



## Utensils

Bowl, blender or immersion blender, tall container

## Ingredients for 2 serving

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

### From your pantry

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

\*store in the fridge

## Nutritional values

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

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

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

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

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

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

Enjoy!



## Before you begin

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

## Utensils

Parchment-lined baking sheet, bowl, large bowl

## Ingredients

Grated cheddar* (g)	150
Sliced jalapeños* (g)	60
Scallions* (bunch)	1
Avocado (unit(s))	2
Shallot (unit(s))	1
Lime* (unit(s))	1
Tomato (unit(s))	1
Garlic (unit(s))	1
Organic sour cream* (g)	100
Beetroot tortilla chips (g)	300

### From your pantry

Salt & pepper	to taste
---------------	----------

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	988 / 236
Total fat (g)	15,6
of which saturated (g)	4,3
Carbohydrates (g)	17,1
of which sugars (g)	2,5
Fibre (g)	2,7
Protein (g)	5,6
Salt (g)	0,3

## Allergens

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

# Loaded Nachos with Homemade Guacamole

with cheddar, jalapeños and sour cream | 4 servings



Appetizer Total time: 30 min.



### 1. Make the nachos

- Preheat the oven to 180°C.
- Slice the **scallions** into fine rings.
- Spread the **tortilla chips** over a parchment-lined baking sheet.
- Top the chips evenly with the **jalapeños\*** and two-thirds of the **scallions**, then scatter over the **cheddar**.
- Bake for 10 - 15 minutes or until **cheese** has melted.

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

### 2. Prepare the toppings

- Cut the **avocado** in half and remove the pit and skin.
- Dice the **avocado** and put it in a large bowl.
- Finely dice the **tomato**. Finely chop the **shallot** and press or mince the **garlic**.
- Cut the **lime** in half.

### 3. Make the guacamole

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

### 4. Serve

- Take the nachos out of the oven and serve directly on the baking sheet or in a serving dish.
- Garnish with the remaining **scallions**.
- Transfer the **sour cream** to a bowl.
- Serve the nachos with the **sour cream** and guacamole.

Enjoy!



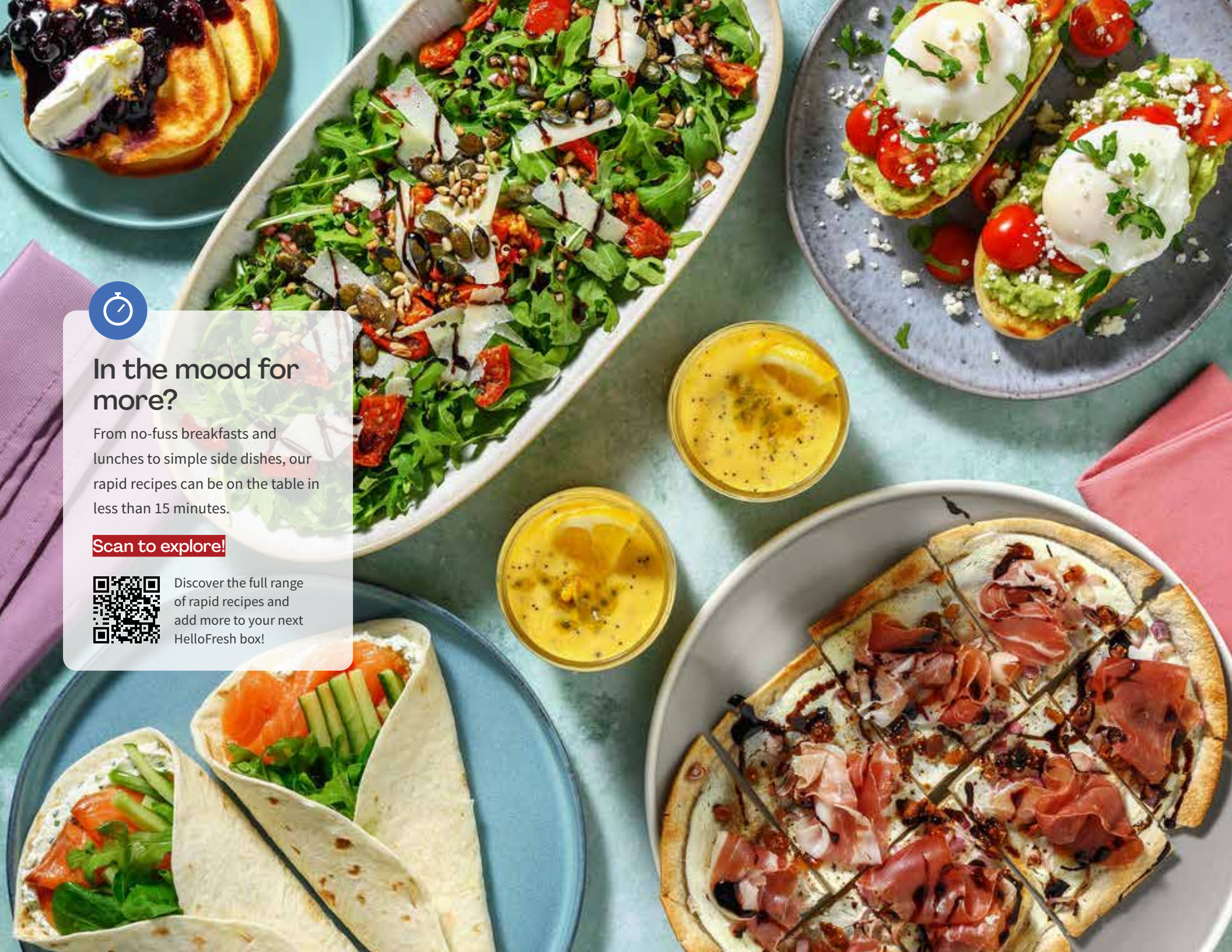
## In the mood for more?

From no-fuss breakfasts and lunches to simple side dishes, our rapid recipes can be on the table in less than 15 minutes.

**Scan to explore!**



Discover the full range of rapid recipes and add more to your next HelloFresh box!



## 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, 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

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

# 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!



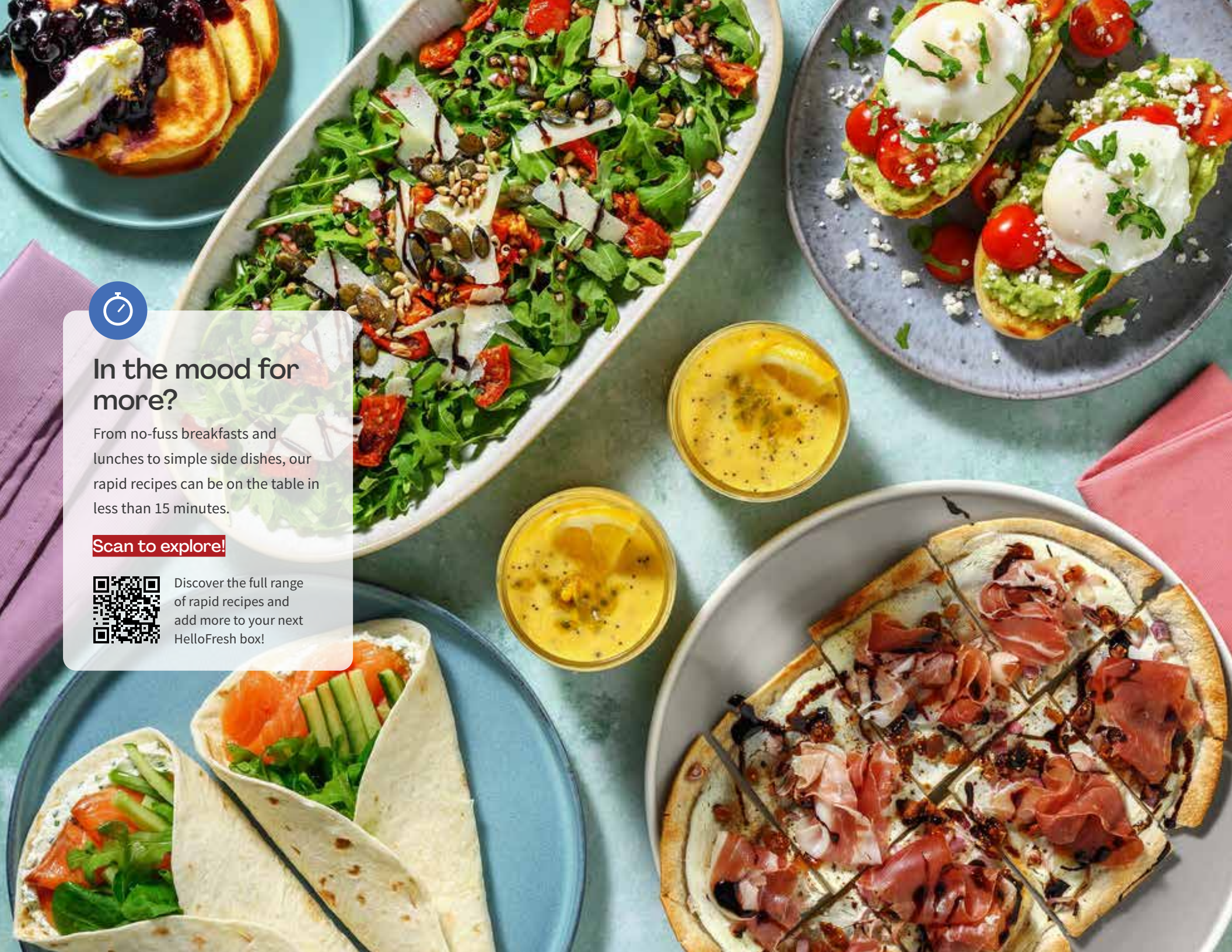
## In the mood for more?

From no-fuss breakfasts and lunches to simple side dishes, our rapid recipes can be on the table in less than 15 minutes.

**Scan to explore!**



Discover the full range of rapid recipes and add more to your next HelloFresh box!



## 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!



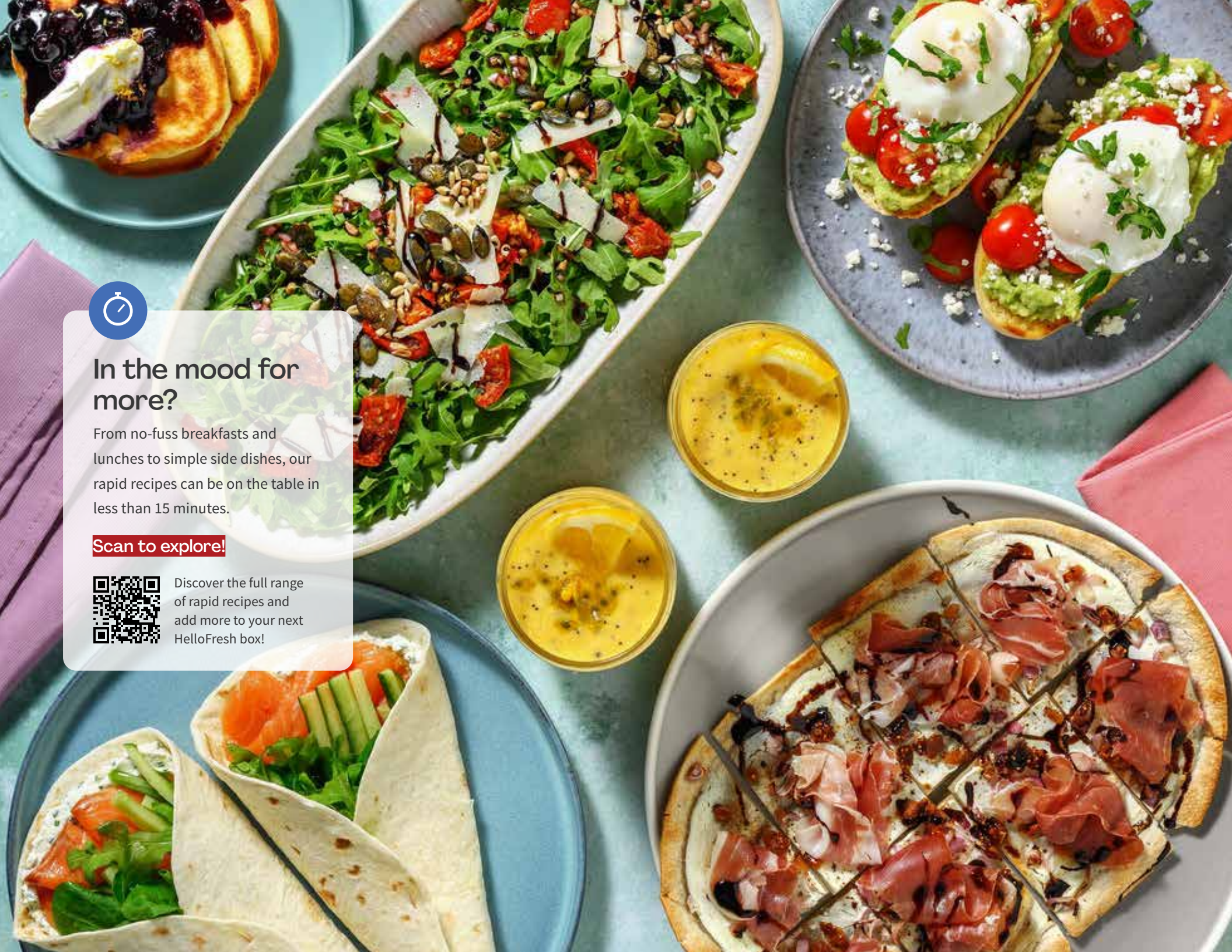
## In the mood for more?

From no-fuss breakfasts and lunches to simple side dishes, our rapid recipes can be on the table in less than 15 minutes.

**Scan to explore!**



Discover the full range of rapid recipes and add more to your next HelloFresh box!



## 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, 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

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

# 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!



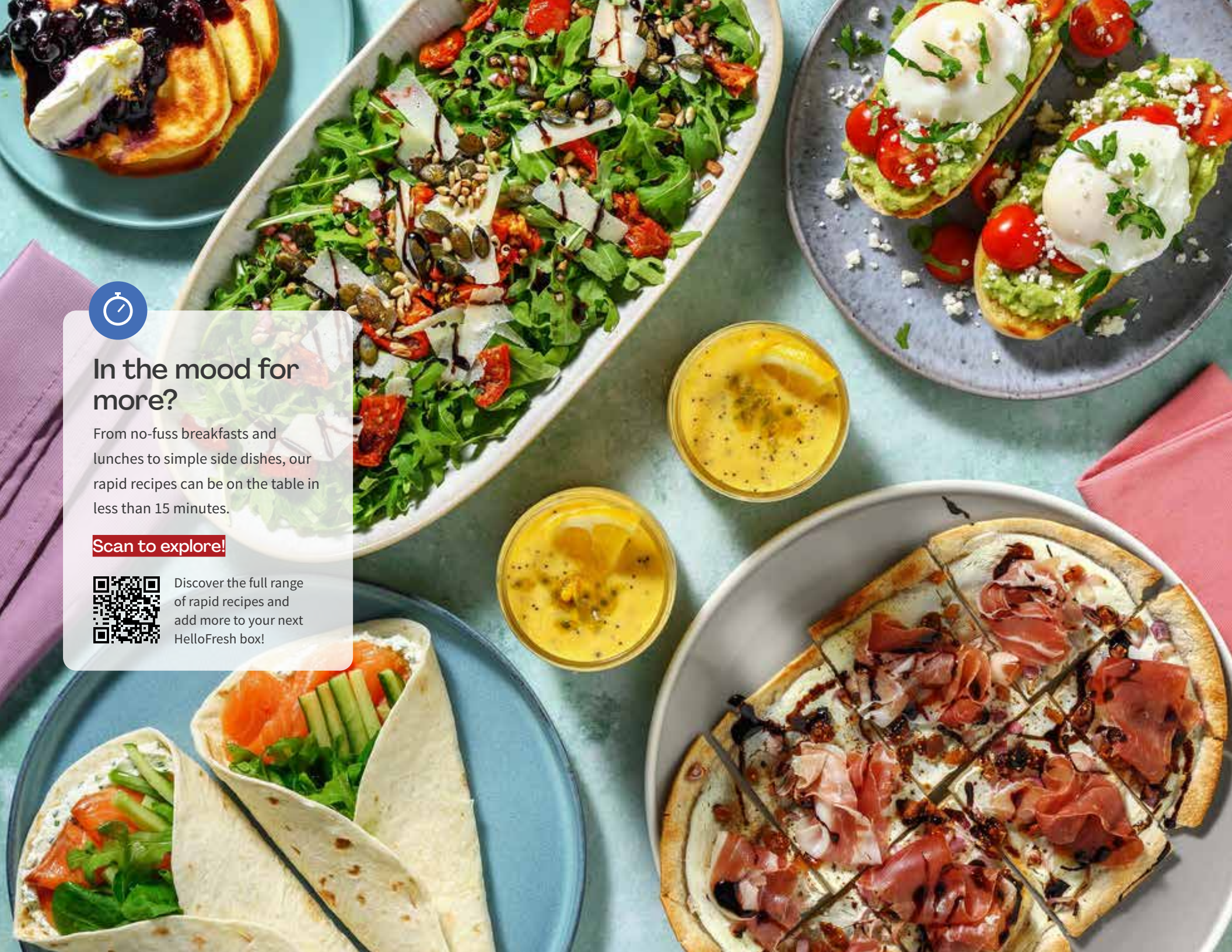
## In the mood for more?

From no-fuss breakfasts and lunches to simple side dishes, our rapid recipes can be on the table in less than 15 minutes.

**Scan to explore!**



Discover the full range of rapid recipes and add more to your next HelloFresh box!





## 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, 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!





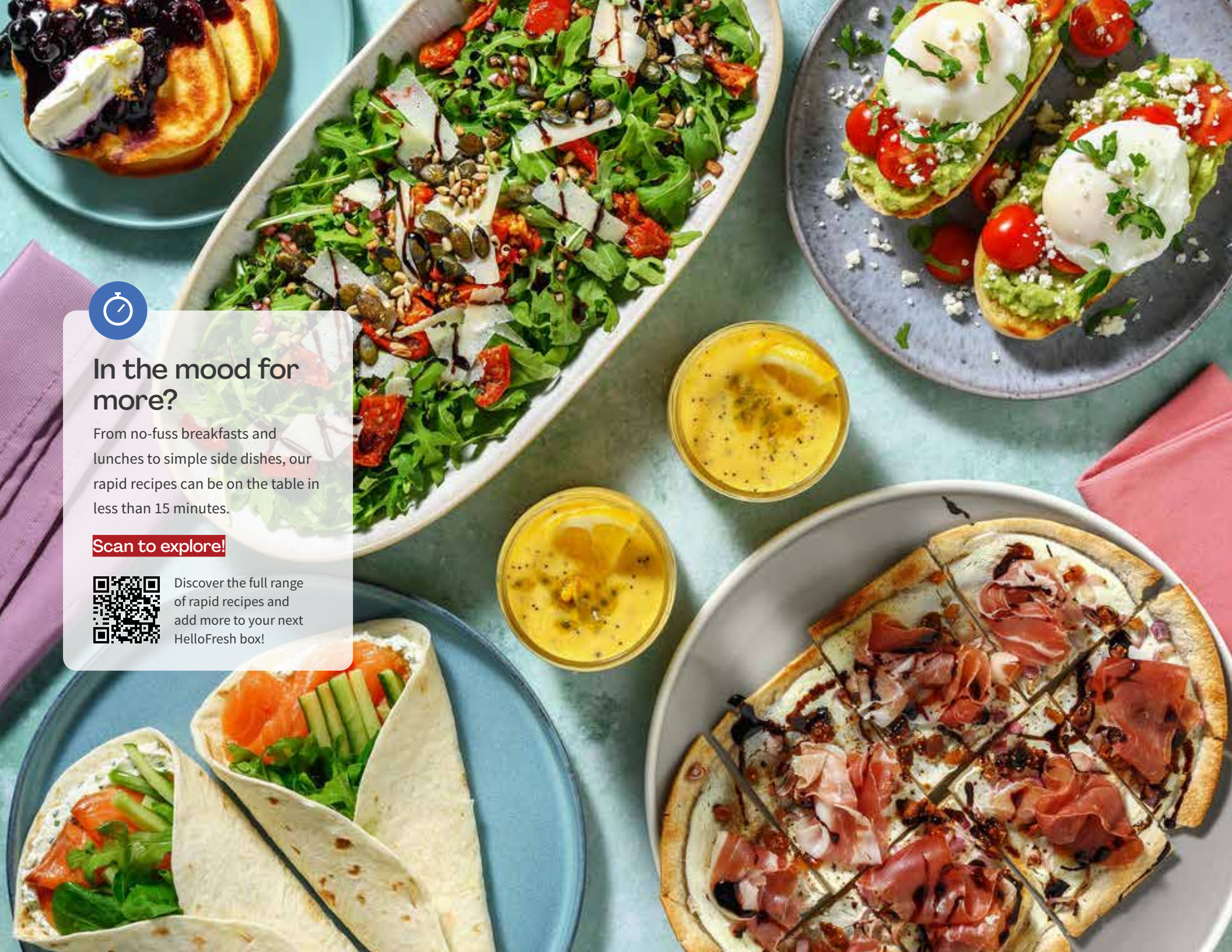
## In the mood for more?

From no-fuss breakfasts and lunches to simple side dishes, our rapid recipes can be on the table in less than 15 minutes.

**Scan to explore!**



Discover the full range of rapid recipes and add more to your next HelloFresh box!



## Before you begin

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

## Utensils

Parchment-lined baking sheet, large 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!



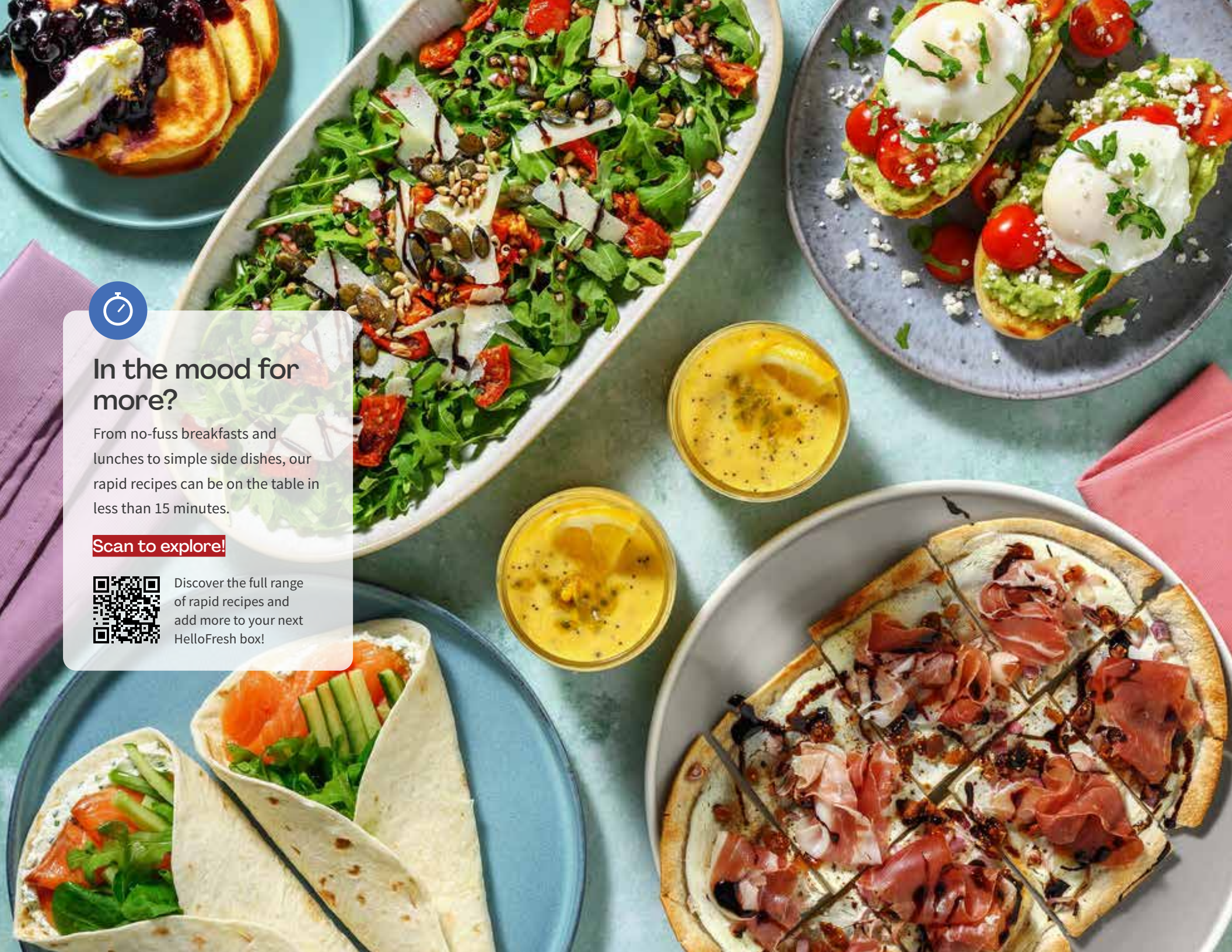
## In the mood for more?

From no-fuss breakfasts and lunches to simple side dishes, our rapid recipes can be on the table in less than 15 minutes.

**Scan to explore!**



Discover the full range of rapid recipes and add more to your next HelloFresh box!



## 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

Glass, large pot or saucepan, kitchen paper, slotted spoon, small bowl

## Ingredients

White ciabatta (unit(s))	2
Avocado (unit(s))	1
Egg* (unit(s))	4
Smoked salmon* (g)	1
Lemon mayonnaise with black pepper* (g)	50
Cress* (g)	20
From your pantry	
White 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)	3235 /773	872 /208
Total fat (g)	50	14
of which saturated (g)	8,2	2,2
Carbohydrates (g)	41	11
of which sugars (g)	1,8	0,5
Fibre (g)	4	1
Protein (g)	36	10
Salt (g)	2,3	0,6

## Allergens

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

# Avocado, Smoked Salmon & Poached Eggs on Toast

with lemon mayonnaise | 2 servings



**Lunch** Total time: 20 min.



### 1. Prepare the avocado

- Preheat the oven to 200°C.
- Cut the **avocado** in half, then remove the pit and the skin. Mash the flesh in a small bowl together with the **lemon mayonnaise**.
- Season with salt and pepper.

### 2. Toast the bread

- Cut the **ciabatta** in half lengthways and drizzle over the olive oil.
- Transfer to a parchment-lined baking sheet and bake for 5 - 7 minutes in the oven.

### 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. 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

- Place the toast on plates and spread over the smashed **avocado**.
- Top with the **smoked salmon** and poached **eggs**.
- Garnish with the **cress**.
- Season with extra pepper as preferred.

Enjoy!



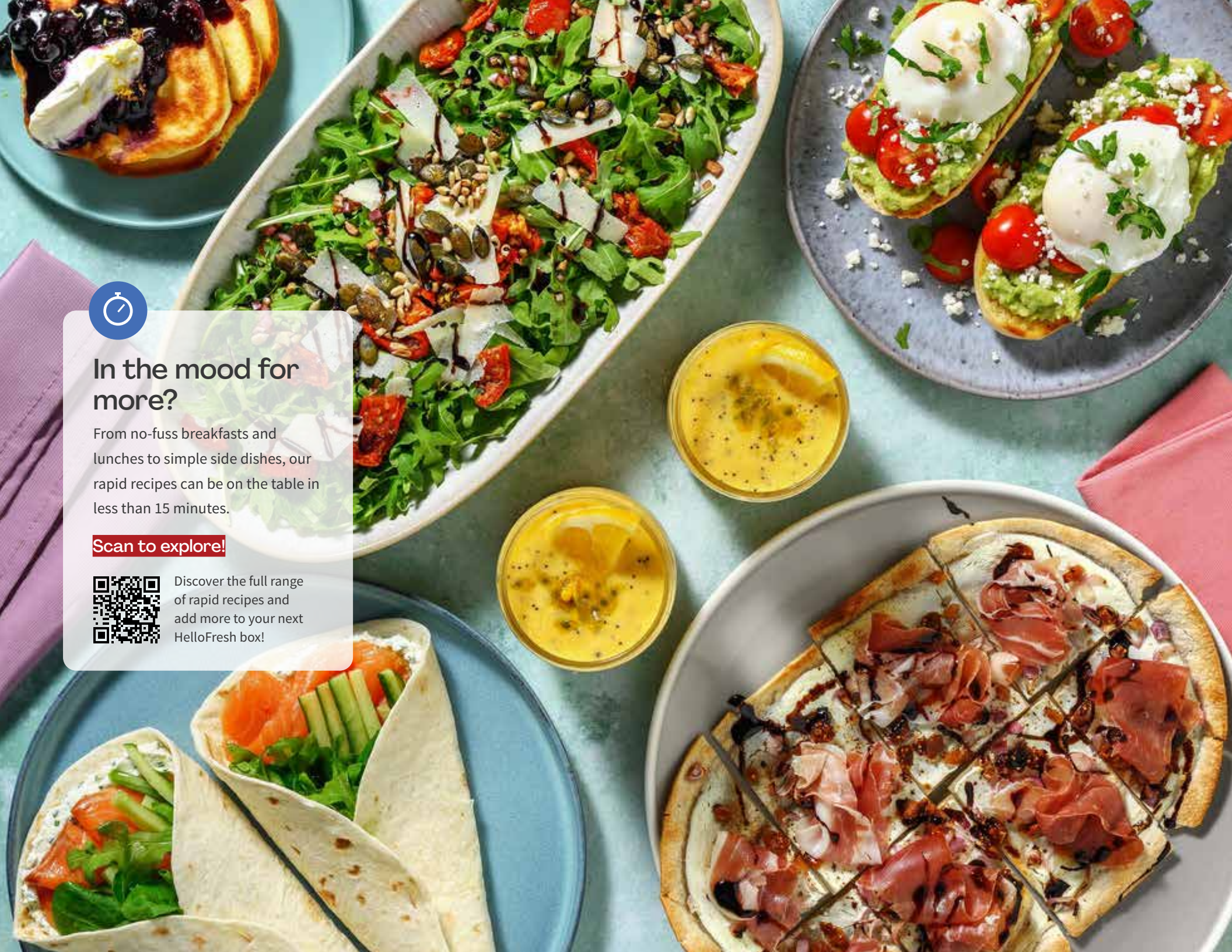
## In the mood for more?

From no-fuss breakfasts and lunches to simple side dishes, our rapid recipes can be on the table in less than 15 minutes.

**Scan to explore!**



Discover the full range of rapid recipes and add more to your next HelloFresh box!



## 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!



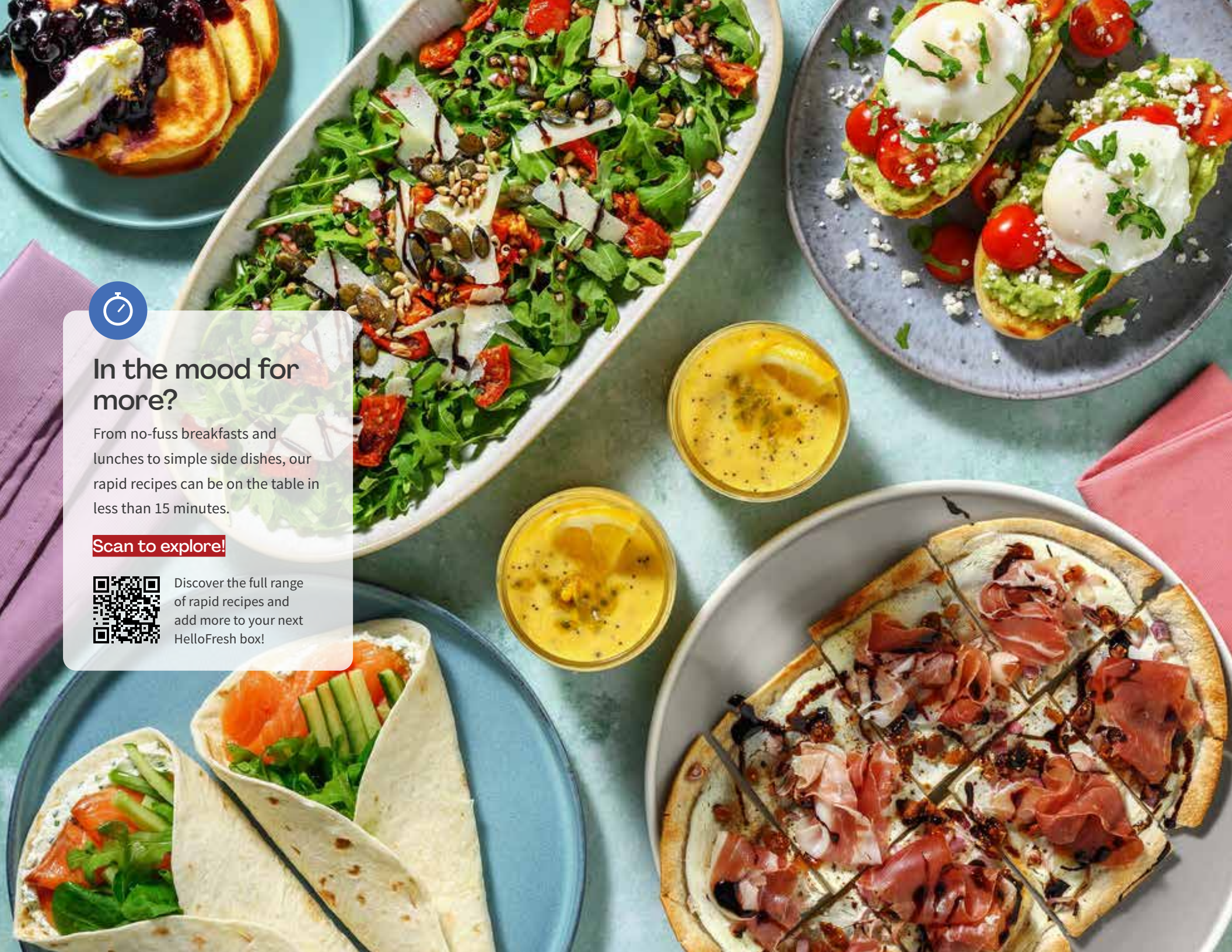
## In the mood for more?

From no-fuss breakfasts and lunches to simple side dishes, our rapid recipes can be on the table in less than 15 minutes.

**Scan to explore!**



Discover the full range of rapid recipes and add more to your next HelloFresh box!





## 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, small bowl

## Ingredients

Strawberries* (g)	250
Powdered sugar (g)	50
Mascarpone* (g)	200
Bake-off croissants (unit(s))	4

### From your pantry

Salt & pepper	to taste
---------------	----------

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	1117 /267
Total fat (g)	17
of which saturated (g)	11,8
Carbohydrates (g)	25
of which sugars (g)	12,7
Fibre (g)	2
Protein (g)	4
Salt (g)	0,4

## Allergens

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

# Strawberry Croissants

with cream cheese and powdered sugar | 4 pieces



Breakfast Total time: 10 min.



### 1. Bake the croissants

- Preheat the oven to 200°C.
- Transfer the **croissants** to a parchment-lined baking sheet.
- Bake in the oven for 6 - 8 minutes.

### 2. Prepare the filling

- Add the **mascarpone** to a small bowl and mix with 2 tbsp of **powdered sugar**.
- Slice the **strawberries**.

### 3. Make the croissants

- Cut open the **croissants**.
- Spread the **mascarpone** on the inside of the croissant.
- Add the slices of **strawberries**.

### 4. Serve

- Sprinkle some of the **powdered sugar** on top of the **croissants**, then serve.

Enjoy!



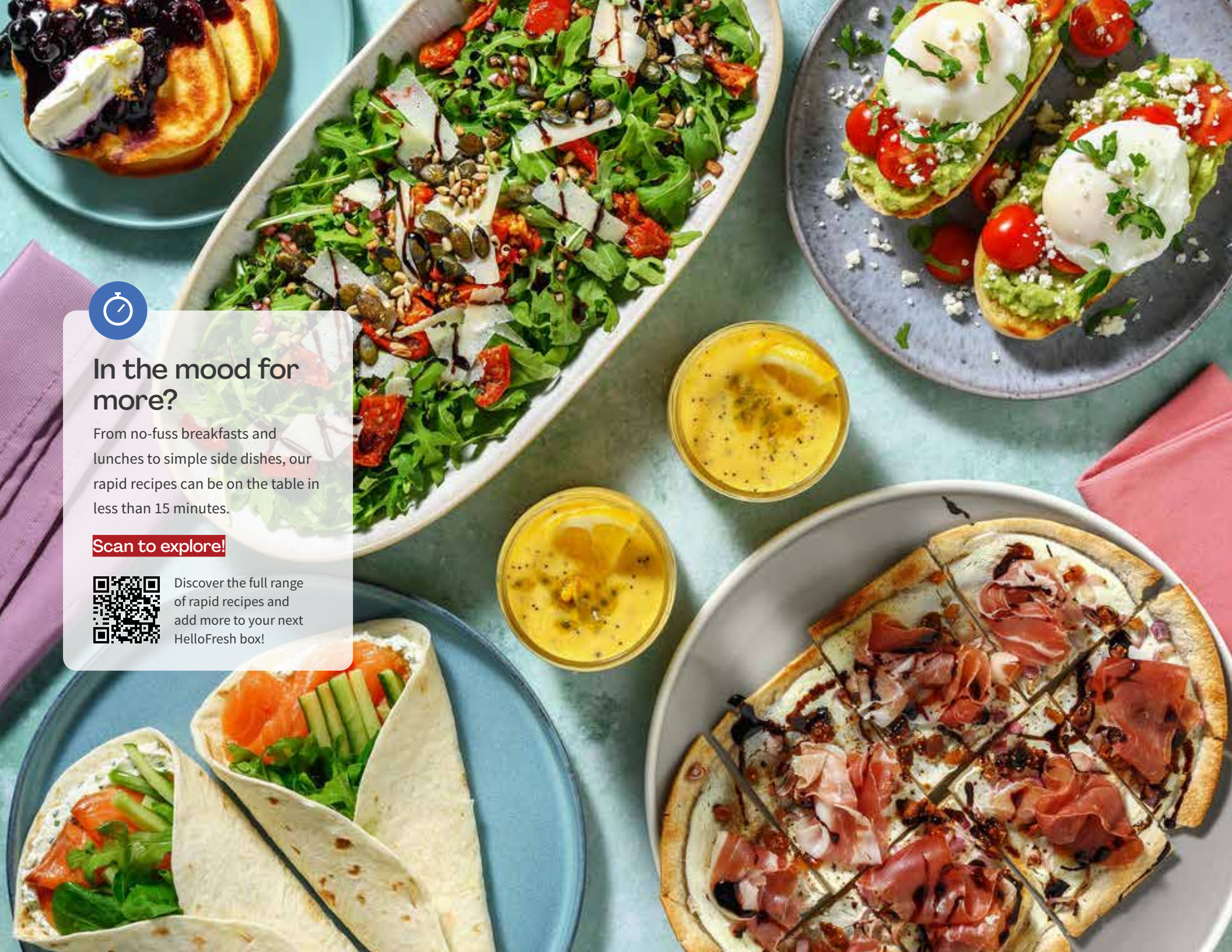
## In the mood for more?

From no-fuss breakfasts and lunches to simple side dishes, our rapid recipes can be on the table in less than 15 minutes.

**Scan to explore!**



Discover the full range of rapid recipes and add more to your next HelloFresh box!



## 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

## Ingredients

Oats (g)	400
Organic semi-skimmed milk* (ml)	1000
Organic Greek yogurt* (g)	150
Chia seeds (g)	100
Cranberry & walnut mix (g)	120
Apple* (unit(s))	2
Mango* (unit(s))	1
Pistachio nuts (g)	40
Pumpkin seeds (g)	40
Blueberry jam (g)	30
Blueberries* (g)	125

### From your pantry

Honey [or plant-based alternative]	to taste
Salt (tsp)	½

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	720 /172
Total fat (g)	7
of which saturated (g)	1,4
Carbohydrates (g)	20
of which sugars (g)	7,8
Fibre (g)	4
Protein (g)	6
Salt (g)	0,2

## Allergens

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

# Overnight Oats

apple & walnut | mango & pistachio | apple & blueberry



Breakfast Total time: 10 min.



## 1. Basic overnight oats

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

## 2. Option 1: Apple & walnut (2 servings)

- Divide a third of the overnight **oats** between two bowls.
- Core and dice 1 **apple**.
- Mix two-thirds of the **apple**, the **walnut-cranberry mix**, and honey to taste into the **oats**.
- Garnish with the rest of the **apple**.

## 3. Option 2: Mango & pistachio (2 servings)

- Divide a third of the overnight **oats** between two bowls.
- Peel and dice the **mango**.
- Mix half of the **mango** into the **oats**.
- Top with the rest of the **mango** and the **pistachios**. Drizzle with honey to taste.

## 4. Option 3: Apple & blueberry

- Squash half of the **blueberries** in two bowls.
- Divide a third of the overnight **oats** between two bowls.
- Core and dice 1 **apple**.
- Mix the blueberry **jam** and half of the **apple** into the **oats**, then top with the rest of the **blueberries** and **apple**. Garnish with the **pumpkin seeds**.

Enjoy!



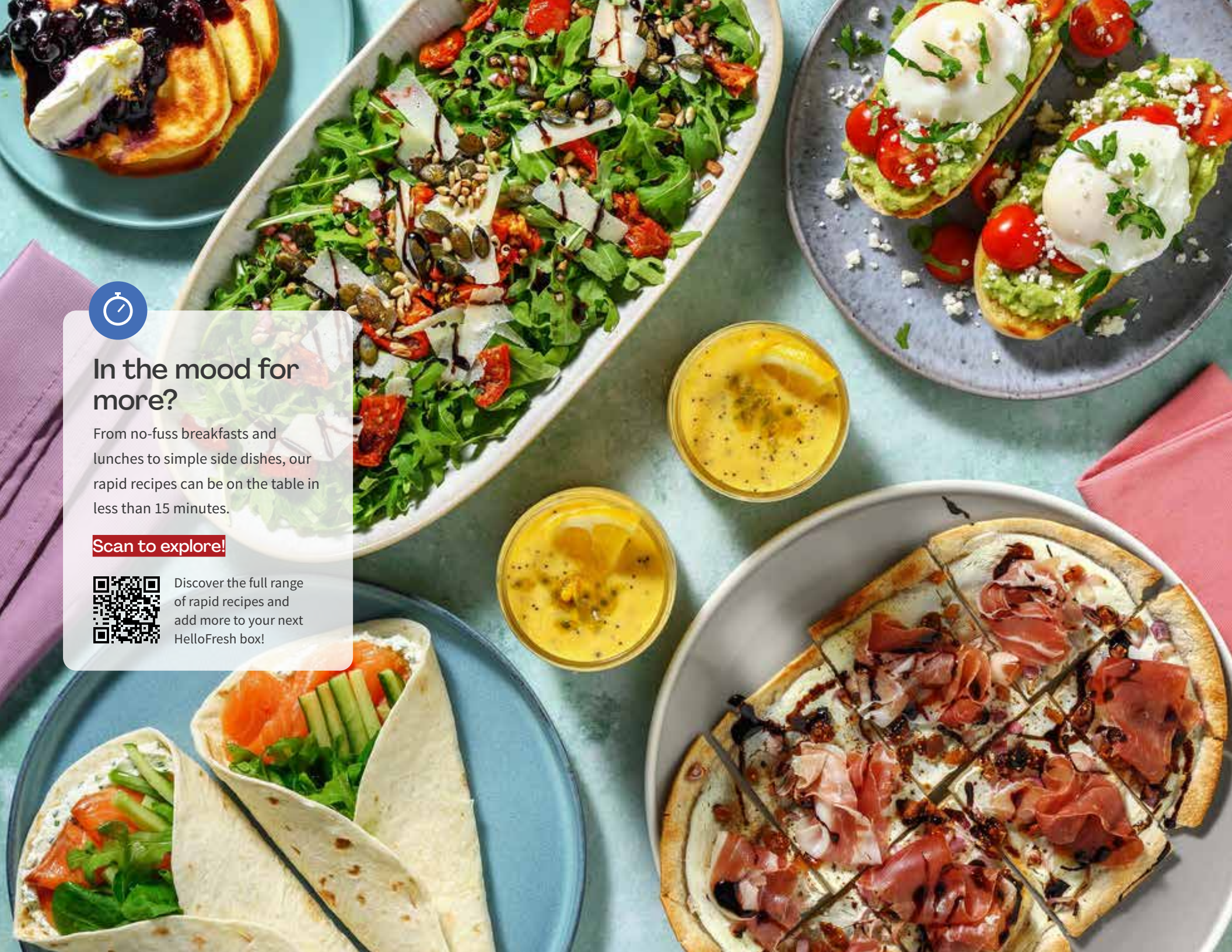
## In the mood for more?

From no-fuss breakfasts and lunches to simple side dishes, our rapid recipes can be on the table in less than 15 minutes.

**Scan to explore!**



Discover the full range of rapid recipes and add more to your next HelloFresh box!



Sweet & Savoury Breakfast box

Kick-start your day!

- 1 American Pancakes with Blueberries  
topped with honey mascarpone
- 2 Boiled Eggs & Cress Crackers
- 3 Greek Yogurt Bowl with Apple & Blueberry Jam

# American Pancakes with Blueberries

topped with honey mascarpone | 2 servings

20 min.



## Utensils

Large frying pan, small bowl, two bowls, whisk

## Ingredients for 2 servings

Flour (g)	200
Mascarpone* (g)	50
Blueberries* (g)	125
Organic buttermilk* (ml)	200
Baking powder (g)	8
Egg* (unit(s))	2
From your pantry	
Salt (tsp)	½
Sunflower oil (tbsp)	1
Honey [or plant-based alternative] (tbsp)	1
Sugar (tbsp)	1

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2874 / 687	778 / 186
Total fat (g)	24	6
of which saturated (g)	10	2,7
Carbohydrates (g)	95	26
of which sugars (g)	24,1	6,5
Fiber (g)	6	2
Protein (g)	25	7
Salt (g)	3,2	0,9

## 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. Make the topping

- Mix the **mascarpone** with the honey in a small bowl.

## 4. Serve

- Serve the pancakes on plates.
- Top with a dollop of **mascarpone** and scatter the **blueberries** over the pancakes.
- Drizzle with extra honey if preferred.

**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!



# Boiled Eggs & Cress Crackers

2 days of breakfast for 2 persons | 4 servings

10 min.



## Utensils

Saucepan

## Ingredients for 2 servings

Cream cheese* (g)	100
Curry powder (sachet(s))	1
Cress* (g)	20
Crackers (unit(s))	12
Egg* (unit(s))	6

### From your pantry

Salt and pepper to taste

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	719 / 172
Total fat (g)	11
of which saturated (g)	3,1
Carbohydrates (g)	2
of which sugars (g)	0,6
Fiber (g)	4
Protein (g)	8
Salt (g)	0,5

## Allergens

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

1. Boil plenty of water in a saucepan. Carefully transfer 3 **eggs** to the water and boil for 8 - 10 minutes (see Tip).
2. Rinse the **eggs** under cold water, then remove the shell and cut the **eggs** in half.
3. Serve 3 **crackers** per person on plates. Spread half of the **cream cheese** on the **crackers**, then top with the **egg** halves.
4. Sprinkle with half of the **curry spices** and garnish with half of the **cress**. Season to taste with salt and pepper.

*Tip: you can also boil 6 eggs to prepare tomorrow's breakfast in advance!*

# Greek Yogurt Bowl with Apple & Blueberry Jam

2 days of breakfast for 2 persons | 4 servings

10 min.



## Utensils

-

## Ingredients for 2 serving

Greek yogurt* (g)	500
Apple* (unit(s))	2
Chia seeds (g)	20
Blueberry jam (g)	30

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	504 / 120
Total fat (g)	7
of which saturated (g)	3,7
Carbohydrates (g)	10
of which sugars (g)	8,3
Fiber (g)	2
Protein (g)	3
Salt (g)	0,1

1. Core one **apple**. Slice half of an **apple** per person.
2. Serve 125g **Greek yogurt** per person in bowls.
3. Top each bowl with the sliced **apple** and a quarter each of the **chia seeds** and **blueberry jam**.
4. Repeat the recipe for a second breakfast the next day.

Enjoy!

## Before you begin

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

## Utensils

Parchment-lined baking sheet, mixing bowl, saucepan

## Ingredients

Egg* (unit(s))	2
Powdered sugar (g)	100
Organic semi-skimmed milk* (ml)	200
Danerolles - Large Croissants* (pack)	1
Raisins (g)	80
From your pantry	
Flour (tbsp)	1
Salt	to taste

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	1055 /252
Total fat (g)	9
of which saturated (g)	4,6
Carbohydrates (g)	34
of which sugars (g)	21,3
Fibre (g)	1
Protein (g)	6
Salt (g)	0,9

## Allergens

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

# Raisin Rolls

with homemade custard | to share



**Baking** Total time: 30 min.



### 1. Make the custard

- Add the **milk** to a saucepan and slowly warm it on medium-low heat until it is almost boiling.
- Meanwhile, whisk the **eggs** and flour in a large mixing bowl with a pinch of salt. Gradually add the warm milk.
- Pour the mixture back into the saucepan and cook gently on low heat, while stirring, for 10 - 15 minutes or until it has thickened.
- Turn off the heat, remove the saucepan from the stove and mix in two-thirds of the **powdered sugar**.

### 2. Prepare the dough

- Preheat the oven to 180°C.
- Open the croissant **dough** tin and press the dotted lines together with a fork so the dough sticks together.
- Use a knife to slice each rectangle into two smaller rectangles.

### 3. Make the rolls

- Spread 1 tbsp of the custard on each rectangle, then place the **raisins** in a single layer at one end and tightly roll up the dough around the **raisins**.
- Repeat for the other rectangles to make all of the rolls.

### 4. Serve

- Transfer the rolls to a parchment-lined baking sheet.
- Bake in the oven for 10 - 12 minutes.
- Transfer to a serving dish and sprinkle with the rest of the **powdered sugar**.

Enjoy!



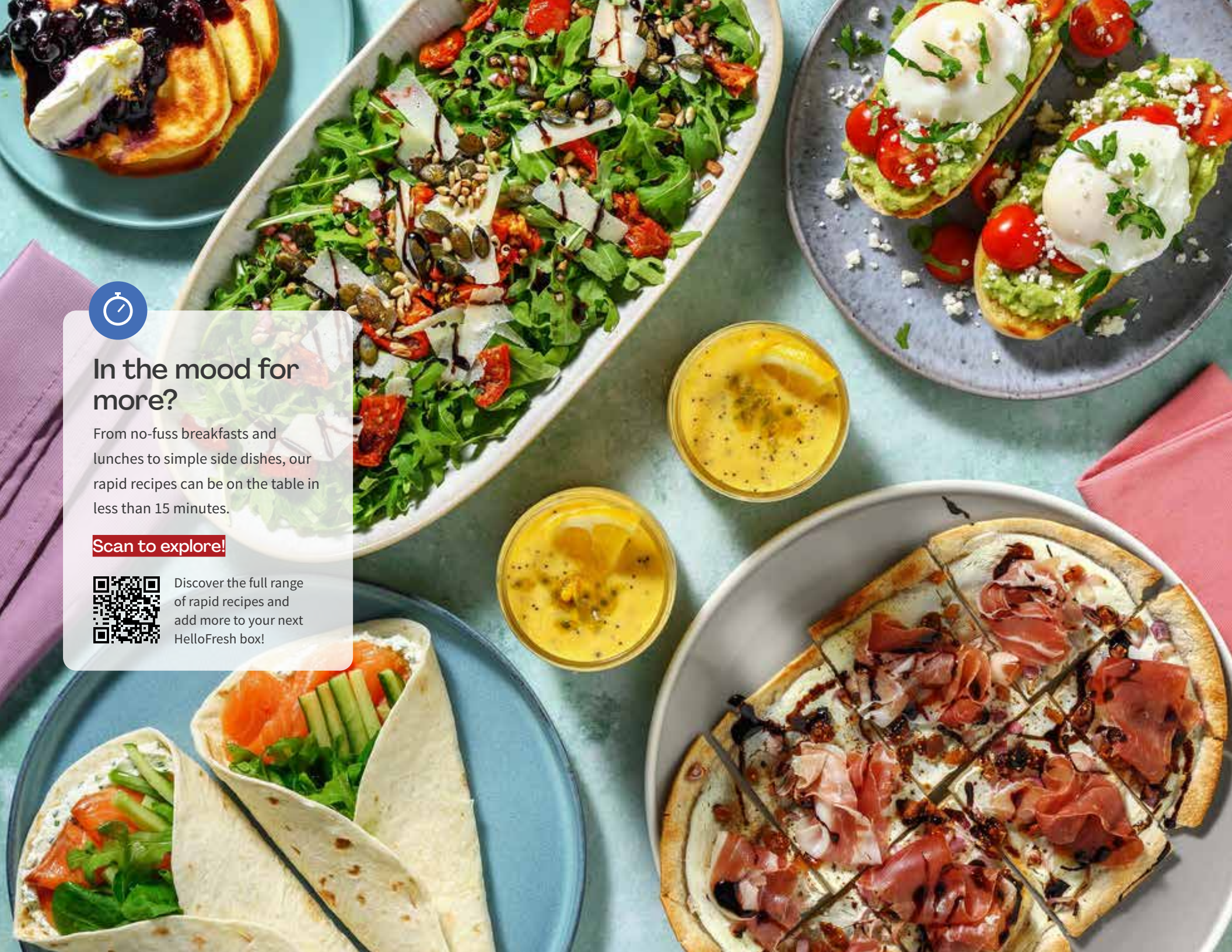
## In the mood for more?

From no-fuss breakfasts and lunches to simple side dishes, our rapid recipes can be on the table in less than 15 minutes.

**Scan to explore!**



Discover the full range of rapid recipes and add more to your next HelloFresh box!





## Before you begin

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

## Utensils

Parchment-lined baking sheet, frying pan

## Ingredients

Flour tortillas (unit(s))	4
Grated Gouda* (g)	75
Chicken breast* (unit(s))	2
BBQ Sauce (g)	50
Onion (unit(s))	1
Green bell pepper* (unit(s))	1
Organic crème fraîche* (g)	50
From your pantry	
[Plant-based] butter (tbsp)	1
Salt & pepper	to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2879 /688	720 /172
Total fat (g)	32	8
of which saturated (g)	18,2	4,5
Carbohydrates (g)	55	14
of which sugars (g)	10,1	2,5
Fibre (g)	5	1
Protein (g)	41	10
Salt (g)	2,1	0,5

## Allergens

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

# Quesadillas with Pulled Chicken

with bell pepper and BBQ sauce | 2 servings



Lunch Total time: 25 min.



## 1. Prepare

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

## 2. Fry the chicken

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

## 3. Make the quesadillas

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

## 4. Serve

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

Enjoy!



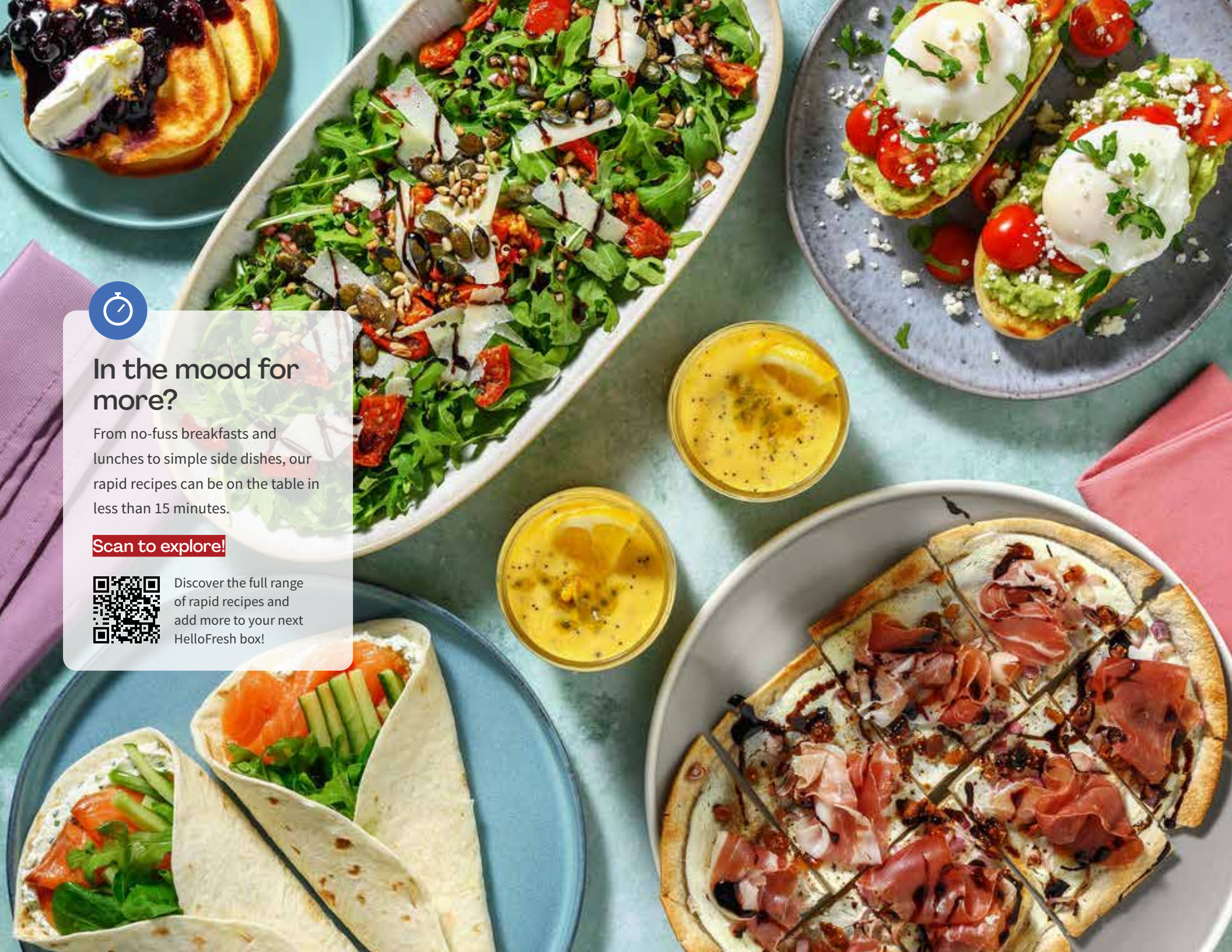
## In the mood for more?

From no-fuss breakfasts and lunches to simple side dishes, our rapid recipes can be on the table in less than 15 minutes.

**Scan to explore!**



Discover the full range of rapid recipes and add more to your next HelloFresh box!



## 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

## Ingredients

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

### From your pantry

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

\*store in the fridge

## Nutritional values

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

## Allergens

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

# Bento Box with Smoked Salmon Wraps

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



Lunch Total time: 15 min.



## 1. Prepare

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

## 2. Assemble the wraps

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

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

## 3. Prepare the bento box

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

## 4. Serve

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

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

Enjoy!



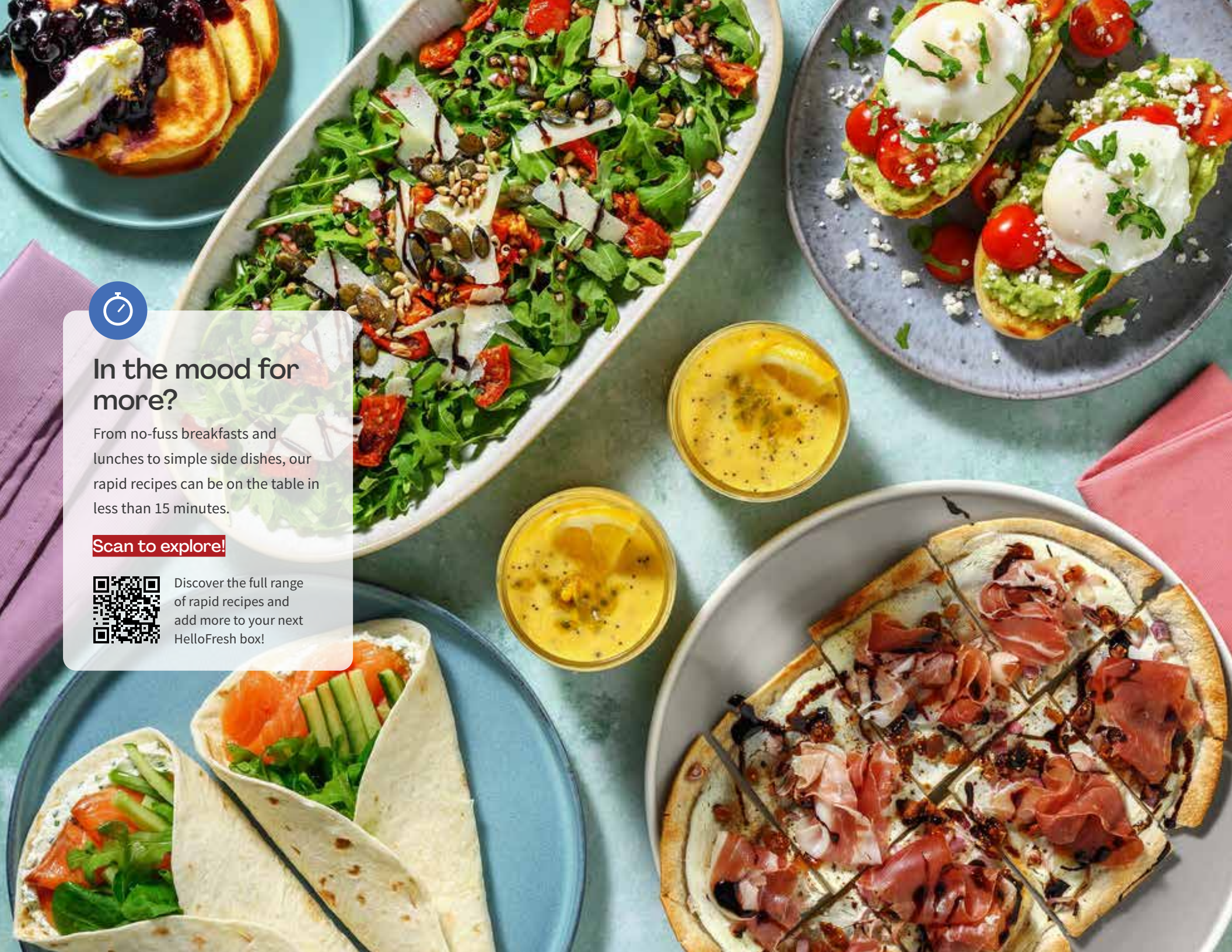
## In the mood for more?

From no-fuss breakfasts and lunches to simple side dishes, our rapid recipes can be on the table in less than 15 minutes.

**Scan to explore!**



Discover the full range of rapid recipes and add more to your next HelloFresh box!



## 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, lidded pot or saucepan, frying pan

## Ingredients

Sushi rice (g)	150
Avocado (unit(s))	1
Cucumber* (unit(s))	1
Slaw mix* (g)	100
Sriracha mayo* (g)	50
Furikake (sachet(s))	1
Shrimp* (g)	160

### From your pantry

White balsamic vinegar (tbsp)	2
Sugar (tsp)	2
Olive oil (tbsp)	1
Salt & pepper	to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2761 /660	700 /167
Total fat (g)	31	8
of which saturated (g)	3,7	0,9
Carbohydrates (g)	72	18
of which sugars (g)	10,9	2,8
Fibre (g)	5	1
Protein (g)	19	5
Salt (g)	1,3	0,3

## Allergens

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

# Shrimp Poké Bowl with Avocado

with sriracha mayo & furikake | 2 servings



**Lunch** Total time: 15 min.



## 1. Prepare the sushi rice

- Boil 350ml of water with a pinch of salt in a pot or saucepan, then cook the **sushi rice** for 12 – 15 minutes over low heat.
- Turn the heat off when finished then cover the pan and set aside until serving.

## 2. Chop the vegetables

- Cut the **avocado** in half, remove the pit and skin and slice the flesh.
- Dice the **cucumber**.
- In a bowl, combine 1 tbsp of white balsamic vinegar with 1 tsp of sugar.
- Transfer the **slaw mix** to the bowl and season to taste with salt and pepper. Toss well to combine. Set aside until serving, stirring now and again.

## 3. Fry the shrimp

- Heat a generous drizzle of olive oil in a frying pan over medium-high heat.
- Fry the **shrimp** for 2 - 3 minutes until done, then remove from the pan and set aside.

## 4. Serve

- Fluff through the **rice** with a fork and stir in the rest of the white balsamic vinegar and sugar.
- Serve the **rice** in bowls and top with the **shrimp**, **cucumber**, **avocado** and slaw.
- Drizzle over the **sriracha mayo** and garnish with the **furikake**.

Enjoy!



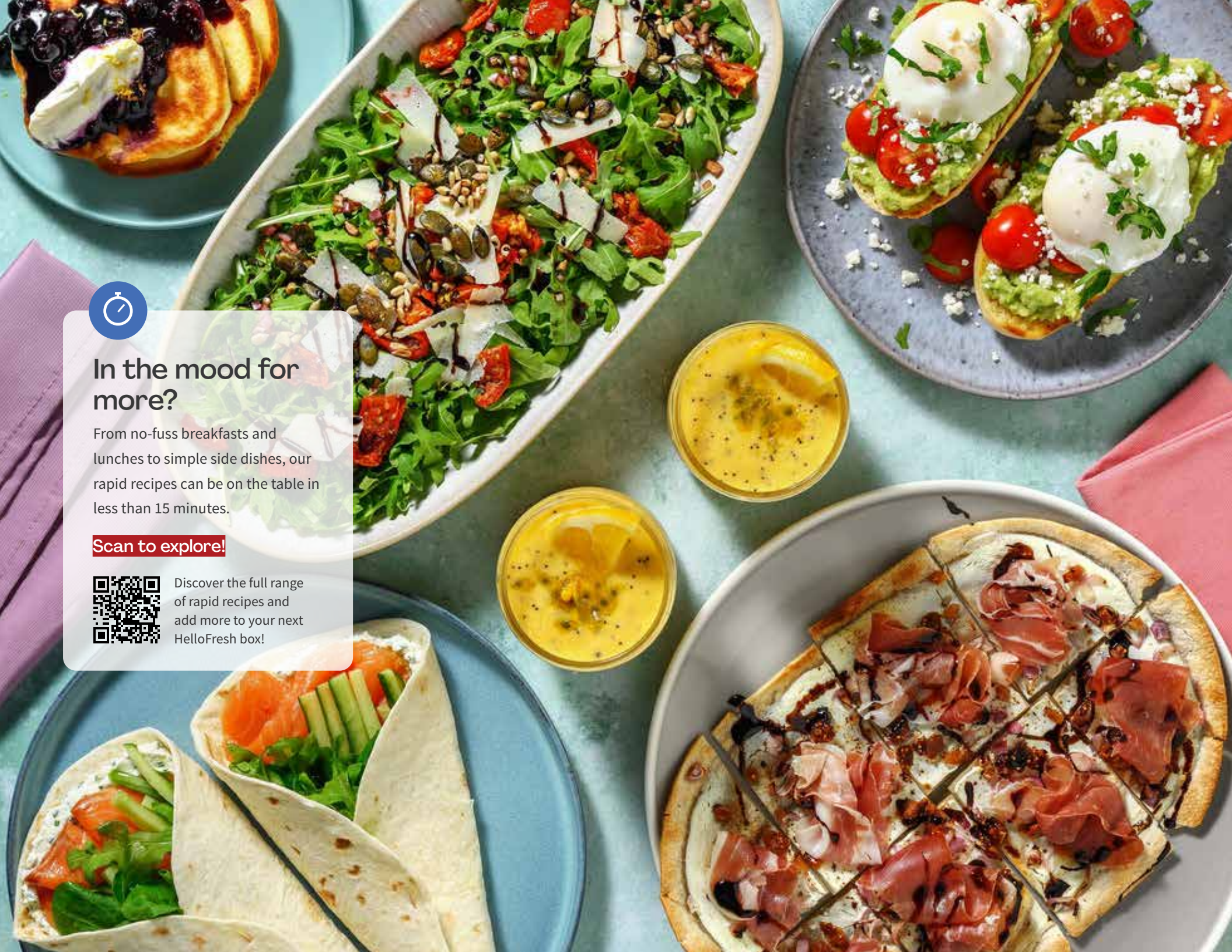
## In the mood for more?

From no-fuss breakfasts and lunches to simple side dishes, our rapid recipes can be on the table in less than 15 minutes.

**Scan to explore!**



Discover the full range of rapid recipes and add more to your next HelloFresh box!



## 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, lidded saucepan, kitchen paper, saucepan, slotted spoon, frying pan, whisk

## Ingredients

Egg* (unit(s))	4
Hollandaise sauce* (g)	100
Brioche bun (unit(s))	2
Spinach* (g)	100
Bacon* (slice(s))	6

### 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)	3038 /726	847 /203
Total fat (g)	50	14
of which saturated (g)	13,5	3,8
Carbohydrates (g)	39	11
of which sugars (g)	5,5	1,5
Fibre (g)	4	1
Protein (g)	29	8
Salt (g)	2,6	0,7

## Allergens

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

# Eggs Benedict with Spinach and Bacon

on brioche bread with Hollandaise sauce | 2 servings



Breakfast Total time: 20 min.



## 1. Boil the eggs

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

- Preheat the oven to 180°C. Make sure the eggs are just submerged in water in a saucepan with a lid.
- Bring the water to a boil and boil the eggs with the lid on for 6 - 8 minutes (see Tip).
- Peel the eggs and cut them in half when finished, then move on to step 3.

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

## 3. Prepare the spinach

- Meanwhile, heat the sunflower oil in a frying pan over medium-high heat.
- Add the **spinach** to the pan with a pinch of salt and pepper. Fry for 1 minute, until it starts to wilt down, then remove the **spinach** from the pan.
- Add the **bacon** to the pan and fry for 4 - 5 minutes, or until it's crispy.
- Heat the **Hollandaise sauce** in a small saucepan for 1 - 2 minutes. Put the **brioche** rolls in the oven to bake for 3 - 4 minutes.

## 2. Poach the eggs

- Preheat the oven to 180°C and boil plenty of water in a large pan. Add 4 tbsp vinegar to the water as soon as it starts to boil.
- Break the **eggs** into individual glasses. Use a whisk to swirl the water so that you get a small whirlpool. Carefully pour in the **eggs** one at a time, then turn the heat low and let them cook until the white part has set fully; this should take 2 - 3 minutes (see Tip).
- Take the **eggs** out of the pan with a slotted spoon, then put them on a plate lined with kitchen paper to absorb the water.

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

## 4. Serve

- Cut open the **brioche** rolls and top with the **spinach** and **bacon**.
- Carefully place the **eggs** on top and drizzle the Hollandaise sauce over the eggs.

Enjoy!



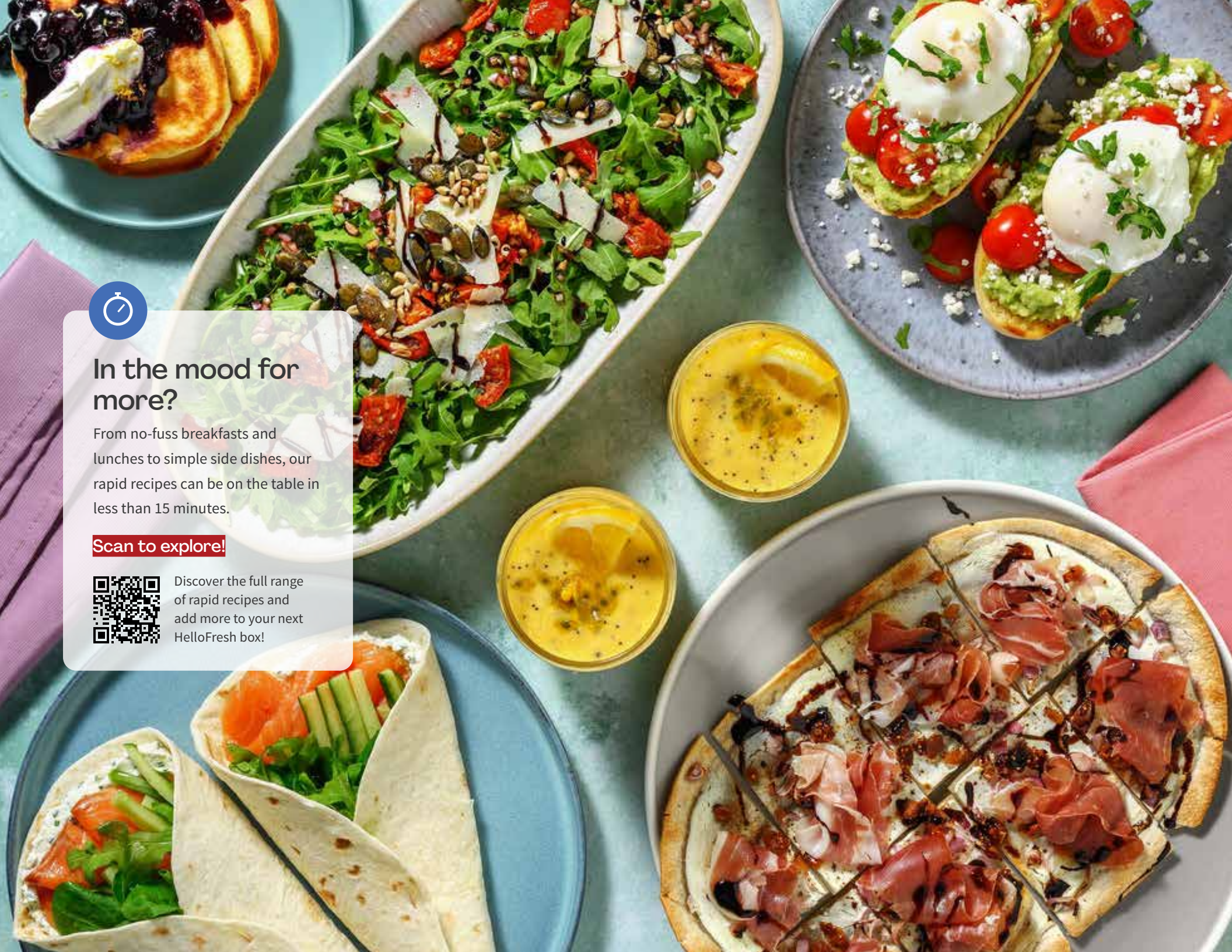
## In the mood for more?

From no-fuss breakfasts and lunches to simple side dishes, our rapid recipes can be on the table in less than 15 minutes.

**Scan to explore!**



Discover the full range of rapid recipes and add more to your next HelloFresh box!





## 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, saucepan, small bowl, frying pan, two bowls, whisk

## Ingredients

Flour (g)	150
Egg* (unit(s))	2
Organic buttermilk* (ml)	200
Raspberries* (g)	125
Strawberry sauce (g)	15
Baking powder (g)	8
Mascarpone* (g)	50
Lemon* (unit(s))	1
From your pantry	
Sugar (tbsp)	2
Honey (tbsp)	1
Sunflower oil (tbsp)	1
Salt (tsp)	½

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2707 /647	687 /164
Total fat (g)	24	6
of which saturated (g)	9,9	2,5
Carbohydrates (g)	87	22
of which sugars (g)	31,2	7,9
Fibre (g)	6	1
Protein (g)	22	6
Salt (g)	3,2	0,8

## Allergens

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

# American Pancakes with Mascarpone

with homemade raspberry sauce and honey | 2 servings



Breakfast Total time: 25 - 35 min.



### 1. Make the batter

- Beat the **eggs** in a bowl, then add the **buttermilk** and whisk together until fluffy (see Tip).
- Weigh out 150g flour. Put the flour in a bowl and add 0.5 sachet **baking powder**, 0.5 tsp salt and 1 tbsp sugar.
- Juice the **lemon** into a small bowl.
- Using a spatula, fold the egg and buttermilk mixture into the flour. Add 1 tbsp **lemon** juice and mix well.

**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 (see Tip). 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 some more sunflower oil in between as needed.

**Tip:** the pancakes in this recipe are meant to be small – this makes it easier to stack them up.

### 3. Prepare the sauce

- In the meantime, heat up the **strawberry sauce** with the **raspberries**, 4 tbsp water and 1 tbsp sugar in a saucepan over medium-high heat.
- Simmer for 2 - 3 minutes, or until the sauce has a thick, syrupy texture.

### 4. Serve

- Stack the pancakes on a serving dish and pour over the sauce.
- Serve with the honey and **mascarpone** (see Tip).

**Tip:** this meal is high in calories. If you're keeping an eye on your calorie intake, feel free to leave out the honey and/or mascarpone.

Enjoy!



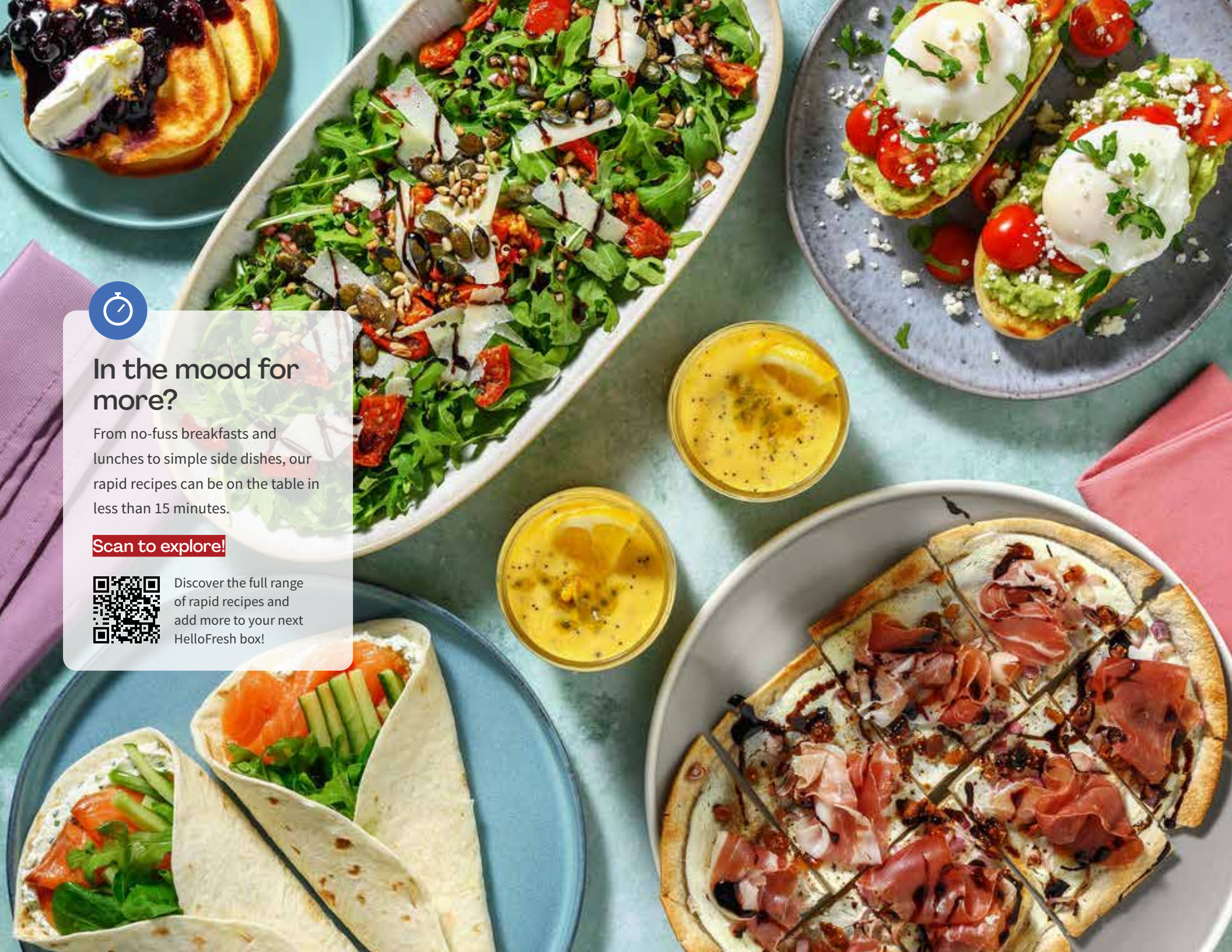
## In the mood for more?

From no-fuss breakfasts and lunches to simple side dishes, our rapid recipes can be on the table in less than 15 minutes.

**Scan to explore!**



Discover the full range of rapid recipes and add more to your next HelloFresh box!



## 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

Aluminum foil, frying pan

## Ingredients

Flour tortillas (unit(s))	4
Avocado (unit(s))	1
Cucumber* (unit(s))	1
Feta* (g)	50
Arugula & lamb's lettuce* (g)	40
BBQ spice rub (sachet(s))	1
Chicken thigh strips* (g)	100
From your pantry	
Sunflower oil (tsp)	1
Extra virgin olive oil	to taste
Salt & pepper	to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2441 /583	764 /182
Total fat (g)	33	10
of which saturated (g)	9,1	2,9
Carbohydrates (g)	46	14
of which sugars (g)	3,2	1
Fibre (g)	6	2
Protein (g)	22	7
Salt (g)	1,8	0,6

## Allergens

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

# BBQ Chicken Wrap with Avocado & Feta

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



Lunch Total time: 10 min.



## 1. Prepare

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

## 2. Fry the chicken

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

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

## 3. Warm up the tortillas

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

## 4. Serve

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

Enjoy!



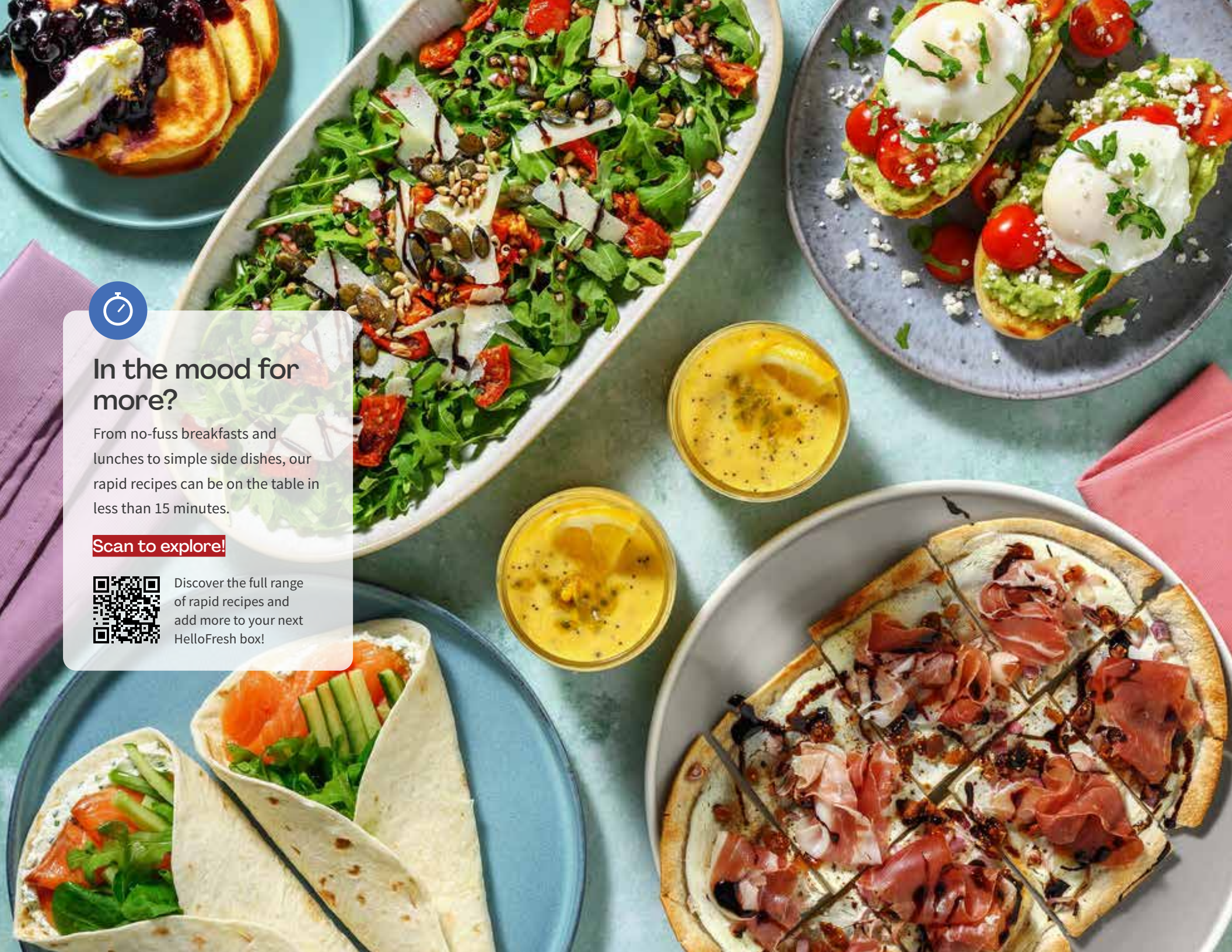
## In the mood for more?

From no-fuss breakfasts and lunches to simple side dishes, our rapid recipes can be on the table in less than 15 minutes.

**Scan to explore!**



Discover the full range of rapid recipes and add more to your next HelloFresh box!



## 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

## Ingredients

Flammekueche* (unit(s))	2
Organic crème fraîche* (g)	100
Chopped red onion* (g)	75
Arugula* (g)	40
Bacon lardons* (g)	75

From your pantry

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2054 /491	893 /213
Total fat (g)	27	12
of which saturated (g)	13,5	5,9
Carbohydrates (g)	46	20
of which sugars (g)	2,6	1,1
Fibre (g)	1	1
Protein (g)	14	6
Salt (g)	1,7	0,7

## Allergens

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

# Flammekueche with Bacon and Red Onion

with crème fraîche and arugula | 2 servings



Lunch Total time: 15 - 20 min.



## 1. Prepare

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

## 2. Add the toppings

- Spread the **crème fraîche** over the dough, then scatter over the **bacon lardons** and pre-chopped **red onion**.

## 3. Bake the flammekueche

- Bake the flammekueche in the oven for 8 - 10 minutes.

## 4. Serve

- Slice the flammekueche and garnish with the **arugula**.

Enjoy!



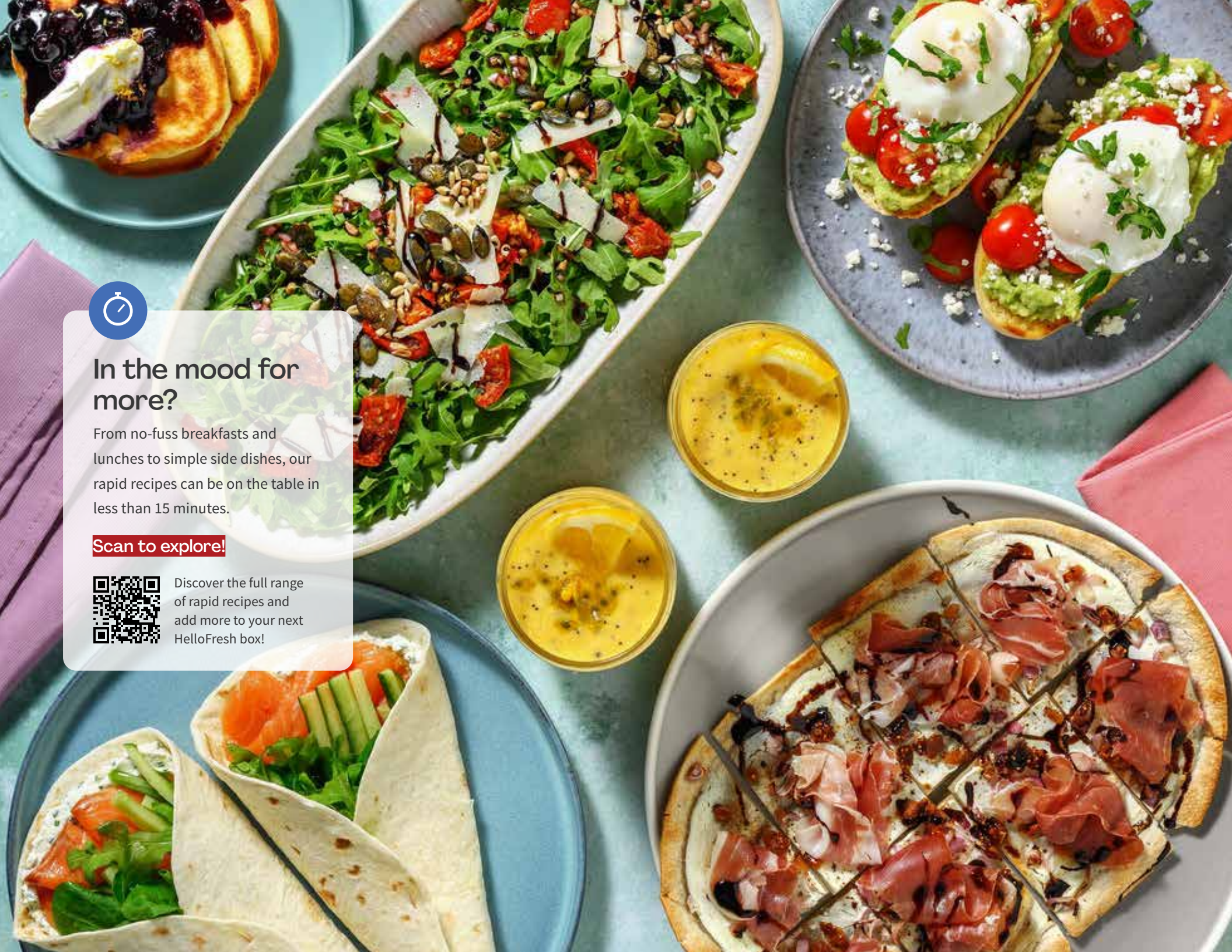
## In the mood for more?

From no-fuss breakfasts and lunches to simple side dishes, our rapid recipes can be on the table in less than 15 minutes.

**Scan to explore!**



Discover the full range of rapid recipes and add more to your next HelloFresh box!



## 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

Deep plate, frying pan, whisk

## Ingredients

Banana (unit(s))	1
Brioche bun (unit(s))	2
Mascarpone* (g)	50
Egg* (unit(s))	2
Peanut butter (tub)	2
Organic semi-skimmed milk* (ml)	150
Chocolate chips (g)	⅓
From your pantry	
Honey [or plant-based alternative] (tbsp)	1
Sunflower oil (tbsp)	½
Sugar (tbsp)	2
Salt (tsp)	½

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2782 /665	831 /199
Total fat (g)	32	9
of which saturated (g)	12,7	3,8
Carbohydrates (g)	72	22
of which sugars (g)	36,5	10,9
Fibre (g)	4	1
Protein (g)	22	7
Salt (g)	2,3	0,7

## Allergens

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

# Brioche French Toast with Chocolate & Banana

with mascarpone & peanut butter | 2 servings



Breakfast Total time: 15 - 20 min.



### 1. Prepare

- Cut open the **brioche bun**.
- Peel and slice the **banana**.
- Roughly chop the **chocolate chips**.

### 2. Mix

- Crack the **egg** into a deep plate and whisk in the milk, sugar and a pinch of salt.

### 3. Fry the French toast

- Heat the sunflower oil in a frying pan over medium-high heat.
- Dip the **brioche** briefly in the **egg** mixture, taking care not to leave it too long.
- Fry the **brioche** for 4 minutes on each side or until golden brown.

### 4. Serve

- Serve the French toast on plates and top with the **banana** and **mascarpone**.
- Garnish with the **peanut butter** and **chocolate chips**.
- Drizzle over some honey to finish.

Enjoy!



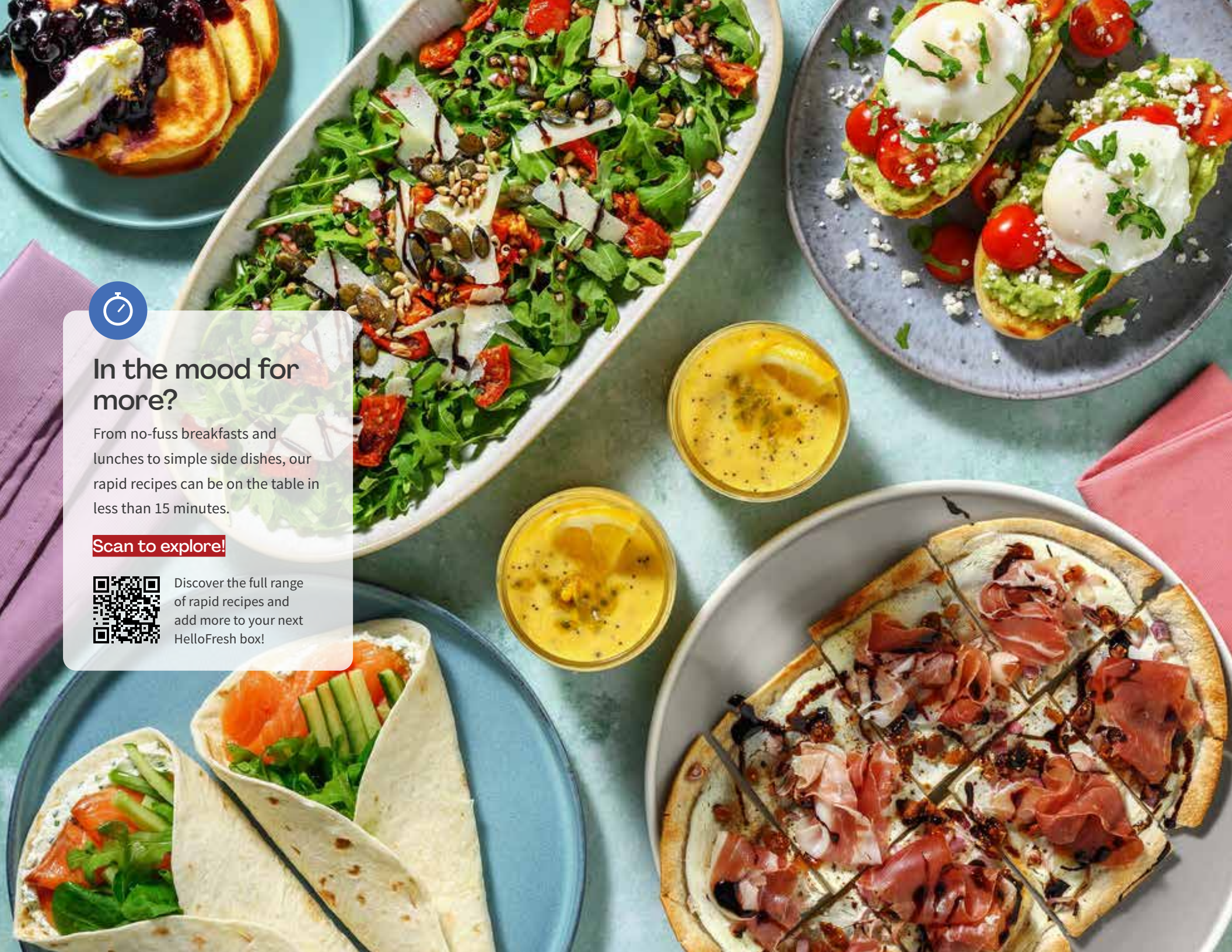
## In the mood for more?

From no-fuss breakfasts and lunches to simple side dishes, our rapid recipes can be on the table in less than 15 minutes.

**Scan to explore!**



Discover the full range of rapid recipes and add more to your next HelloFresh box!





## 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, blender or immersion blender, tall container

## Ingredients

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

### From your pantry

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

\*store in the fridge

## Nutritional values

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

## Allergens

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

# Green Smoothie

with spinach, avocado & mint | 2 servings



Breakfast Total time: 10 - 15 min.



## 1. Prepare the fruit

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

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

## 2. Slice the avocado

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

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

## 3. Blend

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

## 4. Serve

- Pour the smoothie into glasses and serve.

Enjoy!



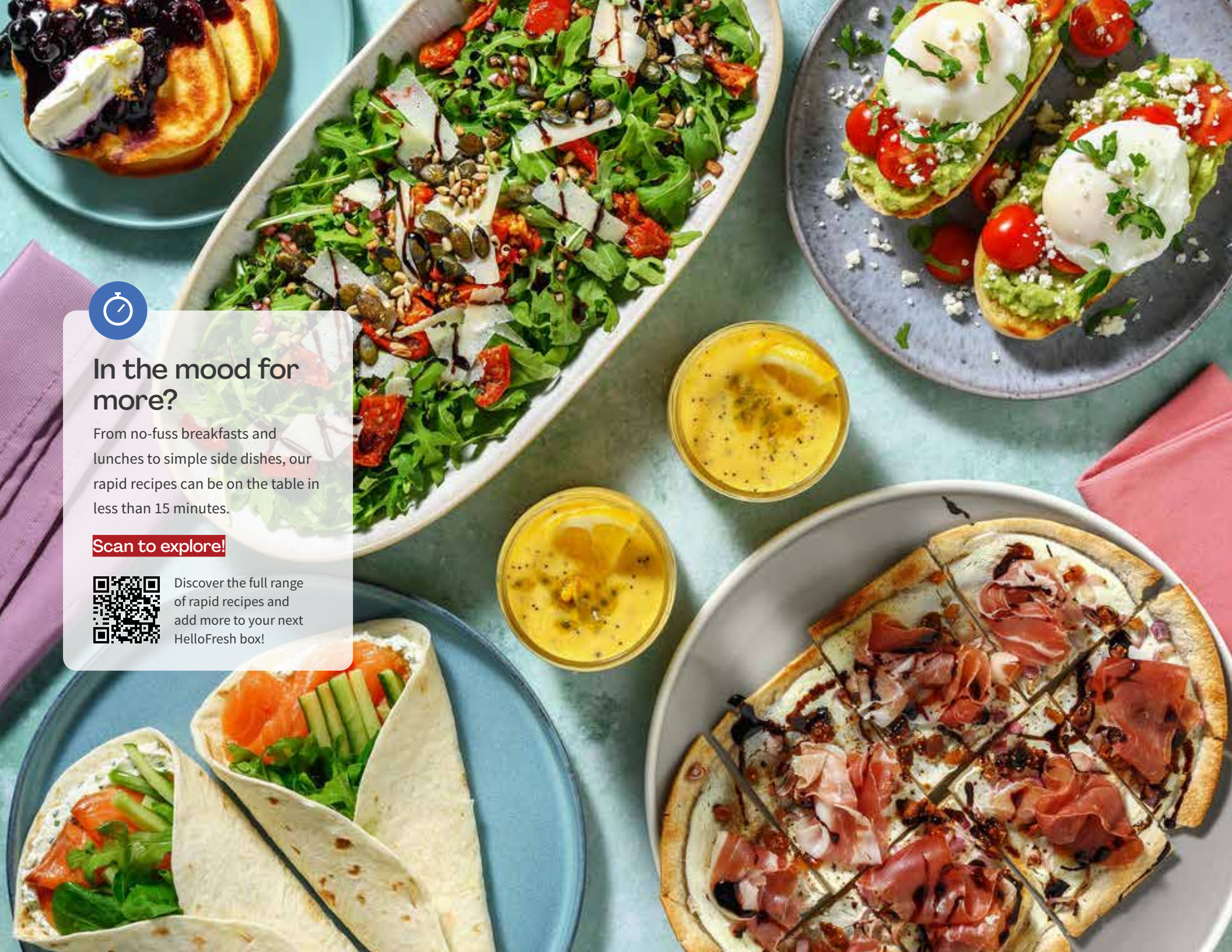
## In the mood for more?

From no-fuss breakfasts and lunches to simple side dishes, our rapid recipes can be on the table in less than 15 minutes.

**Scan to explore!**



Discover the full range of rapid recipes and add more to your next HelloFresh box!



## 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!**



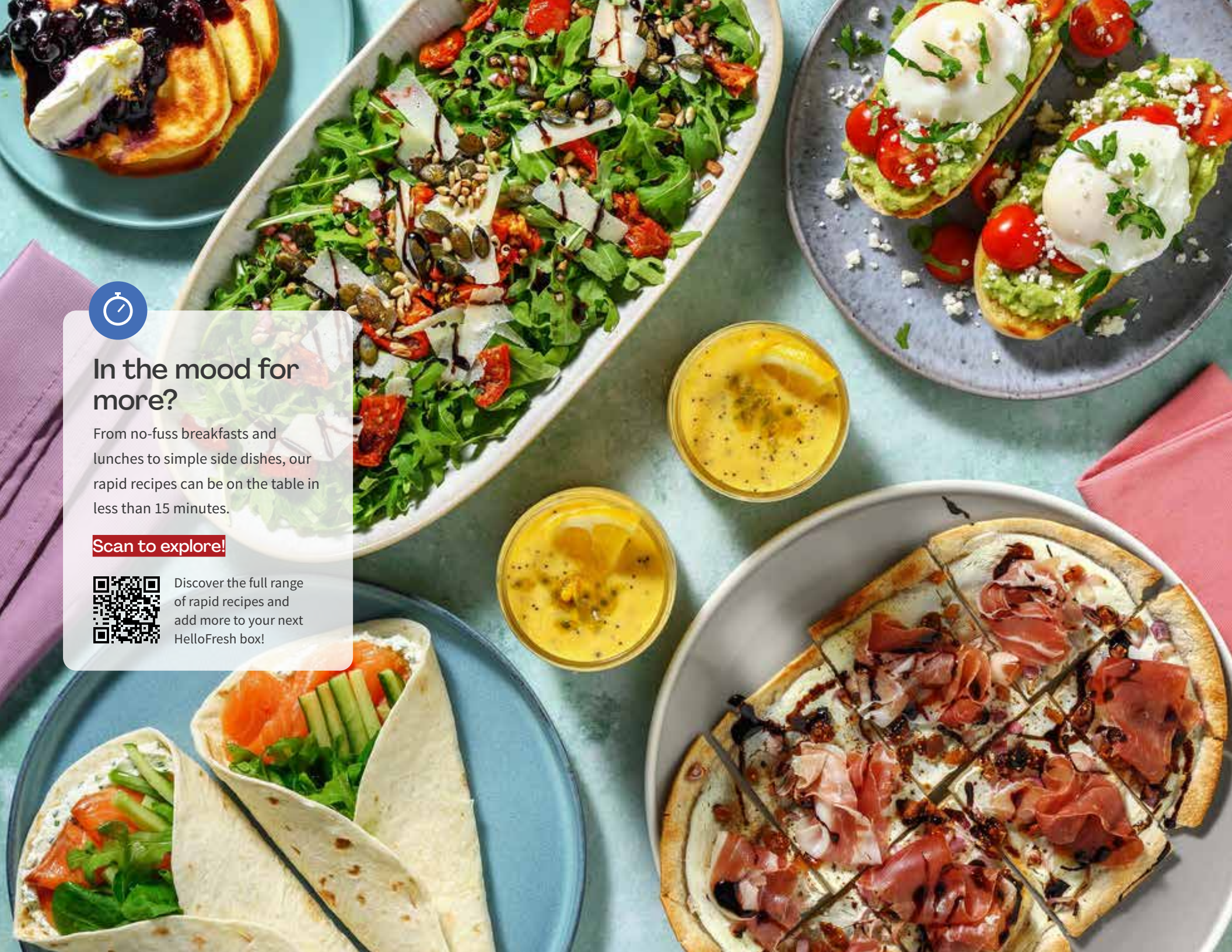
## In the mood for more?

From no-fuss breakfasts and lunches to simple side dishes, our rapid recipes can be on the table in less than 15 minutes.

**Scan to explore!**



Discover the full range of rapid recipes and add more to your next HelloFresh box!



## 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

Lidded pot or saucepan, small bowl, sieve or colander

## Ingredients

Smoked salmon* (g)	120
Heavy cream* (ml)	200
Spinach* (g)	100
Lemon* (unit(s))	1
Fresh tagliatelle* (g)	250

### From your pantry

Sunflower oil (tbsp)	½
----------------------	---

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3351 / 801	893 / 213
Total fat (g)	42	11
of which saturated (g)	19,9	5,3
Carbohydrates (g)	78	21
of which sugars (g)	4,2	1,1
Fibre (g)	4	1
Protein (g)	31	8
Salt (g)	0,9	0,2

## Allergens

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

# Fresh Tagliatelle with Smoked Salmon

with creamy spinach and lemon sauce | 2 servings



Lunch Total time: 15 min.



## 1. Cook the pasta

- Boil plenty of water in a lidded pot or saucepan for the **fresh pasta**.
- Boil the pasta with the lid on for 4 - 5 minutes. When finished, save some of the pasta water, then drain the **pasta** in a colander and set aside without the lid.
- In the meantime, cut half of the **lemon** into wedges and juice the other half into a small bowl.

## 2. Fry the smoked salmon

- Cut the **smoked salmon** into thin strips.
- Heat the sunflower oil in the same pan over medium-high heat.
- Fry the **smoked salmon** for 3 minutes, stirring so it comes apart.
- Deglaze with the **lemon** juice.

## 3. Make the sauce

- Pour the **cream** into the pan and let it simmer gently for 2 - 3 minutes over low heat, or until the **pasta** is cooked.
- Lower the heat and tear the **spinach** into small pieces as you're adding it to the pan.
- Add the pasta to the sauce and mix everything together.

## 4. Serve

- Serve the pasta on deep plates and garnish with the lemon wedges.

Enjoy!



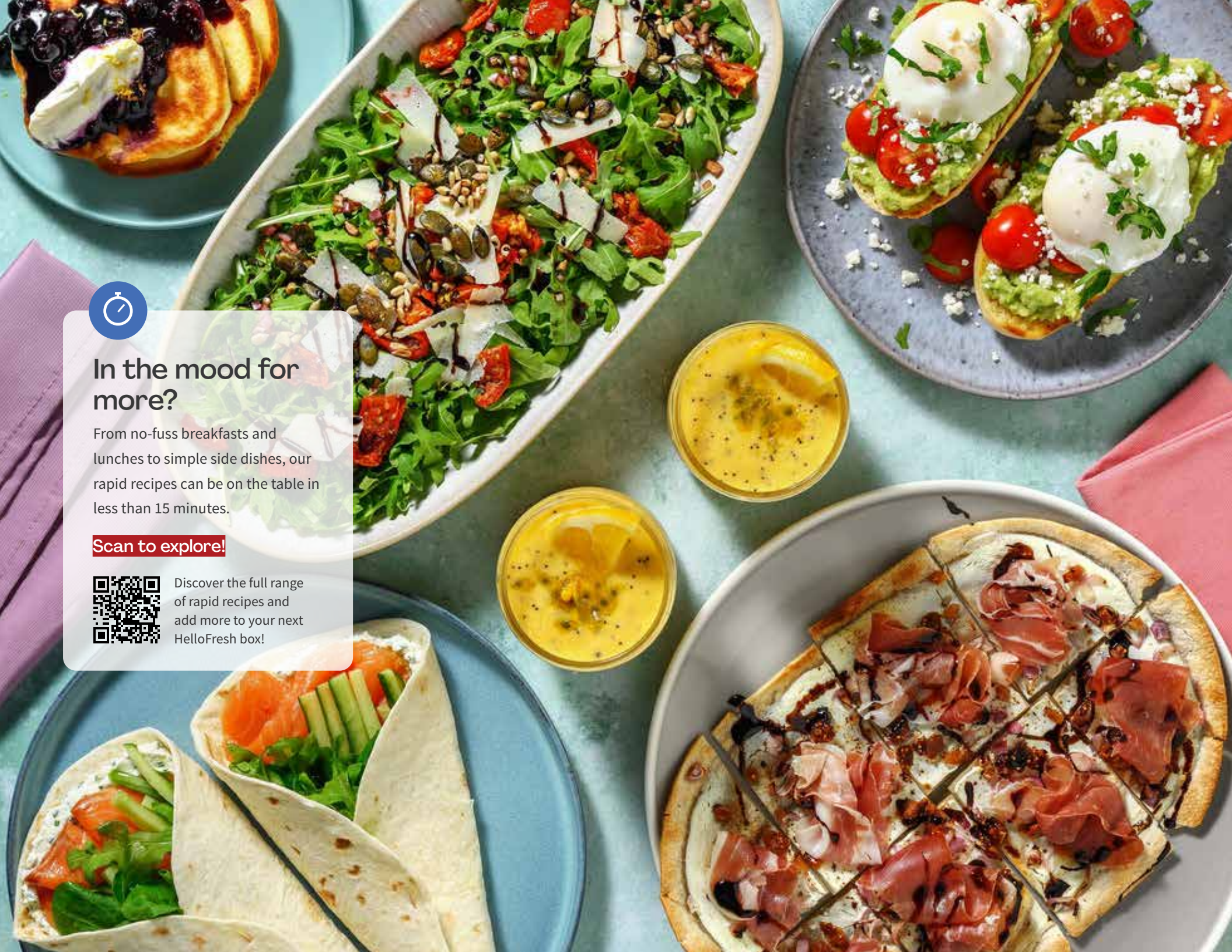
## In the mood for more?

From no-fuss breakfasts and lunches to simple side dishes, our rapid recipes can be on the table in less than 15 minutes.

**Scan to explore!**



Discover the full range of rapid recipes and add more to your next HelloFresh box!



## 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!



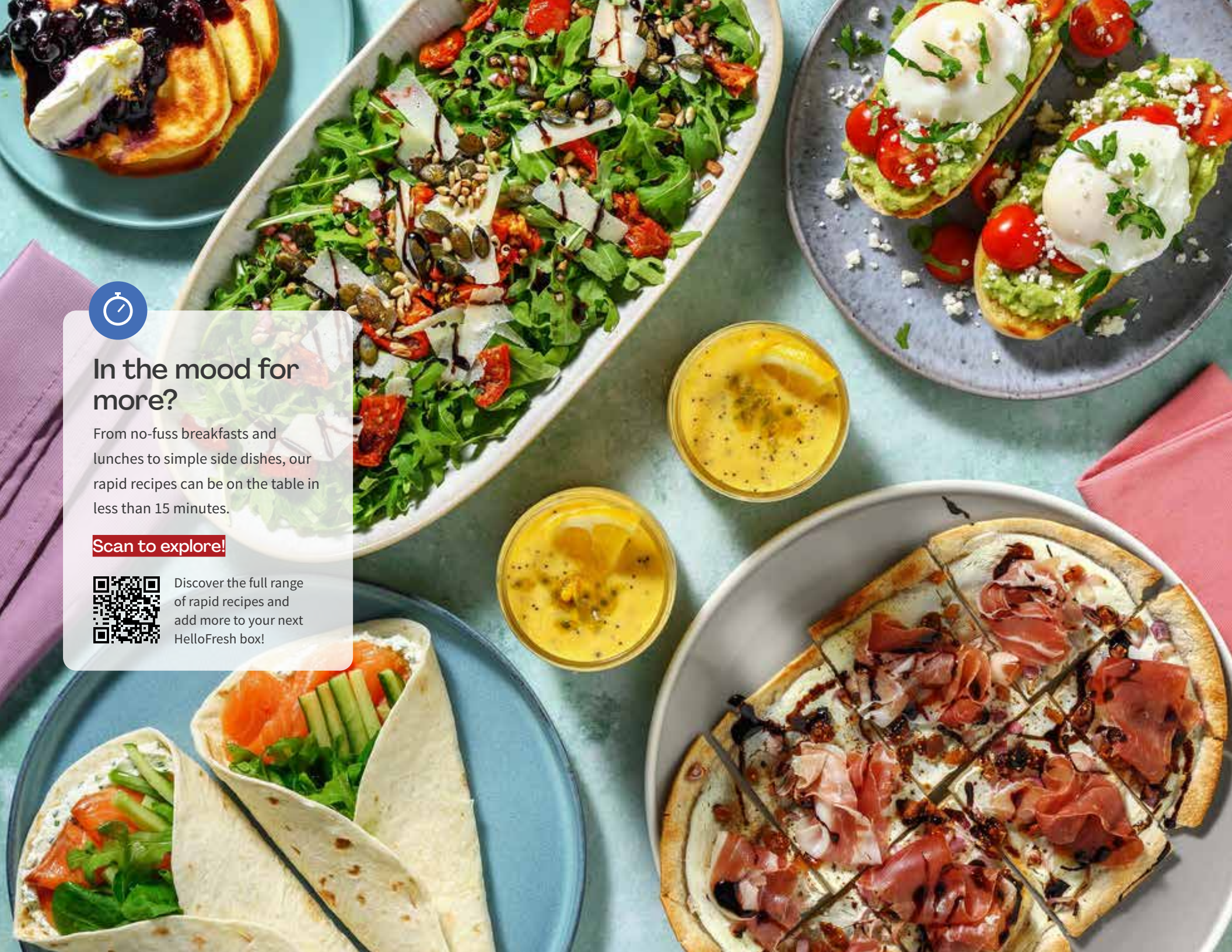
## In the mood for more?

From no-fuss breakfasts and lunches to simple side dishes, our rapid recipes can be on the table in less than 15 minutes.

**Scan to explore!**



Discover the full range of rapid recipes and add more to your next HelloFresh box!





## 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

Puff pastry* (roll(s))	1
Bacon lardons* (g)	75
Grated cheddar* (g)	75
Green pesto* (g)	40
Sundried tomatoes* (g)	30
Tomato paste (can)	½
From your pantry	
Olive oil (tbsp)	½
Salt & pepper	to taste

*\*store in the fridge*

## Nutritional values

	Per 100g
Energy (kJ/kcal)	1544 /369
Total fat (g)	28
of which saturated (g)	12,8
Carbohydrates (g)	18
of which sugars (g)	2,7
Fibre (g)	1
Protein (g)	9
Salt (g)	1,2

## Allergens

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

# Bacon, Cheddar and Pesto Pinwheels

with sundried tomato | to share



Appetizer Total time: 25 - 30 min.



## 1. Prepare

- Preheat your oven to 200°C.
- Heat a drizzle of olive oil in a frying pan on medium-high heat. Add the **bacon** and fry for 4 - 5 minutes, then remove from the heat.
- Meanwhile, finely chop the **sundried tomatoes**.
- Add to a bowl with the **pesto** and **tomato paste**. Stir together until combined.

## 3. Bake the pastry

- Carefully slice the pastry log into 2cm thick rounds.
- Lay the rounds onto a parchment-lined baking sheet, spaced well to allow them to puff.
- Bake in your oven for 20 - 25 minutes, or until golden.

## 2. Make the pinwheels

- Unfold the **puff pastry** onto a chopping board, keeping it on its baking paper.
- Spread the pesto mixture evenly over the pastry into a thin layer, leaving a 1cm border on all sides.
- Evenly scatter over the cooked **bacon** and **grated cheese**.
- Using the baking paper to help you, carefully roll the **pastry** from the long side to enclose the filling and make a pastry log. Remove the baking paper as you roll.

## 4. Serve

- Serve the baked pinwheels on a sharing platter.

Enjoy!



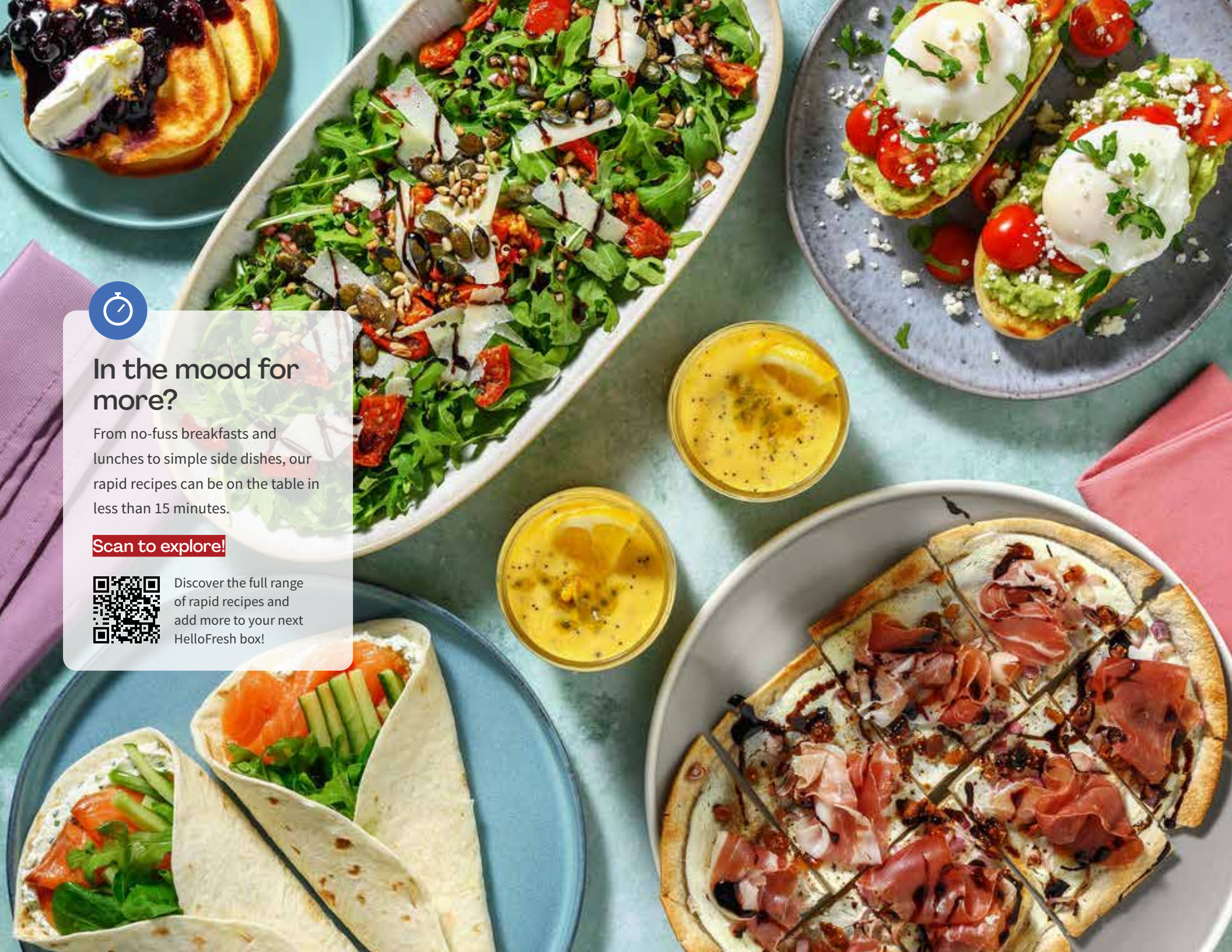
## In the mood for more?

From no-fuss breakfasts and lunches to simple side dishes, our rapid recipes can be on the table in less than 15 minutes.

**Scan to explore!**



Discover the full range of rapid recipes and add more to your next HelloFresh box!



## 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!



## In the mood for more?

From no-fuss breakfasts and lunches to simple side dishes, our rapid recipes can be on the table in less than 15 minutes.

**Scan to explore!**



Discover the full range of rapid recipes and add more to your next HelloFresh box!

