

Before you begin

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

Utensils

Bowl, large bowl, oven dish

Ingredients

Butter* (g)	150
Apple* (unit(s))	3
Ground cinnamon (tsp)	3
Raisins (g)	40
Flour (g)	200
Baking powder (g)	8
Granulated sugar (g)	100
Egg* (unit(s))	1
From your pantry	
Brown sugar (tbsp)	3

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1128 /270
Total fat (g)	13
of which saturated (g)	8,1
Carbohydrates (g)	34
of which sugars (g)	17,8
Fibre (g)	2
Protein (g)	4
Salt (g)	0,3

Allergens

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

Classic Apple Crumble

with cinnamon and raisins | 10 servings



Baking Total time: 45 min.



1. Prepare the dough

- Preheat the oven to 180°C.
- Weigh out the **butter**, then dice it and leave to come up to room temperature.
- Add most **flour** to a large bowl, but leave out 1 tbsp for step 2. Add half of the **cinnamon**, the **baking powder**, sugar and **butter**. Add the **egg** and knead the dough into a bowl to combine.
- Rub the dough between your hands so that you get rough crumbs or chunks of dough. Let the dough chill in the fridge while you prepare the filling.

3. Bake the crumble

- Transfer the filling to the oven dish, then spread the crumble topping over the top. Make sure the crumbs are evenly distributed and the apples are completely covered.
- Put the crumble in the oven for 30 – 35 minutes, or until golden brown.

2. Prepare the filling

- Peel and core the **apples**, then give them a 2cm dice.
- In a bowl, mix the **apple** with the **raisins**, the rest of the **cinnamon**, 1 tbsp of **flour** and the sugar.
- Grease or line a 20 x 20cm oven dish.

4. Serve

- Let the apple crumble cool down for 5 minutes before serving (see Tip).

Tip: you can keep the apple crumble in the fridge for up to a week. It's equally delicious served hot or cold, but if you'd like to reheat it, pop it in the oven for 15 minutes at +/- 160°C.

Enjoy!



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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

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

Ingredients

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

From your pantry

*store in the fridge

Nutritional values

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

Allergens

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Carrot Cake Energy Bites

with dates, pecan nuts & pistachios | 16 pieces



Baking Total time: 25 min.



1. Prepare

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

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

2. Roll out the energy bites

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

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

3. Melt the chocolate

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

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

4. Serve

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

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

Enjoy!



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Utensils

Parchment-lined baking sheet, bowl, tall container, large bowl, rolling pin, small bowl, whisk, zester

Ingredients

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

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1282 /306
Total fat (g)	17
of which saturated (g)	10,7
Carbohydrates (g)	34
of which sugars (g)	14,6
Fibre (g)	1
Protein (g)	4
Salt (g)	0,9

Allergens

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Scones with Homemade Clotted Cream

with blueberry jam | 10 servings



Baking Total time: 40 min.



1. Make the batter

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

3. Prepare the toppings

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

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

2. Make the scones

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

4. Serve

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

Enjoy!



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Utensils

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

Ingredients

Banana (unit(s))	3
Chocolate chips (g)	200
Hazelnuts (g)	20
Banana bread mix (g)	400
From your pantry	
Sunflower oil (ml)	100
Water (ml)	90

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1405 /336
Total fat (g)	17
of which saturated (g)	5,4
Carbohydrates (g)	40
of which sugars (g)	25,1
Fibre (g)	1
Protein (g)	5
Salt (g)	0,5

Allergens

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Marbled Banana Bread

with milk chocolate and hazelnuts | 10 servings



Baking Total time: 60 - 70 min.



1. Prepare

- Preheat the oven to 160°C.
- Mash up 2 **bananas** with a fork. Cut the third **banana** in half lengthways and set aside.
- Grease a cake tin or line it with baking paper.

Tip: wrap the bananas in newspaper or store them next to an avocado to help them ripen up. If they're still too hard, you can purée them using a blender.

3. Bake

- Mix the **hazelnuts** and the rest of the **chocolate chips** into the batter.
- Add half of the batter to the melted **chocolate** and mix it together.
- Pour the chocolate batter into the cake tin first, then pour in the plain batter. Use a skewer or knife to stir through the batter to create a marble effect.
- Place the two **banana** halves on top of the batter and push them in a little bit.
- Put the banana bread in the oven for 45 - 55 minutes.

2. Make the batter

- Boil a shallow layer of water in a saucepan. Place a heat-resistant bowl over the pan and make sure it doesn't touch the water.
- Put 50g of **chocolate** in the bowl. Once the **chocolate** has melted fully, let it cool down a little.
- In a large bowl, mix the mashed **banana** with the **banana bread** mix, water and 100ml sunflower oil. Whisk everything together until the batter is smooth (you can use an electric whisk or mixer if preferred).
- Roughly chop the **hazelnuts**.

4. Serve

- Check if the banana bread is done by piercing it with a skewer – if it comes out dry then the cake is done.
- Take the banana bread out of the oven and leave it in the tin to cool down for 15 minutes before serving.

Enjoy!



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Breakfast box

Kick-start your day!

- 1 American Pancakes with Mango and Coconut
- 2 Ham & Herbed Cream Cheese Open-Faced Sandwiches
- 3 Greek Yogurt Bowl with Mango

American Pancakes with Mango and Coconut

topped with honey mascarpone | 2 servings

20 min.



Utensils

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

Ingredients for 2 servings

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

From your pantry

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

*store in the fridge

Nutritional values

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

Step 1.

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

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

Step 2.

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

Step 3.

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

Step 4.

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

Allergens

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



Ham & Herbed Cream Cheese Open-Faced Sandwiches

2 days of breakfast for 2 persons | 4 servings

10 min.



Utensils

-

Ingredients for 2 servings

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

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2556 /611	882 /211
Total fat (g)	24	8
of which saturated (g)	11,2	3,9
Carbohydrates (g)	59	20
of which sugars (g)	4,3	1,5
Fiber (g)	12	4
Protein (g)	34	12
Salt (g)	3,3	1,1

Allergens

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

Greek Yogurt Bowl with Mango

2 days of breakfast for 2 persons | 4 servings

10 min.



Utensils

-

Ingredients for 2 serving

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

From your pantry

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

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2151 /514	562 /134
Total fat (g)	35	9
of which saturated (g)	17,4	4,5
Carbohydrates (g)	26	7
of which sugars (g)	25,8	6,7
Fiber (g)	3	1
Protein (g)	18	5
Salt (g)	0,5	0,1

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

Enjoy!



Taco Box | Mexican Food Night

with shrimp, minced meat, homemade guac and mango salsa | 4 servings

Total time: 50 - 60 min.



Shrimp



Fresh coriander



Garlic



Scallions



Mexican-style spices



Bell pepper



Tomato paste



Farmer's mincemeat



Avocado



Lime



Mini tortillas



Organic crème fraîche



Grated cheddar



Corn



Mango



Tomato



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Utensils

2x bowl, small bowl, sieve, 2x frying pan, two small bowls

Ingredients for 4 servings

Shrimp* (g)	360
Fresh coriander* (g)	10
Garlic (unit(s))	2
Scallions* (bunch)	1
Mexican-style spices (sachet(s))	2
Bell pepper* (unit(s))	1
Tomato paste (can)	1
Farmer's mincemeat* (g)	300
Avocado (unit(s))	2
Lime* (unit(s))	2
Mini tortillas (unit(s))	12
Organic crème fraîche* (g)	150
Grated cheddar* (g)	75
Corn (g)	140
Mango* (unit(s))	1
Tomato (unit(s))	1
Shallot (unit(s))	2

From your pantry

[Reduced salt] soy sauce (tbsp)	1
Sunflower oil (tbsp)	2
Salt & pepper	to taste
<i>*store in the fridge</i>	

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	8180 /1955	618 /148
Total fat (g)	115	9
of which saturated (g)	38,4	2,9
Carbohydrates (g)	138	10
of which sugars (g)	43,2	3,3
Fibre (g)	23	2
Protein (g)	86	7
Salt (g)	8	0,6

Allergens

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1. Make the guacamole

- Preheat the oven to 180°C.
- Dice the **tomato**. Finely chop 1 **shallot** and 1 **garlic clove**.
- Halve and pit the **avocado**, then remove the skin. Transfer the flesh to a bowl and mash well.
- Juice half of a **lime** in the bowl.
- Add the **tomato, shallot** and **garlic** to the **avocado**. Season with salt and pepper and mix well.



4. Make the creamy shrimp

- Heat 1 tbsp of sunflower oil in a frying pan over medium-high heat. Add the rest of the white parts of the **scallions** and fry for 2 - 3 minutes.
- Add the **shrimp** and the rest of the **Mexican spices** and fry for 2 - 3 minutes.
- Add 50g of **crème fraîche** and the rest of the **coriander**, then season with salt and pepper.
- Cut half of the remaining **lime** into wedges and set aside. Juice the other half into the pan.



2. Make the mango salsa

- Peel and dice the **mango**.
- Finely chop the rest of the **shallot** and **garlic clove**.
- Finely chop the **coriander**.
- Mix the **mango, shallot, garlic** and half of the **coriander** in a bowl. Juice half of a **lime** in the bowl and season with salt and pepper.



5. Prepare the toppings

- Warm the **tortillas** in a preheated oven at 180°C for 2 - 4 minutes.
- Add the **cheddar** and the rest of the **crème fraîche** to separate small bowls.



3. Fry the mince

- Dice the **bell pepper**. Finely chop the **scallions** and set aside the green parts in a small bowl to use as a garnish later.
- Heat 1 tbsp of sunflower oil in a frying pan over medium-high heat. Add half of the white parts of the **scallions** and fry for 2 - 3 minutes.
- Add the **minced meat** and fry for 3 - 4 minutes, then add the **tomato paste, bell pepper, 1 sachet of Mexican spices*** and **soy sauce**.
- Drain the **corn**, then add it to the pan along with 2 tbsp of water and simmer for 6 - 8 minutes. Season with salt and pepper.

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



6. Serve

- Serve the **minced meat** and **shrimp** in serving dishes in the middle of the table.
- Do the same with the **guacamole** and **mango salsa**, as well as the **tortillas, crème fraîche, cheese**, green parts of the **scallions** and **lime wedges**.
- Let everyone build their own tacos and enjoy!

Enjoy!

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Utensils

Blender or an immersion blender with a tall container

Ingredients

Mango* (unit(s))	2
Organic full-fat yogurt* (g)	100
Organic semi-skimmed milk* (ml)	200
Desiccated coconut (g)	10

From your pantry

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

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1096 /262	288 /69
Total fat (g)	7	2
of which saturated (g)	5	1,3
Carbohydrates (g)	39	10
of which sugars (g)	38,4	10,1
Fibre (g)	4	1
Protein (g)	7	2
Salt (g)	0,2	0

Allergens

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Mango Lassi Smoothie

with fresh yogurt | 2 servings



Breakfast Total time: 10 min.



1. Prepare

- Peel and dice the **mango**.

2. Blend

- Put the **mango** in a blender (or tall container, if you're using an immersion blender).
- Add the **yogurt** and **milk**, then blend until smooth.

3. Finish

- Mix some honey through the smoothie to taste.

4. Serve

- Pour the smoothie into two glasses and garnish with the **desiccated coconut**.

Enjoy!



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Utensils

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

Ingredients

Mini tortillas (unit(s))	4
Egg* (unit(s))	4
Tomato (unit(s))	2
Fresh coriander* (g)	10
Greek-style cheese* (g)	100
Avocado (unit(s))	1
Lime* (unit(s))	1
Mexican-style spices (sachet(s))	1
From your pantry	
Olive oil (tbsp)	1
Extra virgin olive oil (tbsp)	1
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3113 /744	746 /178
Total fat (g)	54	13
of which saturated (g)	15,6	3,7
Carbohydrates (g)	36	9
of which sugars (g)	5,7	1,4
Fibre (g)	6	1
Protein (g)	30	7
Salt (g)	2,6	0,6

Allergens

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Breakfast Tortillas with Avocado and Fried Eggs

with tomato salsa and Greek-style cheese | 2 servings



Breakfast Total time: 15 min.



1. Make the salsa

- Preheat the oven to 180°C.
- Dice the **tomato**.
- Finely chop the **coriander**. Cut the **lime** into 6 wedges.
- In a bowl, combine the extra virgin olive oil with the **tomato**, the **coriander**, and the juice of 2 **lime wedges**. Season to taste with salt and pepper, then set aside.

2. Fry the eggs

- Heat the olive oil in a frying pan and fry the **eggs**.
- Transfer the **tortillas** to a parchment-lined baking sheet.
- Sprinkle the **tortillas** with some water, then sprinkle half of the **Mexican-style spices*** on top.
- Warm the **tortillas** in the oven for 2 - 4 minutes.

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

3. Prepare the toppings

- Halve and pit the **avocado**, then remove the skin and slice the flesh.
- Transfer the **avocado** slices to a plate and sprinkle with the rest of the **Mexican-style spices**. Season to taste with salt and pepper.
- Crumble the **Greek-style cheese** into a small bowl.

4. Serve

- Serve the **tortillas** on plates.
- Top with the fried **egg**, the **tomato salsa**, the **avocado**, and the **Greek-style cheese**.
- Serve with the rest of the **lime wedges**.

Enjoy!



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Utensils

Bowl, deep plate, frying pan or grill pan, kitchen paper

Ingredients

Shrimp* (g)	360
Curry powder (sachet(s))	1
Garam Masala (sachet(s))	½
Lime* (unit(s))	1
Mango chutney* (g)	80
Organic full-fat yogurt* (g)	50
From your pantry	
Sunflower oil (tbsp)	1
Flour (tbsp)	1
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	353 /84
Total fat (g)	2
of which saturated (g)	0,4
Carbohydrates (g)	7
of which sugars (g)	4,8
Fibre (g)	1
Protein (g)	9
Salt (g)	0,6

Allergens

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

Tandoori-Style Marinated Shrimp

with mango chutney and lime | to share



Appetizer Total time: 20 min.



1. Make the marinade

- Cut the **lime** into 6 wedges.
- In a bowl, combine the **yogurt**, **curry powder**, **garam masala***, and the juice of 2 **lime wedges** to make a marinade.
- Season to taste with salt and pepper.

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

2. Marinate the shrimp

- Transfer the flour to a deep plate. Pat the **shrimp** dry with kitchen paper and then coat it with flour.
- Transfer the **shrimp** to the marinade.
- Mix well, being sure to fully cover the **shrimp**.
- Set aside and marinate the **shrimp** for at least 10 minutes (see Tip).

Tip: the shrimp will absorb more flavour the longer you marinate them. If you have time, prepare the marinade in the morning and keep in the fridge so as to allow the shrimp to marinate all day.

3. Fry the shrimp

- Heat the sunflower oil in a grill pan or frying pan over high heat.
- Add the **shrimp** to the pan and fry for 2 - 3 minutes, until the **shrimp** are done.

4. Serve

- Serve the **shrimp** with the **mango chutney** on the side and garnish with the rest of the **lime wedges**.

Enjoy!



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Utensils

Ingredients

Greek yogurt* (g)	1300
Granola (pack)	1
Blueberries* (g)	250
Mango* (unit(s))	1
Apple* (unit(s))	2
Raspberries* (g)	125

From your pantry

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

*store in the fridge

Nutritional values

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

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

Allergens

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

Granola & Greek Yogurt Variations

with fresh raspberries, blueberries, mango and apple



Monday to Friday | Total time: 10 min. | Breakfast for two, for five days



Good morning!

If you're looking for a quick and easy way to add more variety to your breakfasts throughout the week, our breakfast boxes are just the ticket. On the recipe card, you'll find three different ways to enjoy granola with creamy Greek yogurt and fresh fruit, plus some tips for how to turn your breakfast into a smoothie or smoothie bowl.

Option 1: Mango & blueberry (2 portions)

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

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

Option 2: Apple & blueberry (4 portions)

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

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

Option 3: Raspberry & blueberry (4 portions)

- Serve 130g **Greek-style yogurt** per person in deep bowls (see Tip).
- Top with 50g **granola** per person.
 - Garnish with 1 tbsp **raspberries** and 1 tbsp **blueberries** per person.

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

Enjoy

Before you begin

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

Utensils

Bowl, frying pan, whisk

Ingredients

Blueberries* (g)	125
Banana (unit(s))	4
Egg* (unit(s))	6
Ground cinnamon (tsp)	3
Desiccated coconut (g)	40
From your pantry	
Sunflower oil (tbsp)	1
Honey [or plant-based alternative] (tbsp)	1
Flour (tbsp)	1
Salt (tsp)	1

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3188 /762	592 /141
Total fat (g)	38	7
of which saturated (g)	17,2	3,2
Carbohydrates (g)	71	13
of which sugars (g)	54,5	10,1
Fibre (g)	11	2
Protein (g)	27	5
Salt (g)	3	0,6

Allergens

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

Banana Pancakes

with blueberries, cinnamon & honey | 2 servings



Weekend recipe Total time: 25 min.



1. Prepare

- Mash three **bananas** in a bowl (see Tip).
- Slice the other **banana** and set aside to use later.

Tip: it's best to use ripe bananas for this recipe, but if yours aren't ripe yet, feel free to put them through the blender first to speed things up.

2. Make the batter

- Add the **eggs, cinnamon, flour** and a pinch of salt to the mashed **bananas** and whisk into a batter.
- Add three-quarters of the **blueberries** and half of the grated **coconut** (see Tip) and mix well to combine.

Tip: if you're not a fan of blueberries or coconut, go ahead and leave them out. Just add 1 **tbsp flour** to replace the coconut.

3. Fry the pancakes

- Heat the sunflower oil in a frying pan over medium-high heat.
- Use a ladle to pour the batter into the pan, then fry the pancakes for 2 minutes on each side.
- Repeat until the rest of the batter is used up. Add some more oil to the pan if needed.

4. Serve

- Stack the pancakes on top of each other and garnish with the rest of the grated **coconut**.
- Top with the rest of the **blueberries** and the rest of the **banana**.
- Drizzle over some honey to finish.

Enjoy!

Smoothie box

Kick-start your day!

- 1** Banana & Peanut Butter Smoothie Bowl
with chia seeds & almonds
- 2** Mango & Raspberry Smoothie
with coconut milk and chia seeds
- 3** Green Booster Smoothie
with mango, cucumber and spinach

Banana & Peanut Butter Smoothie Bowl

with chia seeds & almonds | 2 servings

10 min.



Utensils

Blender or an immersion blender with a tall container

Ingredients for 2 servings

Banana* (unit(s))	2
Organic semi-skimmed milk* (ml)	200
Peanut butter (tub)	3
Organic full-fat yogurt* (g)	100
Chia seeds (g)	10
Shaved almonds (g)	10
From your pantry	
Honey	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1234 / 295	676 / 162
Total fat (g)	21	11
of which saturated (g)	5	2,7
Carbohydrates (g)	12	7
of which sugars (g)	8,5	4,7
Fiber (g)	3	1
Protein (g)	13	7
Salt (g)	0,3	0,2

- 1.** Slice the **banana**.
 - 2.** Set aside the **chia seeds** and **almonds** to use later as garnish, then transfer the **banana, milk, peanut butter** and **yogurt** to a blender (or to a tall container if you're using an immersion blender). Blend into a uniformly thick smoothie (see Tip).
- Tip:** add a splash of water as necessary if the smoothie is too thick.
- 3.** If you'd prefer the smoothie to be sweeter, add some honey as preferred and blend to incorporate.
 - 4.** Pour the smoothie into bowls or deep plates. Garnish with the **chia seeds** and **shaved almonds**.

Allergens

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

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



Mango & Raspberry Smoothie

with coconut milk and chia seeds | 2 servings

5 min.



Utensils

Blender or immersion blender, tall container, small bowl

Ingredients for 2 servings

Coconut milk (ml)	250
Raspberries* (g)	125
Mango* (unit(s))	1
Lime* (unit(s))	½
Chia seeds (g)	10

From your pantry

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

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1418 /339	438 /105
Total fat (g)	23	7
of which saturated (g)	18,9	5,8
Carbohydrates (g)	25	8
of which sugars (g)	20,3	6,3
Fiber (g)	6	2
Protein (g)	4	1
Salt (g)	0	0

1. Peel the **mango** and dice the flesh. Juice half of the **lime** into a small bowl.

2. Set aside the **chia seeds** to use later as garnish, then transfer the **mango, coconut milk, lime juice** and **raspberries** to a blender (or to a tall container if you're using an immersion blender). Blend into a uniformly thick smoothie.

3. If you would like the smoothie to be sweeter, add some honey as preferred and blend to combine.

4. Pour the smoothie into glasses and garnish with the **chia seeds**.

Allergens

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

Green Booster Smoothie

with mango, cucumber and spinach | 2 servings

5 min.



Utensils

Blender or immersion blender, tall container

Ingredients for 2 serving

Coconut milk (ml)	250
Banana* (unit(s))	2
Cucumber* (unit(s))	1
Mango* (unit(s))	1
Spinach* (g)	100
Lime* (unit(s))	½

From your pantry

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

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1293 /309	346 /83
Total fat (g)	22	6
of which saturated (g)	18,8	5
Carbohydrates (g)	21	6
of which sugars (g)	18,3	4,9
Fiber (g)	4	1
Protein (g)	4	1
Salt (g)	0	0

1. Chop the **cucumber** into small pieces. Peel two **bananas** and chop them up. Peel the **mango** and cut the flesh into small pieces (see Tip).

2. Squeeze half a lime into a blender or a jug/tall beaker (if you're using an immersion blender). Add the **mango, banana, spinach, cucumber** and **coconut milk**. Blend until you have a thick smoothie.

3. Add some honey to taste and blend the smoothie briefly one more time to mix it through.

4. Pour the smoothie into two glasses.

Enjoy!

Allergens

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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

*store in the fridge

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.

Fresh Tomato Soup with Homemade Tomato-Mozzarella Bread

with Italian seasoning and basil | 3 - 4 servings

Lunch Total time: 20 min.



1. Prepare

- Preheat the oven to 220°C.
- Cut the **demi-baguettes** in half lengthways.
- Finely chop the **basil**.
- In a small bowl, 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

- Cut the **tomatoes** in half.
- 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!



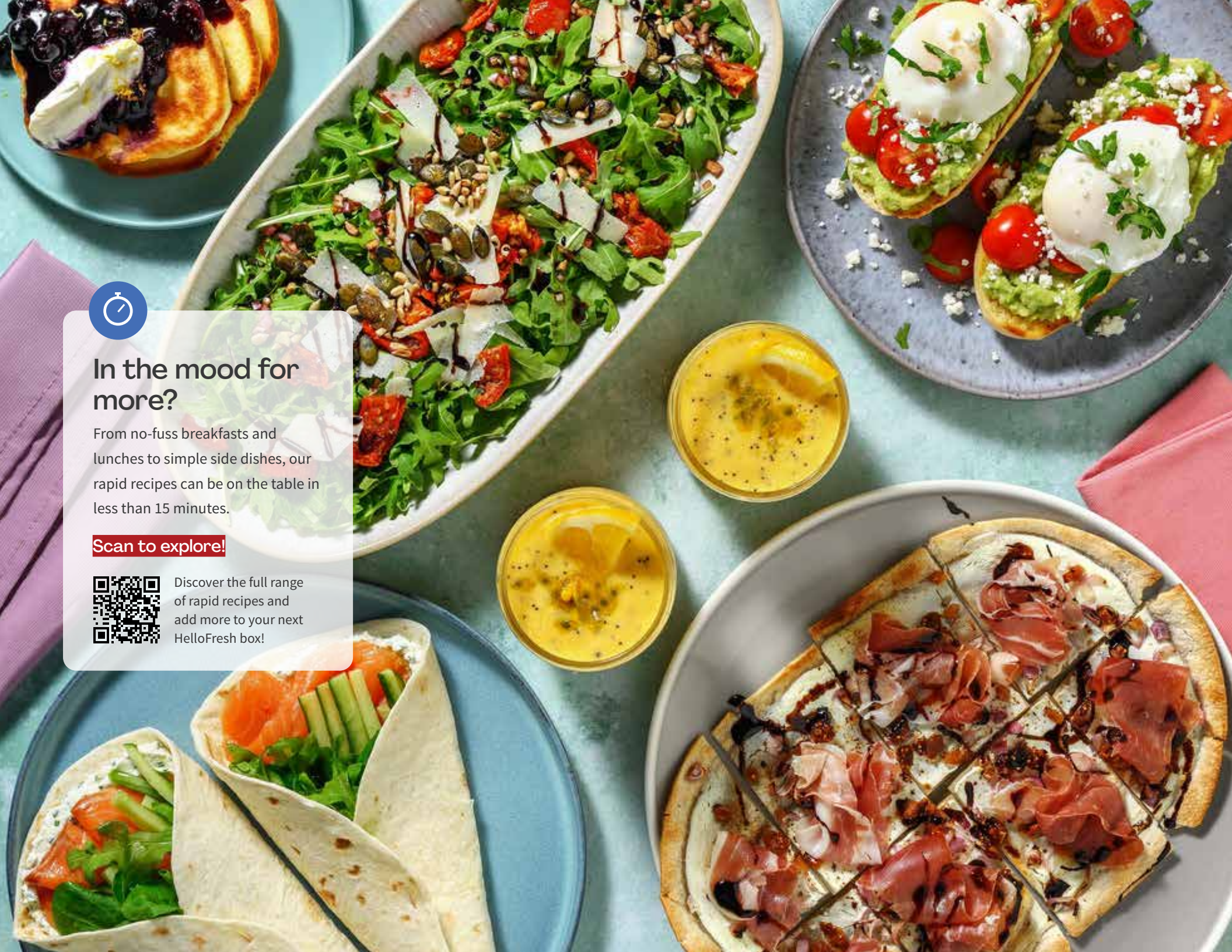
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Before you begin

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

Utensils

Parchment-lined baking sheet, small bowl, soup pot

Ingredients

White demi-baguette (unit(s))	2
Fresh basil* (g)	10
Passata (g)	200
Italian seasoning (sachet(s))	1
Mini Roma tomatoes (g)	200
Mozzarella* (ball(s))	1
Fresh tomato soup with meatballs* (ml)	1000

From your pantry

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

*store in the fridge

Nutritional values

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

Allergens

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

Fresh Tomato Soup with Meatballs and Homemade Tomato-Mozzarella Bread

with Italian seasoning and fresh basil | 3 - 4 servings

Lunch Total time: 20 min.



1. Prepare

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

2. Top the baguette

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

3. Bake the bread

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

4. Warm up the soup and serve

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

Enjoy!





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Before you begin

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Utensils

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

Ingredients

White ciabatta (unit(s))	2
Avocado (unit(s))	1
Egg* (unit(s))	4
Smoked salmon* (g)	1
Lemon mayonnaise with black pepper* (g)	50
Cress* (g)	20
From your pantry	
White wine vinegar (tsp)	2
Olive oil (tbsp)	½
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3235 /773	872 /208
Total fat (g)	50	14
of which saturated (g)	8,2	2,2
Carbohydrates (g)	41	11
of which sugars (g)	1,8	0,5
Fibre (g)	4	1
Protein (g)	36	10
Salt (g)	2,3	0,6

Allergens

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

Avocado, Smoked Salmon & Poached Eggs on Toast

with lemon mayonnaise | 2 servings



Lunch Total time: 20 min.



1. Prepare the avocado

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

2. Toast the bread

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

3. Poach the eggs

- Boil plenty of water in a large pan. Add the white wine vinegar once the water is boiling.
- Crack the **eggs** into individual glasses. Stir the water so that you have a whirlpool.
- Carefully drop one **egg** at a time into the water and lower the heat to medium-low.
- Boil for 2 - 3 minutes or until the egg whites are set. Use a slotted spoon to carefully remove the **eggs** from the pan and let them rest on a plate lined with a paper towel.

4. Serve

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

Enjoy!



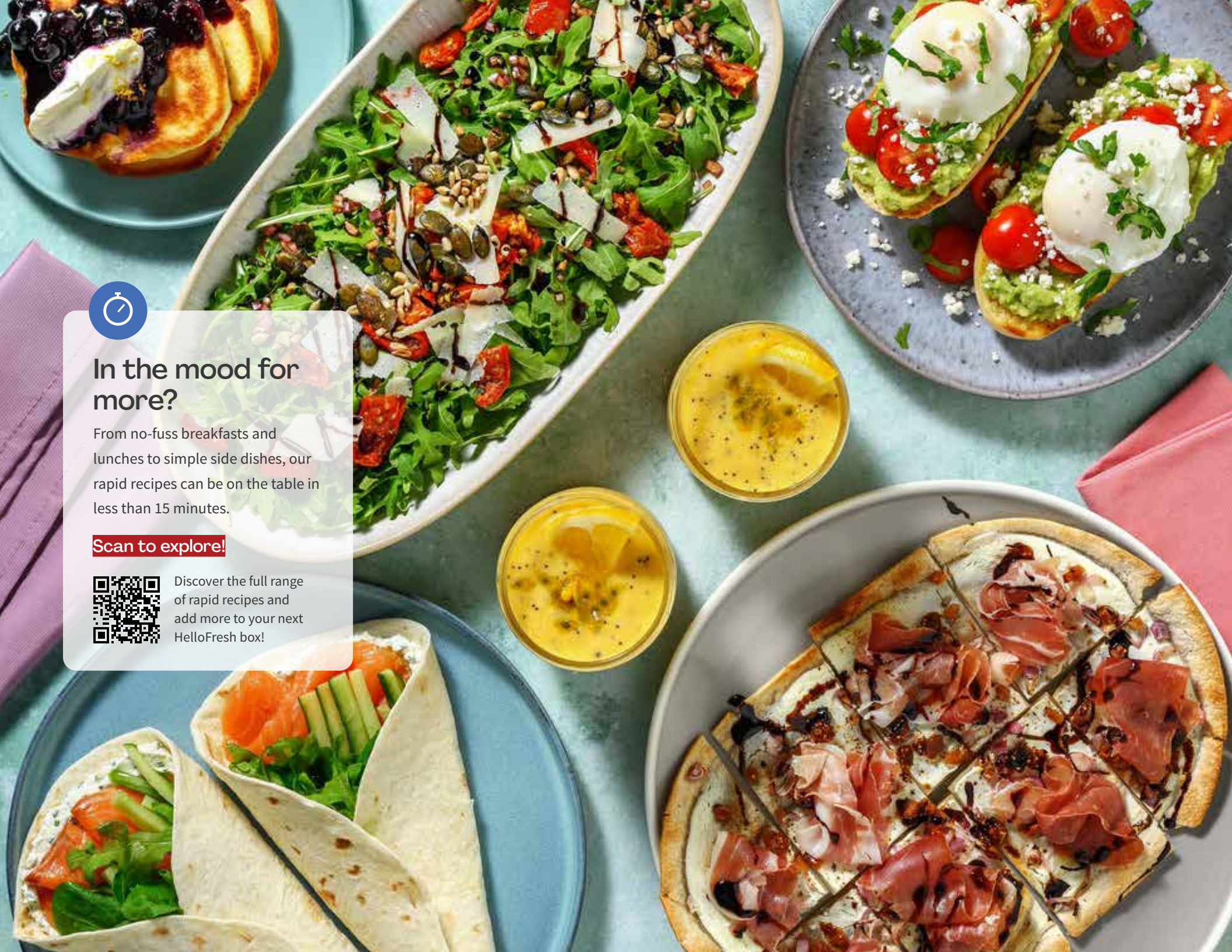
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Utensils

Parchment-lined baking sheet, saucepan, heatproof bowl

Ingredients

Dried cranberries (g)	20
Pistachio nuts (g)	40
Chocolate chips (g)	200
Shaved almonds (g)	20

From your pantry

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

**store in the fridge*

Nutritional values

	Per 100g
Energy (kJ/kcal)	2355 /563
Total fat (g)	36
of which saturated (g)	16,6
Carbohydrates (g)	48
of which sugars (g)	41,8
Fibre (g)	4
Protein (g)	9
Salt (g)	0,1

Allergens

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

Chocolate Bark

with pistachios, cranberries and almond flakes | sharing



Dessert Total time: 70 min.



1. Prepare

- Roughly chop the **pistachios**.
- Roughly chop the **cranberries**.

2. Melt the chocolate

- Boil a shallow layer of water in a saucepan, then place a heat-resistant bowl on top, making sure it doesn't touch the water.
- Add the **chocolate chips** and allow to melt while stirring.
- Transfer the **chocolate** to a parchment-lined baking sheet and spread it out to create an even layer.

3. Add the toppings

- Scatter the **pistachios, cranberries** and **almond** flakes on top of the **chocolate**. Add a pinch of salt to taste.
- Transfer the **chocolate** bark to the refrigerator.
- Chill for at least one hour or overnight.

4. Serve

- Remove the **chocolate** bark from the refrigerator 5 minutes before serving.
- Roughly cut into smaller pieces.

Enjoy!



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Utensils

Parchment-lined baking sheet, large bowl, frying pan

Ingredients

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

*store in the fridge

Nutritional values

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

Allergens

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

Loaded Nachos with Minced Meat

with homemade guacamole, jalapeños and cheddar | 4 servings



Appetizer Total time: 15 – 20 min.



1. Prepare

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

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

2. Chop

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

3. Make the guacamole

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

4. Serve

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

Enjoy!



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Before you begin

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Utensils

Bowl

Ingredients

Flour tortillas (unit(s))	4
Mango chutney* (g)	40
Avocado (unit(s))	1
Hot smoked salmon flakes* (g)	150
Fresh mint* (g)	10
Little gem* (unit(s))	1
Lemon mayonnaise with black pepper* (g)	50

From your pantry

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2849 / 681	877 / 210
Total fat (g)	40	12
of which saturated (g)	5,5	1,7
Carbohydrates (g)	53	16
of which sugars (g)	9,3	2,9
Fibre (g)	6	2
Protein (g)	26	8
Salt (g)	1,9	0,6

Allergens

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

Smoked Salmon Wraps

with mint and mango & avocado salsa | 2 servings



Lunch Total time: 10 min.



1. Prepare

- Halve and pit the **avocado**, then remove the skin and dice the flesh.
- Discard the **mint** stalks and finely chop the leaves.

2. Make the salsa

- Mix the diced **avocado** with the chopped **mint** and the **mango chutney** in a bowl.
- Season to taste with salt and pepper.

3. Prepare the salmon

- Mix the **salmon flakes** with the **lemon mayonnaise**.

4. Serve

- Divide the **lettuce** leaves over the **tortillas**.
- Spread the **salmon** on top.
- Garnish with the avocado salsa, and then roll up the **tortillas** (see Tip).

Tip: you can also wrap the tortillas in aluminium foil for lunch on-the-go!

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, small bowl

Ingredients

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

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	406 /97
Total fat (g)	5
of which saturated (g)	3,3
Carbohydrates (g)	11
of which sugars (g)	1,1
Fibre (g)	1
Protein (g)	3
Salt (g)	0,7

Allergens

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

Soup

You can find the soup instructions on the packaging.

Fresh Red Curry Soup with Tomato-Mozzarella Bread

with Italian herbs and fresh basil



Lunch Total time: 20 min.



1. Prepare

- Preheat the oven to 220°C.
- Cut the **demi-baguettes** in half lengthways.
- Finely chop the **basil**.
- In a small bowl, 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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Utensils

Bowl, mixing bowl, rolling pin, saucepan, frying pan

Ingredients

Flour (g)	200
Greek yogurt* (g)	350
Baking powder (g)	16
Garlic (unit(s))	2
Fresh coriander & mint* (g)	20
Mango chutney* (g)	160
Garam Masala (sachet(s))	½
Fresh Indian dahl soup* (ml)	1000
From your pantry	
[Plant-based] butter (tbsp)	2
Honey [or plant-based alternative] (tbsp)	½
White wine vinegar (tsp)	1
Flour	for dusting
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	548 / 131
Total fat (g)	6
of which saturated (g)	3,8
Carbohydrates (g)	17
of which sugars (g)	5,0
Fibre (g)	2
Protein (g)	4
Salt (g)	0,8

Allergens

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

Soup

You can find the soup instructions on the packaging.

Homemade Naan with Garlic and Coriander

with fresh raita and mango chutney | to share



Appetizer Total time: 45 min.



1. Make the dough

- Add 200g of **flour**, the **baking powder**, 230g of **Greek yogurt**, and 0.25 tsp salt to a mixing bowl.
- Knead for 1 minute, until it comes together into a sticky ball (see Tip).
- Rest the dough during the next step.

Tip: you want a sticky but manageable dough. If it's dry, add a little more yogurt; if it's too wet to roll, add a little flour.

3. Finish the naan

- Divide the dough into 6 equal balls.
- Dust a rolling pin and the rolling surface with **flour**.
- Roll each ball out onto the rolling surface into a thin, 15-20cm diameter naan.
- Heat a clean frying pan over high heat. When the pan is nice and hot, cook each naan for 2 minutes per side, until lightly golden spots appear and the naan puffs up.

2. Make the sauces

- Thinly slice the **garlic**.
- Finely chop the **fresh herbs**, making sure to keep them separate.
- Melt the butter in a saucepan, then remove from the heat and add the **garlic** and **coriander**. Stir together and season to taste with salt and pepper.
- In a bowl, mix half of the **mango chutney** with the rest of the **yogurt**, **garam masala***, **mint**, white wine vinegar, and honey. Season to taste with salt and pepper.

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

4. Serve

- When the naans are done, brush them with the **garlic coriander butter**.
- Serve the naans with the **yogurt sauce** and the **mango chutney** on the side.

Enjoy!



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Before you begin

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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

Bowl, frying pan, whisk

Ingredients

Blueberries* (g)	125
Banana (unit(s))	4
Egg* (unit(s))	6
Ground cinnamon (tsp)	3
Desiccated coconut (g)	40
From your pantry	
Sunflower oil (tbsp)	1
Honey (tbsp)	1
Flour (tbsp)	1
Salt (tsp)	1

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3188 / 762	592 / 141
Total fat (g)	38	7
of which saturated (g)	17,2	3,2
Carbohydrates (g)	71	13
of which sugars (g)	54,5	10,1
Fibre (g)	11	2
Protein (g)	27	5
Salt (g)	3	0,6

Allergens

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

Banana Pancakes

with blueberries, cinnamon & honey | 2 servings



Breakfast Total time: 25 min.



1. Prepare

- Mash three **bananas** in a bowl (see Tip).
- Slice the other **banana** and set aside to use later.

Tip: it's best to use ripe bananas for this recipe, but if yours aren't ripe yet, feel free to put them through the blender first to speed things up.

2. Make the batter

- Add the **eggs, cinnamon, flour** and a pinch of salt to the mashed **bananas** and whisk into a batter.
- Add three-quarters of the **blueberries** and half of the grated **coconut** (see Tip) and mix well to combine.

Tip: if you're not a fan of blueberries or coconut, go ahead and leave them out. Just add 1 tbsp flour to replace the coconut.

3. Fry the pancakes

- Heat the sunflower oil in a frying pan over medium-high heat.
- Use a ladle to pour the batter into the pan, then fry the pancakes for 2 minutes on each side.
- Repeat until the rest of the batter is used up. Add some more oil to the pan if needed.

4. Serve

- Stack the pancakes on top of each other and garnish with the rest of the grated **coconut**.
- Top with the rest of the **blueberries** and the rest of the **banana**.
- Drizzle over some honey to finish.

Enjoy!



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Before you begin

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Utensils

Frying pan, two small bowls

Ingredients

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

From your pantry

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

*store in the fridge

Nutritional values

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

Allergens

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

Chicken Gyros on Turkish Bread

with garlic yogurt sauce, feta & tomato | 2 servings



Lunch Total time: 10 min.



1. Prepare

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

2. Fry the chicken

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

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

3. Make the quick-pickled onion

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

4. Serve

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

Enjoy!



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Utensils

Parchment-lined baking sheet, small bowl

Ingredients

Flammekueche* (unit(s))	2
Serrano ham* (g)	80
Shallot (unit(s))	1
Organic sour cream* (g)	100
Chopped dried fig (g)	40
Crema di balsamico (ml)	16

From your pantry

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1874 /448	779 /186
Total fat (g)	10	4
of which saturated (g)	4,4	1,8
Carbohydrates (g)	63	26
of which sugars (g)	18	7,5
Fibre (g)	3	1
Protein (g)	23	9
Salt (g)	3,1	1,3

Allergens

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

Serrano Ham Flammekueche

with dried figs & crema di balsamico | 2 servings



Appetizer Total time: 15 - 20 min.



1. Prepare

- Preheat the oven to 220°C.
- Transfer the **flammekueche** to a parchment-lined baking sheet.
- In a small bowl, soak the **dried figs** in some water and set aside until use.
- Slice the **shallot** into half rings.

2. Top the flammekueche

- Spread the **sour cream** over the flammekueche and top with the **shallot**.

3. Bake

- Bake the flammekueche in the oven for 8 - 10 minutes until golden brown.
- Top with the **dried figs** during the final 2 minutes of cooking.

4. Serve

- Slice the flammekueche and top with the **Serrano ham**.
- Drizzle over the **crema di balsamico** and serve.

Enjoy!



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Utensils

Bowl, peeler or cheese slicer

Ingredients

Smoked salmon* (g)	120
White ciabatta (unit(s))	2
Herbed cream cheese* (g)	75
[Persian] cucumber* (unit(s))	1
Onion (unit(s))	½

From your pantry

White wine vinegar (tsp)	2
Sugar (tsp)	2
Salt & pepper	to taste

**store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2016 / 482	740 / 177
Total fat (g)	22,2	8,1
of which saturated (g)	9,3	3,4
Carbohydrates (g)	45,9	16,8
of which sugars (g)	7,6	2,8
Fibre (g)	2,3	0,8
Protein (g)	23,3	8,5
Salt (g)	1,9	0,7

Allergens

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

Cold-Smoked Salmon Sandwich

with herbed cream cheese, quick-pickled cucumber and onion

2 servings

Lunch Total time: 10 min.



1. Prepare

- Preheat the oven to 200°C.
- Use a vegetable peeler or **cheese** slicer to slice the **cucumber** into thin ribbons.
- Slice the **onion** into half rings.

2. Prepare the cucumber and onion

- In a bowl, mix the white wine vinegar with the sugar and add the **cucumber** and **onion**.
- Season with salt, mix everything together and set aside until further use.
- Stir now and again so that the flavours can combine well.

3. Bake the bread

- Put the **ciabatta** in the oven for 4 - 5 minutes.

4. Serve

- Cut the **ciabatta** open and spread the herbed **cream cheese** over the bottom half.
- Top with the **smoked salmon**, followed by the quick-pickled **cucumber** and **onion**.

Enjoy!



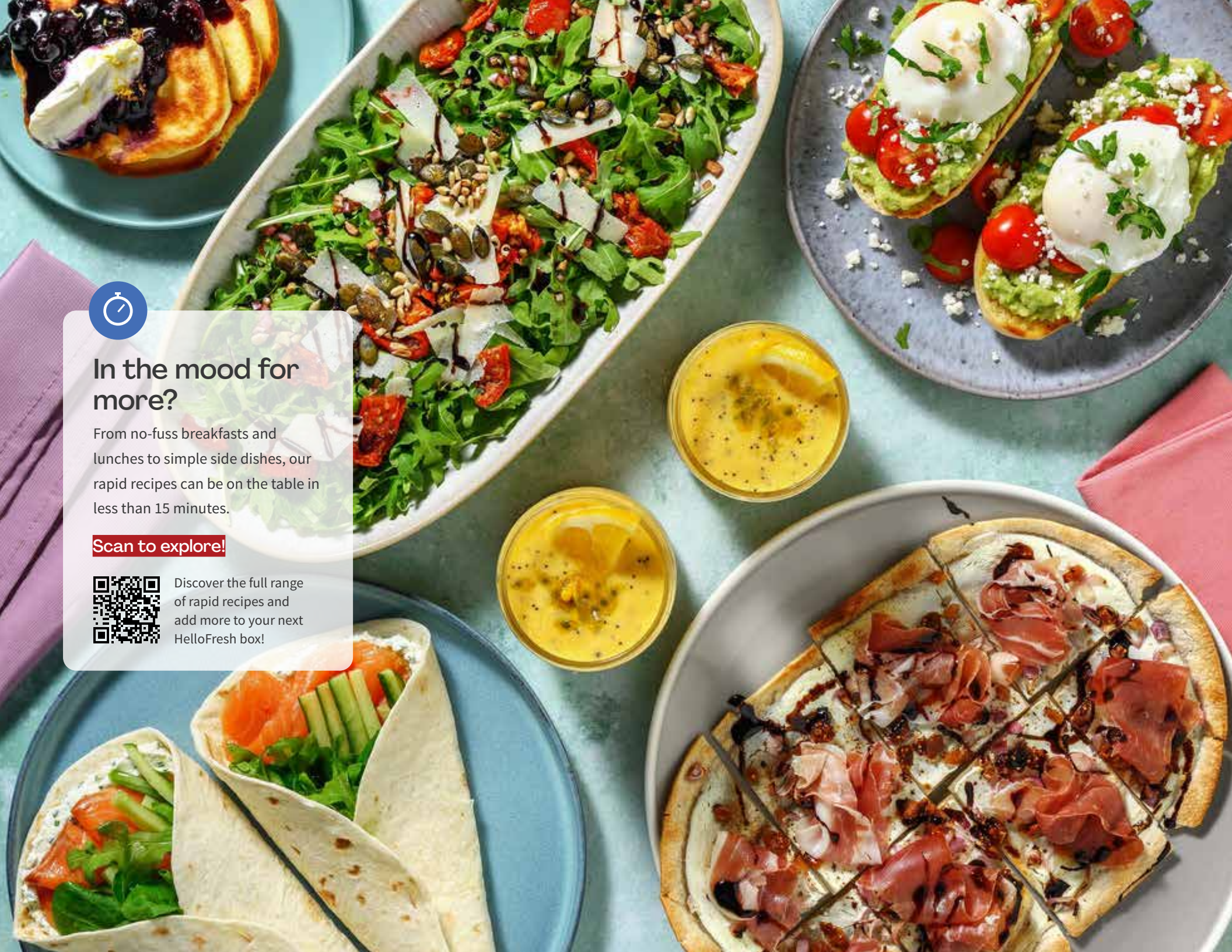
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Utensils

Grater, lidded pot or saucepan, saucepan

Ingredients

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

*store in the fridge

Nutritional values

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

Allergens

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

Ravioli in Creamy Mascarpone-Tomato Sauce

with fresh basil & Parmigiano Reggiano | 2 servings



Lunch Total time: 15 - 20 min.



1. Prepare

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

2. Heat the sauce

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

3. Prepare the toppings

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

4. Serve

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

Enjoy!



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Before you begin

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Utensils

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.

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**.

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.

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

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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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Utensils

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

Ingredients

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

From your pantry

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

*store in the fridge

Nutritional values

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

Allergens

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

Apple Pie French Toast

with lemon whipped cream and speculaas pieces | 2 servings



Breakfast Total time: 25 min.



1. Prepare

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

2. Make the apple sauce

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

3. Fry the French toast

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

4. Serve

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

Enjoy!



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

Utensils

Grill pan, small bowl

Ingredients

Hamburger bun with sesame seeds (unit(s))	2
Hamburger from Meatier* (unit(s))	2
Sliced jalapeños* (g)	30
Feta* (g)	50
Onion (unit(s))	1
Avocado (unit(s))	1
Tomato (unit(s))	1
Lime* (unit(s))	1
Sriracha mayo* (g)	50

From your pantry

Salt & pepper to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3327 /795	792 /189
Total fat (g)	53	12,6
of which saturated (g)	15,5	3,7
Carbohydrates (g)	44,6	10,6
of which sugars (g)	8,1	1,9
Fibre (g)	8	1,9
Protein (g)	32,4	7,7
Salt (g)	3,4	0,8

Allergens

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

Mexican-Style Burger with Homemade Guacamole

with feta and jalapeños | 2 servings



Lunch Total time: 20 min.



1. Prepare

- Halve and pit the **avocado**, then remove the skin. Transfer the flesh to a small bowl and mash well.
- Finely chop the **onion**, dice the **tomato** and add them to the bowl.
- Juice the **lime** and mix well with the **avocado, tomato** and **onion**. Season with salt and pepper.

2. Grill

- Preheat the barbecue (see Tip).
- Cut the **buns** open, but not completely in half, then place them face-down on the barbecue and toast for 3 - 5 minutes, or until they're lightly browned.
- Grill the **burgers** for 4 - 6 minutes until done.

Tip: you can also toast the buns and grill the burgers in a pan. The preparation method will remain the same.

3. Assemble

- Spread the homemade guacamole over the bottom halves of the **buns**.
- Add the grilled burgers.
- Spread the **sriracha mayo** on the top halves.

4. Serve

- Crumble the **feta** on top of the **burgers**.
- Garnish with the **jalapeños***

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

Enjoy!



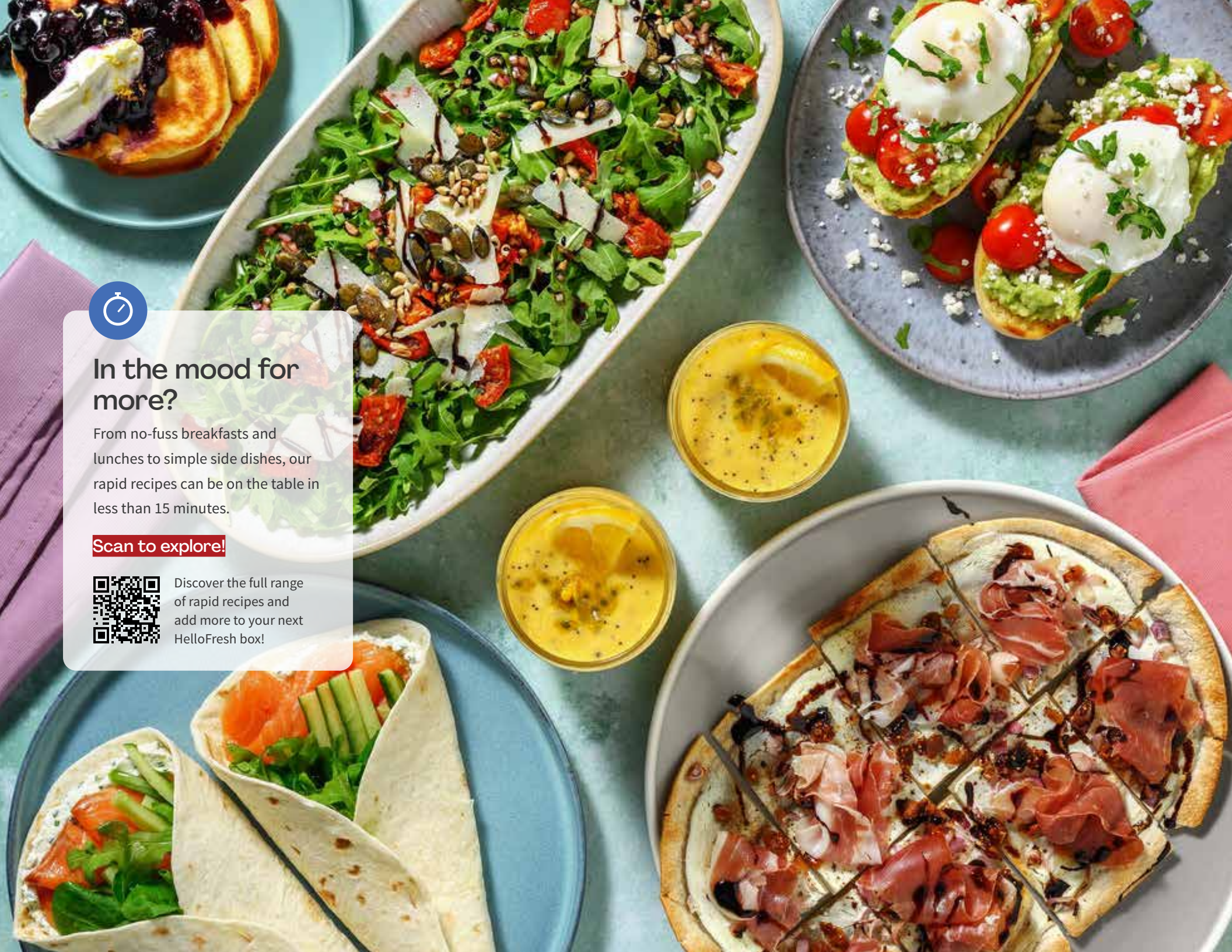
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Before you begin

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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

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Utensils

Ingredients

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

*store in the fridge

Nutritional values

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

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

Allergens

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

Greek Yogurt and Fresh Fruit Breakfast Bowls

with three variations of toppings | 2 servings per day



Breakfast Total time: 5 min.



1. Greek yogurt with blueberries and desiccated coconut

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

2. Greek yogurt with apple and pecan nuts

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

3. Greek yogurt with orange, cranberries and walnuts

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

Enjoy!



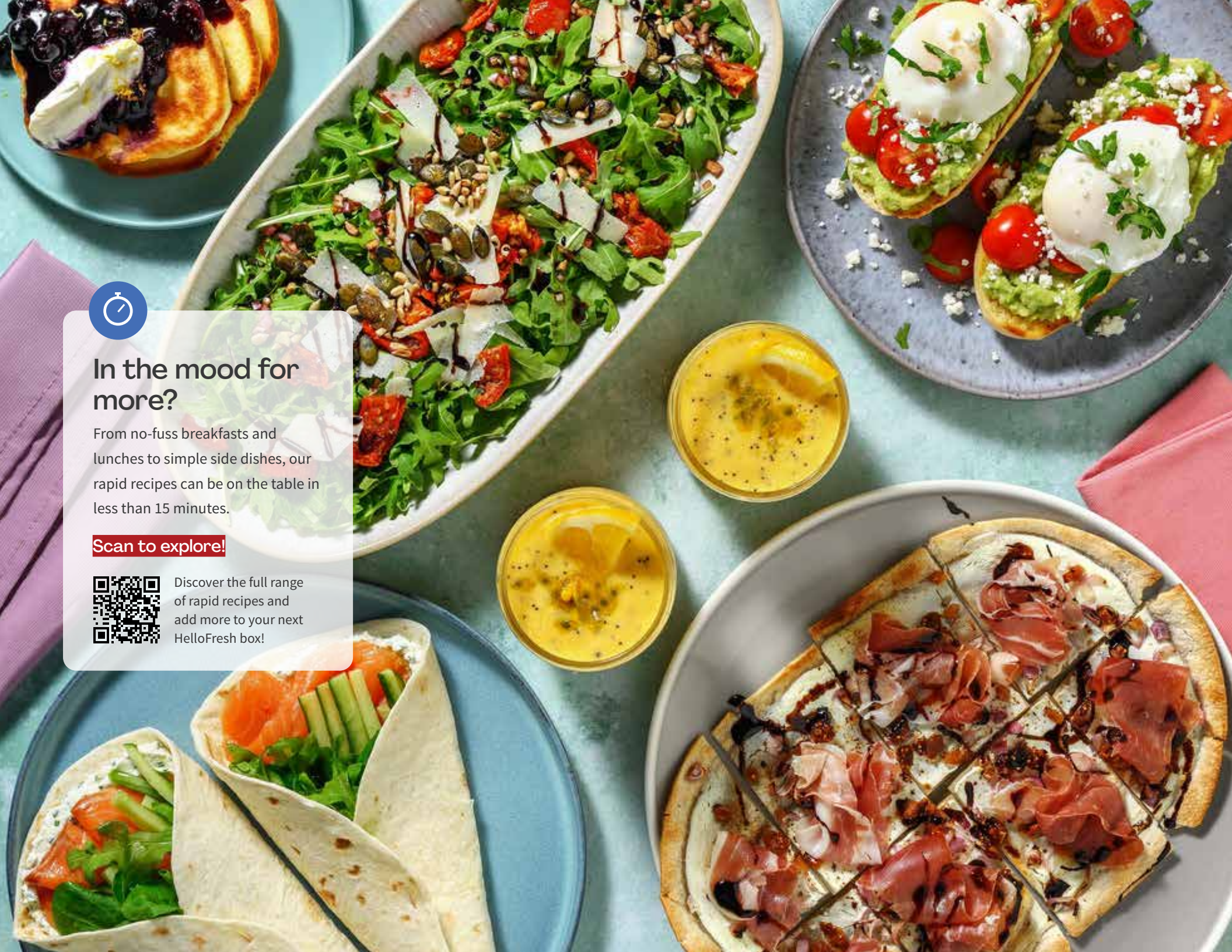
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Utensils

Bowl, frying pan

Ingredients

Bao buns* (unit(s))	4
Chicken thigh fillet* (unit(s))	2
Cooking cream (g)	150
Curry powder (sachet(s))	1
African-inspired spice mix (sachet(s))	1
Tomato paste (can)	1
Fresh coriander* (g)	10
Onion (unit(s))	1
From your pantry	
[Plant-based] butter (tbsp)	2
Honey [or plant-based alternative] (tbsp)	1
Red wine vinegar (tbsp)	2
Sugar (tsp)	2
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3075 / 735	743 / 178
Total fat (g)	34	8
of which saturated (g)	19	4,6
Carbohydrates (g)	78	19
of which sugars (g)	25,3	6,1
Fibre (g)	5	1
Protein (g)	31	7
Salt (g)	1,2	0,3

Allergens

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

Butter Chicken Fusion Bao Buns

with pickled red onion and coriander | 2 servings



Lunch Total time: 15 min.



1. Prepare

- Preheat the oven to 180°C.
- Slice the **onion** into thin half rings.
- In a bowl, combine the red wine vinegar and sugar. Add the **onion** and season with salt and pepper to taste. Mix everything together and set aside, stirring occasionally so the flavours can sink in.

3. Bake the bao buns

- Meanwhile, bake the **bao buns** in the oven for 4 - 5 minutes.
- Finely chop the **coriander**.

2. Fry

- Melt the butter in a frying pan over medium-high heat. Add the **curry powder** and **African-inspired spice mix** and fry for 1 minute, then add the **tomato paste** and fry for a further minute.
- Meanwhile, dice the **chicken thigh fillet** into 1cm chunks. Add the **chicken** to the frying pan and fry for 3 - 4 minutes.
- Add the **cooking cream** and the honey. Stir to combine, then turn up the heat, and cook for 1 - 2 minutes. Season to taste with salt and pepper.

4. Serve

- Carefully open the **bao buns** and fill them with the **chicken** and creamy sauce.
- Garnish with the pickled **onion** and the **coriander**.

Enjoy!



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