

## 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

Handheld mixer, large bowl, oven dish, parchment paper

## Ingredients

Egg* (unit(s))	2
Chocolate cake mix (g)	400
Chopped walnuts (g)	40
Chocolate chips (g)	100
White chocolate chips (g)	100

### From your pantry

Water (ml)	80
[Plant-based] butter (g)	40

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	1595 /381
Total fat (g)	17,4
of which saturated (g)	8,6
Carbohydrates (g)	48
of which sugars (g)	34,1
Fibre (g)	2
Protein (g)	6,7
Salt (g)	1,4

## Allergens

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

# Double Chocolate Brownies

with walnuts | 9 pieces



**Baking** Total time: 40 - 50 min.



## 1. Prepare

- Weigh out the butter and cut it into cubes, then set aside and allow to reach room temperature.
- Preheat the oven to 180°C.
- Line a 20cm x 20cm square baking tin with parchment paper (see Tip).

**Tip:** if you don't have a baking tin at home, a rectangular oven dish will work just fine!

## 3. Bake the brownie

- Pour the batter into the baking tin.
- Scatter over the rest of the **walnuts** and the **chocolate chips**.
- Bake the brownie in the oven for 22 - 25 minutes (see Tip).
- The brownie is ready when cracks have formed on the surface.

**Tip:** if you like soft, gooey brownies, use the shorter cooking time.

## 2. Make the batter

- In a large bowl, beat the **eggs**, butter, water and **cake mix** until you have a smooth batter (see Tip).
- Stir in two-thirds each of the **walnuts**, **milk chocolate chips** and **white chocolate chips**.

**Tip:** if you have an electric whisk or mixer, go ahead and use it here to save time!

## 4. Serve

- Take the brownie out of the oven and allow to cool for 5 minutes (see Tip).
- Cut the brownie into around 9 squares and remove from the cake tin one by one.

**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.

Enjoy!





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## Utensils

Bowl, large bowl, oven dish, zester

## Ingredients

Lemon* (unit(s))	1
Flour (g)	200
Ground cinnamon (tsp)	3
Cane sugar (g)	100
Cornflour (sachet(s))	½
Blueberries* (g)	375
From your pantry	
[Plant-based] butter (g)	100
Brown sugar (tbsp)	2½
Salt & pepper	to taste

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	1020 /244
Total fat (g)	10
of which saturated (g)	6,2
Carbohydrates (g)	36
of which sugars (g)	19
Fibre (g)	2
Protein (g)	3
Salt (g)	0

## Allergens

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# Blueberry Crumble

with homemade crumble topping | 4 servings



**Baking** Total time: 50 min.



## 1. Prepare

- Preheat the oven to 200°C.
- Cut 100g butter into small cubes and keep in the fridge until use.
- Zest the **lemon**.

## 2. Knead

- In a large bowl, combine the **flour** with the **cinnamon, cane sugar** and **lemon zest**.
- Add the diced butter and combine with the flour mixture by using your hands. Keep kneading the dough until it reaches a sandy, crumbled texture and sticks together when squeezed.
- Make coarse crumbs of about 1 cm by rubbing and pressing the dough between your fingers.

## 3. Bake

- In a bowl, combine the **blueberries** with the **cornflour** and brown sugar.
- Transfer the berry mixture to a small oven dish.
- Pour the crumble topping evenly over the berry mixture.
- Bake the crumble for 25 - 30 minutes in the oven until golden brown.

## 4. Serve

- Let the crumble slightly cool down for 5 - 10 minutes before serving.

**Enjoy!**





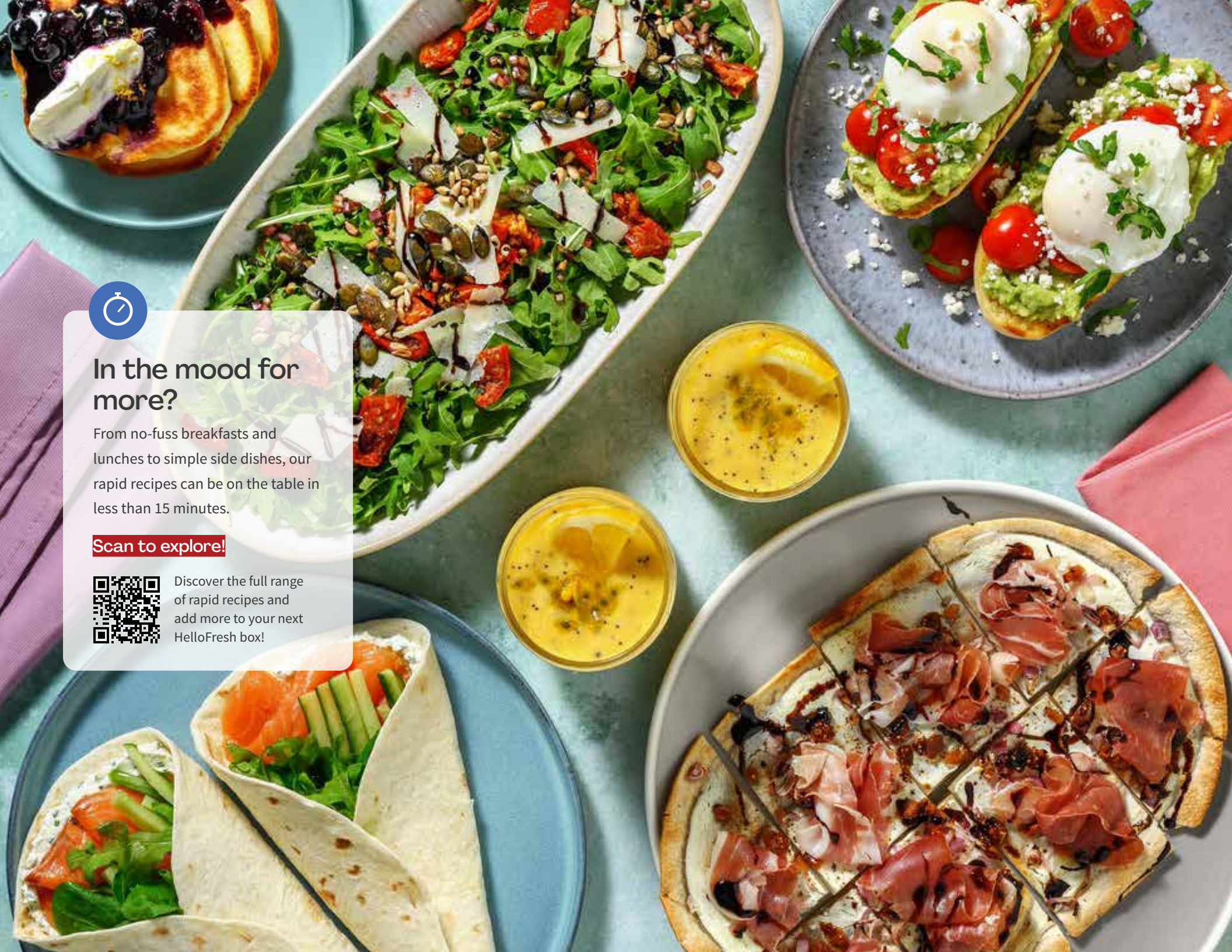
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# Fondue Box | Homemade Cheese Fondue with Three Cheeses

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

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## 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 Green Vegan Smoothie Bowl  
with avocado, mango, kiwi and spinach
- 2 Tutti-frutti Smoothie with Raspberries  
with pineapple, orange and banana
- 3 Blueberry & Mango Smoothie  
with banana and coconut milk

# Green Vegan Smoothie Bowl

with avocado, mango, kiwi and spinach | 2 servings

10 min.



## Utensils

Blender or immersion blender, tall container

## Ingredients for 2 servings

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

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2502 / 598	472 / 113
Total fat (g)	39	7
of which saturated (g)	23,3	4,4
Carbohydrates (g)	51	10
of which sugars (g)	41,8	7,9
Fiber (g)	8	2
Protein (g)	7	1
Salt (g)	0	0

## Allergens

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

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



Smoothie box

# Tutti-frutti Smoothie with Raspberries

with pineapple, orange and banana | 2 servings

5 min.



## Utensils

Blender or immersion blender, tall container

## Ingredients for 2 servings

Coconut milk (ml)	250
Banana (unit(s))	1
Easy peel orange* (unit(s))	2
Raspberries* (g)	125
Pineapple* (g)	200

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1665 /398	366 /88
Total fat (g)	23	5
of which saturated (g)	18,8	4,1
Carbohydrates (g)	44	10
of which sugars (g)	36,3	8
Fiber (g)	8	2
Protein (g)	4	1
Salt (g)	0	0

## Allergens

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1. Peel and slice 1 **banana**.
2. Juice the **orange** into a blender (or a tall container, if you're using an immersion blender).
3. Add the **raspberries, banana, pineapple** and 250ml **coconut milk**, then blend into a thick smoothie.
4. Pour the smoothie into two glasses and serve.

# Blueberry & Mango Smoothie

with banana and coconut milk | 2 servings

5 min.



## Utensils

Blender or immersion blender, tall container

## Ingredients for 2 serving

Coconut milk (ml)	250
Blueberries* (g)	125
Banana* (unit(s))	1
Mango* (unit(s))	1

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1305 /312	435 /104
Total fat (g)	22	7
of which saturated (g)	18,8	6,3
Carbohydrates (g)	25	8
of which sugars (g)	23,4	7,8
Fiber (g)	3	1
Protein (g)	2	1
Salt (g)	0	0

1. Peel and slice 1 **banana**.
2. Peel the **mango** and cut the flesh into pieces.
3. Put the **banana, mango, 250ml coconut milk** and **blueberries** in a blender (or jug, if you're using an immersion blender), then purée into a thick smoothie.
4. Pour the smoothie into two glasses and serve.

## Enjoy!



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## Utensils

Parchment-lined baking sheet, bowl, large bowl

## Ingredients

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
Organic sour cream* (g)	100
Sweet chili tortilla chips (g)	300

### From your pantry

Salt & pepper	to taste
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\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	949 / 227
Total fat (g)	13,8
of which saturated (g)	4
Carbohydrates (g)	18,1
of which sugars (g)	2,8
Fibre (g)	1,3
Protein (g)	6
Salt (g)	0,7

## Allergens

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# Loaded Nachos with Homemade Guacamole with 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 **cheese**.
- 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!





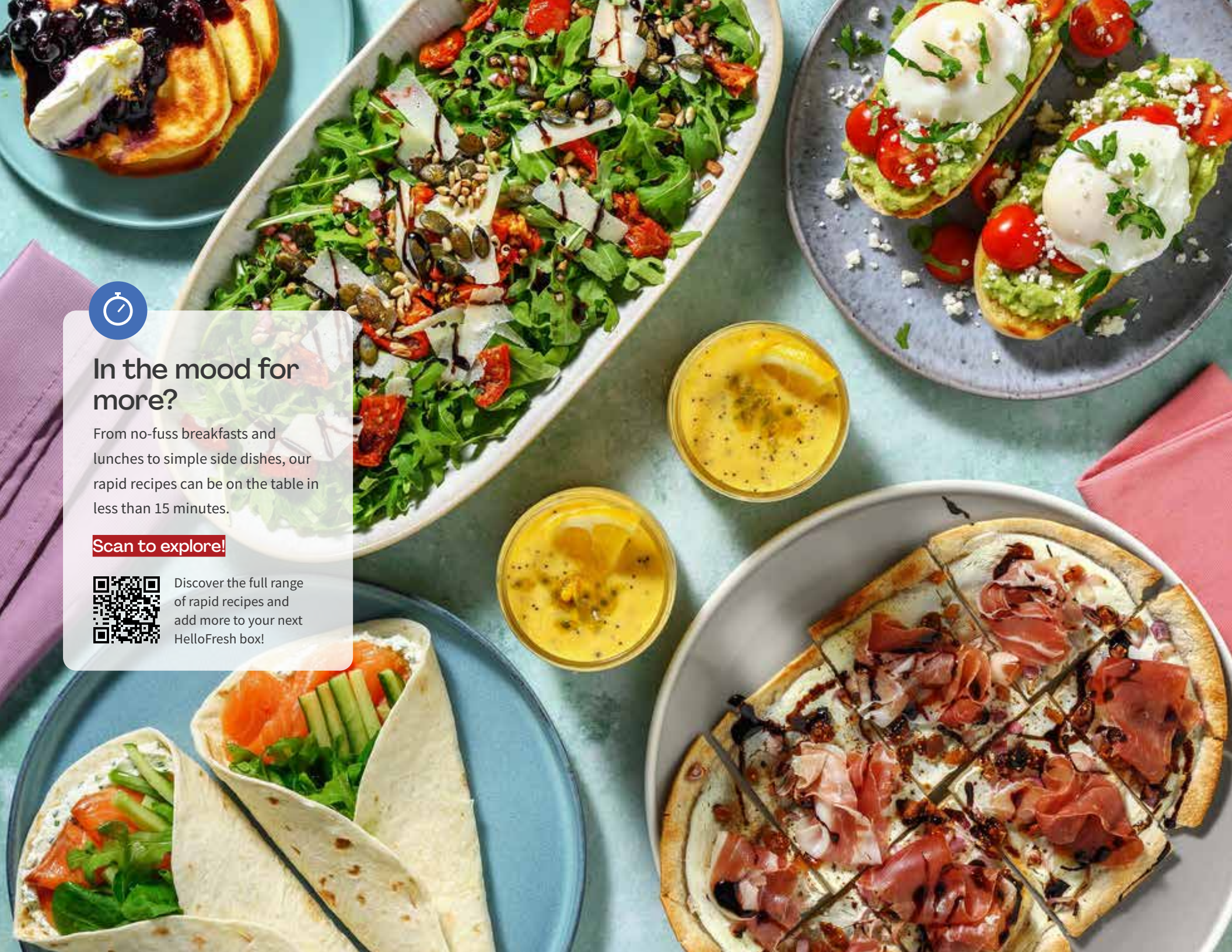
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## Utensils

2x parchment-lined baking sheet, bowl, mixing bowl

## Ingredients

Oats (g)	200
Speculaas spices (sachet(s))	1
Chopped pecans (g)	50
Salted almonds (g)	40
Pumpkin seeds (g)	40
Peanut butter (tub)	1
Apple* (unit(s))	1
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)	1575 /376
Total fat (g)	20
of which saturated (g)	2,6
Carbohydrates (g)	38
of which sugars (g)	17,5
Fibre (g)	5
Protein (g)	9
Salt (g)	0,5

## Allergens

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# Homemade Winter Granola

with speculaas spices, nuts, seeds and apple | 8 - 10 servings



Breakfast Total time: 60 min.



### 1. Prepare

- Preheat the oven to 160°C.
- Roughly chop the **almonds**.
- Core and dice the **apple**.
- Add the **apple** to a parchment-lined baking sheet and spread into an even layer.

### 2. Mix the granola

- Add the **oats**, sugar, **speculaas spices**, **salted almonds**, **pecans** and **pumpkin seeds** 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 a large mixing bowl and combine it with the granola.

### 3. Bake the granola

- Transfer the granola to a parchment-lined baking sheet and spread it into an even layer.
- Bake the granola in the oven for 40 - 45 minutes.
- Stir and mix the granola every 10 - 15 minutes until it is toasted all around.
- Bake the **apple** in the oven for 15 - 20 minutes, or until it is dried, then remove and set aside to cool.

### 4. Serve

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

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

Enjoy!





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## Utensils

Small bowl, frying pan

## Ingredients

Flour tortillas (unit(s))	4
Ham* (slice(s))	8
Grated aged Gouda* (g)	100
Smoky tomato ketchup* (g)	60
Tomato (unit(s))	1
From your pantry	
Mustard (tsp)	2
[Plant-based] mayonnaise (tbsp)	2
Sunflower oil (tbsp)	1

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3084 /737	1069 /255
Total fat (g)	45	16
of which saturated (g)	15,4	5,3
Carbohydrates (g)	51	18
of which sugars (g)	8,1	2,8
Fibre (g)	3	1
Protein (g)	31	11
Salt (g)	4,1	1,4

## Allergens

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# Cheesy Triangle Wraps with Ham and Tomato

with smoky tomato ketchup and mustard mayo | 2 servings



Lunch Total time: 15 min.



## 1. Prepare

- Lay each **tortilla** out flat and make only one cut, starting from the centre and moving up towards the edge of the wrap. It should look like a radius line.
- Thinly slice the **tomato**.
- In a small bowl, combine the mustard and the mayonnaise.

## 2. Fill the wraps

- Starting to the left of the cut, add the **ham** to the first quarter of the **tortilla**.
- Add the grated aged **Gouda** to the quarter directly below the **ham**.
- In the next quarter (to the right of the Gouda), add the **tomato** slices.
- Finally, spread the mustard mayo on the top-right quarter.

## 3. Toast the tortillas

- Heat a drizzle of sunflower oil in a frying pan over medium-high heat.
- Carefully fold the quarters one by one, starting left of the cut. First, fold the **ham** over the quarter below with the **cheese**.
- Continue folding over the next quarter with the **tomatoes**. Lastly, fold over the quarter with the mustard mayo. You should have a folded **tortilla** triangle. Gently flatten it.
- Fry the **tortilla** triangles for 2 - 3 minutes per side, until the **tortillas** are golden brown and the **cheese** has melted.

## 4. Serve

- Serve the cheesy triangle wraps with the **smoky tomato ketchup** on the side and mayonnaise as preferred.

Enjoy!





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## Utensils

Bowl, small bowl, frying pan

## Ingredients

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

### From your pantry

Salt & pepper	to taste
Olive oil (tbsp)	1

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2895 /692	865 /207
Total fat (g)	38,2	11,4
of which saturated (g)	6,1	1,8
Carbohydrates (g)	55,3	16,5
of which sugars (g)	6,2	1,9
Fibre (g)	5,3	1,6
Protein (g)	30,7	9,2
Salt (g)	2,4	0,7

## Allergens

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# Mediterranean-Style Chicken on Turkish Bread

with pesto rosso and garlic yogurt sauce | 2 servings



Lunch Total time: 15 min.



## 1. Prepare

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

## 2. Fry the chicken

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

## 3. Prepare the toppings

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

## 4. Serve

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

Enjoy!





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## Utensils

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

## Ingredients

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

\*store in the fridge

## Nutritional values

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

## Allergens

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# Banana Bread with Ginger

with orange and chopped pecans | 12 slices



**Baking** Total time: 85 min.



### 1. Prepare

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

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

### 3. Finish the banana bread

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

### 2. Make the batter

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

### 4. Serve

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

Enjoy!





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## Utensils

Deep plate, grater, pot or saucepan, small bowl, frying pan

## Ingredients

Basmatic rice (g)	75
Rice paper (unit(s))	1
Carrot* (unit(s))	1
[Persian] cucumber* (unit(s))	1
Fresh coriander & mint* (g)	10
Chicken breast* (unit(s))	1
Teriyaki sauce (g)	50
Radicchio & iceberg lettuce* (g)	50
Peanut sauce* (g)	80
Sesame oil (ml)	10

### From your pantry

[Reduced salt] soy sauce (tbsp)	1
Honey [or plant-based alternative] (tbsp)	1
White wine vinegar (tbsp)	1
Sunflower oil (tbsp)	1

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	700 /167
Total fat (g)	4,8
of which saturated (g)	0,8
Carbohydrates (g)	25,3
of which sugars (g)	6,3
Fibre (g)	1,2
Protein (g)	6,1
Salt (g)	1,2

## Allergens

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

# Vietnamese Spring Rolls with Chicken

with teriyaki sauce and fresh vegetables | 10 pieces



Appetizer Total time: 20 min.



## 1. Prepare

- Boil plenty of water in a pot or saucepan and cook the **rice** for 12 - 15 minutes, then drain and set aside in the same pan.
- Drizzle the **rice** with sunflower oil. Mix well to combine, then set aside until further use.
- Grate the **carrot**. Finely chop the **herbs**.
- Cut the **cucumber** into small strips.

## 2. Fry the chicken

- Cut the **chicken** into small cubes.
- Heat a drizzle of sunflower oil in a frying pan over medium-high heat.
- Add the **chicken** and fry for 3 - 4 minutes.
- Add the **teriyaki sauce** and fry for another 3 - 4 minutes.

## 3. Prepare the sauce

- Add the **peanut sauce** and **sesame oil** to a small bowl.
- Mix with the **soy sauce**, white wine vinegar and honey.
- Fill a deep plate with lukewarm water. Soak one of the **rice sheets** in the water for 5 - 10 seconds, then immediately transfer to a plate.

## 4. Serve

- Place the **chicken** in the middle of the **rice sheet**, then top with some **lettuce**, **carrot**, **cucumber**, **rice** and **fresh herbs**.
- Fold the bottom of the **rice sheet** over the filling, then fold in the sides and roll it up.
- Repeat these steps for the rest of the **rice sheets**.
- Serve on a large platter or plate, with the **peanut-soy sauce** on the side.

Enjoy!





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## Before you begin

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## Utensils

Bowl, microplane, handheld mixer, mixing bowl, saucepan

## Ingredients

Dried cranberries (g)	160
Mascarpone* (g)	200
Heavy cream* (ml)	200
Easy peel orange* (unit(s))	3
Chocolate chips (g)	100
Lady fingers (pack)	1
From your pantry	
Cane sugar (tbsp)	2
Water for the sauce (ml)	200

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	1231 /294
Total fat (g)	16
of which saturated (g)	10,5
Carbohydrates (g)	33
of which sugars (g)	25,8
Fibre (g)	2
Protein (g)	3
Salt (g)	0,1

## Allergens

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

# Cranberry Tiramisu

with lady fingers and chocolate chips | to share



Total time: 180 min.



## 1. Make the cranberry sauce

- Zest and juice the **oranges**.
- Add the **cranberries**, 1 tbsp of sugar, the **orange juice** and water to a saucepan on medium heat.
- Gently heat the mixture for 8 - 10 minutes or until the **cranberries** break down slightly.
- Remove the pan from the heat.

## 2. Make the cream

- In a mixing bowl, whisk the **cream** with 1 tbsp of sugar using a handheld mixer until firm and thick.
- In a bowl, mix the **mascarpone** with the **orange zest** until it becomes soft.
- Fold the whipped **cream** into the **mascarpone**.

## 3. Layer the tiramisu

- Dip half of the lady fingers into the **cranberry** sauce and create a layer on the bottom of your serving dish.
- Scoop out half of the **cranberries** to put on top of the lady fingers.
- Spread half of the **cream** on top of the **cranberries**.
- Repeat the steps above one more time.

## 4. Serve

- Add the **chocolate chips** to a food processor and mix until the chips are finely chopped (see Tip).
- Sprinkle on top of the tiramisu and place in the fridge to chill and set for at least 3 hours.

*Tip: you can also finely chop the chocolate chips if you do not have a food processor at home.*

Enjoy!





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## Before you begin

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## Utensils

Parchment-lined baking sheet, large bowl, handheld mixer, mixing bowl

## Ingredients

Puff pastry* (roll(s))	1
Pear* (unit(s))	3
Ground cinnamon (tsp)	3
Lemon* (unit(s))	½
Chopped pecans (g)	80
Powdered sugar (g)	100
Heavy cream* (ml)	200
Cane sugar (g)	100
From your pantry	
Flour (tbsp)	2

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	1078 /258
Total fat (g)	13
of which saturated (g)	5,7
Carbohydrates (g)	31
of which sugars (g)	21
Fibre (g)	2
Protein (g)	3
Salt (g)	0,1

## Allergens

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

# Pear Strudel with Whipped Cream

with cinnamon and pecans | 6 servings



**Dessert** Total time: 50 - 60 min.



## 1. Prepare

- Preheat the oven to 200°C.
- Transfer the **puff pastry** to a parchment-lined baking sheet.
- Peel and core the **pears**, then dice them and transfer to a large bowl.
- Juice half of the **lemon**. Add the **lemon juice** to the **pear** and toss well to combine.

## 2. Make the filling

- Add the **cane sugar**, **cinnamon**, flour and **chopped pecans** to the bowl and mix together with the **pear**.
- Spread the pear filling in a long strip over the centre of the **pastry**, leaving the edges free.

## 3. Bake

- Fold the long sides of the **pastry** over the filling, making sure the **pastry** overlaps. Press together the open ends so as to seal the **pastry**.
- Turn the entire **pastry** over so that the seam is facing downwards.
- Use a fork to pierce the surface of the **pastry** several times.
- Bake the pear strudel in the oven for 30 - 35 minutes.

## 4. Serve

- Meanwhile, transfer the **cream** and half of the **powdered sugar** to a mixing bowl.
- Use a handheld mixer to whip the **cream** into stiff peaks (see Tip).
- Sprinkle the rest of the **powdered sugar** over the strudel and serve with the whipped cream alongside.

Enjoy!





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## Before you begin

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## Utensils

Bowl, plastic wrap

## Ingredients

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

### From your pantry

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

\*store in the fridge

## Nutritional values

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

## Allergens

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

# Bento Box with Smoked Salmon Wraps

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



Lunch Total time: 15 min.



## 1. Prepare

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

## 2. Assemble the wraps

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

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

## 3. Prepare the bento box

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

## 4. Serve

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

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

Enjoy!





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## Before you begin

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## Utensils

Immersion blender, soup pot

## Ingredients

Diced pumpkin* (g)	450
Onion (unit(s))	1
Garlic (unit(s))	1
Sliced carrots* (g)	150
Sicilian-style herb mix (sachet(s))	1
Cooking cream (g)	150
Lemon-infused olive oil (ml)	8
From your pantry	
Olive oil (tbsp)	1
Salt & pepper	to taste
Low sodium vegetable stock (ml)	1000

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	150 /36
Total fat (g)	3
of which saturated (g)	1,1
Carbohydrates (g)	2
of which sugars (g)	0,9
Fibre (g)	1
Protein (g)	1
Salt (g)	0,2

## Allergens

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

# Quick Homemade Pumpkin Soup

with vegetables and Sicilian herbs | 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 **diced pumpkin** and **sliced carrot**.
- Add the **Sicilian-style herbs** and season with the salt and pepper.
- Fry for 1 minute, 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.

### 4. Serve

- Serve the soup in bowls and drizzle with the **lemon-infused olive oil**.

Enjoy!





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## Before you begin

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## Utensils

Bowl, lidded pot or saucepan, small bowl, frying pan

## Ingredients

Chicken breast* (unit(s))	1
Spinach* (g)	100
Bell pepper* (unit(s))	1
Red cherry tomatoes (g)	125
Greek-style spice mix (sachet(s))	1
Giant couscous (g)	75
Feta* (g)	50
Green pesto* (g)	40

### From your pantry

Extra virgin olive oil (tbsp)	2
Red wine vinegar (tbsp)	½
Sunflower oil (tbsp)	½
Salt & pepper	to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2318 /554	652 /156
Total fat (g)	34	10
of which saturated (g)	8,3	2,3
Carbohydrates (g)	33	9
of which sugars (g)	6,8	1,9
Fibre (g)	6	2
Protein (g)	25	7
Salt (g)	1,1	0,3

## Allergens

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

# Salad with Chicken and Pesto Dressing

with feta, 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.

## 2. Fry the chicken

- Cut the **chicken breast** filet into cubes, then add it to a bowl.
- Mix in half of the **Greek-style spice mix** and season with salt and pepper.
- Heat the sunflower oil in a frying pan over medium-high heat.
- Fry the **chicken** for 5 - 6 minutes until done, then remove from the pan and set aside.

## 3. Prepare the vegetables

- Dice the **bell pepper**.
- Quarter the **cherry tomatoes**.
- Roughly chop the **spinach**.
- In a small bowl, add the extra virgin olive oil, **pesto**, red wine vinegar and the rest of the **Greek-style spices**. Mix well and season with salt and pepper.

## 4. Make the salad jars

- Crumble the **feta**.
- Pour the dressing into two jars.
- Add the ingredients to the jars in the following order: **bell pepper, cherry tomatoes, giant couscous, spinach, chicken** and **feta** (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!





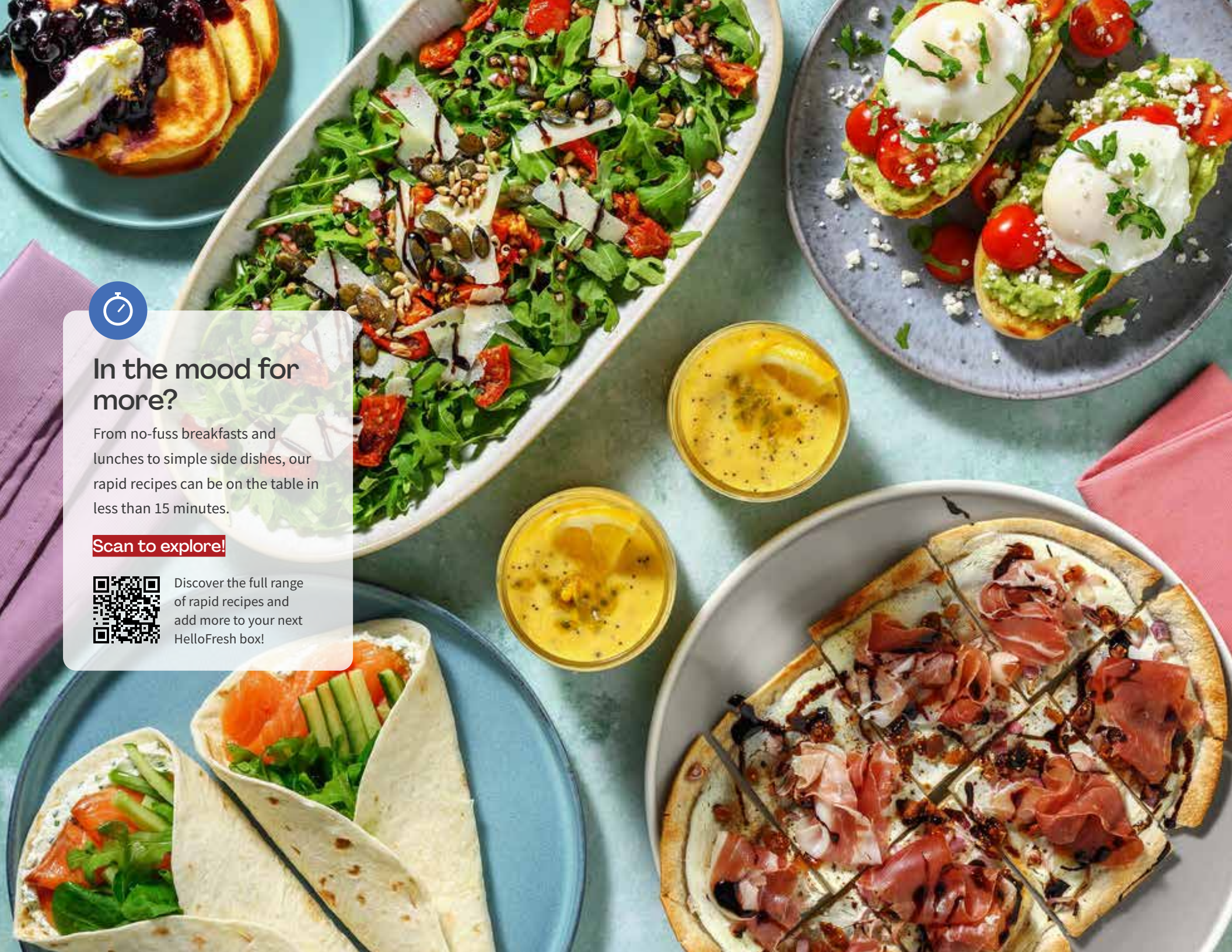
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## Before you begin

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

Deep plate, frying pan

## Ingredients

Brioche bun (unit(s))	4
Blueberries* (g)	125
Apple* (unit(s))	1
Speculaas spices (sachet(s))	1
Mascarpone* (g)	50
Egg* (unit(s))	2
Organic semi-skimmed milk* (ml)	125
From your pantry	
Sugar (tbsp)	5
[Plant-based] butter (tbsp)	3
Salt (tsp)	½
Honey [or plant-based alternative] (tbsp)	1

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4071 /973	828 /198
Total fat (g)	40	8
of which saturated (g)	23,7	4,8
Carbohydrates (g)	126	26
of which sugars (g)	59	12
Fibre (g)	10	2
Protein (g)	24	5
Salt (g)	3	0,6

## Allergens

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

# Brioche French Toast with Caramalised Apple

with speculaas and blueberries | 2 servings



Breakfast Total time: 25 min.



## 1. Prepare

- Core and slice the **apple**.
- Halve the **brioche**.
- In a large deep plate, mix the **eggs**, **milk**, sugar, salt and half of the **speculaas spices**, whisking thoroughly.

## 2. Fry the apple

- Heat a knob of butter in a frying pan on medium-high heat and add the **apple**.
- Add the rest of the **speculaas spices** and 1 tbsp of honey, then fry for 5 - 6 minutes.
- Remove from the pan and set aside until serving.

## 3. Make the French toast

- Heat the rest of the butter in the same frying pan over medium-high heat.
- Soak the **brioche** slices in the **egg** mixture two by two, until they are completely saturated.
- Add the slices to the pan and fry directly for 4 minutes on each side or until golden brown. Repeat until all of the slices are done.

## 4. Serve

- Serve the French toast on two plates.
- Top with the caramelized **apple** and a dollop of the **mascarpone**.
- Garnish with the **blueberries** and drizzle with honey to taste.

Enjoy!





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## Before you begin

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## Utensils

Parchment-lined baking sheet, bowl, frying pan

## Ingredients

Egg* (unit(s))	4
Smoked salmon* (g)	120
Avocado (unit(s))	1
Fresh chives* (g)	5
Wholegrain ciabatta (unit(s))	2
From your pantry	
[Plant-based] butter (tbsp)	½
[Plant-based] milk (splash)	1
Salt & pepper	to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2498 /597	769 /184
Total fat (g)	34	10
of which saturated (g)	8,3	2,6
Carbohydrates (g)	30	9
of which sugars (g)	2,8	0,9
Fibre (g)	8	2
Protein (g)	39	12
Salt (g)	2	0,6

## Allergens

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

# Smoked Salmon and Scrambled Eggs Deluxe

with fresh avocado, chives and ciabatta | 2 servings



Lunch Total time: 15 - 20 min.



### 1. Prepare

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

### 2. Make the scrambled eggs

- In a bowl, beat the **eggs** with a splash of milk, then season with salt and pepper.
- Melt the butter in a frying pan over medium-high heat and then scramble the **eggs** for 2 - 3 minutes, or until the **eggs** are softly set.

### 3. Bake the ciabatta

- Cut the **ciabatta** open, then place it face-up on a parchment-lined baking sheet.
- Bake in the oven for 4 - 5 minutes.

### 4. Serve

- Top the **ciabatta** with the **smoked salmon**, scrambled **eggs** and **avocado**.
- Garnish the toast with the **chives** and season with black pepper as preferred.

Enjoy!





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## Before you begin

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## Utensils

Lidded frying pan, frying pan

## Ingredients

Brioche bun (unit(s))	2
Sauerkraut* (g)	125
Bacon* (slice(s))	4
Grated aged Gouda* (g)	100
Curry sauce* (ml)	40
From your pantry	
Mustard (tbsp)	1
[Plant-based] butter (tbsp)	½

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2234 /534	922 /220
Total fat (g)	28	12
of which saturated (g)	16,5	6,8
Carbohydrates (g)	45	19
of which sugars (g)	10,8	4,5
Fibre (g)	5	2
Protein (g)	24	10
Salt (g)	3,8	1,6

## Allergens

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

# Winter Toastie with Sauerkraut

with bacon and grated Gouda | 2 servings



Lunch Total time: 15 - 20 min.



### 1. Fry the bacon

- Add the **bacon** slices to a frying pan on medium-high heat.
- Fry for 4 - 5 minutes, or until the **bacon** becomes crispy.
- Remove from the pan and let chill while preparing the other ingredients.

### 2. Make the grilled cheese

- Slice open the **brioche**.
- Spread the mustard onto the **brioche**.
- Layer the **sauerkraut**, **bacon** and **cheese** 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 and serve with the **curry sauce** on the side.

Enjoy!





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## Before you begin

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## Utensils

Grater, large bowl, oven dish, parchment paper

## Ingredients

Pear* (unit(s))	2
Oats (g)	200
Organic semi-skimmed milk* (ml)	200
Egg* (unit(s))	2
Fresh ginger* (tsp)	2½
Speculaas spices (sachet(s))	1
Shaved almonds (g)	40
Dried cranberries (g)	80
Baking powder (g)	16

### From your pantry

Honey [or plant-based alternative] (tbsp)	1
Salt & pepper	to taste

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	788 / 188
Total fat (g)	6
of which saturated (g)	1
Carbohydrates (g)	27
of which sugars (g)	12,2
Fibre (g)	3
Protein (g)	6
Salt (g)	0,7

## Allergens

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

# Baked Oats with Pear

with cranberries and shaved almonds | to share



Breakfast Total time: 55 – 65 min.



## 1. Prepare

- Preheat the oven to 180°C.
- Line a square oven dish with parchment paper. Leave enough paper hanging over the edges to grab later as you lift the baked oats out.

## 2. Make the batter

- Coarsely grate half of the **pears**. Slice the other half.
- Roughly chop the **dried cranberries** and grate the **ginger**.
- In a large bowl, mix the **oats**, **baking powder**, 2 tsp **speculaas spices** and a pinch of salt. Stir in the **cranberries**, grated **pear** and the **ginger**. Then mix in the **milk**, **eggs** and 1 tbsp honey (see Tip).

*Tip: you can add more honey to taste if preferred.*

## 3. Bake the oats and pear

- Divide the mixture over the oven dish. Garnish with the **pear** slices and sprinkle over the **shaved almonds**.
- Bake in the oven for 30 - 35 minutes, then leave to cool completely.

## 4. Serve

- Slice the baked oats into 6 pieces.
- You can keep the baked oats in the refrigerator.
- If you prefer them hot, you can reheat them in the oven or microwave before eating.

Enjoy!





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## Before you begin

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## 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

Saucepan, small bowl

## Ingredients

Crackers (unit(s))	12
Ham* (slice(s))	4
Herbed cream cheese* (g)	100
[Persian] cucumber* (unit(s))	1
Avocado (unit(s))	3
Fresh goat's cheese* (g)	100
Egg* (unit(s))	2

### From your pantry

Salt & pepper to taste  
*\*store in the fridge*

## Nutritional values

	Per 100g
Energy (kJ/kcal)	787 / 188
Total fat (g)	15
of which saturated (g)	4,8
Carbohydrates (g)	2
of which sugars (g)	1
Fibre (g)	3
Protein (g)	6
Salt (g)	0,5

## 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 | 2 servings per day



Total time: 10 - 15 min.



### 1. Option 1: Ham, cucumber and cream cheese

- Slice the **cucumber**.
- Divide four **crackers** over two plates.
- Spread the **cream cheese** over the **crackers**.
- Divide the **ham** over the **crackers** and top with the **cucumber**.

### 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.
- Rinse the **egg** under cold water, then remove the shell and cut the **egg** in half.
- Halve and pit 1 **avocado**, then scoop out the flesh, transfer to a small bowl and mash well.
- Divide four **crackers** over two plates, spread the mashed **avocado**, then top with the **eggs** and season to taste with salt and pepper.

### 3. Option 3: Fresh goat's cheese and avocado

- Divide four **crackers** over two plates.
- Halve, pit and slice 2 **avocados**.
- Spread the **goat's cheese** over the **crackers**.
- Top with the sliced **avocado** and season to taste with black 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

## Ingredients

Blueberries* (g)	125
Apple* (unit(s))	2
Pumpkin seeds (g)	20
Mango* (unit(s))	2
Desiccated coconut (g)	20
Chopped walnuts (g)	20
Low-fat quark* (ml)	1000

### From your pantry

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

*\*store in the fridge*

## Nutritional values

	Per 100g
Energy (kJ/kcal)	307 /73
Total fat (g)	2
of which saturated (g)	0,8
Carbohydrates (g)	8
of which sugars (g)	7,4
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.

# Breakfast Bowls with Quark and Fresh Fruit

with three variations of toppings | 2 servings per day



Total time: 10 - 15 min.



### 1. Quark with blueberries, apple and pumpkin seeds

- Core and dice 1 **apple**.
- Divide a third of the quark over two bowls.
- Garnish with the **apple**, half of the **blueberries** and **pumpkin seeds**.
- Add honey to taste.

### 2. Quark with mango, apple and desiccated coconut

- Peel and dice 1 **mango**. Core and dice 1 **apple**.
- Divide a third of the quark over two bowls.
- Garnish with the **mango**, **apple** and **desiccated coconut**.
- Add honey to taste.

### 3. Quark with blueberries, mango and walnuts

- Peel and dice 1 **mango**.
- Divide a third of the quark over two bowls.
- Garnish with the **mango**, half of the **blueberries** and **walnuts**.
- Add honey 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

Parchment-lined baking sheet, bowl

## Ingredients

Garlic (unit(s))	2
Grated Gouda (g)	150
Green pesto* (g)	40
White demi-baguette (unit(s))	4
From your pantry	
Olive oil (tbsp)	4

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	1348 /322
Total fat (g)	15,8
of which saturated (g)	5,3
Carbohydrates (g)	34,8
of which sugars (g)	0,8
Fibre (g)	2,4
Protein (g)	9,9
Salt (g)	1,2

## Allergens

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

# Super Cheesy Pesto Garlic Baguettes

with Gouda | to share



Appetizer Total time: 20 min.



### 1. Prepare

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

### 2. Prepare the baguettes

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

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

### 3. Bake the baguettes

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

### 4. Serve

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

Enjoy!





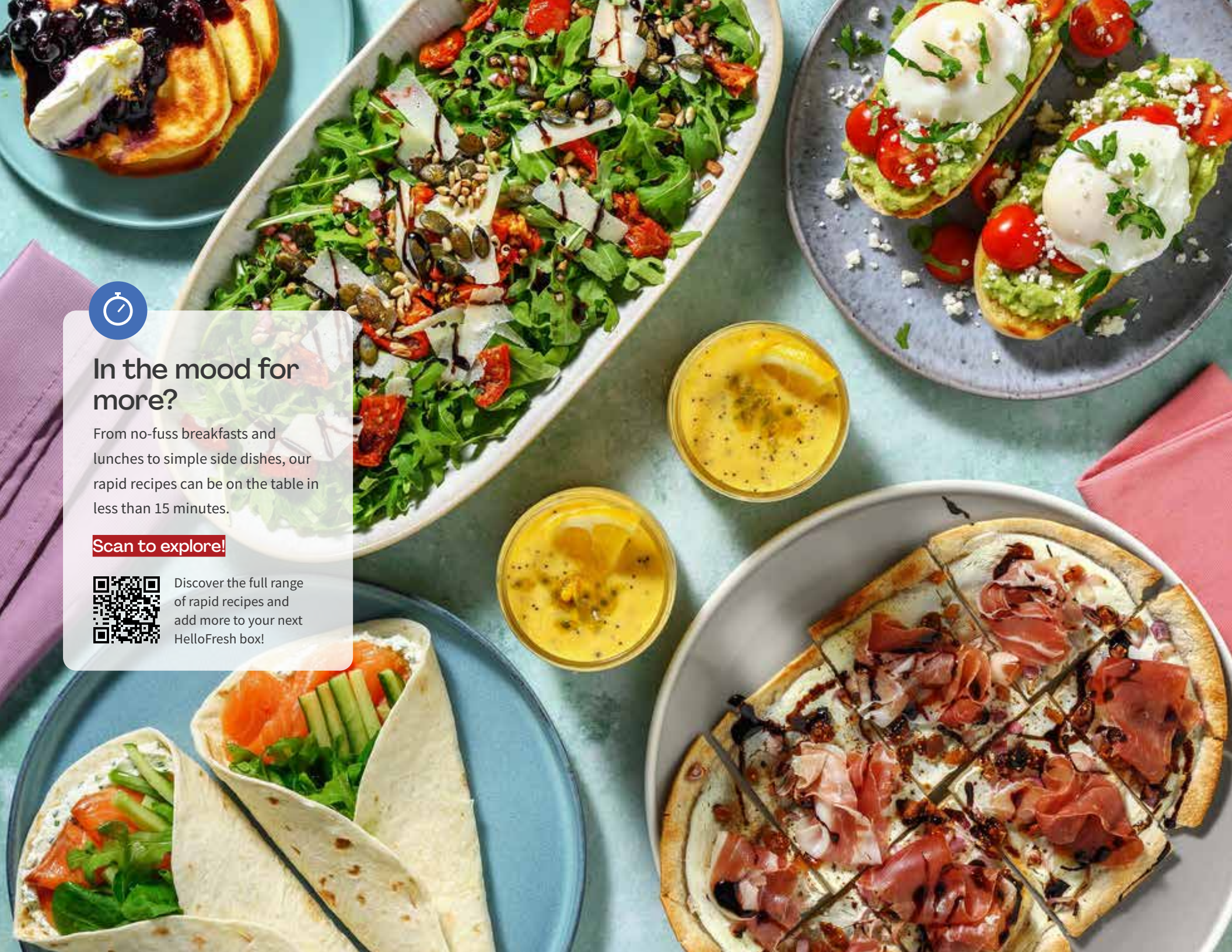
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## Before you begin

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, brush, tall container, handheld mixer, small bowl, peeler

## Ingredients

Apple* (unit(s))	3
Puff pastry* (roll(s))	1
Ground cinnamon (tsp)	3
Heavy cream* (ml)	200
Granulated sugar (g)	120

### From your pantry

[Plant-based] milk	splash
*store in the fridge	

## Nutritional values

	Per 100g
Energy (kJ/kcal)	982 / 235
Total fat (g)	12
of which saturated (g)	6,9
Carbohydrates (g)	28
of which sugars (g)	16,4
Fibre (g)	2
Protein (g)	2
Salt (g)	0,2

## Allergens

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

# Puff Pastry Apple Donuts

with cinnamon whipped cream | to share



**Baking** Total time: 40 min.



## 1. Prepare

- Preheat the oven to 180°C.
- Peel and core the **apple**.
- Slice the **apple** into 2cm thick rings, keeping each ring whole so that it resembles a donut.

## 2. Make the apple donuts

- Roll out the **puff pastry** and cut it in half lengthways.
- Slice the **pastry** into thin strips.
- Wrap 2 strips around each **apple** ring to create a donut.
- In a small bowl, mix 100g sugar with half of the **cinnamon**.

## 3. Bake the donuts

- Transfer the donuts to a parchment-lined baking sheet.
- Brush each donut with a splash of milk and sprinkle with **cinnamon** sugar.
- Bake in the oven for 15 - 20 minutes.

## 4. Serve

- Meanwhile, pour the **cream** into a tall container or mixing bowl, along with 1 tbsp of sugar and the rest of the **cinnamon**. Mix with an electric whisk until firm.
- Remove the apple donuts from the oven and allow them to cool slightly.
- Serve with the cinnamon whipped cream.

Enjoy!





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## Before you begin

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## 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 (tsp)	2
Honey (tbsp)	1
Sunflower oil (tbsp)	1
Salt (tsp)	½

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2525 /604	657 /157
Total fat (g)	23,8	6,2
of which saturated (g)	9,9	2,6
Carbohydrates (g)	74,9	19,5
of which sugars (g)	15,9	4,1
Fibre (g)	5,6	1,4
Protein (g)	22,3	5,8
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 tsp 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!





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## Before you begin

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## Utensils

Pot or saucepan, salad bowl

## Ingredients

Fresh rigatoni* (g)	250
Red cherry tomatoes (g)	125
Green pesto* (g)	40
Arugula & lamb's lettuce* (g)	40
Serrano ham* (g)	40
Mozzarella* (ball(s))	1

### From your pantry

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

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3088 /738	963 /230
Total fat (g)	34	11
of which saturated (g)	10,9	3,4
Carbohydrates (g)	74	23
of which sugars (g)	4,6	1,4
Fibre (g)	4	1
Protein (g)	32	10
Salt (g)	1,9	0,6

## Allergens

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

# Warm Pasta Salad with Serrano Ham and Mozzarella

with cherry tomatoes and green pesto | 2 servings



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



### 1. Boil the pasta

- Boil plenty of water in a pot or saucepan and cook the pasta for 6 - 8 minutes, then drain and set aside.

### 2. Prepare the toppings

- Halve the **cherry tomatoes**.
- Tear the **mozzarella** and **Serrano ham** into pieces.

### 3. Make the dressing

- Add the mayonnaise and **green pesto** to a salad bowl.
- Mix in the **salad leaves, tomatoes** and pasta.
- Season with salt and pepper.

### 4. Serve

- Serve the pasta on two plates and top with the **mozzarella** and **Serrano ham**.

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

Blender or immersion blender, 2x tall container

## Ingredients

Coconut milk (ml)	250
Banana (unit(s))	1
Easy peel orange* (unit(s))	2
Raspberries* (g)	125
Pineapple* (g)	200

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1665 / 398	366 / 88
Total fat (g)	23	5
of which saturated (g)	18,8	4,1
Carbohydrates (g)	44	10
of which sugars (g)	36,3	8
Fibre (g)	8	2
Protein (g)	4	1
Salt (g)	0	0

## Allergens

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

# Tutti-frutti Smoothie with Raspberries

with pineapple, orange and banana | 2 servings



Breakfast Total time: 5 min.



### 1. Slice the banana

- Peel and slice 1 **banana**.

### 2. Juice the orange

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

### 3. Blend the smoothie

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

### 4. Serve

- Pour the smoothie into two glasses and serve.

Enjoy!





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## Before you begin

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## Utensils

Parchment-lined baking sheet, microplane, 2x small bowl

## Ingredients

Wholegrain ciabatta (unit(s))	2
Avocado (unit(s))	2
Pomegranate* (unit(s))	1
Pistachio nuts (g)	20
Middle Eastern spice mix (sachet(s))	¾
Lemon* (unit(s))	1
Feta* (g)	50

### From your pantry

Olive oil (tbsp)	1
Extra virgin olive oil (tbsp)	2
Salt & pepper	to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3455 / 826	887 / 212
Total fat (g)	58	15
of which saturated (g)	10,9	2,8
Carbohydrates (g)	50	13
of which sugars (g)	13,6	3,5
Fibre (g)	15	4
Protein (g)	20	5
Salt (g)	1,7	0,4

## Allergens

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

# Middle Eastern-Inspired Avocado Toast

with feta, pomegranate & pistachios | 2 servings



**Lunch** Total time: 15 - 20 min.



## 1. Prepare

- Preheat the oven to 200°C.
- Cut the **bread rolls** in half and drizzle the olive oil over the inside.
- Put the **bread** on a parchment-lined baking sheet and toast for 6 - 8 minutes.

## 3. Prepare the toppings

- Roll the **pomegranate** over the counter to loosen the seeds, then cut it in half and scoop the seeds out.
- Roughly chop the **pistachios**.
- In a small bowl, mix the **lemon zest** with 2 tbsp extra virgin olive oil.

## 2. Mash the avocado

- Cut the **avocado** in half, remove the pit and skin, then mash up the flesh with a fork.
- Zest the **lemon** and cut it in half. Juice one half, then cut the other into 4 wedges.
- Add the **lemon juice** and 2 tsp **Middle Eastern-style spices** to the **avocado**, then mix well and season with salt and pepper to taste.

## 4. Serve

- Serve the toast on two plates and spread the mashed **avocado** over it.
- Crumble up the **feta**.
- Scatter the **feta**, **pomegranate seeds** and **pistachios** over the toast and serve with a **lemon** wedge.
- Finish off by drizzling over the lemon oil.

Enjoy!





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## Before you begin

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

## Utensils

Bowl, sieve or colander, lidded pot or saucepan, parchment paper, frying pan

## Ingredients

Bao buns* (unit(s))	4
Cucumber* (unit(s))	1
BBQ Sauce (g)	50
Soy sauce (ml)	5
Slaw mix* (g)	50
Chicken thigh strips* (g)	100
From your pantry	
Sunflower oil (tbsp)	1
White wine vinegar (tbsp)	2
Sugar (tsp)	1
[Plant-based] mayonnaise (tbsp)	1
Salt & pepper	to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2088 / 499	695 / 166
Total fat (g)	20,7	7
of which saturated (g)	4,3	1,4
Carbohydrates (g)	62,6	20,8
of which sugars (g)	16,1	5,3
Fibre (g)	2,8	0,9
Protein (g)	15,6	5,2
Salt (g)	1,5	0,5

## Allergens

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

# Bao Buns with BBQ Chicken

with sweet & sour cucumber, cabbage and carrot | 2 servings



**Lunch** Total time: 15 - 20 min.



### 1. Prepare the cucumber

- Slice the **cucumber** into thin sticks about 5cm long.
- In a bowl, mix 1 tsp sugar with 2 tbsp white wine vinegar.
- Add the **cucumber** and season with salt.
- Mix well and set aside until serving, stirring now and again so the flavours can combine.

### 2. Fry the chicken

- Heat 1 tbsp sunflower oil in a frying pan over medium-high heat.
- Add the **chicken thigh strips** and fry for 5 - 6 minutes until golden brown.
- Add the **barbecue sauce** and 1 tsp **soy sauce** and mix everything together.

### 3. Steam the bao buns

- Boil a shallow layer of water in a large pot or saucepan with a lid.
- Line a sieve or colander with some kitchen paper and place this over the pan, making sure it doesn't touch the water.
- Put the **bao buns** in the sieve/colander, then put the lid on and let them steam for 3 - 4 minutes (see tip).

*Tip: take care that the buns don't get wet when you take the lid off the pan!*

### 4. Serve

- Spread the mayo onto the inside of both **buns**.
- Stuff the **buns** with the **chicken**, **slaw mix** and quick-pickled **cucumber**.

**Enjoy!**





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## Before you begin

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## Utensils

Grill pan, pot or saucepan, small bowl, frying pan

## Ingredients

Brandt & Levie - Smoked pork sausage* (unit(s))	1
Hotdog bun (unit(s))	2
Onion (unit(s))	1
Mayonnaise* (g)	50
From your pantry	
[Plant-based] butter (tbsp)	½
Mustard (tsp)	4
Honey [or plant-based alternative] (tsp)	2
Salt & pepper	to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1644 /393	1185 /283
Total fat (g)	23	17
of which saturated (g)	3,9	2,8
Carbohydrates (g)	39	28
of which sugars (g)	9,5	6,8
Fibre (g)	3	2
Protein (g)	6	4
Salt (g)	0,7	0,5

## Allergens

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

# Hotdog with Brandt & Levie Smoked Sausage

with honey-mustard mayo and onion | 2 servings



Lunch Total time: 15 min.



### 1. Cook the sausage

- Slice the **onion** into half rings.
- Boil water in a pot or saucepan for the **smoked sausage**.
- Add the **sausage**, lower the heat and let it cook for 8 - 10 minutes.

### 2. Toast the buns

- Heat a grill pan over medium-high heat.
- Cut the **hotdog buns** in half, but don't slice completely through.
- Open the **buns** and place them face down on the grill pan and toast them for 3 - 5 minutes, or until you can see brown lines from the grill pan on the **bread**.

### 3. Fry the onion

- Heat the butter in a frying pan over medium-high heat.
- Add the **onion** and a pinch of salt, then fry for 4 - 5 minutes.
- In a small bowl, mix the **mayonnaise** with the honey and mustard, then season to taste with salt and pepper.

### 4. Serve

- Spread the honey mustard mayo onto the **hotdog buns**, then cut the **smoked sausage** in half and place one half into each **bun** (see Tip).
- Garnish the hotdogs with the **onion**.

**Tip:** cut the sausage into slices before putting it in the bun to make it a bit easier to eat!

Enjoy!





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## Before you begin

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## Utensils

Parchment-lined baking sheet, small bowl, two bowls

## Ingredients

Shrimp* (g)	320
Panko breadcrumbs (g)	50
Piri piri seasoning (tsp)	3
Mango chutney* (g)	40
Organic sour cream* (g)	50
Sriracha mayo* (g)	50
From your pantry	
[Plant-based] mayonnaise (tbsp)	1
Olive oil (tbsp)	2
Sambal (tsp)	1
Salt & pepper	to taste

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	798 / 191
Total fat (g)	12
of which saturated (g)	2
Carbohydrates (g)	10
of which sugars (g)	3,4
Fibre (g)	1
Protein (g)	10
Salt (g)	0,9

## Allergens

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

# Crispy Shrimp

with sriracha mayo & mango dip | to share



Appetizer Total time: 15 min.



### 1. Prepare

- Preheat the oven to 200°C.
- Transfer the regular mayonnaise to a bowl.
- In a separate bowl, combine the **panko**, **piri piri seasoning\*** and 2 tbsp of olive oil.

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

### 2. Bake the shrimp

- Add the **shrimp** to the mayonnaise, season with salt and pepper and toss well to coat.
- Coat the **shrimp** in the **breadcrumbs**, making sure they are completely covered, then transfer to a parchment-lined baking sheet.
- Bake the **shrimp** on the top shelf of the oven for 10 - 15 minutes, until lightly golden and done.

### 3. Make the mango dip

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

### 4. Serve

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

Enjoy!





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## Before you begin

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## Utensils

Parchment-lined baking sheet, small saucepan

## Ingredients

Fresh rosemary* (sprig)	2
Garlic (unit(s))	3
Camembert* (g)	240
White ciabatta (unit(s))	3
From your pantry	
Honey [or plant-based alternative] (tbsp)	1
Olive oil (tbsp)	2
[Plant-based] butter (g)	30
Salt & pepper	to taste

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	1300 /311
Total fat (g)	19
of which saturated (g)	9,9
Carbohydrates (g)	23
of which sugars (g)	2,7
Fibre (g)	1
Protein (g)	12
Salt (g)	1,1

## Allergens

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

# Tear-n-Share Camembert Ciabatta

with rosemary and garlic | to share



Appetizer Total time: 25 - 30 min.



### 1. Prepare the ciabatta

- Preheat the oven to 200°C.
- Slice the **ciabatta** diagonally at 2cm intervals, moving widthways and making sure not to cut the whole way through.
- Repeat this step in the opposite direction to create a criss-cross pattern.

### 2. Chop the rosemary

- Mince or crush the **garlic**.
- Pick the **rosemary** leaves from their stalks and roughly chop them.
- Slice the **camembert** into 1cm thick slices, then cut these to be approximately 2 - 3cm long.

### 3. Make the rosemary-garlic oil

- Heat a small saucepan on medium-high heat and add the olive oil and butter.
- Allow the butter to melt, then add the **garlic** and **rosemary** and cook for 1 minute. Remove from the heat, then season with salt and pepper.
- Transfer the **ciabatta** to a parchment-lined baking sheet and use a teaspoon to drizzle the **rosemary-garlic** oil into each cut.
- Push a **camembert** slice into each cut.

### 4. Bake the bread and serve

- Drizzle over the **ciabatta** with honey and a little more olive oil if preferred, then sprinkle over some salt and pepper.
- Bake the bread for 10 - 12 minutes, or until the cheese is melted.
- Remove the bread from the oven and transfer to a serving platter to share.

Enjoy!





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Breakfastbox

Kick-start your day!

- 1 Omelette with Cherry Tomatoes on Ciabatta with fresh chives
- 2 Avocado & Goat's Cheese Crackers
- 3 Pineapple & Banana Smoothie

# Omelette with Cherry Tomatoes on Ciabatta

with fresh chives | 2 servings

20 min.



### Utensils

Parchment-lined baking sheet, lidded frying pan

### Ingredients for 2 servings

Egg* (unit(s))	4
White ciabatta (unit(s))	2
Red cherry tomatoes (g)	125
Fresh chives* (g)	5
From your pantry	
[Plant-based] butter (tbsp)	½
[Plant-based] milk	splash
Salt and pepper	to taste

\*store in the fridge

### Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1803 / 431	650 / 155
Total fat (g)	19	7
of which saturated (g)	5,8	2,1
Carbohydrates (g)	42	15
of which sugars (g)	4,3	1,6
Fiber (g)	3	1
Protein (g)	22	8
Salt (g)	1,2	0,4

### Allergens

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

### Step 1.

- Preheat the oven to 200°C.
- Quarter the **cherry tomatoes**.
- Finely chop the **chives**.

### Step 2.

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

### Step 3.

- Crack the **eggs** into a bowl and mix thoroughly with the **milk**.
- Add two-thirds of the **cherry tomatoes** and season with salt and pepper.
- Melt the butter in a frying pan and pour in the **eggs** so as to fry 1 omelette for 2 persons.
- Cover up the pan and fry for 6 - 8 minutes, or until the **eggs** are set.

### Step 4.

- Cut the **ciabatta** in half.
- Divide the omelette over the **ciabatta**.
- Scatter the rest of the **cherry tomatoes** on top.
- Garnish with the **chives**.

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





# Avocado & Goat's Cheese Crackers

2 days of breakfast for 2 persons | 4 servings

10 min.



## Utensils

## Ingredients for 2 servings

Crackers (unit(s))	12
Avocado (unit(s))	2
Cress* (g)	20
Fresh goat's cheese* (g)	100

### From your pantry

Salt and pepper	to taste
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\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2402 / 574	896 / 214
Total fat (g)	42	16
of which saturated (g)	11,8	4,4
Carbohydrates (g)	9	3
of which sugars (g)	1,8	0,7
Fiber (g)	15	6
Protein (g)	10	4
Salt (g)	1,5	0,6

## Allergens

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

1. Serve 3 **crackers** per person on plates.
2. Halve and pit 1 **avocado**, then remove the skin and slice the flesh.
3. Spread half of the **goat's cheese** on each cracker. Top with the **avocado slices**, then garnish with half of the **cress** and season with salt and pepper to taste.
4. Repeat the recipe for a second breakfast the next day.

# Pineapple & Banana Smoothie

2 days of breakfast for 2 persons | 4 servings

10 min.



## Utensils

Blender or an immersion blender with a tall container

## Ingredients for 2 serving

Coconut milk (ml)	500
Banana (unit(s))	4
Pineapple* (g)	200
Lime* (unit(s))	1

Not included

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### From your pantry

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3038 / 726	469 / 112
Total fat (g)	44	7
of which saturated (g)	37,8	5,8
Carbohydrates (g)	73	11
of which sugars (g)	56,4	8,7
Fiber (g)	7	1
Protein (g)	6	1
Salt (g)	0	0

1. Peel 2 **bananas** and cut them into smaller pieces.
2. Add the **banana** to a blender, along with 250 ml of **coconut milk** and half of the **pineapple**.
3. Juice half of the **lime** into the blender.
4. Blend until smooth.
5. Repeat the recipe for a second breakfast the next day.