

## 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!



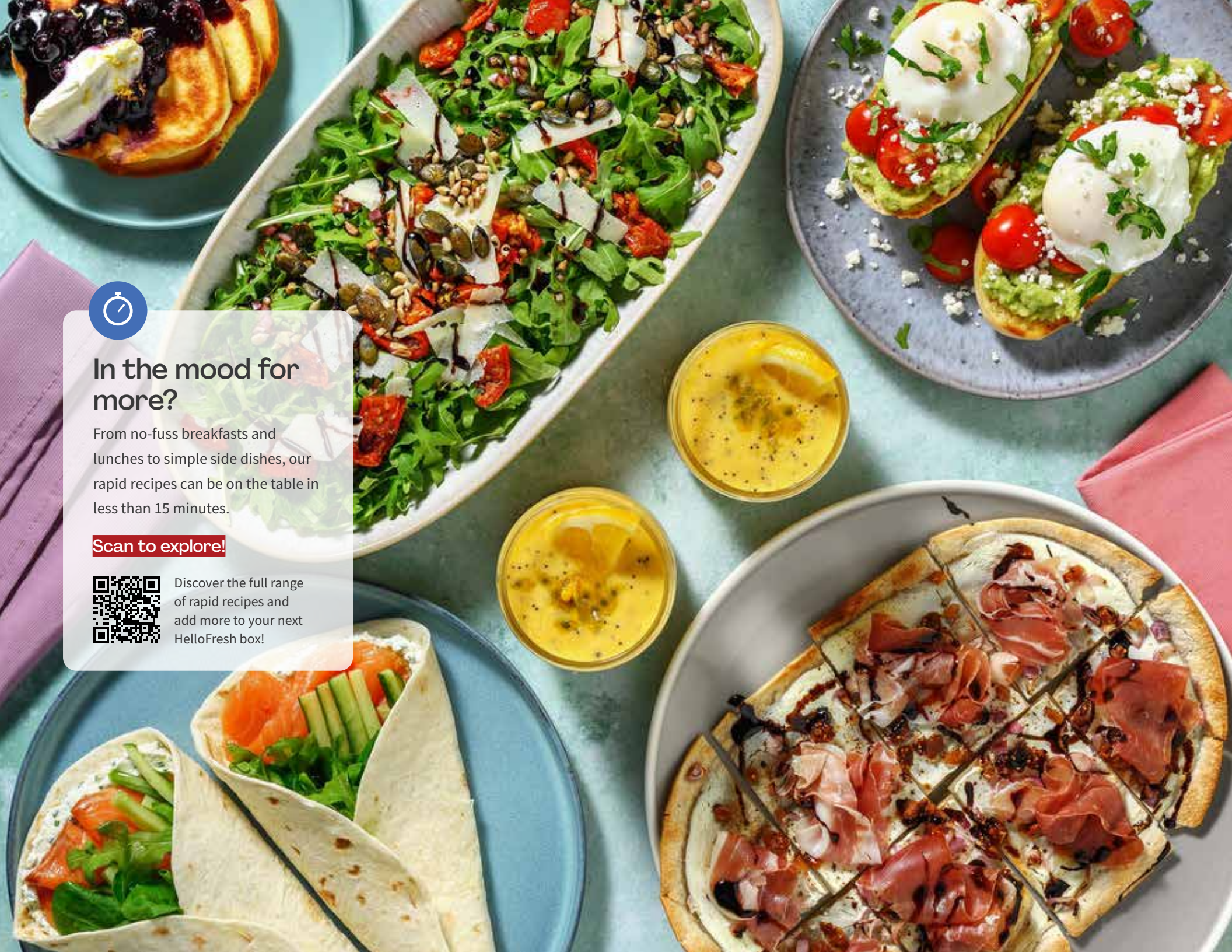
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## Utensils

2x parchment-lined baking sheet, bowl, brush, handheld mixer, large bowl, microplane

## Ingredients

Puff pastry* (roll(s))	2
Apple* (unit(s))	3
Ground cinnamon (tsp)	1
Raisins (g)	20
Lemon* (unit(s))	1
Mascarpone* (g)	100
Heavy cream* (ml)	200
From your pantry	
[Plant-based] milk (splash)	4
Sugar (g)	80

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	1056 /252
Total fat (g)	16
of which saturated (g)	9,3
Carbohydrates (g)	22
of which sugars (g)	10,6
Fibre (g)	1
Protein (g)	3
Salt (g)	0,3

## Allergens

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# Apple Turnovers

with lemon-mascarpone cream | 12 pieces



**Baking** Total time: 50 – 60 min.



## 1. Prepare

- Preheat the oven to 200 °C.
- Remove the core of the **apple** and dice it into small cubes.
- Zest the **lemon**.
- Juice half of the **lemon**.

## 3. Bake the turnovers

- Place the apple turnovers on two parchment-lined baking sheets and brush the milk over the **pastry**.
- Set aside 0.5 tbsp sugar for the next step, then sprinkle the rest of the sugar over the apple turnovers to taste.
- Put the apple turnovers in the oven for 20 - 25 minutes until golden brown.

## 2. Fold the turnovers

- Use a large bowl to mix the diced **apple** with the **raisins**, 1 tsp **cinnamon**, 2 tbsp sugar and 2 tbsp **lemon** juice.
- Roll out the **puff pastry**. Cut each sheet of **puff pastry** in half lengthways, then widthways into thirds, so that you have six equal pieces.
- Spread the filling over the middle of each piece of **pastry**, keeping the edges clear.
- Fold the dough diagonally over the filling so that you have a triangle shape and press the edges together with a fork.

## 4. Serve

- Put the **mascarpone**, **heavy cream**, 0.5 tbsp sugar and 2 tsp **lemon** zest in a bowl.
- Whisk the mixture with an electric whisk until it firms up and forms stiff peaks when you pull the whisk out of the cream.
- Serve the apple turnovers with the **lemon-mascarpone cream**.

Enjoy!



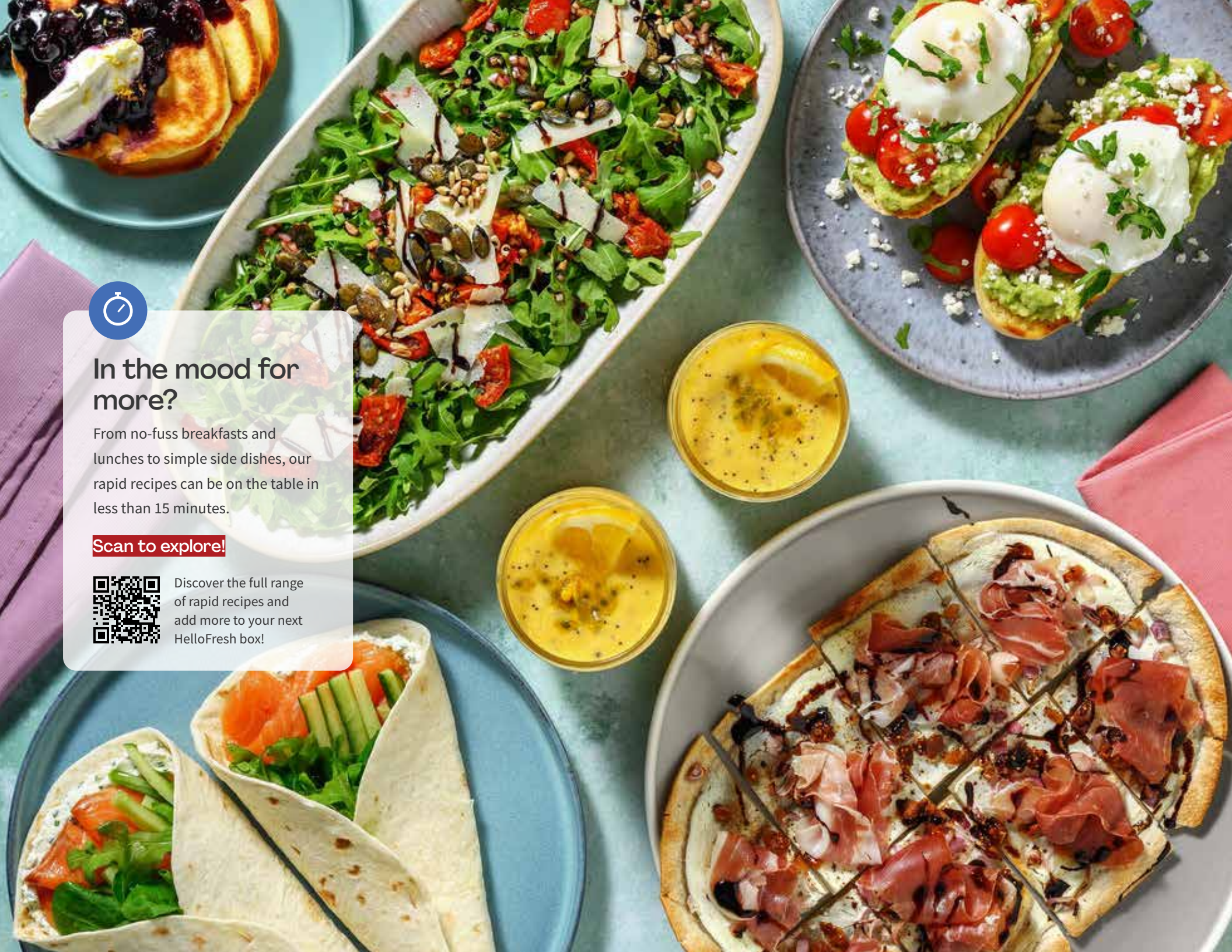
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## Utensils

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

## Ingredients

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

\*store in the fridge

## Nutritional values

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

## Allergens

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# Carrot Cake Energy Bites

with dates, pecan nuts & pistachios | 16 pieces



**Baking** Total time: 25 min.



### 1. Prepare

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

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

### 2. Roll out the energy bites

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

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

### 3. Melt the chocolate

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

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

### 4. Serve

- Serve the energy bites on a serving dish.

Enjoy!



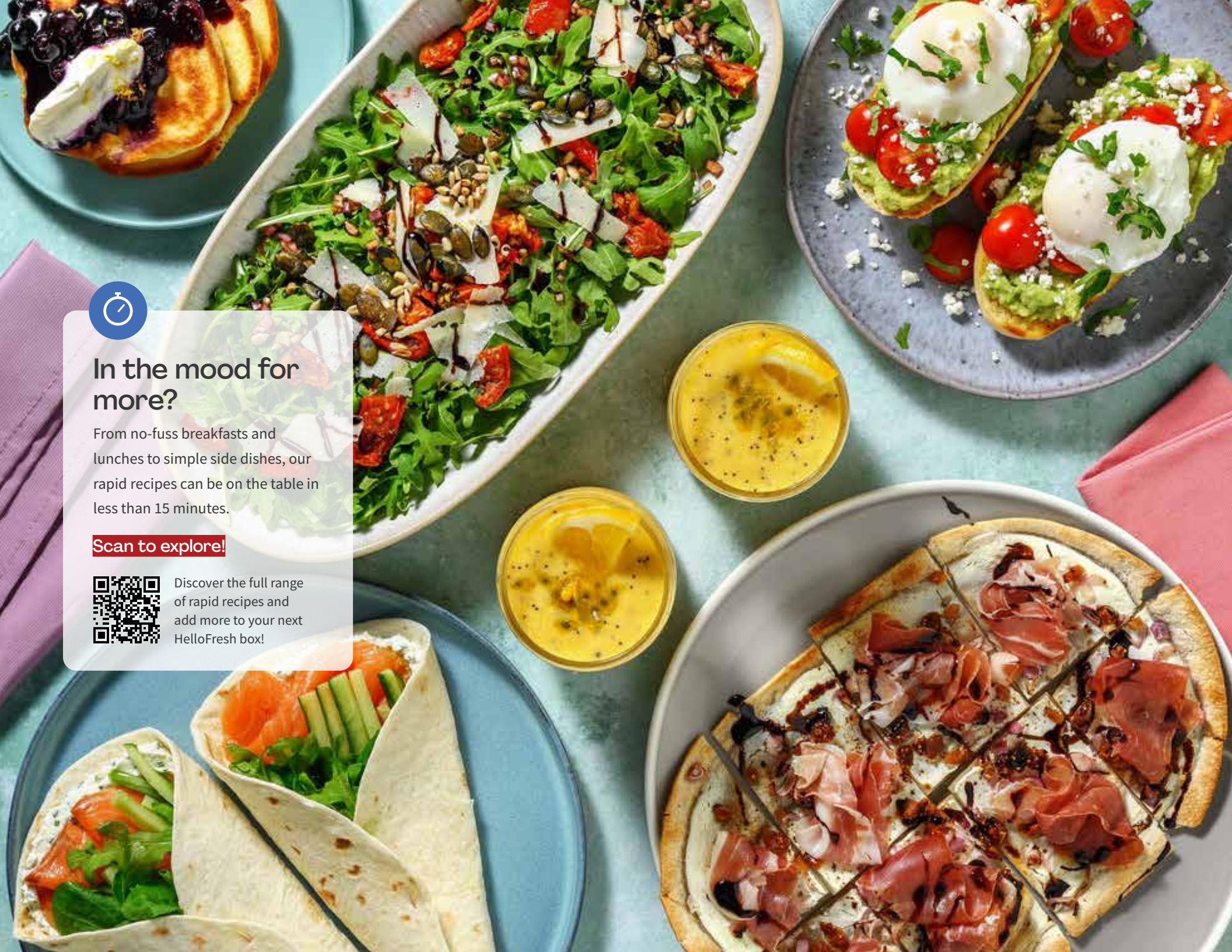
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Smoothie box

Kick-start your day!

**1** Mango Smoothie Bowl with Blueberries  
with passion fruit & chia seeds

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

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

## Mango Smoothie Bowl with Blueberries

with passion fruit & chia seeds | 2 servings

10 min.



### Utensils

Tall container, immersion blender

### Ingredients for 2 servings

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

### From your pantry

Honey to taste

\*store in the fridge

### Nutritional values

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

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

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



Smoothie box

# Orange Dream Smoothie

mango, orange and passion fruit | 2 servings

5 min.



## Utensils

Blender or immersion blender, tall container, small bowl

## Ingredients for 2 servings

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

### From your pantry

Honey to taste

\*store in the fridge

## Nutritional values

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

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

## Allergens

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# 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!



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## Utensils

Parchment-lined baking sheet, 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
Pulled chicken* (g)	100
Organic sour cream* (g)	100
Sweet chilli tortilla chips (g)	300

### From your pantry

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

## Nutritional values

	Per 100g
Energy (kJ/kcal)	928 /222
Total fat (g)	13,5
of which saturated (g)	4
Carbohydrates (g)	16,7
of which sugars (g)	2,6
Fibre (g)	1,2
Protein (g)	7,1
Salt (g)	0,7

## Allergens

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# Loaded Nachos with Pulled Chicken

with homemade guacamole and jalapeños | 4 servings



Appetizer Total time: 30 - 40 min.



## 1. Prepare

- Preheat the oven to 180°C.
- Finely slice the **scallions**.
- Spread the **tortilla chips** over a parchment-lined baking sheet.
- Spread the **pulled chicken, jalapeños\*** and two-thirds of the **scallions** over the **tortilla chips** and scatter over the **cheese**.
- Bake for 10 - 15 minutes, or until the cheese has melted.

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

## 2. Chop

- Cut the **avocado** in half, remove the pit and skin and then dice it. Transfer to 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 until smooth.
- Add the **tomato, shallot and garlic**.
- Juice the **lime** into the bowl.
- Mix everything together and season with salt and pepper to taste.

## 4. Serve

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

Enjoy!



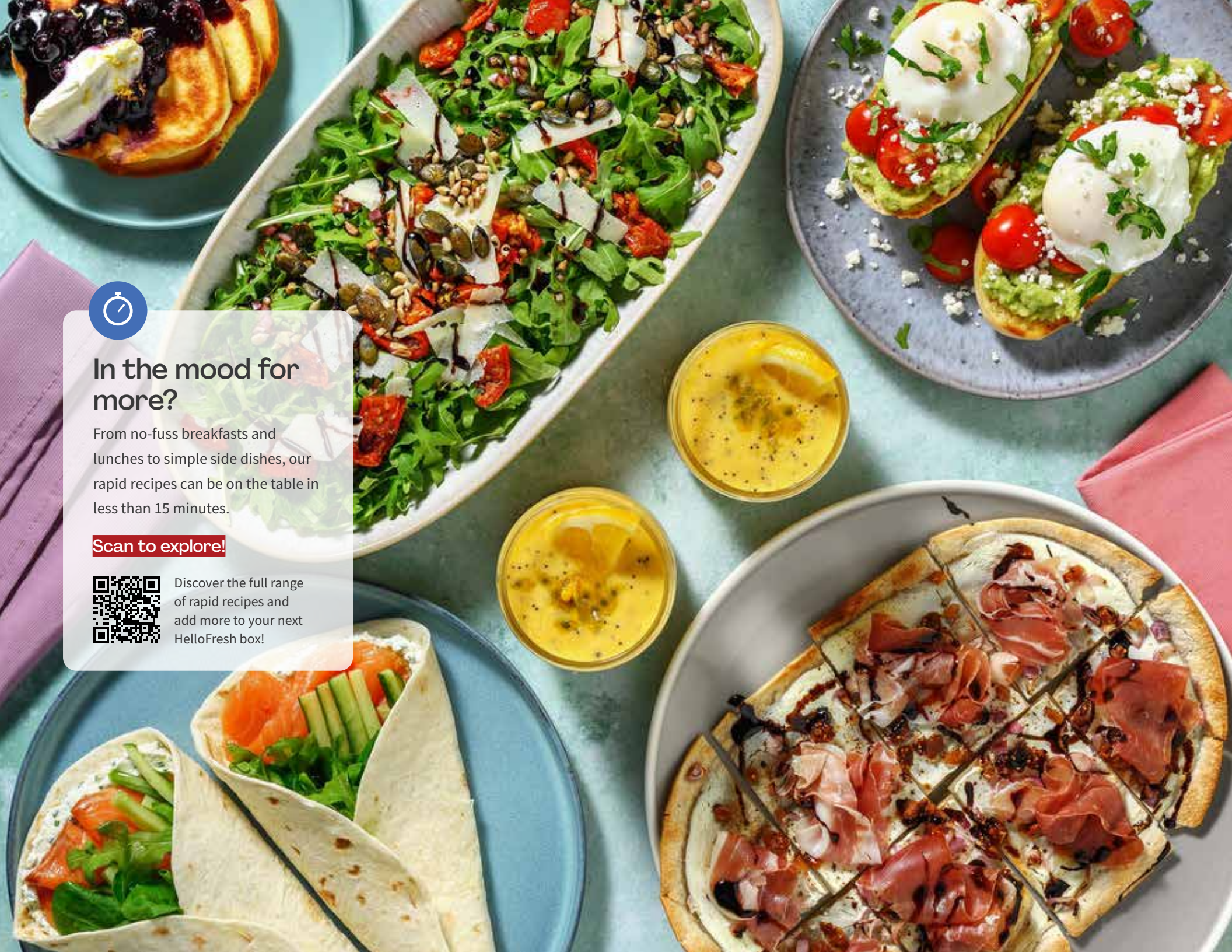
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**1** Avocado & Scrambled Eggs on Ciabatta Toast with tomato and cress | 2 servings

**2** Ham & Herbed Cream Cheese Open-Faced Sandwiches  
2 days of breakfast for 2 persons

**3** Banana & Blueberry Smoothie  
2 days of breakfast for 2 persons

# Avocado & Scrambled Eggs on Ciabatta Toast

with tomato and cress | 2 servings

20 min.



## Utensils

Parchment-lined baking sheet, bowl, frying pan

## Ingredients for 2 servings

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

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2375 / 568	734 / 175
Total fat (g)	35,4	10,9
of which saturated (g)	9,5	2,9
Carbohydrates (g)	31,8	9,8
of which sugars (g)	3,4	1
Fiber (g)	8,3	2,6
Protein (g)	26,1	8,1
Salt (g)	1,2	0,4

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

1. Preheat the oven to 200°C. Cut the **avocado** in half, then remove the pit and the skin. Thinly slice the **avocado**. Slice the **tomato**.
2. Cut the **ciabatta** in half lengthways and drizzle the olive oil over each half. Transfer to a parchment-lined baking sheet and bake for 5 - 7 minutes in the oven.
3. Beat the **eggs** in a bowl with the milk and season with salt and pepper. Melt the butter in a frying pan on medium heat and scramble the **eggs** for 5 - 6 minutes.
4. Place the **ciabatta** toast on plates and spread over the **avocado**. Top with the **tomato** and scrambled **eggs**. Garnish with the **cress**. Season with extra salt or pepper as preferred.

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



# Ham & Herbed Cream Cheese Sandwiches

2 days of breakfast for 2 persons | 4 servings

5 min.



## Utensils

-

## Ingredients for 4 servings

Ham* (slice(s))	6
Herbed cream cheese* (g)	75
[Persian] cucumber* (unit(s))	1
White demi-baguette (unit(s))	4

### From your pantry

Black pepper	to taste
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\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	834 /199
Total fat (g)	4.3
of which saturated (g)	2
Carbohydrates (g)	32,4
of which sugars (g)	1,3
Fiber (g)	2,4
Protein (g)	7,6
Salt (g)	1

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

1. Bake half of the **bread** in a preheated oven at 200°C for 6 - 8 minutes..
2. Slice half of the **cucumber**.
3. Slice the baked bread lengthways, then spread the **cream cheese** on each half.
4. Divide the **ham** over the slices, garnish with the **cucumber** and season with black pepper to taste.
5. Repeat the recipe for a second breakfast the next day.

# Banana & Blueberry Smoothie

2 days of breakfast for 2 persons | 4 servings

5 min.



## Utensils

Blender or an immersion blender with a tall container

## Ingredients for 4 servings

Banana (unit(s))	4
Organic semi-skimmed milk* (ml)	500
Blueberries* (g)	250
Organic Greek yogurt* (g)	150

### From your pantry

Honey [or plant-based alternative]	to taste
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\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	306 /73
Total fat (g)	2
of which saturated (g)	1
Carbohydrates (g)	11
of which sugars (g)	9,5
Fiber (g)	1
Protein (g)	2
Salt (g)	0,1

1. Slice 2 **bananas**.
2. Add the **banana** to a blender, along with 250ml of **milk**, 75g of **Greek yogurt** and half of the **blueberries**.
3. Blend until smooth (see Tip).
4. Repeat the recipe for a second breakfast the next day.

**Tip:** Mix some honey through the smoothie to taste.

**Enjoy!**

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## Utensils

Plastic wrap, small bowl, frying pan

## Ingredients

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

\*store in the fridge

## Nutritional values

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

## Allergens

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# Bento Box with Mediterranean Chicken Wraps

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



Lunch Total time: 15 min.



## 1. Prepare

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

## 2. Assemble the wraps

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

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

## 3. Prepare the bento box

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

## 4. Serve

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

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

Enjoy!



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## Utensils

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

## Ingredients

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

### From your pantry

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

\*store in the fridge

## Nutritional values

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

## Allergens

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

# Homemade Ginger Shots

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



Total time: 20 - 25 min.



### 1. Prepare the ginger and orange

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

### 2. Make the ginger-orange juice

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

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

### 3. Prepare the ginger and lemon

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

### 4. Make the ginger-lemon juice

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

Enjoy!



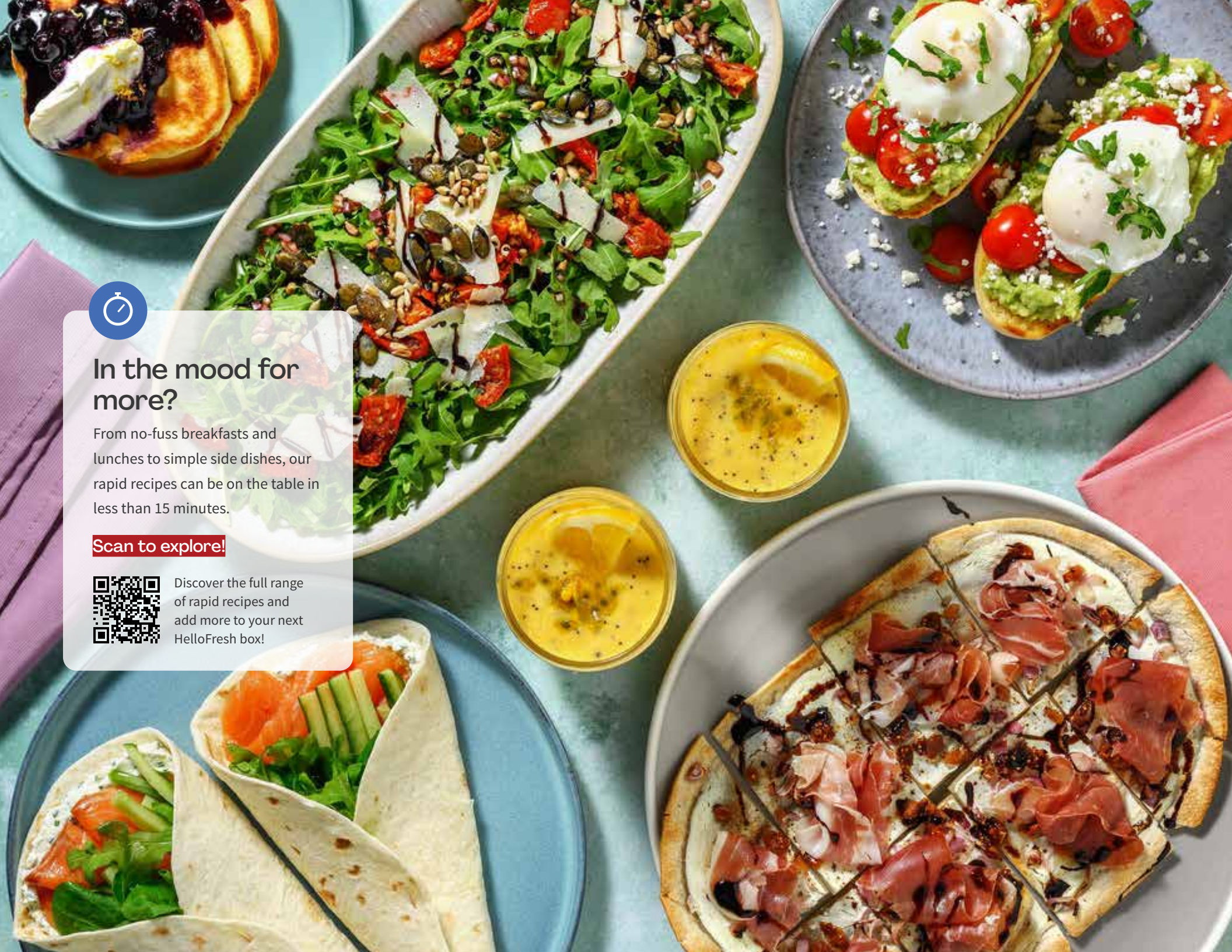
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## Utensils

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!



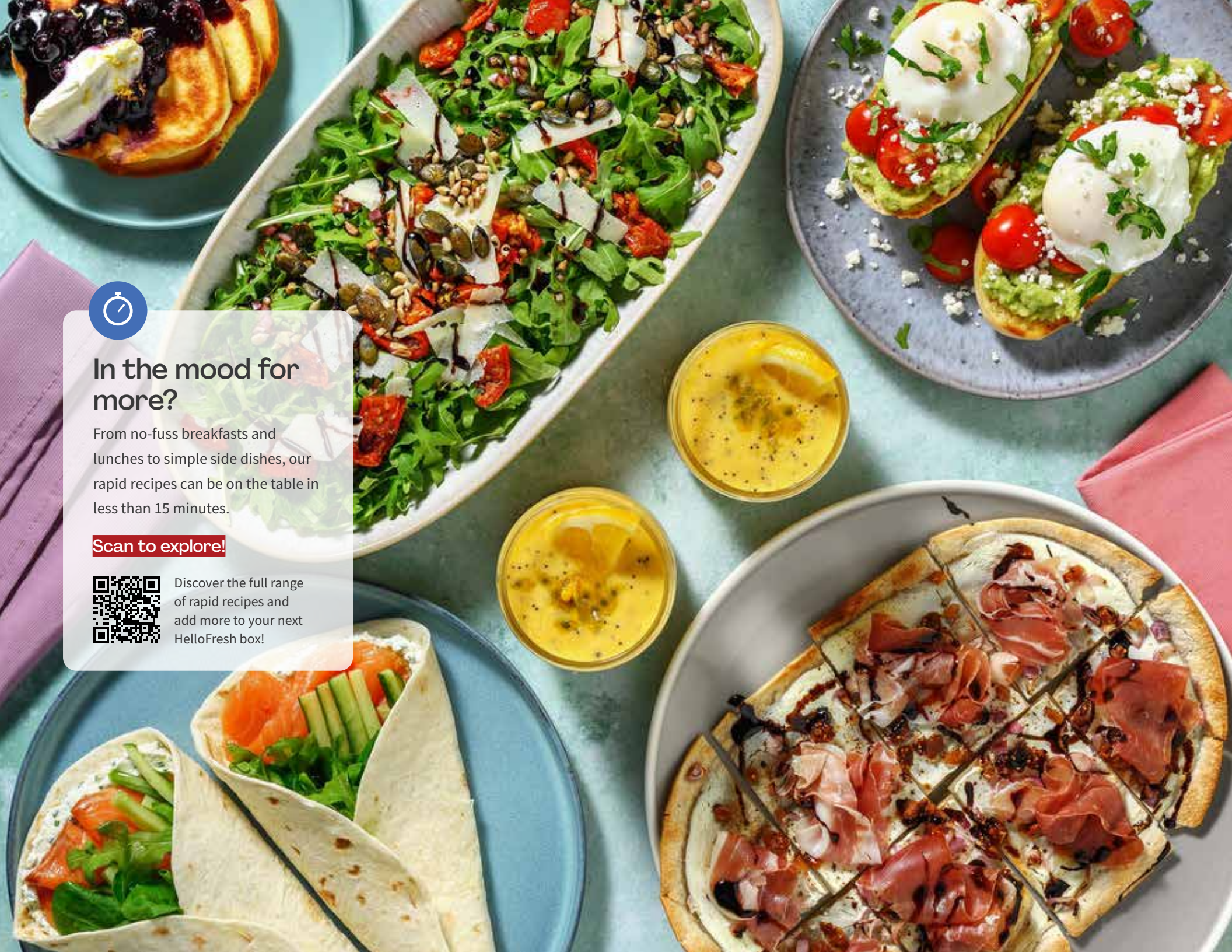
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## Before you begin

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## Utensils

Frying pan

## Ingredients

Onion (unit(s))	1
[Persian] cucumber* (unit(s))	1
Bell pepper* (unit(s))	1
Garlic (unit(s))	1
Pulled chicken* (g)	100
Sweet chili sauce* (sachet(s))	1
Mini Turkish bread (unit(s))	2
Sriracha mayo* (g)	100
Radicchio & iceberg lettuce* (g)	50
From your pantry	
[Reduced salt] ketjap manis (tbsp)	2
Sunflower oil (tbsp)	1
Salt & pepper	to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2795 / 668	610 / 146
Total fat (g)	33	7
of which saturated (g)	4,2	0,9
Carbohydrates (g)	68	15
of which sugars (g)	19,2	4,2
Fibre (g)	7	1
Protein (g)	22	5
Salt (g)	3,2	0,7

## Allergens

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

# Spicy Pulled Chicken Sandwich

on Turkish bread with sriracha mayo | 2 servings



Lunch Total time: 15 min.



### 1. Prepare

- Preheat the oven to 180°C.
- Finely chop the **onion**, slice the **cucumber** and cut the **bell pepper** into strips.
- Press or mince the **garlic**.

### 2. Fry the pulled chicken

- Heat 1 tbsp sunflower oil in a frying pan over medium-high heat.
- Fry the **garlic** and **onion** for 2 minutes, then add the **bell pepper** and **pulled chicken** and fry for 4 minutes.
- Add the **sweet chili sauce** and ketjap, then continue to cook for another 2 minutes.
- Season with salt and pepper to taste.

### 3. Bake the bread

- Put the **Turkish bread** in the oven for 5 - 8 minutes.

### 4. Serve

- Cut open the **Turkish bread** and top with the **pulled chicken**, **cucumber** and **mixed leaves**.
- Drizzle over the **sriracha mayo** and serve.

Enjoy!



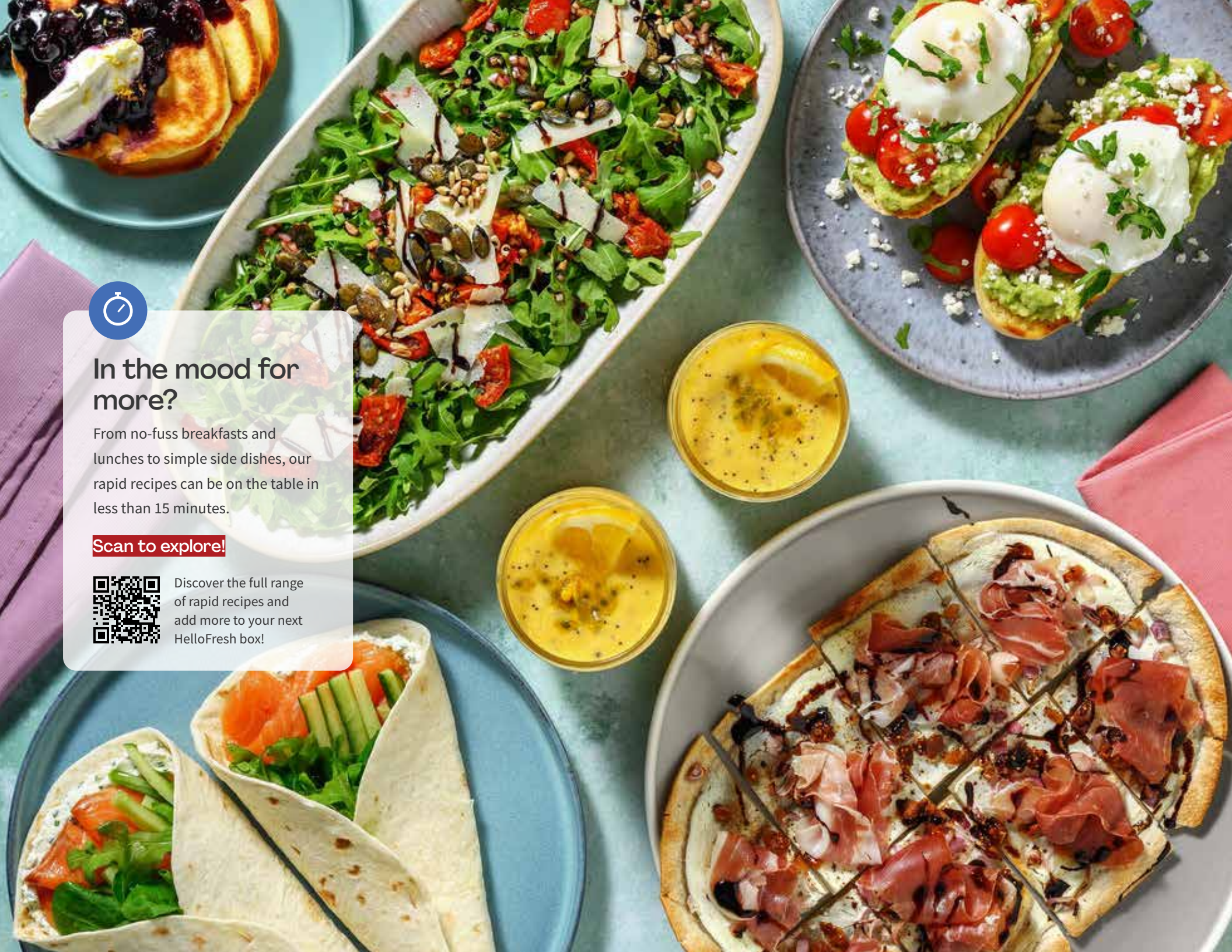
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## Before you begin

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## Utensils

Bowl, large bowl, large soup pot, sieve, frying pan

## Ingredients

Chestnut mushrooms* (g)	125
Leek* (unit(s))	1
Onion (unit(s))	1
Beef mince with Italian seasoning* (g)	200
Cauliflower florets* (g)	150
Butter* (g)	125
Fresh flat leaf parsley & basil* (g)	20
White demi-baguette (unit(s))	2
From your pantry	
Low sodium vegetable stock (ml)	1500
Olive oil (tbsp)	2
Salt & pepper	to taste

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	390 /93
Total fat (g)	6,4
of which saturated (g)	3,3
Carbohydrates (g)	5,9
of which sugars (g)	0,7
Fibre (g)	2
Protein (g)	2,6
Salt (g)	0,4

## Allergens

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

# Hearty Vegetable Soup with Meatballs

with baguettes and homemade herb butter | 4 servings



Lunch Total time: 30 - 40 min.



## 1. Prepare

- Prepare the stock. Take the butter out of the fridge and allow it to reach room temperature.
- Chop half of the **onion** and transfer to a large bowl. Add the **mince** and season with salt and pepper, then knead well to combine.
- Take 2 tsp of the **mince** and shape it into a small meatball, then repeat with the rest of the **mince**.
- Melt 1 tbsp butter in a frying pan over medium-high heat. Fry the meatballs for 4 - 5 minutes until evenly browned.

## 3. Make the soup

- Add the stock and bring to a boil, then lower the heat.
- Allow to simmer gently for 10 - 15 minutes, then add the **cauliflower** and the meatballs.
- Cook for 10 more minutes, stirring carefully throughout.

## 2. Chop

- Slice the **mushrooms** and chop the rest of the **onion** into half rings.
- Slice the **leek** into thin rounds and transfer to a sieve, then wash thoroughly.
- Heat the olive oil in a large soup pot over medium-high heat. Fry the **onion**, **mushrooms** and **leek** for 5 - 7 minutes. Season to taste with salt and pepper.

## 4. Serve

- Preheat the oven to 200°C. Bake the **baguettes** for 5 - 6 minutes.
- Finely chop the **fresh herbs** and transfer to a bowl. Add the rest of the butter and season with salt and pepper, then mix well to combine.
- Serve the soup in bowls. Serve the **baguettes** and herb butter alongside.

Enjoy!



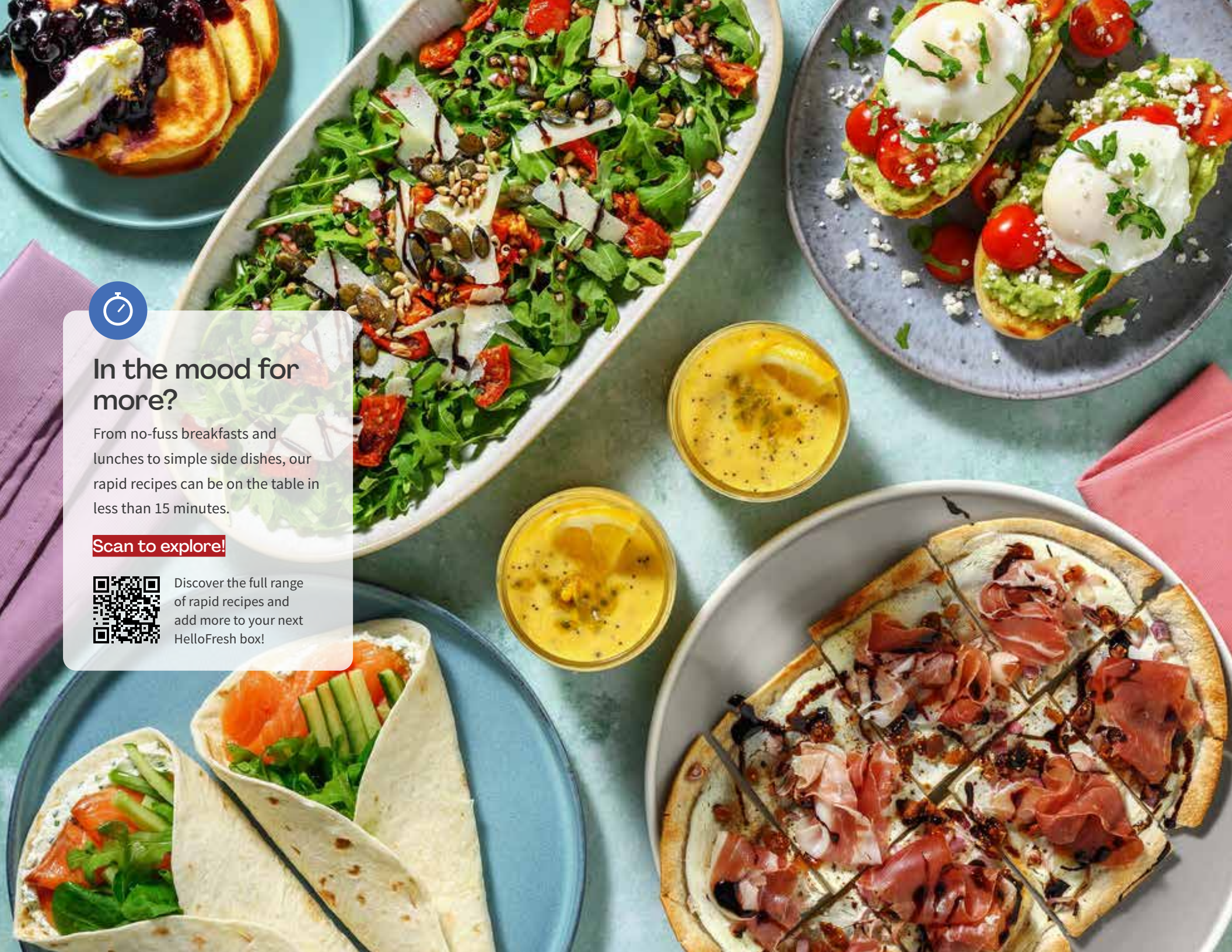
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## Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash 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!



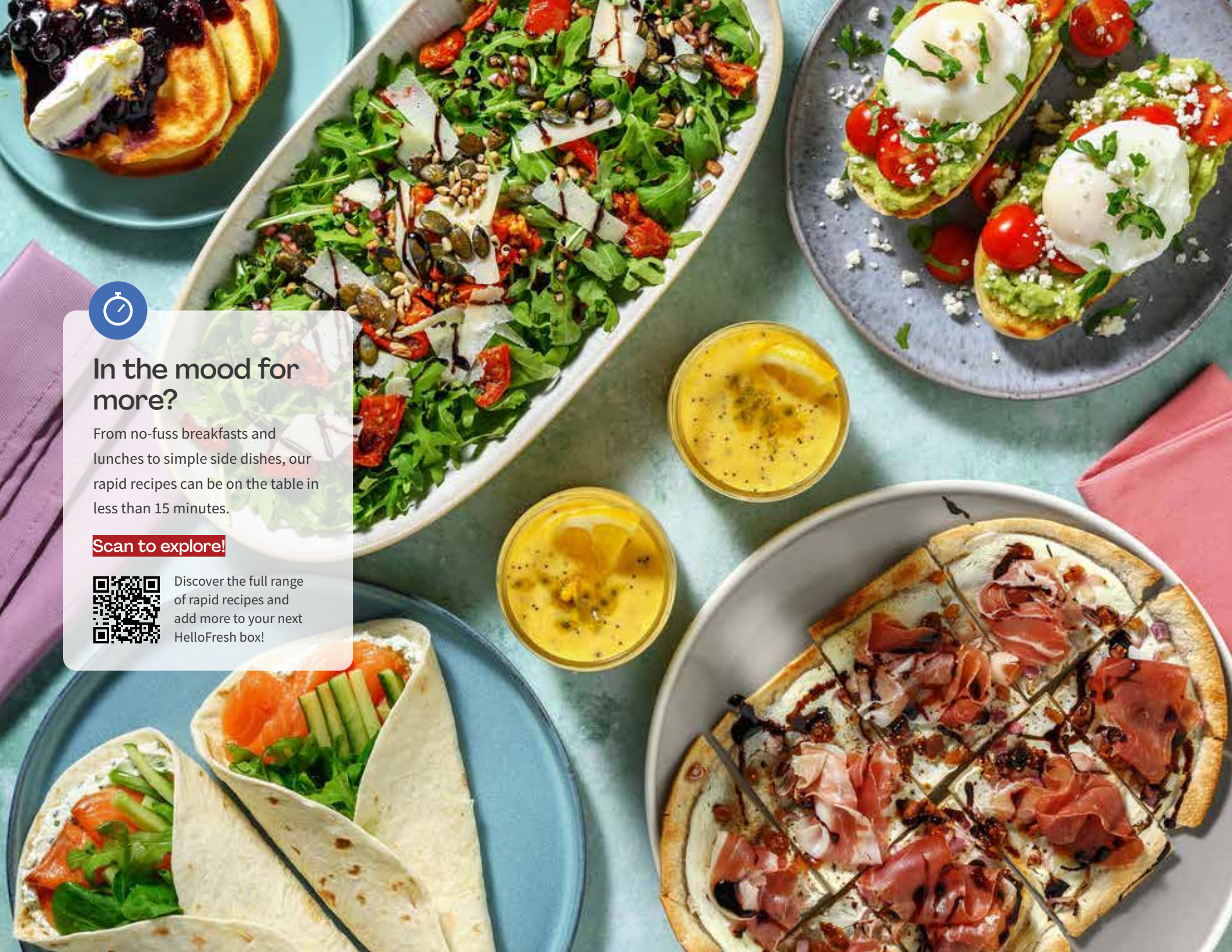
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## Before you begin

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## Utensils

Aluminum foil, frying pan

## Ingredients

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

\*store in the fridge

## Nutritional values

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

## Allergens

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

# BBQ Chicken Wrap with Avocado & Feta

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



Lunch Total time: 10 min.



## 1. Prepare

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

## 2. Fry the chicken

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

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

## 3. Warm up the tortillas

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

## 4. Serve

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

Enjoy!



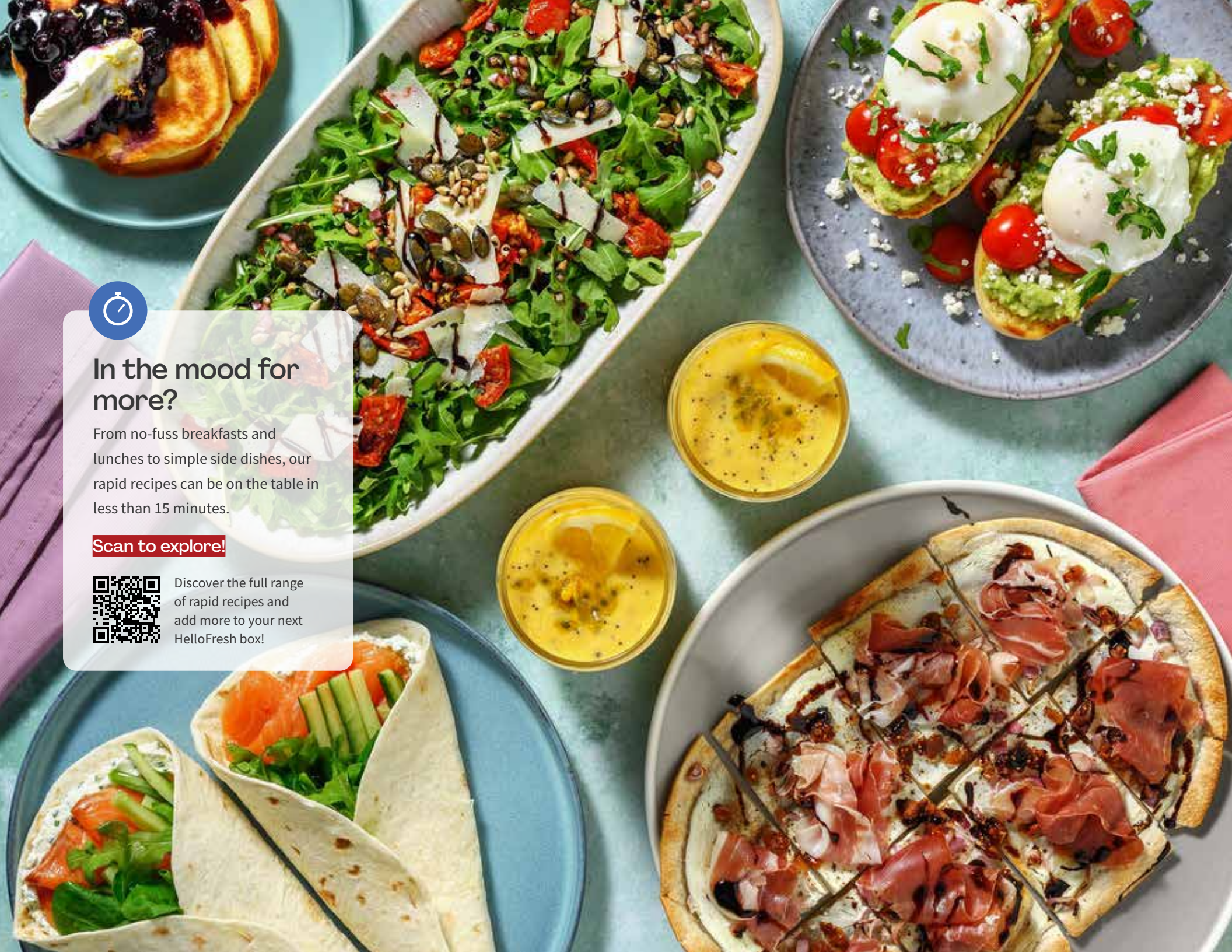
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## Before you begin

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## Utensils

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

## Ingredients

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

\*store in the fridge

## Nutritional values

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

## Allergens

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

# Blueberry Cheesecake-Pancakes

with cream cheese filling and warm blueberry sauce | 2 servings



Breakfast Total time: 20 min.



## 1. Prepare

- Zest the **lemon** and squeeze the juice into a small bowl.
- Beat the **eggs** in another bowl.
- Add the **buttermilk** and 1 tbsp **lemon** juice to the **eggs**, then whisk together until light and fluffy (see Tip).
- Weigh out 150g **flour**, then transfer to a bowl and add half a sachet of **baking powder**, 0.5 tsp salt and 1 tbsp sugar.

**Tip:** the egg mixture is ready when you can see lots of air bubbles.

## 3. Fry the pancakes

- Heat the sunflower oil in a frying pan over medium-high heat.
- Pour a soup ladle full of batter into the pan (see Tip), then fry the pancake for about 2 minutes on each side. Remove from the pan and cover with aluminium foil to keep warm.
- Repeat these steps until you've used all of the batter, adding a little bit of sunflower oil in between each pancake if the pan dries out.

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

## 2. Make the batter

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

## 4. Serve

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

Enjoy!



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## Before you begin

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## Utensils

Blender or immersion blender, tall container

## Ingredients

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
Fibre (g)	8	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 Vegan Smoothie Bowl

with avocado, mango, kiwi and spinach | 2 servings



Breakfast Total time: 5 min.



### 1. Prepare

- 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. Make the smoothie

- Put the **avocado**, **spinach**, **coconut milk** and most of the **banana** and **mango** in a blender or a jug/tall beaker (if you're using an immersion blender).

### 3. Blend

- Blend everything together into a thick smoothie.
- If the smoothie is too thick, add a splash of milk or water.

### 4. Serve

- Pour the smoothie into two bowls.
- Garnish with the grated **coconut**, **kiwi** and the rest of the **banana** and **mango**.

Eet smakelijk!



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## Before you begin

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## Utensils

Bowl, plastic wrap, small bowl, microplane

## Ingredients

Organic semi-skimmed milk* (ml)	1000
Oats (g)	400
Chia seeds (g)	20
Greek yogurt* (g)	150
Ground cinnamon (tsp)	3
Raisins (g)	40
Chopped walnuts (g)	20
Raspberries* (g)	125
Pistachio nuts (g)	20
Kiwi* (unit(s))	2
Desiccated coconut (g)	30
Apple* (unit(s))	1
Lime* (unit(s))	1
From your pantry	
Honey	to taste
Salt (tsp)	½

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	604 / 144
Total fat (g)	5
of which saturated (g)	2
Carbohydrates (g)	18
of which sugars (g)	5,8
Fibre (g)	3
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.

# Overnight Oats

apple & cinnamon | pistachio & raspberry | kiwi & coconut

Breakfast for 2 people, for 3 days

Breakfast Total time: 10 min.



### 1. Basic overnight oats

- In a bowl, mix the oatmeal 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.

### 3. Option 2: Pistachio & raspberry

- Divide half of the raspberries between two bowls, then mash the raspberries up with a fork.
- Divide a third of the overnight **oats** between the bowls. Mix well with the mashed raspberries.
- If you have a sweet tooth, go ahead and add some honey to taste.
- Garnish the overnight **oats** with the **pistachios** and the rest of the raspberries.

### 2. Option 1: Apple & cinnamon

- Divide a third of the overnight **oats** between two bowls.
- Core and dice the **apple**. Mix two-thirds of the **apple**, the **raisins** and a pinch of **cinnamon** into the **oats**.
- If you have a sweet tooth, go ahead and add some honey to taste.
- Garnish the **oats** with the rest of the **apple** and the **chopped walnuts**.

### 4. Option 3: Kiwi & coconut

- Divide a third of the overnight **oats** between two bowls.
- Zest the **lime**. Cut the **lime** in half and juice it into a small bowl.
- Add 1 tbsp **lime** juice and a third of the grated **coconut** to each bowl and mix with the overnight **oats**.
- Slice the kiwi. Garnish the overnight **oats** with the kiwi and the rest of the grated **coconut**, then sprinkle over some **lime** zest 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, small bowl

## Ingredients

Fresh basil* (g)	10
Passata (g)	200
Italian seasoning (sachet(s))	1
Mozzarella* (ball(s))	1
Tomato (unit(s))	2
White demi-baguette (unit(s))	4
From your pantry	
Extra virgin olive oil (tbsp)	1
Salt & pepper	to taste
<i>*store in the fridge</i>	

## Nutritional values

	Per 100g
Energy (kJ/kcal)	738 /176
Total fat (g)	4
of which saturated (g)	1,8
Carbohydrates (g)	28
of which sugars (g)	2,1
Fibre (g)	2
Protein (g)	7
Salt (g)	0,7

## Allergens

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

# Tomato-Mozzarella Baguettes

with Italian herbs & fresh basil | to share



Appetizer 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, combine the **passata** with the **Italian herbs**, the extra virgin olive oil, half of the **basil** and some salt and pepper.

### 2. Add the toppings

- Dice the **tomatoes**.
- Tear the **mozzarella** into small pieces.
- Transfer the **baguettes** to a parchment-lined baking sheet and evenly spread the **tomato** sauce, then top with the **mozzarella** and **tomatoes**.

### 3. Bake the baguettes

- Bake the **baguettes** in the oven for 8 - 10 minutes or until the **cheese** has melted.

### 4. Serve

- Garnish the **baguettes** with the rest of the **basil** and season to taste with salt and pepper.
- Slice up the **baguettes** and serve.

Enjoy!



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## Before you begin

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## Utensils

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

## Ingredients

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

### From your pantry

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

\*store in the fridge

## Nutritional values

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

## Allergens

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

# Quesadillas with Chicken Mince and Bell Pepper

with Mexican dipping sauce | 2 servings



**Lunch** Total time: 25 - 30 min.



## 1. Prepare

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

## 2. Make the filling

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

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

## 3. Make the quesadillas

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

## 4. Serve

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

Enjoy!



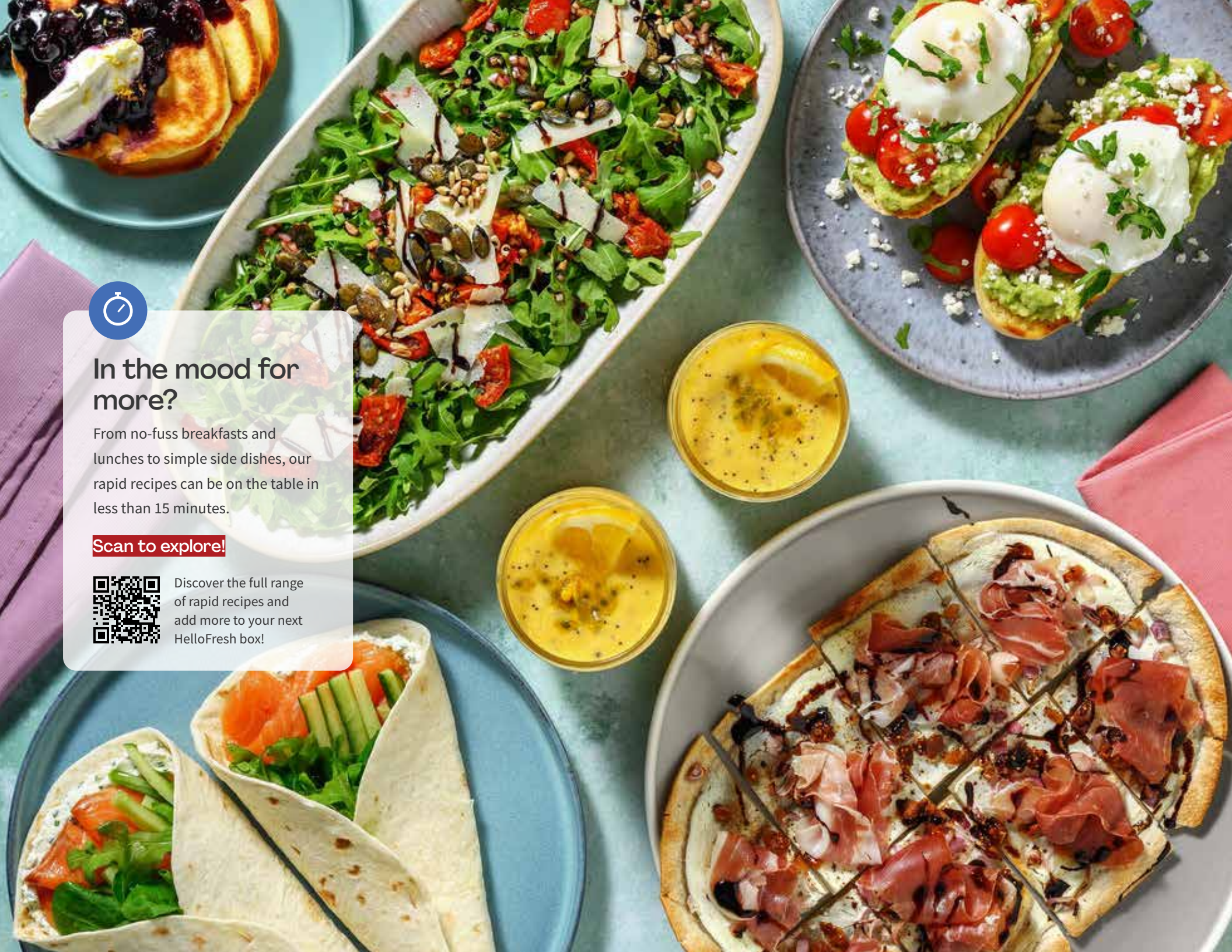
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## Before you begin

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

## Utensils

Bowl, saucepan, frying pan

## Ingredients

Fresh coriander* (g)	10
Hoisin sauce (g)	50
Peanut sauce* (g)	120
Crispy fried onions (g)	30
Krupuk (g)	60
Chicken thigh strips* (g)	400
From your pantry	
[Reduced salt] soy sauce (tbsp)	2½
[Reduced salt] ketjap manis (tbsp)	1
Sambal	to taste
[Plant-based] butter (tbsp)	½
Salt & pepper	to taste

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	909 / 217
Total fat (g)	13
of which saturated (g)	4,2
Carbohydrates (g)	12
of which sugars (g)	5,8
Fibre (g)	1
Protein (g)	12
Salt (g)	1,5

## Allergens

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

# Chicken Saté with Krupuk

with fresh coriander and crispy onions | 4 servings



Appetizer Total time: 15 - 20 min.



## 1. Prepare

- Finely chop the **coriander**.
- Slice the **chicken** lengthways into smaller strips.

## 2. Marinate the chicken

- In a bowl, combine the **hoisin sauce** with the **soy sauce**. Season to taste with salt and pepper.
- Add the **chicken** to this marinade and set aside until further use.

## 3. Make the peanut sauce

- Transfer the **peanut sauce** and ketjap manis to a saucepan and combine well over low heat. Add some sambal to taste.
- Meanwhile, melt the butter in a frying pan and fry the **chicken** for 6 - 8 minutes over medium heat. Season with salt and pepper to taste (see Tip).

*Tip: you can also roast the chicken on a preheated barbecue. The preparation method will remain the same.*

## 4. Serve

- Place the **chicken** on a serving platter.
- Serve the **peanut sauce** to the side and garnish with the **crispy onions**.
- Scatter the **coriander** over the **chicken**.
- Serve with the **krupuk**.

Enjoy!



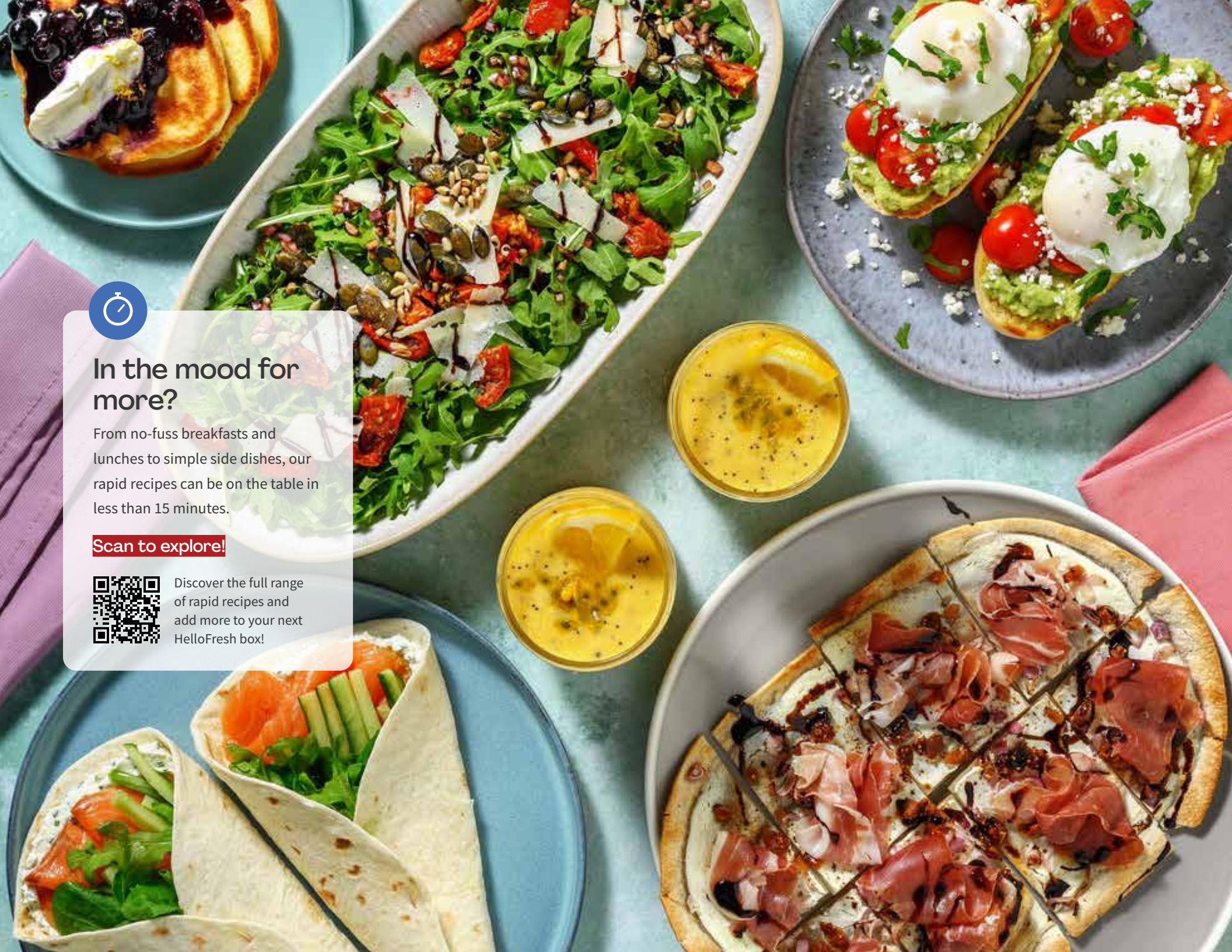
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## Before you begin

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

## Utensils

Small bowl

## Ingredients

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

\*store in the fridge

## Nutritional values

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

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

## Allergens

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

# Savoury Breakfast Crackers

with three variations of toppings | serves 2 per day



Breakfast Total time: 10 min.



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

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

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

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

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

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

Enjoy!



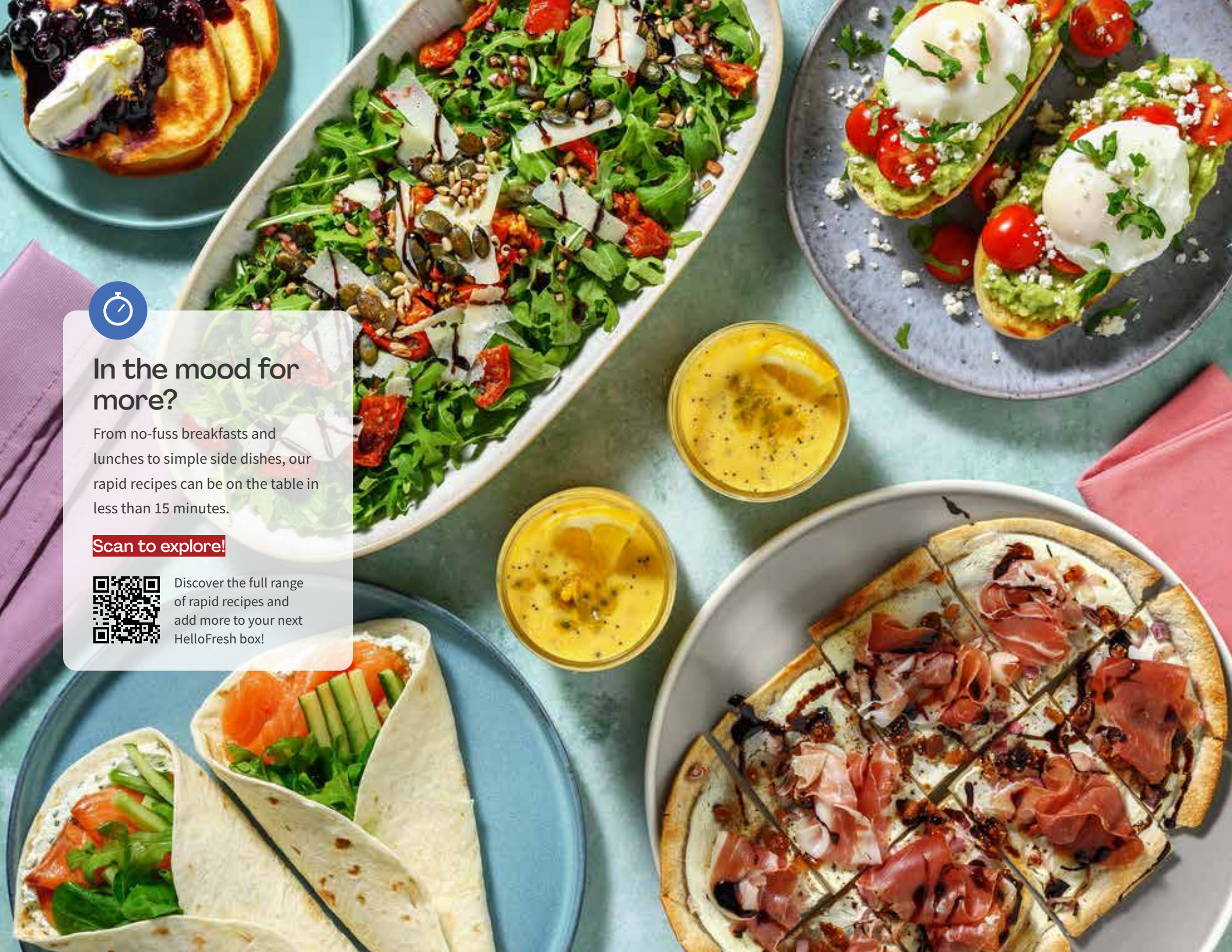
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## Before you begin

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

## Utensils

## Ingredients

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

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	537 / 128
Total fat (g)	7,3
of which saturated (g)	1,9
Carbohydrates (g)	9,1
of which sugars (g)	7,7
Fibre (g)	1,7
Protein (g)	5,6
Salt (g)	0,1

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

## Allergens

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

# Breakfast Bowls with Quark and Fresh Fruit

with three variations of toppings | 2 servings per day



Breakfast Total time: 5 min.



### 1. Quark with blueberries and desiccated coconut

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

### 2. Quark with apple and pecan nuts

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

### 3. Quark with orange, cranberries and walnuts

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

Enjoy!



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