

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, large bowl, small bowl, frying pan, whisk, microplane

Ingredients

Banana bread mix (g)	400
Blueberries* (g)	125
Lemon* (unit(s))	1
Shaved almonds (g)	10
Powdered sugar (g)	100
Banana (unit(s))	3
From your pantry	
Sunflower oil (ml)	100
Water (ml)	90
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1081 /258
Total fat (g)	10
of which saturated (g)	1,6
Carbohydrates (g)	38
of which sugars (g)	24,4
Fibre (g)	1
Protein (g)	4
Salt (g)	0,5

Allergens

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

Blueberry & Lemon Banana Bread

with lemon glaze and almond flakes | 10 servings



Baking Total time: 85 min.



1. Prepare

- Preheat the oven to 160°C.
- Mash the **bananas** with a fork until smooth (see Tip).
- Grease a rectangular loaf tin, or line it with parchment paper.

Tip: the riper the bananas, the sweeter the banana bread will be. You can help the bananas ripen up by wrapping them in newspaper or storing them next to an avocado.

3. Bake the banana bread

- Pour the batter into the loaf tin, then bake the banana bread for 45 - 55 minutes.
- When you remove the banana bread from the oven, leave it in the tin for 10 minutes, then take it out of the tin and let it cool down for another 5 minutes.

2. Make the batter

- In a large bowl, mix the mashed **bananas** with the **banana bread mix**, 90ml water and 100ml sunflower oil.
- Zest the **lemon** into the bowl, then whisk everything together into a smooth batter (you can use an **electric** whisk or whisk it by hand).
- Add the **blueberries** and mix them into the batter.
- Juice the **lemon** and set the juice aside until step 4.

4. Serve

- While the banana bread is cooling down, heat a frying pan without any oil over high heat. Toast the **shaved almonds** until they're golden brown.
- In a small bowl, combine the icing sugar with 4 tsp **lemon** juice and mix into a smooth icing.
- Drizzle the icing over the top of the banana bread, then scatter over the **shaved almonds**.

Enjoy!



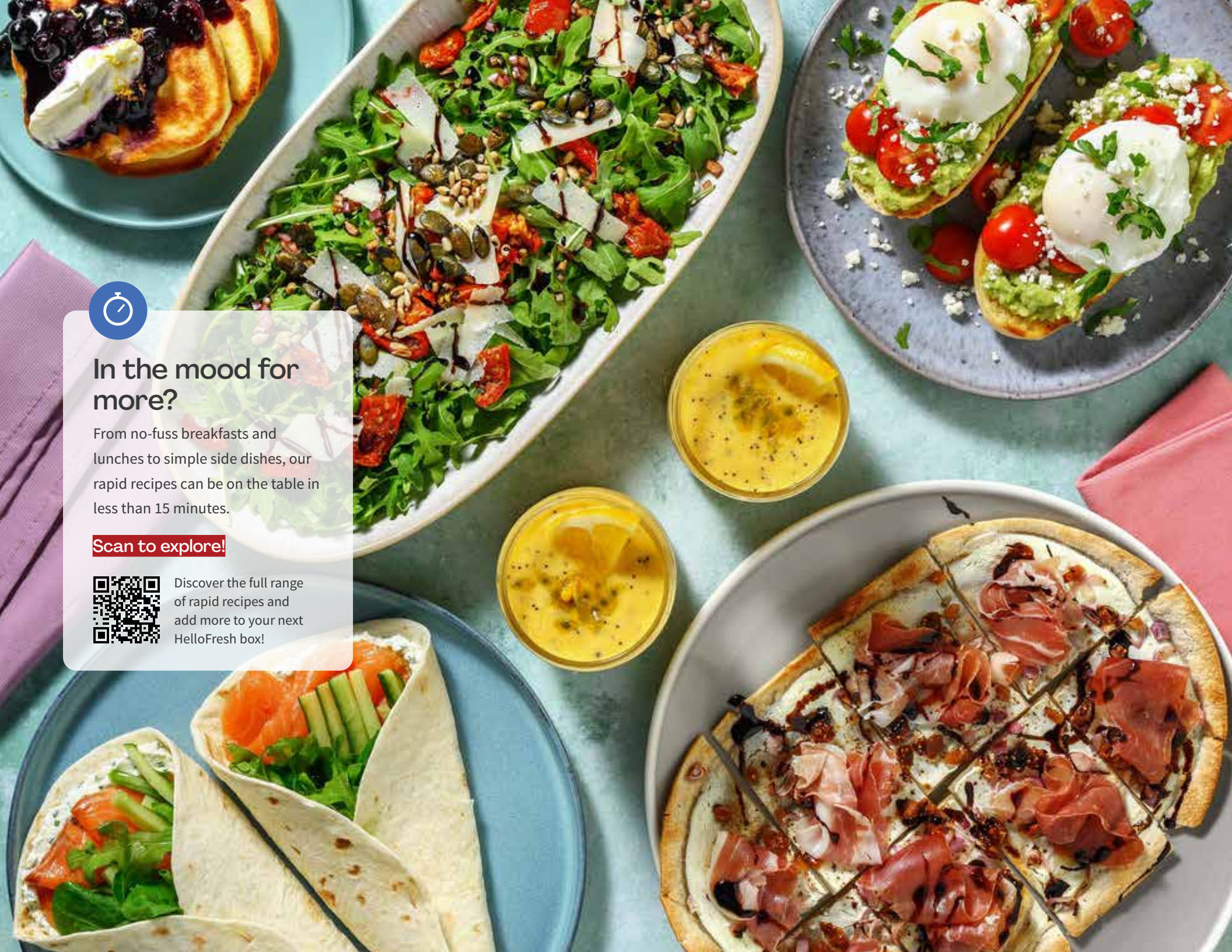
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Utensils

Large bowl, handheld mixer, oven dish, parchment paper

Ingredients

Egg* (unit(s))	2
Chocolate cake mix (g)	400
Salted almonds (g)	40
White chocolate chips (g)	100
From your pantry	
[Plant-based] butter (g)	40
*store in the fridge	

Nutritional values

	Per 100g
Energy (kJ/kcal)	1652 /395
Total fat (g)	16
of which saturated (g)	7,5
Carbohydrates (g)	54
of which sugars (g)	35,8
Fibre (g)	2
Protein (g)	8
Salt (g)	1,7

Allergens

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Brownies with White Chocolate

with salted almonds | 9 pieces



Baking Total time: 40 - 50 min.



1. Prepare

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

Tip: if you don't have a baking tin at home, use a square oven dish instead.

2. Make the batter

- Roughly chop the **almonds**.
- In a large bowl, combine the **chocolate cake mix** with 80ml water, the butter and **eggs**. Keep mixing until the batter is smooth (see Tip).
- Add half of the **almonds** and half of the **white chocolate chips** and stir them through the batter.

Tip: if you have a mixer or electric whisk, use this to mix the batter for about 4 minutes on a low setting.

3. Bake the brownie

- Pour the batter into the baking tin.
- Scatter the rest of the **almonds** and **white chocolate** over the top.
- Put the brownie in the oven for 20 - 25 minutes.
- The brownie is done when you see cracks start to form on the surface.

4. Serve

- Take the brownie out of the oven and let it cool down for about 5 minutes (see Tip).
- Cut the brownie into about 9 pieces, then take them out of the baking tin one by one.

Tip: Check if the brownie is done by sticking a skewer in it. It's fine if it's still a little bit sticky, but if the batter is very wet then put the brownie back in the oven for a few more minutes.

Enjoy!



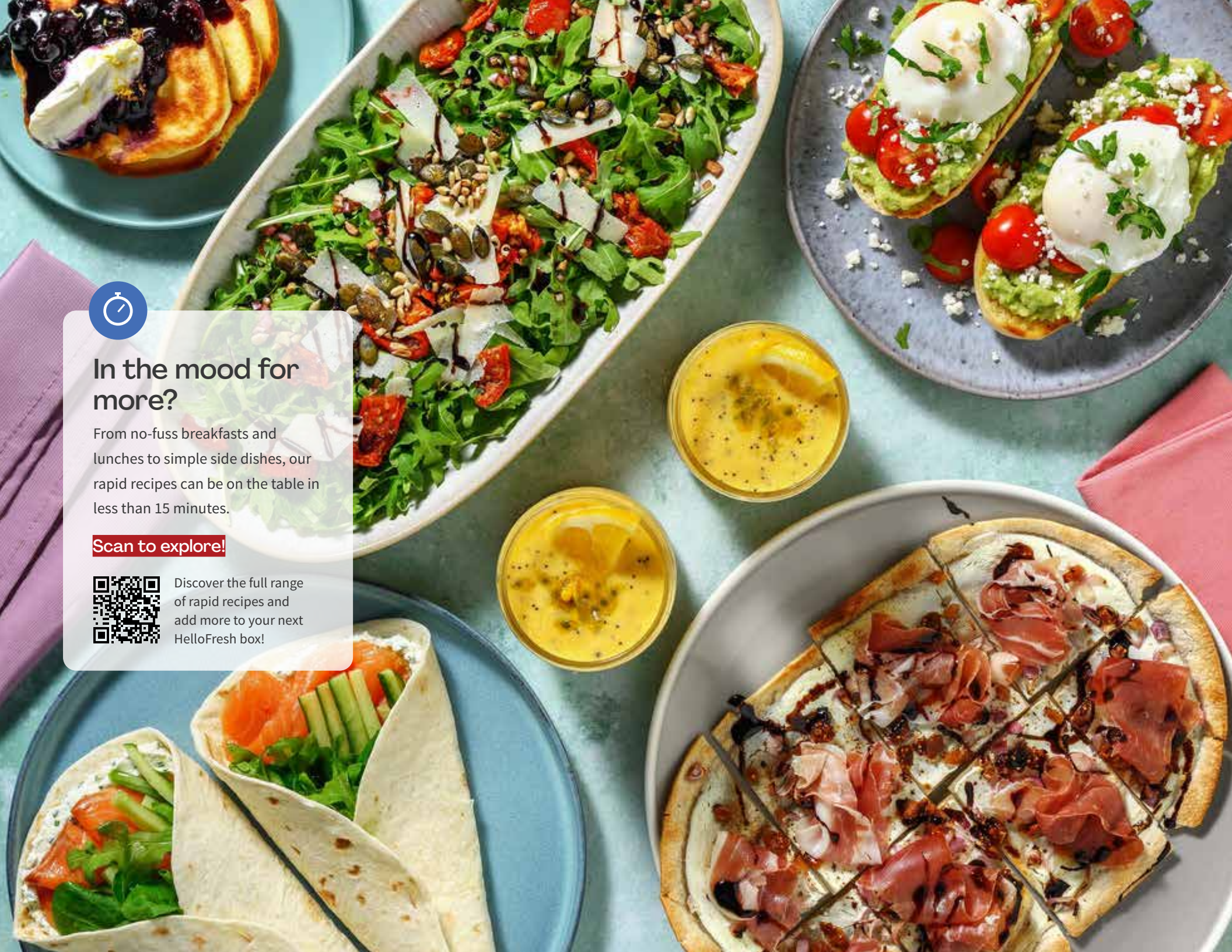
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Utensils

25cm loaf tin, grater, large bowl, small bowl, whisk

Ingredients

Carrot* (unit(s))	2
Cake mix (g)	400
Speculaas spices (sachet(s))	1
Easy peel orange* (unit(s))	1
Mascarpone* (g)	100
Powdered sugar (g)	100
Kruidnoten (g)	200

From your pantry

Sunflower oil (tbsp)	1
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*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1262 /302
Total fat (g)	7
of which saturated (g)	4,1
Carbohydrates (g)	54
of which sugars (g)	29,1
Fibre (g)	2
Protein (g)	3
Salt (g)	0,8

Allergens

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Kruidnoten Carrot Cake

with mascarpone-orange frosting | 10 servings



Baking Total time: 70 – 80 min.



1. Prepare

- Preheat the oven to 180°C.
- Grate the **carrot** (see Tip 1).
- Grease or line a 25cm long rectangular cake tin.
- Roughly chop half of the **kruidnoten** (see Tip 2).

Tip 1: if you have a food processor, you can use that to save time grating the carrots. **Tip 2:** you don't need to use all of the kruidnoten for this cake, so you can save the rest for Sinterklaas, or snack on them while the cake is in the oven!

3. Bake the cake

- Add the grated **carrot** and half of the chopped **kruidnoten** to the batter, then mix well.
- Pour the batter into the cake tin, then put it in the oven for 50 - 55 minutes.
- In the meantime, juice half of the **orange** into a small bowl. Mix the **mascarpone** with the **orange** juice, then add 3 tbsp **powdered sugar** and beat together until light and fluffy.
- Keep in the fridge until ready to use.

2. Mix the batter

- Pour the **cake mix** into a large bowl.
- Add the **speculaas spices**, 160ml cold water and the sunflower oil. Mix together with an electric mixer or whisk, until the batter is smooth and even.

4. Serve

- After 55 minutes, check if the cake is done by piercing it with a skewer.
- If it comes out clean then the cake is ready. Take it out of the oven and allow to cool fully.
- Spread the **mascarpone-orange** frosting over the top of the cake, then scatter over the rest of the chopped **kruidnoten**.
- Slice the cake before serving.

Enjoy!



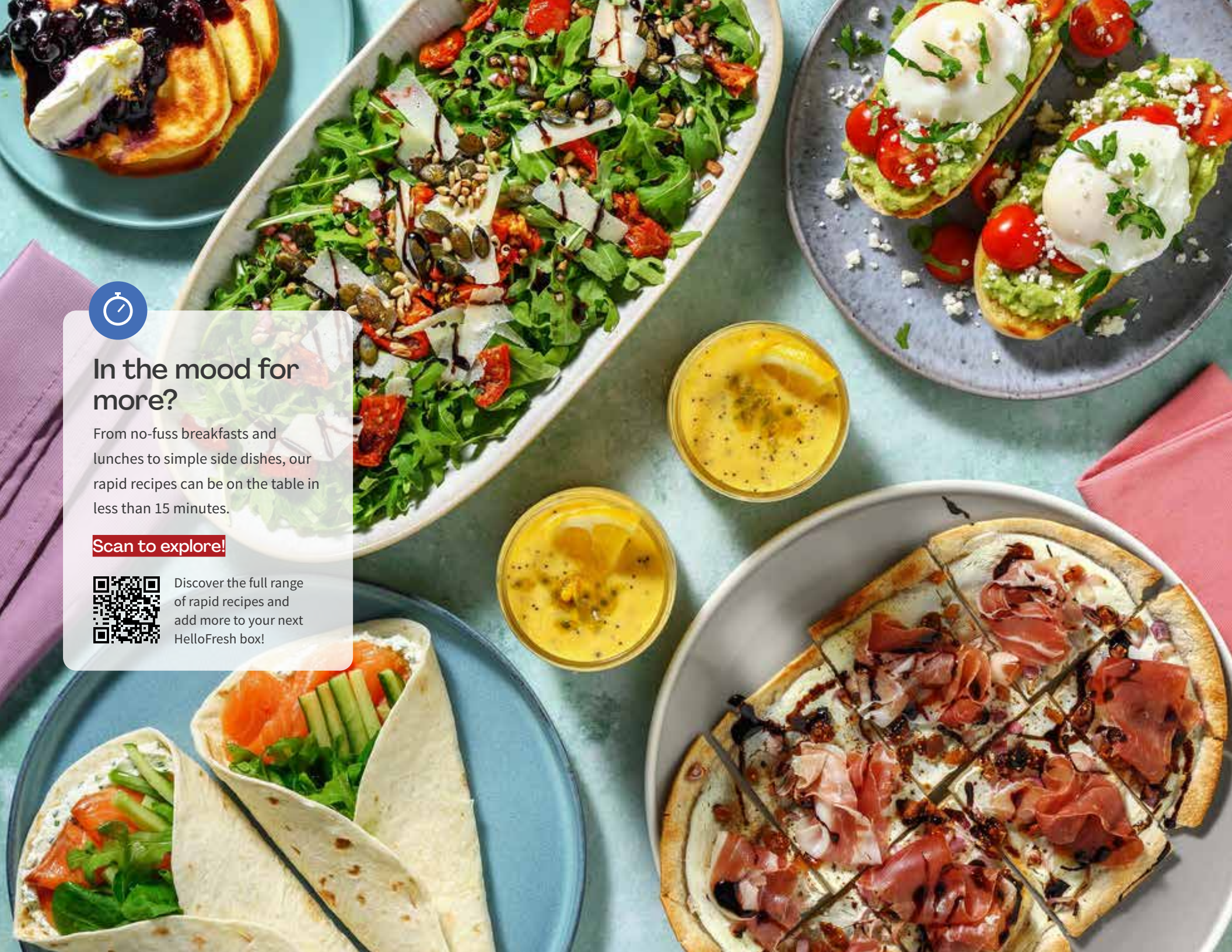
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Before you begin

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Utensils

Ingredients

Greek yogurt* (g)	1000
Mango* (unit(s))	2
Blueberries* (g)	125
Chopped pecans (g)	30
Pumpkin seeds (g)	20
Apple* (unit(s))	1
Chia seeds (g)	100

From your pantry

Honey to taste

*store in the fridge

Nutritional values

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

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

Allergens

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Greek Yogurt and Fresh Fruit Breakfast Bowls

with three variations of toppings | 2 servings per day



Breakfast Total time: 5 min.



1. Greek yogurt with mango, pumpkin and chia seeds

- Peel and dice 1 **mango**.
- Divide a third of the **yogurt** over two bowls.
- Garnish with the **mango**, the **pumpkin seeds** and a third of the **chia seeds**.
- Add honey to taste.

2. Greek yogurt with blueberries, pecan nuts and chia seeds

- Divide a third of the **yogurt** over two bowls.
- Garnish with the **blueberries**, pecan **nuts** and a third of the **chia seeds**.
- Add honey to taste.

3. Greek yogurt with apple, mango and chia seeds

- Core and slice the **apple**. Peel and dice 1 **mango**.
- Divide a third of the **yogurt** over two bowls.
- Garnish with the **apple**, **mango** and a third of the **chia seeds**.
- Add honey to taste.

Enjoy!



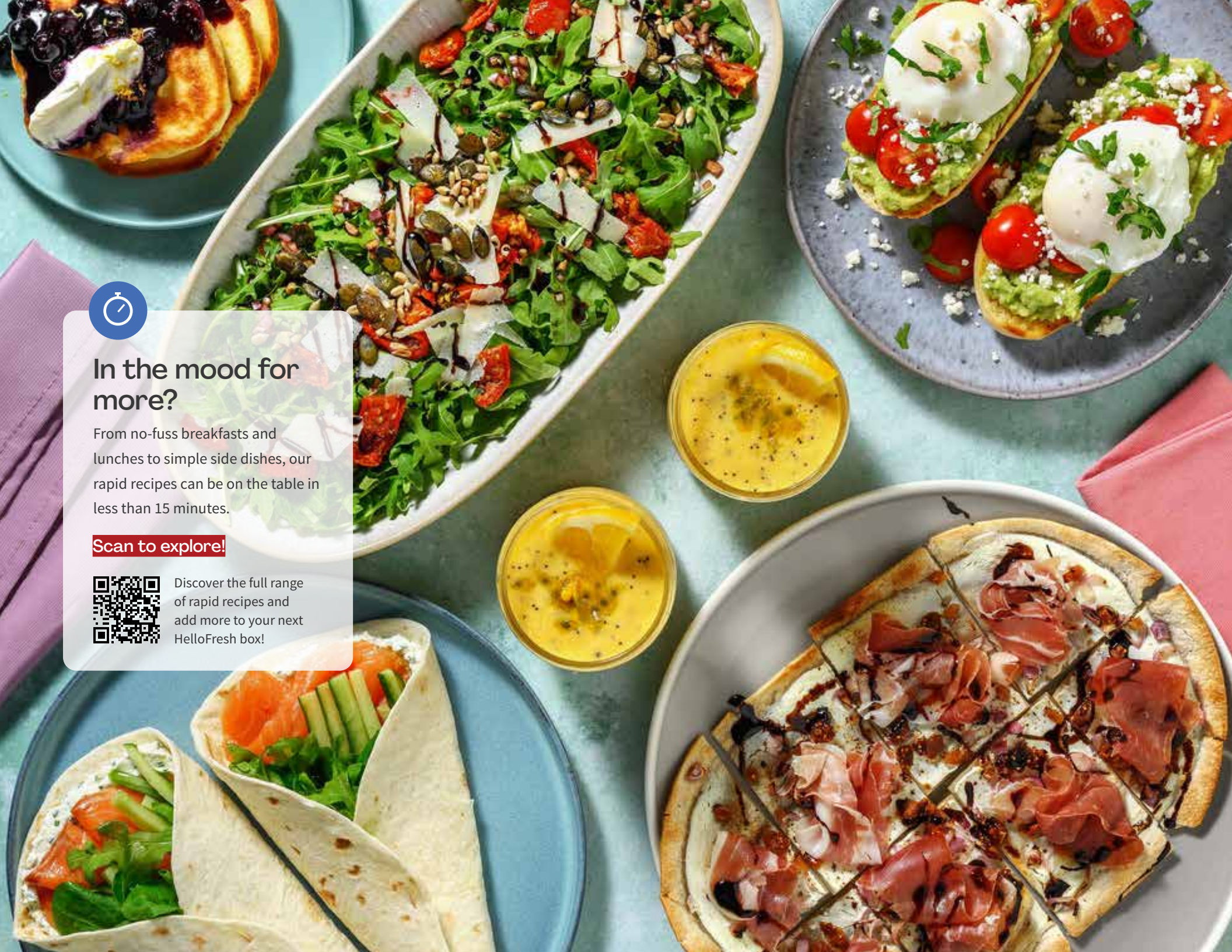
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Utensils

Frying pan

Ingredients

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

From your pantry

Salt & pepper to taste

*store in the fridge

Nutritional values

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

Allergens

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Grilled Cheese Brioche with Cheddar and Gouda with bacon and onion chutney | 2 servings



Lunch Total time: 15 min.



1. Prepare

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

2. Assemble

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

3. Toast

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

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

4. Serve

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

Enjoy!



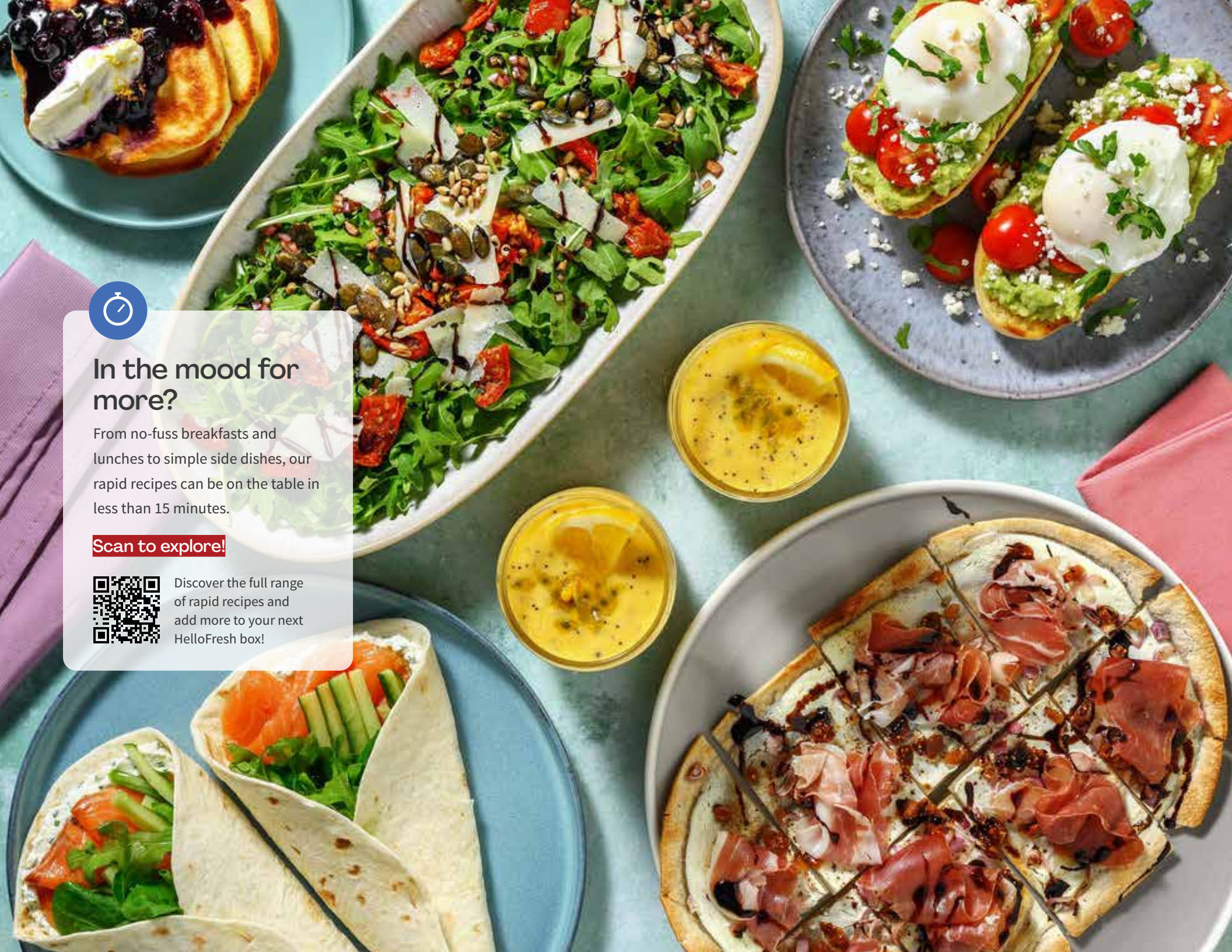
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Utensils

Tall container, immersion blender, small bowl, frying pan

Ingredients

Fresh goat's cheese* (g)	50
Blueberry jam (g)	15
Serrano ham* (g)	40
Cream cheese* (g)	50
Fresh basil, chives & flat leaf parsley* (g)	10
Chestnut mushrooms* (g)	125
Truffle-style olive oil (ml)	8
White ciabatta (unit(s))	2
Shallot (unit(s))	¼
From your pantry	
[Plant-based] butter (tbsp)	1
Balsamic vinegar (tbsp)	½
Water for the sauce (tbsp)	½
White balsamic vinegar (tsp)	½
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	806 / 193
Total fat (g)	9
of which saturated (g)	4,8
Carbohydrates (g)	18
of which sugars (g)	3
Fibre (g)	1
Protein (g)	8
Salt (g)	1

Allergens

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Two Bruschetta Variations on Toasted Ciabatta

with Serrano ham, mushrooms and fresh herbs | to share



Appetizer Total time: 25 - 30 min.



1. Prepare the bread

- Preheat the oven to 210°C.
- Cut the ends off the **ciabatta**, then cut each **ciabatta** into 6 slices and bake in the oven for 5 - 8 minutes.

2. Prepare the mushroom topping

- Slice the **mushrooms**. Finely chop the **shallot**.
- Melt a generous knob of butter in a frying pan over medium-high heat. Fry the **mushrooms** for 3 - 5 minutes until golden brown, then add the **shallot** and fry for another 3 - 4 minutes. Season with salt and pepper.
- Save 12 slices of **mushrooms** for garnish, and transfer the rest to a tall container, along with the **cream cheese**, white balsamic vinegar and half of the **chives** and **parsley**.
- Use an immersion blender to process into a smooth paste. Season to taste with salt and pepper.

3. Prepare the blueberry-balsamic jam

- In a small bowl, mix the blueberry **jam** with the balsamic vinegar and the water (see pantry for amounts). Season to taste with salt and pepper.
- Finely chop the **basil**.
- Spread the **goat's cheese** on 6 **bread** slices. Top with the **Serrano ham**.
- Drizzle over the blueberry-balsamic jam and garnish with the **basil**.

4. Serve

- Finely chop the rest of the **parsley** and **chives**.
- Spread the **mushroom** paste over the other 6 **bread** slices, then top with the reserved **mushroom** slices.
- Drizzle over the truffle-style olive oil and garnish with the rest of the **parsley** and **chives**.
- Serve the bruschetta combinations.

Enjoy!



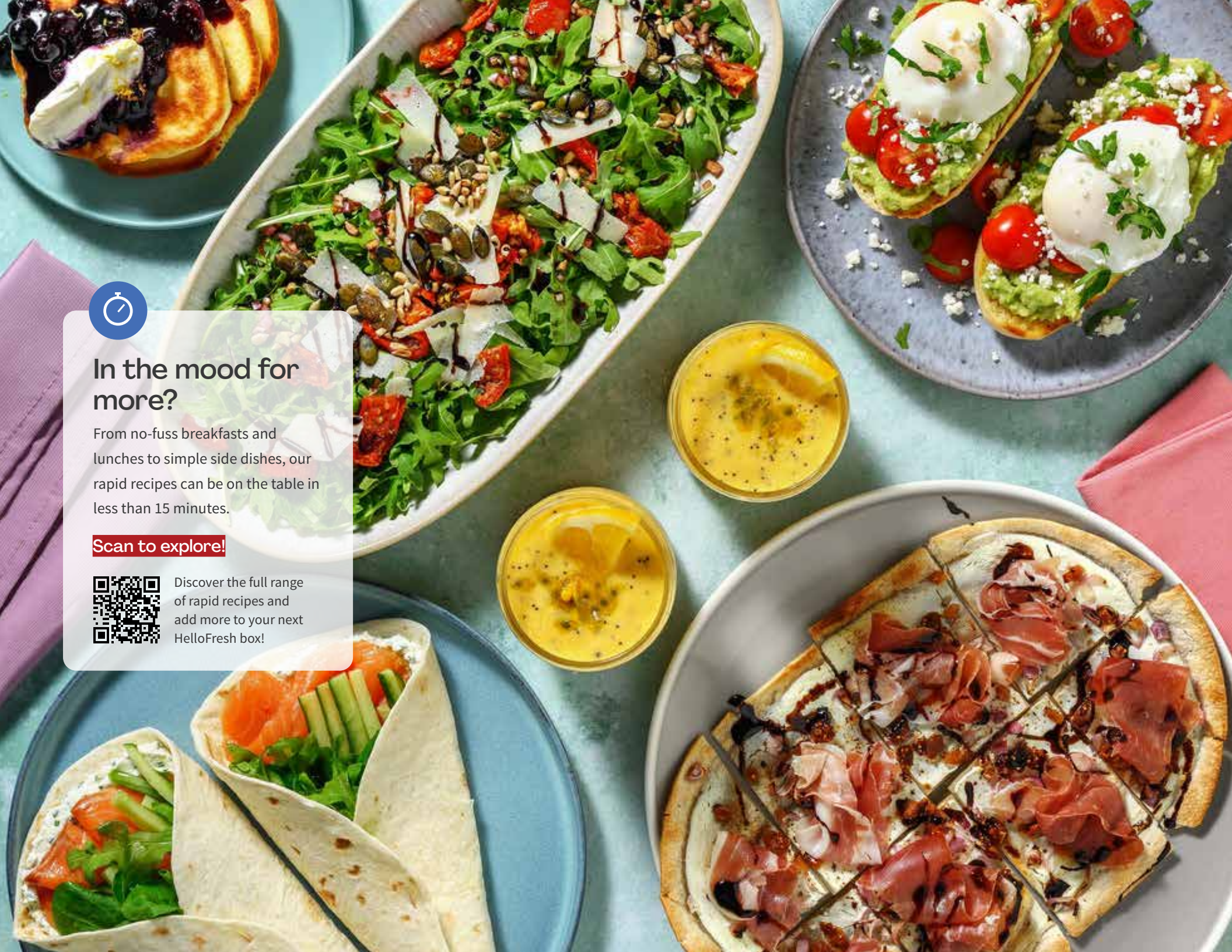
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Utensils

Saucepan, small bowl

Ingredients

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

From your pantry

Salt & pepper	to taste
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*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	685 / 164
Total fat (g)	12
of which saturated (g)	3,9
Carbohydrates (g)	3
of which sugars (g)	1,1
Fibre (g)	3
Protein (g)	6
Salt (g)	0,6

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

Allergens

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Savoury Breakfast Crackers

with three variations of toppings | serves 2 per day



Breakfast Total time: 10 min.



1. Option 1: Ham and herbed cream cheese

- Divide four **crackers** over two plates.
- Spread the herbed **cream cheese** onto the **crackers**.
- Divide the **ham** over the **crackers** and garnish with the **cress**.

2. Option 2: Smashed avocado and boiled eggs

- Boil plenty of water in a saucepan. Carefully transfer the **eggs** to the water and boil for 5 - 7 minutes (see Tip).
- Rinse the **egg** under cold water, then remove the shell and cut the **egg** in half.
- Halve and pit the **avocado**, then remove the skin. Transfer the flesh to a small bowl and mash well. Season with salt and pepper.
- Divide four **crackers** over two plates. Spread the **avocado** on the **crackers**. Garnish with the **eggs** and **cress**.

Tip: you can also boil the eggs in advance and keep them in the fridge. Peel them in the morning to add to your crackers.

3. Option 3: Cream cheese, ham and radishes

- Divide four **crackers** over two plates.
- Finely slice a handful of **radishes**.
- Spread the **crackers** with the **cream cheese**.
- Divide the **ham** over the **crackers** and garnish with the **radishes**. Season with salt and pepper.

Enjoy!



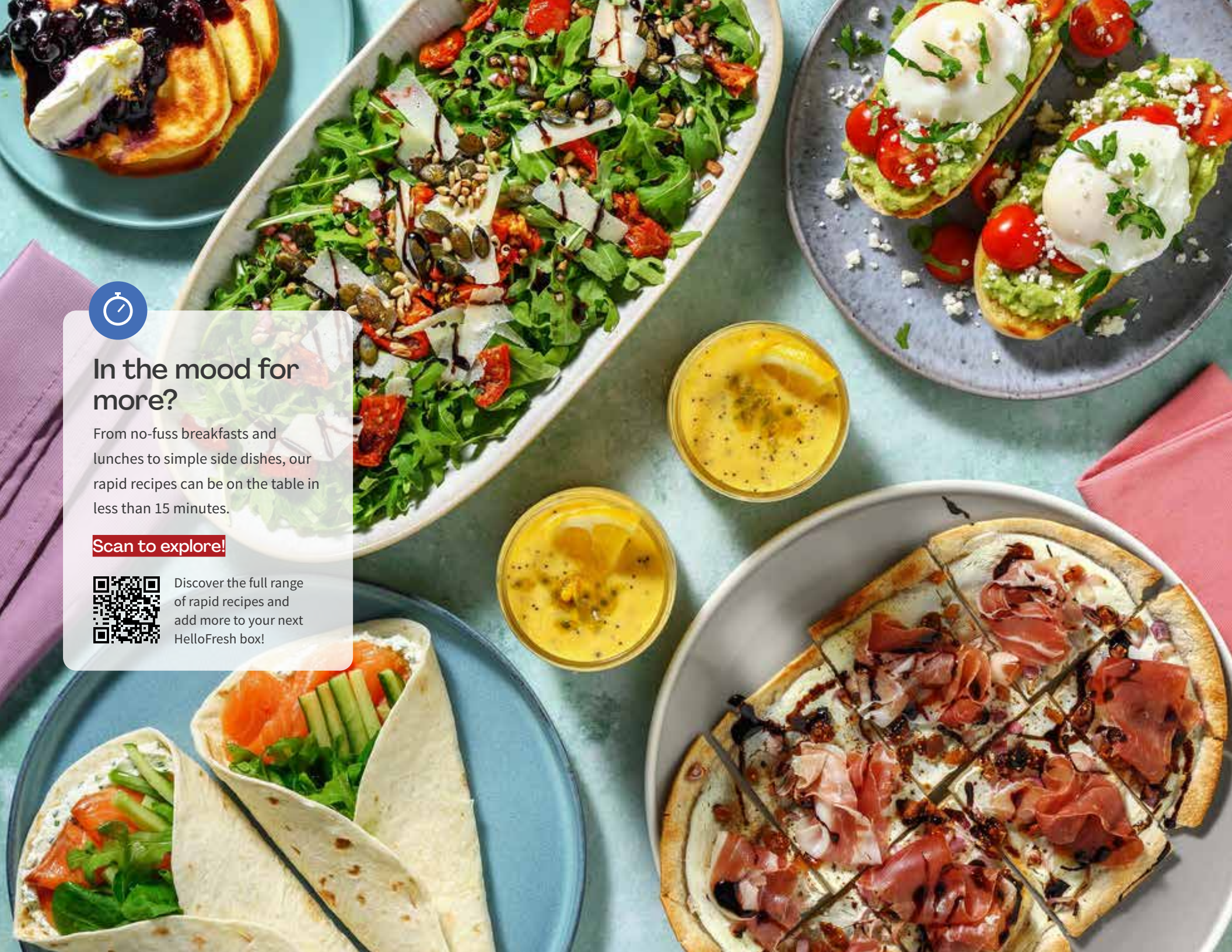
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Utensils

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!



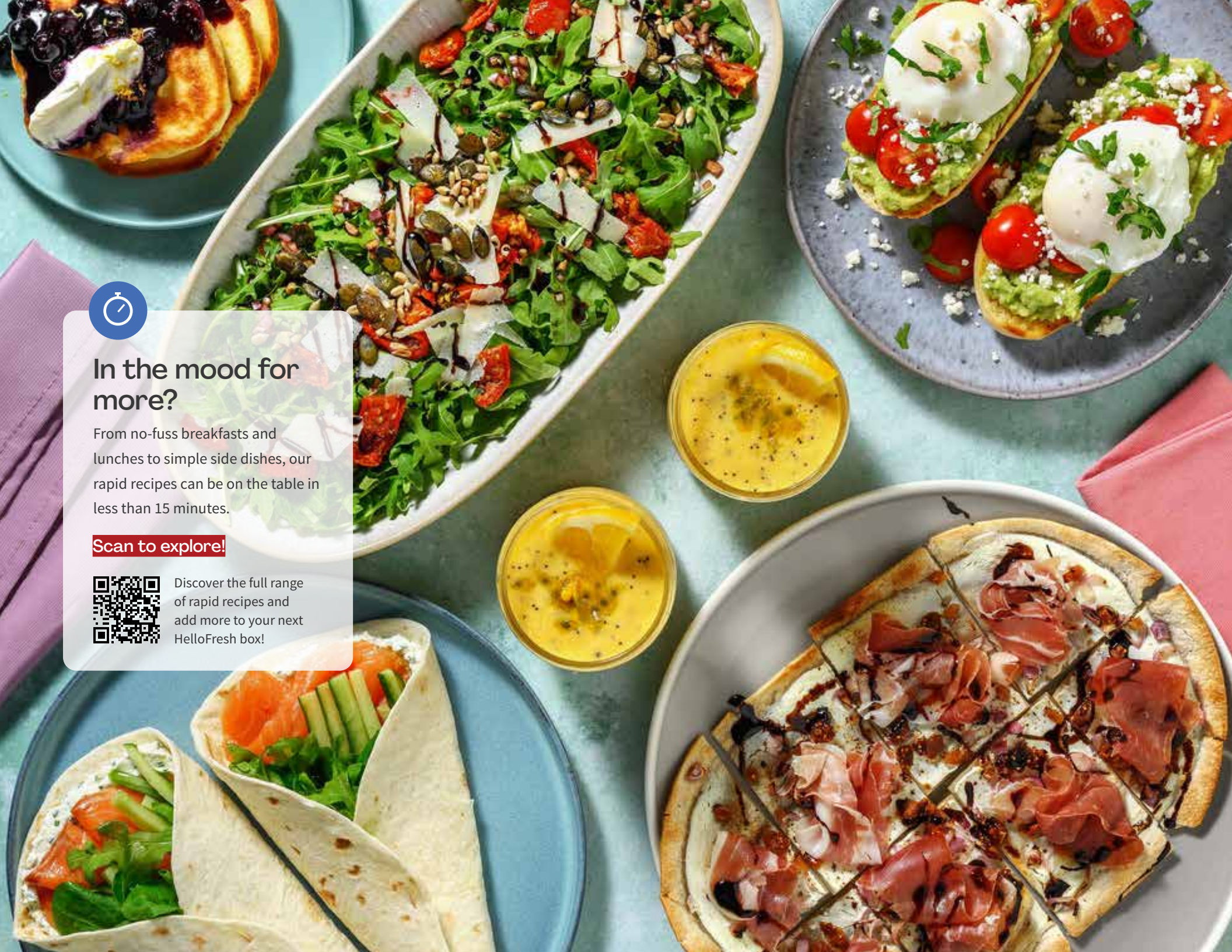
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Utensils

Parchment-lined baking sheet, soup pot

Ingredients

Onion (unit(s))	6
Garlic (unit(s))	2
White wine (ml)	187
Bay leaf (unit(s))	1
Fresh thyme* (g)	5
White demi-baguette (unit(s))	2
Parmigiano Reggiano DOP* (unit(s))	1
Onion chutney* (g)	40
Grated Gouda* (g)	25

From your pantry

Low sodium beef stock (ml)	1000
Olive oil (tbsp)	1
Salt & pepper	to taste
Plant-based butter (tbsp)	1

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	266 /64
Total fat (g)	2
of which saturated (g)	0,8
Carbohydrates (g)	9
of which sugars (g)	2,6
Fibre (g)	2
Protein (g)	2
Salt (g)	0,3

Allergens

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French-Style Onion Soup

topped with cheesy toast | 4 servings



Lunch Total time: 50 min.



1. Prepare

- Finely slice the **onion** and **garlic**.
- Melt the butter and olive oil in a large pot on medium heat.
- Add the **onions** and fry for 15 - 20 minutes, while continuing to stir.
- Add the **garlic** and **thyme** and fry for 1 - 2 minutes.

2. Make the soup

- Add the **white wine**, **onion chutney** and **bay leaf** and simmer for 1 minute.
- Add the stock and let the soup simmer for 30 minutes on low heat.
- Season with salt and pepper.

3. Make the toast

- Preheat the oven to 180°C.
- Slice the **bread** and transfer to a baking sheet lined with parchment paper.
- Add the Gouda to the **bread** slices and grate the **Parmigiano Reggiano** on top.
- Bake in the oven for 5 - 6 minutes or until the **cheese** is completely molten.

4. Serve

- Remove the **thyme** sprigs and **bay leaf** from the pot.
- Serve the soup in bowls and season with extra pepper to taste.
- Add 1 slice of the cheesy toast on top of each soup bowl and serve any remaining slices on the side.

Enjoy!



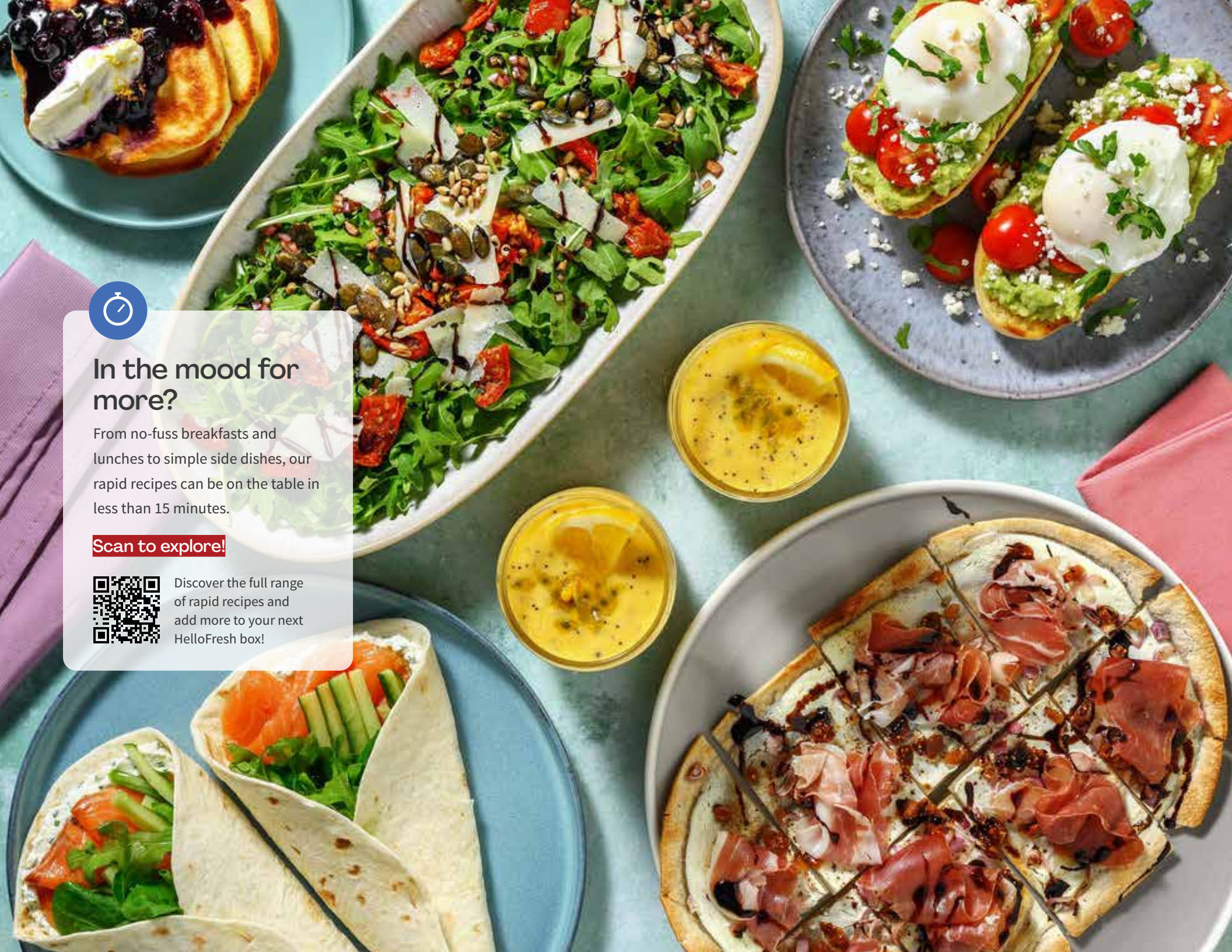
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Fondue Box | Homemade Cheese Fondue with Three Cheeses

with baguette, fresh veggies & charcuterie | 4 servings

Total time: 30 - 40 min.



- Grated emmentaler
- Grated Gruyère DOP
- Grated Gouda
- White wine
- Nutmeg
- Garlic
- Chestnut mushrooms
- Broccoli
- Romano pepper
- Ham
- Baby potatoes
- Serrano ham
- Lemon
- Italian seasoning
- Red cherry tomatoes
- White baguette



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

Before you begin

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Utensils

Large pot or saucepan, microplane, 2x lidded pot or saucepan, frying pan, two bowls, whisk

Ingredients for 4 servings

Grated emmentaler* (g)	400
Grated Gruyère DOP* (g)	300
Grated Gouda* (g)	100
White wine (ml)	374
Nutmeg (pinch)	2
Garlic (unit(s))	1
Chestnut mushrooms* (g)	250
Broccoli* (g)	360
Romano pepper* (unit(s))	1
Serrano ham* (g)	80
Baby potatoes (g)	400
Ham* (slice(s))	8
Lemon* (unit(s))	¼
Italian seasoning (sachet(s))	½
Red cherry tomatoes (g)	250
White baguette (unit(s))	1

From your pantry

Olive oil (tbsp)	1
Low sodium vegetable stock cube (unit(s))	½
Flour (tbsp)	½
Salt & pepper	to taste
<i>*store in the fridge</i>	

Nutritional values

	Per 100g
Energy (kJ/kcal)	664 / 159
Total fat (g)	9
of which saturated (g)	5,4
Carbohydrates (g)	10
of which sugars (g)	0,8
Fibre (g)	2
Protein (g)	10
Salt (g)	0,8

Allergens

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



1. Boil the baby potatoes

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



2. Cook the broccoli

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



3. Fry the mushrooms

Heat a drizzle of olive oil in a frying pan over medium-high heat, then fry the **mushrooms** for 4 - 6 minutes. Add the **Italian herbs** halfway through and season with salt and pepper. Put the **baguette** in the preheated oven and bake for 5 - 6 minutes, until golden brown and crunchy.



4. Prepare

Crush or mince the **garlic**. Deseed the **Romano pepper** and cut it into 2 - 3cm chunks (they need to be big enough for your fondue fork). Cut the **lemon** into 4 wedges and juice 1 wedge into a bowl. In another bowl, mix the flour with 0.5 tbsp water. Stir well, making sure there are no clumps left. Grate about 2 pinches of **nutmeg**.



5. Make the fondue

Heat a drizzle of olive oil in a fondue pan or large saucepan over medium-high heat, then fry the **garlic** for 1 - 2 minutes. Deglaze with the **white wine** and **lemon juice**, then bring to a boil. Add the **nutmeg**. Gradually add the **cheeses** and allow to melt. Stir well throughout using a whisk (see Tip). Add the flour mixture and keep stirring. Gently bring to a boil, but turn the heat to low once it starts bubbling. Simmer for 1 - 2 minutes over low heat.

Tip: keep the heat on medium-high while adding the cheese, so that it melts properly.



6. Serve

Serve the cheese fondue in the pan on the table. Use a tea light or food warmer to keep it warm (see Tip). Serve the **broccoli**, **mushrooms**, **Romano pepper**, **cherry tomatoes** and **baby potatoes** in separate bowls. Roll up the **ham** and **Serrano ham** and arrange on a plate, then slice up the **baguette**. Serve with the rest of the **lemon wedges**.

Tip: if you don't have anything to keep the fondue warm and the cheese starts to set, put the pan back on the heat briefly and warm it up while stirring until the cheese melts.

Enjoy!

Before you begin

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

Utensils

Ingredients

Organic 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

Frying pan, two deep plates, whisk

Ingredients

Brioche bun (unit(s))	2
Mascarpone* (g)	50
Egg* (unit(s))	2
Organic semi-skimmed milk* (ml)	100
Raspberries* (g)	125
Ground cinnamon (tsp)	1½
From your pantry	
Sunflower oil (tbsp)	½
Sugar (tbsp)	2
Salt (tsp)	1

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2059 /492	718 /172
Total fat (g)	22	8
of which saturated (g)	10,7	3,7
Carbohydrates (g)	53	19
of which sugars (g)	21,2	7,4
Fibre (g)	5	2
Protein (g)	17	6
Salt (g)	3,5	1,2

Allergens

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

Brioche French Toast with Raspberries

with cinnamon & mascarpone | 2 servings



Weekend recipe Total time: 25 min.



1. Prepare

- Cut open the **brioche buns**.

2. Mix

- Transfer the sugar to a deep plate.
- In another deep plate, whisk the **eggs** and milk together, adding half a sachet of **cinnamon** and a pinch of salt.

3. Fry

- Heat the sunflower oil in a frying pan over medium-high heat.
- Dip the **brioche** into the **eggs**, then coat with the sugar. Make sure to not let the brioche sit in the egg mixture for too long so it doesn't get soggy – otherwise the French toast won't crisp up.
- Fry the **brioche** in the pan for around 4 minutes on each side, or until they start to firm up (see Tip).

Tip: how quickly the sugar caramelises depends on the type of pan you're using. Lower the heat a little if you notice the sugar is turning brown too quickly.

4. Serve

- Serve the French toast on plates with the **mascarpone**.
- Garnish with the **raspberries** and sprinkle over a pinch of **cinnamon** to finish (see Tip).

Tip: if you have a sweet tooth, go ahead and drizzle over some honey.

Enjoy!

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, bowl, large bowl

Ingredients

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

From your pantry

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

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	952 / 228
Total fat (g)	14,5
of which saturated (g)	4,1
Carbohydrates (g)	17,1
of which sugars (g)	2,5
Fibre (g)	1,4
Protein (g)	6
Salt (g)	0,7

Allergens

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

Loaded Nachos with Homemade Guacamole

with jalapeños and sour cream | 4 servings



Appetizer Total time: 30 min.



1. Make the nachos

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

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

2. Prepare the toppings

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

3. Make the guacamole

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

4. Serve

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

Enjoy!



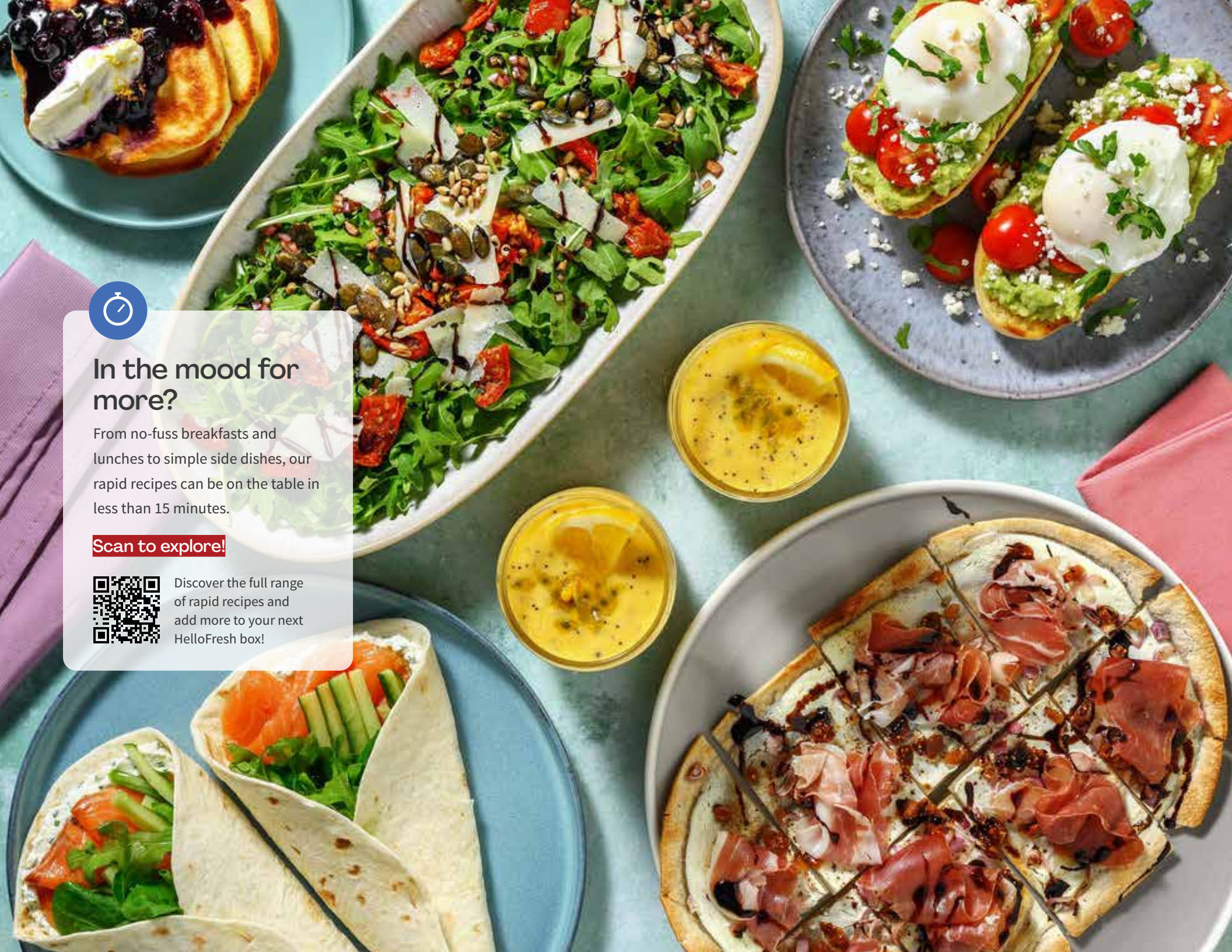
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Beef Bourguignon

with chuck steak and mashed potatoes | 4 servings

Total time: 180 - 190 min.



Onion



Shallot



Garlic



Carrot



Celery



Chestnut mushrooms



Nutmeg



Bacon



Chuck steak



Tomato paste



Red wine



Bay leaf



Potatoes



Cooking cream



Fresh thyme



Worcestershire sauce



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

Before you begin

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

Utensils

Lidded dutch oven or large pot, microplane, lidded pot or saucepan, potato masher

Ingredients for 4 servings

Onion (unit(s))	1
Shallot (unit(s))	2
Garlic (unit(s))	1
Carrot* (unit(s))	¾
Celery* (sprig)	10
Chestnut mushrooms* (g)	250
Nutmeg (pinch)	1
Bacon* (slice(s))	8
Chuck steak* (g)	800
Tomato paste (can)	1
Red wine (ml)	187
Bay leaf (unit(s))	1
Potatoes (g)	1000
Cooking cream (g)	120
Fresh thyme* (g)	20
Worcestershire sauce (ml)	15
Fresh flat leaf parsley* (g)	10

From your pantry

Low sodium beef stock cube (unit(s))	¾
Flour (tbsp)	2
[Plant-based] butter (tbsp)	5
Mustard (tbsp)	2
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	374 /89
Total fat (g)	4
of which saturated (g)	2
Carbohydrates (g)	7
of which sugars (g)	1,2
Fibre (g)	1
Protein (g)	7
Salt (g)	0,2

Allergens

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

Beef Bourguignon



1. Prepare

- Finely chop the **onion** and press or mince the **garlic**.
- Finely dice the **carrot** and **celery**.
- Cut the **chestnut mushrooms** into quarters and roughly chop the **shallot**.
- Cut the **bacon** into strips and the **chuck steak** into 4cm pieces.



4. Make the stew

- Add 150ml water, the **Worcestershire sauce**, **shallot**, **bay leaf**, three-quarters stock cube and the fresh **thyme** to the pan.
- Add the **bacon** and the **steak**, then put the lid on and let the beef bourguignon stew for 2 - 3 hours over low heat.
- In the meantime, peel and roughly chop the **potatoes**.
- Bring plenty of water to a boil in a pot with a lid and boil the **potatoes** for 12 - 15 minutes.



2. Fry the steak

- Heat a large Dutch oven without any oil over medium-high heat.
- Fry the **bacon** for 5 - 6 minutes until crispy, then take it out of the pan.
- Add the **steak** to the pan and fry for 4 - 5 minutes until brown on all sides. Season with salt and pepper to taste.
- Remove from the pan and set aside, then lower the heat.



5. Mash the potatoes

- Drain the **potatoes** and then mash them.
- Add 3 tbsp butter, 2 tbsp mustard and the **cream** to the mashed potatoes and mix everything together.
- Grate 1 pinch of **nutmeg**. Add the **nutmeg** and some salt and pepper to the mashed potatoes.



3. Fry the vegetables

- Add 2 tbsp butter to the pan and gently fry the **onion**, **carrot**, **celery** and **garlic** for 10 - 12 minutes.
- Add the **tomato paste** and **mushrooms** and fry for 5 - 6 minutes.
- Add the flour and fry for 1 - 2 minutes, then pour in the **wine**, stir well and simmer for 2 - 4 minutes.



6. Serve

- Roughly chop the **parsley**.
- Take the pan off the stove after 2 - 3 hours.
- Season the beef bourguignon with salt and pepper and garnish with the **parsley**.
- Serve the beef bourguignon with the mashed potatoes.

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, plastic bag, rolling pin, saucepan, small bowl, heatproof bowl

Ingredients

Kruidnoten (g)	200
Mascarpone* (g)	100
White chocolate chips (g)	100

From your pantry

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1902 /454
Total fat (g)	25
of which saturated (g)	15,3
Carbohydrates (g)	52
of which sugars (g)	30,3
Fibre (g)	1
Protein (g)	6
Salt (g)	1,3

Allergens

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

Homemade 'Sinterklaas' Truffles

with 'kruidnoten' and white chocolate | to share



Baking Total time: 30 - 40 min.



1. Prepare

- Grind the **kruidnoten** into crumbs using a food processor (see Tip).
- Add 1 tbsp of the crumbs to a small bowl and set aside for later.
- Transfer the rest of the crumbs to a bowl and mix in the **mascarpone**.
- Continue mixing until it becomes a firm mixture.

Tip: if you do not have a food processor at home, add the **kruidnoten** to a ziplock bag and smash them with a rolling pin until they become crumbs.

2. Make the truffles

- Scoop 1 tbsp of the mixture and squeeze it together with your hands, then roll it into a ball.
- Repeat this step until you have shaped around 20 balls.
- Transfer the truffles to a fridge and chill for at least 30 minutes.

3. Melt the chocolate

- Boil a shallow layer of water in a saucepan, then place a heat-resistant bowl on top, making sure it doesn't touch the water.
- Add the **white chocolate** and allow to melt while stirring.
- Dip the truffles into the **white chocolate** one at a time to coat them.
- Transfer the truffles back to the fridge to chill for 5 minutes, or until the **chocolate** has set.

4. Serve

- Garnish the truffles with the reserved **kruidnoten** crumbs.
- Transfer to a serving platter.

Enjoy!



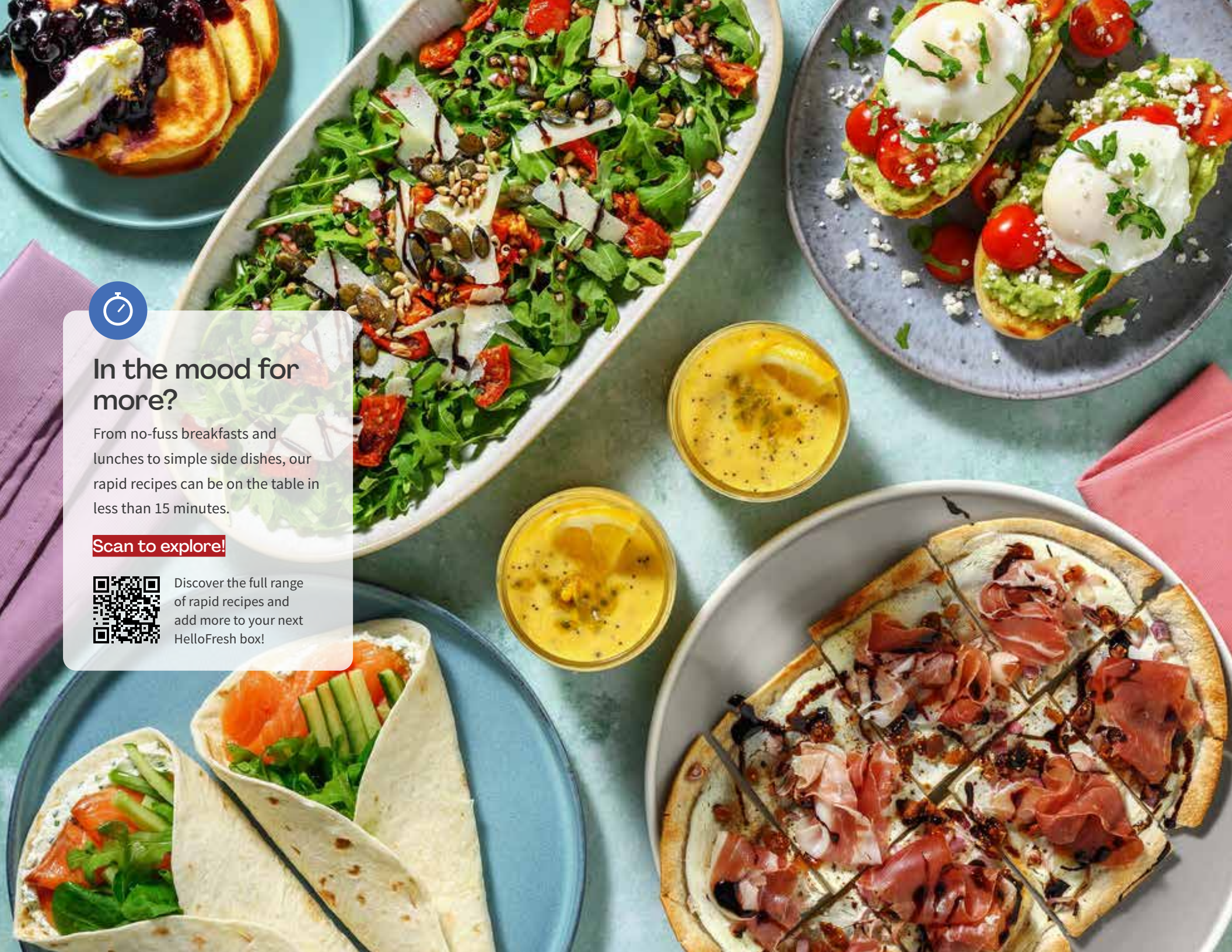
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Before you begin

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Utensils

Bowl, peeler, frying pan

Ingredients

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

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2483 /593	723 /100
Total fat (g)	27,8	8,1
of which saturated (g)	6,7	1,9
Carbohydrates (g)	68	19,8
of which sugars (g)	17	4,9
Fibre (g)	4,5	1,3
Protein (g)	17	5
Salt (g)	1,8	0,5

Allergens

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

Hoisin Pulled Chicken Bao Buns

with carrot, cucumber and fried onions | 2 servings



Appetizer Total time: 15 min.



1. Prepare

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

2. Fry

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

3. Assemble

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

4. Serve

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

Enjoy!



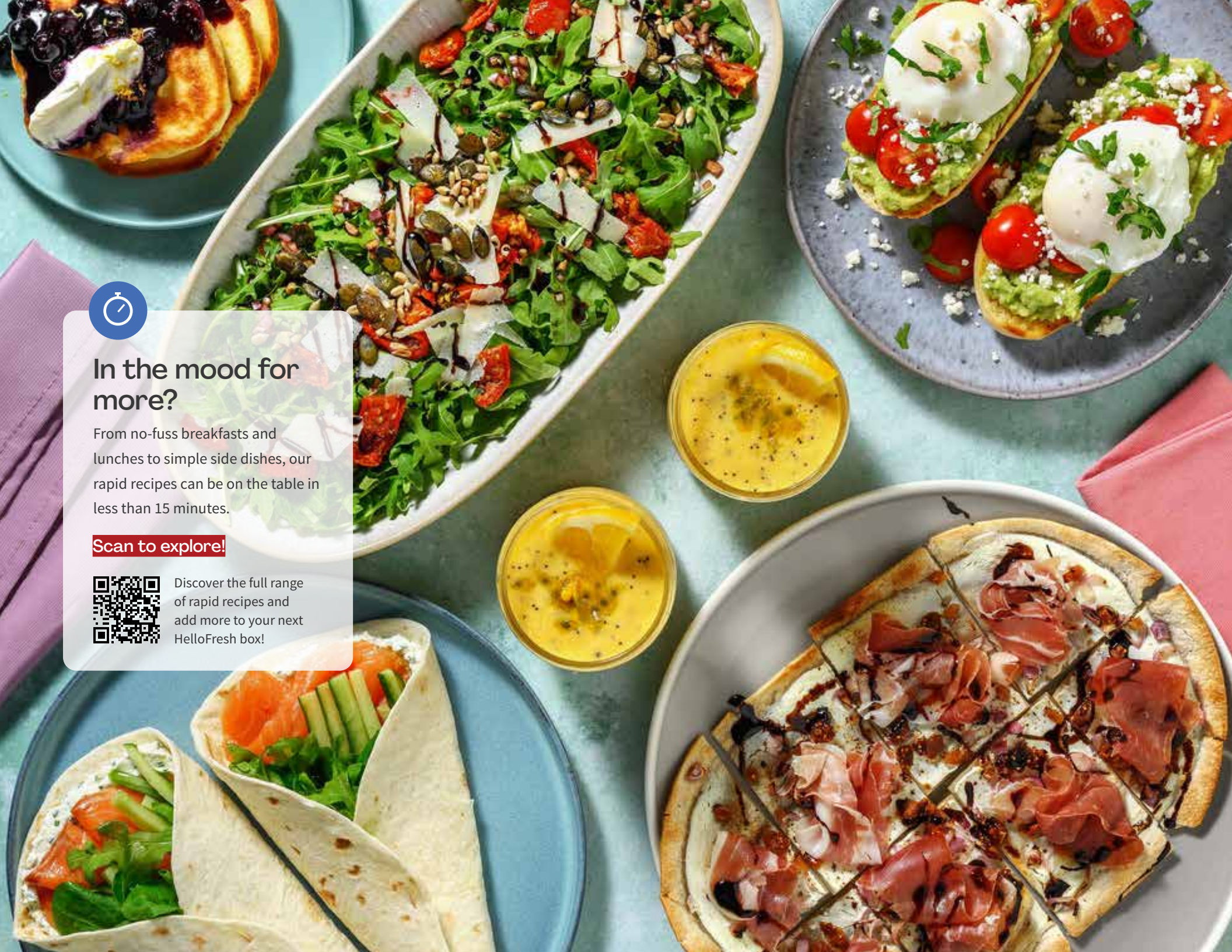
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Utensils

Bowl, large bowl

Ingredients

Coconut milk (ml)	500
Desiccated coconut (g)	10
Mango* (unit(s))	1
Apple* (unit(s))	1
Ground cinnamon (tsp)	1
Pistachio nuts (g)	20
Chia seeds (g)	100
Blueberry jam (g)	30
Raisins (g)	20
Blueberries* (g)	125
From your pantry	
Water (ml)	100

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	681 / 163
Total fat (g)	10
of which saturated (g)	6,5
Carbohydrates (g)	14
of which sugars (g)	9,5
Fibre (g)	4
Protein (g)	2
Salt (g)	0

*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.

Chia Seed Pudding

mango & pistachio, apple & raisins, blueberries & apple | serves 2 per day



Breakfast Total time: 15 - 20 min.



1. Basic chia pudding

- Put the **chia seeds** in a large bowl and add the **coconut milk**, 100ml water and honey. Mix everything together well, making sure there are no lumps.
- Leave to rest for 10 minutes, then give it another good stir.
- Divide the chia pudding between 6 glasses, leaving room for the toppings.
- Cover the glasses, then put them in the fridge and allow to set for at least 4 hours, or overnight.

2. Variation 1: Mango & pistachio (2 servings)

- Roughly chop the **pistachios**.
- Peel and dice the **mango**.
- Grab two glasses of chia pudding and mix in most of the **mango**.
- Garnish with the **pistachios** and the remaining **mango**.

3. Variation 2: Apple & raisins (2 servings)

- Finely dice half of the **apple**, then put it in a bowl and mix with 1 tsp of **cinnamon**.
- Grab two glasses of chia pudding and top with the **apple**.
- Garnish with the **raisins**.

4. Variation 3: Blueberry & apple (2 servings)

- Finely dice the other half of the **apple**.
- Grab two glasses of chia pudding and mix in the **blueberry jam**.
- Top with the **blueberries** and **apple**.
- Scatter over the **desiccated coconut** to finish.

Enjoy!



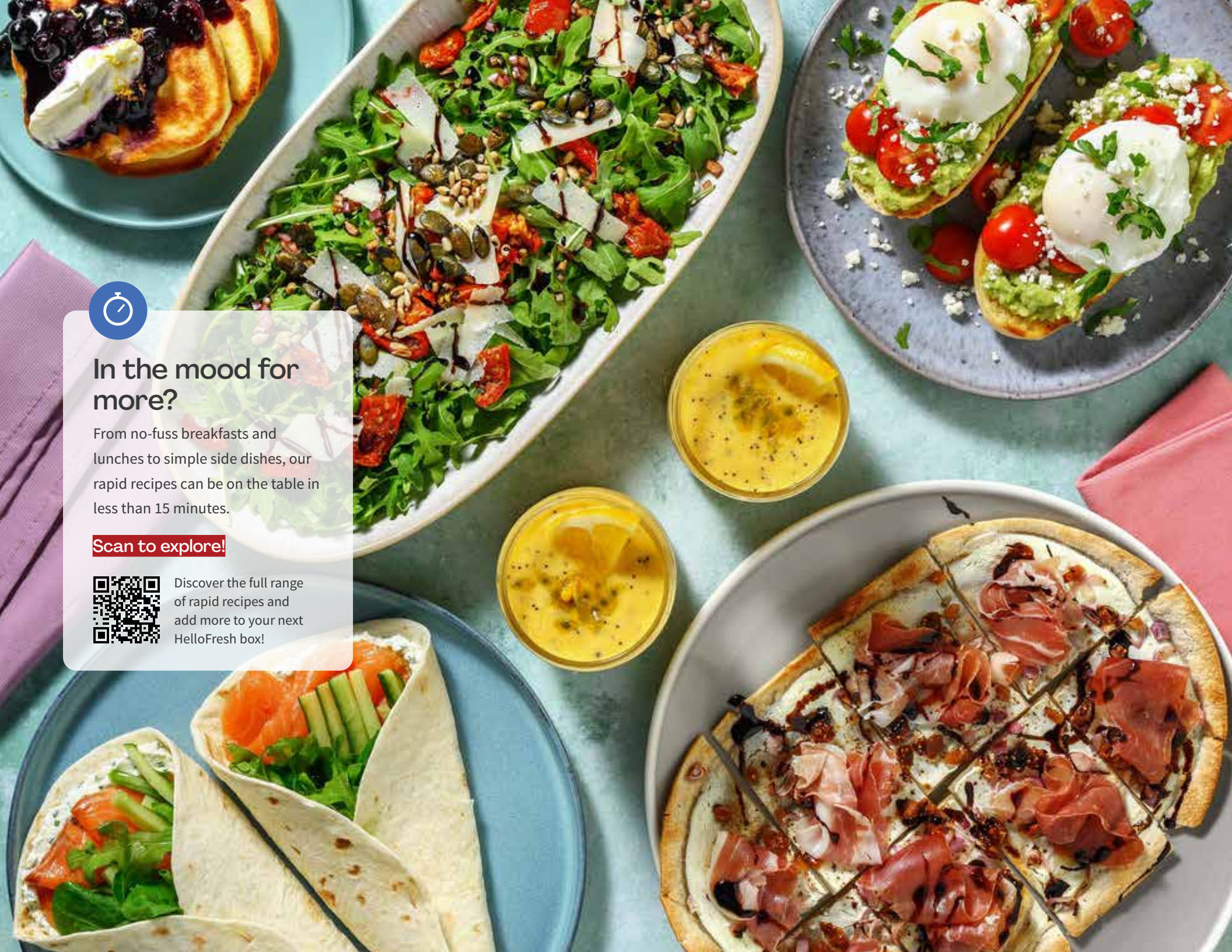
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Before you begin

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

Baking paper, mixing bowl, oven dish, frying pan, microplane

Ingredients

Flour (g)	200
Egg* (unit(s))	1
Lemon* (unit(s))	½
Apple* (unit(s))	4
Butter* (g)	175
Ground cinnamon (tsp)	3
Chopped pecans (g)	40
Blueberry jam (g)	45
Cane sugar (g)	150
From your pantry	
[Plant-based] butter (tbsp)	1
Salt (pinch)	1

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1122 /268
Total fat (g)	15
of which saturated (g)	7,9
Carbohydrates (g)	31
of which sugars (g)	18,7
Fibre (g)	2
Protein (g)	3
Salt (g)	0

Allergens

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

Apple Crumble Bars

with blueberry jam and lemon | to share



Baking Total time: 40 - 50 min.



1. Prepare

- Preheat the oven to 180°C.
- Remove the **butter** from the fridge and let it come up to room temperature.
- Line a 25cm square oven dish with parchment paper.
- Leave an overhang of paper on the edges to grab later as you lift the bars out.

2. Make the base layer

- Add the **flour**, 100g of **cane sugar** and a pinch of salt to a mixing bowl.
- Incorporate the **butter** and **egg** in with your hands, until the dough comes together.
- Add half of the dough to the prepared oven dish and press flat into the base of the pan with your hands.

3. Make the filling

- Peel, core and dice the **apple**.
- Heat 1 tbsp of butter in a frying pan on medium-high heat and fry the **apple** for 5 - 8 minutes.
- Mix in 50g of **cane sugar**, along with the chopped **pecans**, **cinnamon** and a pinch of salt and fry for another 2 - 3 minutes.
- Let the **apple** mixture cool for a couple of minutes, and then add it to the oven dish, layering it on top of the dough.

4. Bake the crumble bars

- Spoon the **blueberry jam** over the apple layer.
- Zest the **lemon** over the mixture and crumble the rest of the dough on top.
- Bake the crumble in the preheated oven for 20 - 25 minutes.
- Let the crumble cool completely, then slice into squares and serve.

Enjoy!



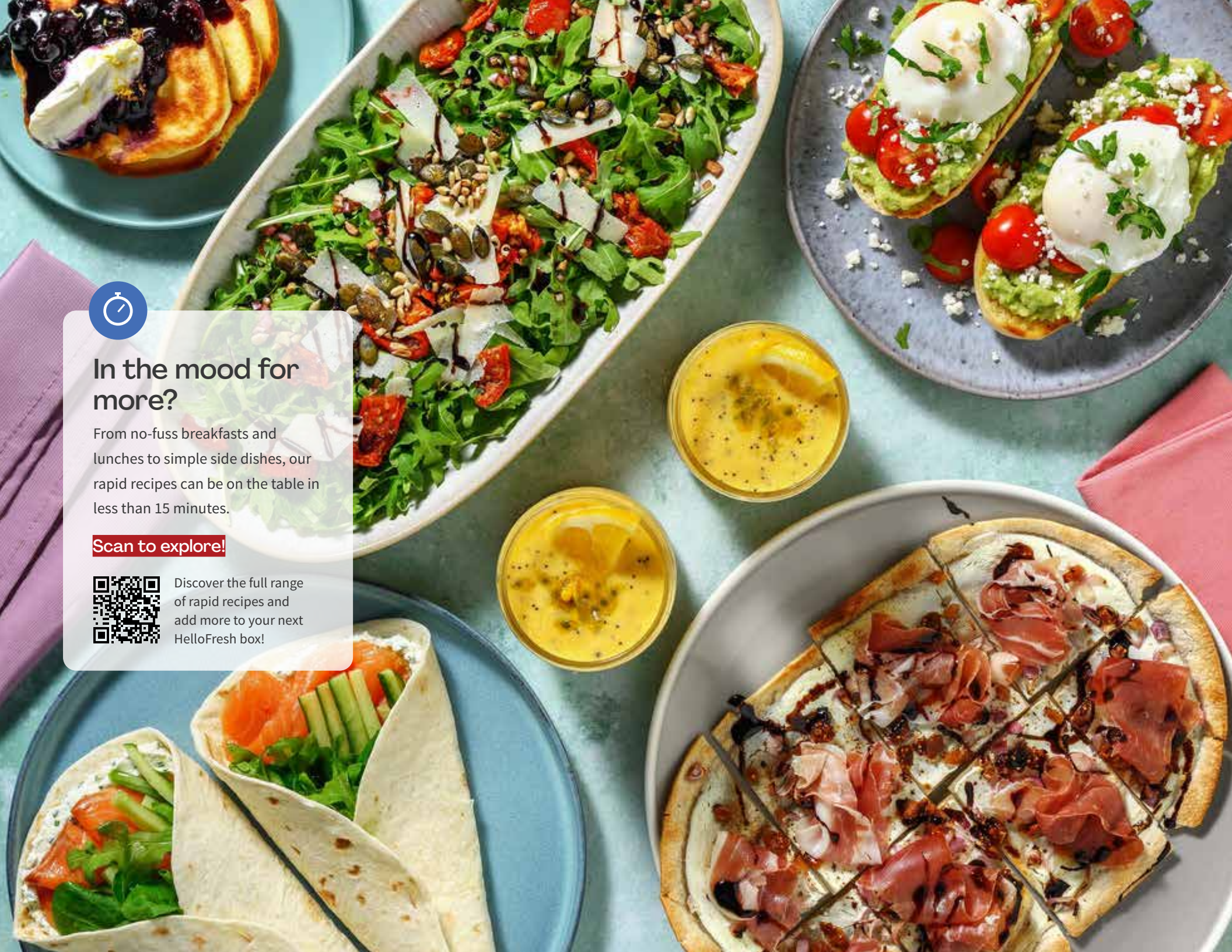
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Before you begin

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Utensils

Parchment-lined baking sheet, bowl, frying pan

Ingredients

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

*store in the fridge

Nutritional values

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

Allergens

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

Smoked Salmon and Scrambled Eggs Deluxe

with fresh avocado, chives and ciabatta | 2 servings



Lunch Total time: 15 - 20 min.



1. Prepare

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

2. Make the scrambled eggs

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

3. Bake the ciabatta

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

4. Serve

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

Enjoy!



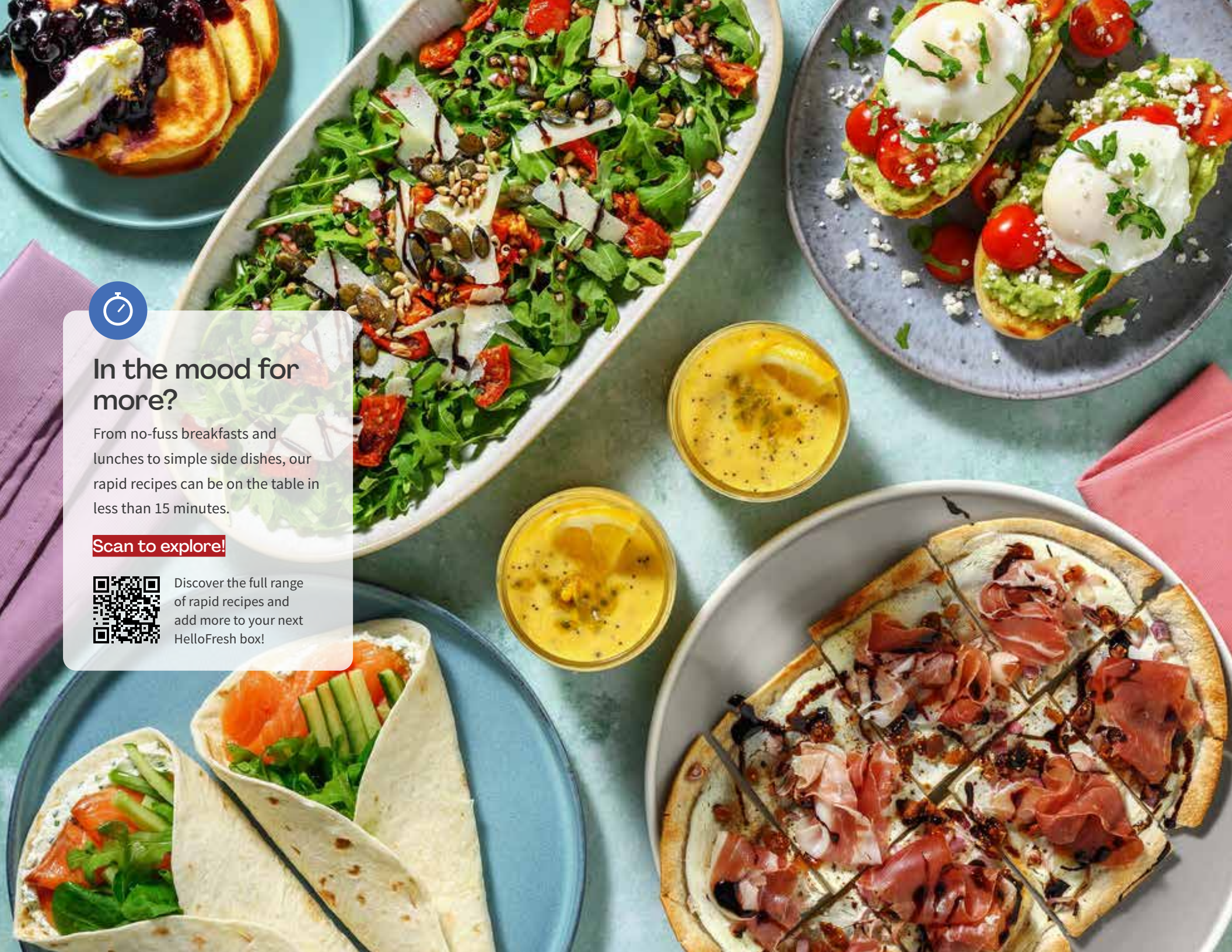
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Before you begin

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Utensils

Bowl

Ingredients

Mozzarella* (ball(s))	1
Grated Gouda* (g)	75
Fresh flat leaf parsley* (g)	10
Butter* (g)	125
Garlic (unit(s))	1
White demi-baguette (unit(s))	2
Fresh Indian dahl soup* (ml)	1000

From your pantry

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

Nutritional values

	Per 100g
Energy (kJ/kcal)	753 / 180
Total fat (g)	11,7
of which saturated (g)	8
Carbohydrates (g)	13,4
of which sugars (g)	1,5
Fibre (g)	2,2
Protein (g)	5,5
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.

Fresh Indian Dahl Soup with Mozzarella Garlic Bread

with homemade parsley-garlic butter | to share



Appetizer Total time: 10 min.



1. Prepare

- Preheat the oven to 200°C.
- Take the **butter** out of the fridge and allow it to reach room temperature.
- Press or mince the **garlic** and finely chop the **parsley**.
- Roughly chop the **mozzarella**.

2. Make the garlic butter

- Transfer the softened butter to a bowl.
- Mix the butter with the **garlic** and two-thirds of the **parsley**.
- Season with salt and pepper.

3. Bake the garlic bread

- Partially slice the **demi-baguettes** on a diagonal, ensuring the base remains intact.
- Spread the **garlic butter** on the inside of the **bread** and add some of both **cheeses**, then scatter the rest of the **cheese** over the top.
- Pop the **baguettes** in the oven for 10 minutes, or until the **cheese** is golden-brown.

4. Serve

- Transfer the **garlic bread** to a serving dish.
- Scatter the rest of the **parsley** over the bread to finish.

Enjoy!



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Utensils

Bowl

Ingredients

Mozzarella* (ball(s))	1
Grated Gouda* (g)	75
Fresh flat leaf parsley* (g)	10
Butter* (g)	125
Garlic (unit(s))	1
White demi-baguette (unit(s))	2
Fresh pea soup with bacon* (ml)	1000

From your pantry

Salt & pepper to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	798 / 191
Total fat (g)	11,2
of which saturated (g)	6,6
Carbohydrates (g)	15,9
of which sugars (g)	0,9
Fibre (g)	2
Protein (g)	7,8
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.

Fresh Pea Soup with Bacon with Mozzarella Garlic Bread



with homemade parsley-garlic butter | to share

Appetizer Total time: 10 min.



1. Prepare

- Preheat the oven to 200°C.
- Take the **butter** out of the fridge and allow it to reach room temperature.
- Press or mince the **garlic** and finely chop the **parsley**.
- Roughly chop the **mozzarella**.

2. Make the garlic butter

- Transfer the softened butter to a bowl.
- Mix the butter with the **garlic** and two-thirds of the **parsley**.
- Season with salt and pepper.

3. Bake the garlic bread

- Partially slice the **demi-baguettes** on a diagonal, ensuring the base remains intact.
- Spread the **garlic butter** on the inside of the **bread** and add some of both **cheeses**, then scatter the rest of the **cheese** over the top.
- Pop the **baguettes** in the oven for 10 minutes, or until the **cheese** is golden-brown.

4. Serve

- Transfer the **garlic bread** to a serving dish.
- Scatter the rest of the **parsley** over the bread to finish.

Enjoy!



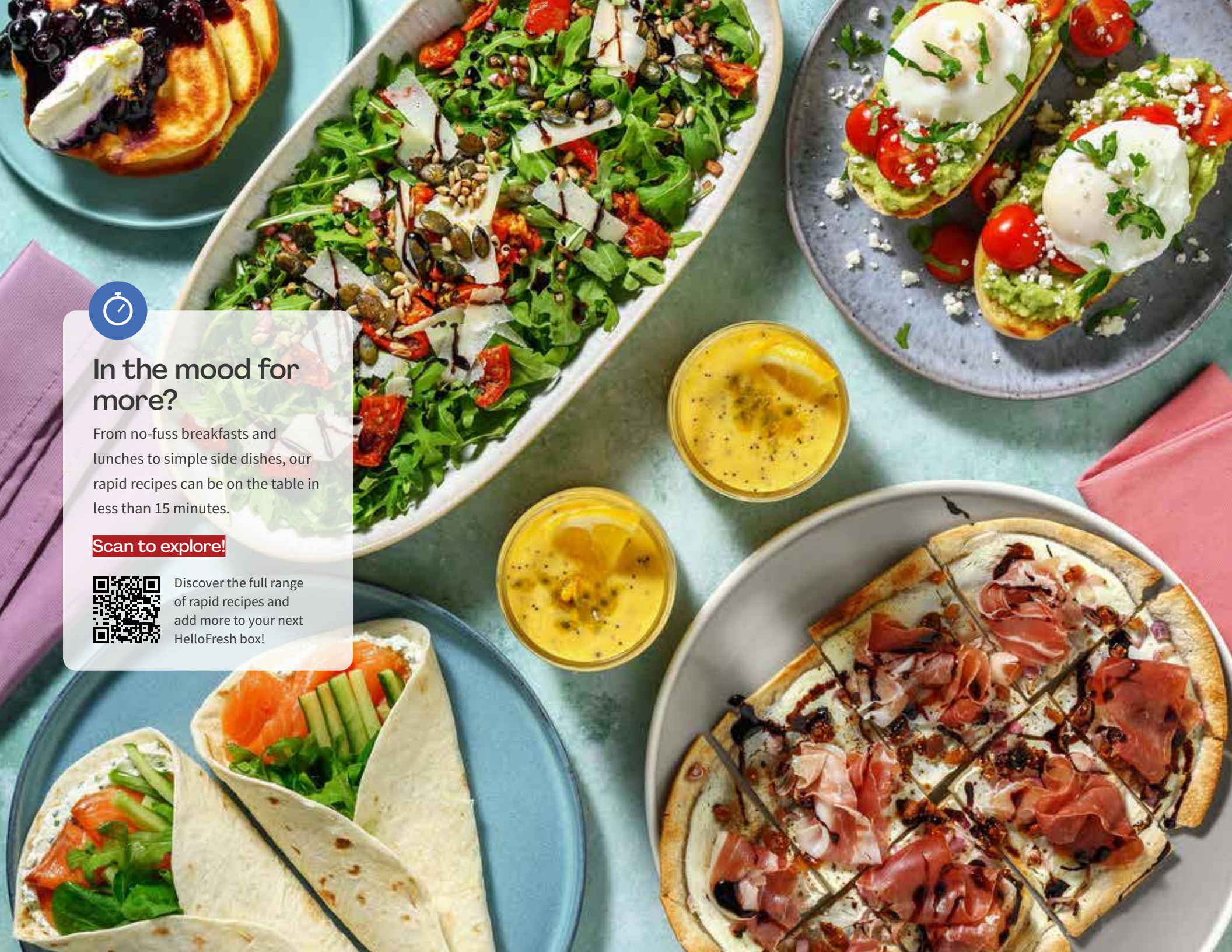
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Before you begin

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Utensils

Bowl

Ingredients

Mozzarella* (ball(s))	1
Grated Gouda* (g)	75
Fresh flat leaf parsley* (g)	10
Butter* (g)	125
Garlic (unit(s))	1
White demi-baguette (unit(s))	2
Fresh goulash soup* (ml)	1000

From your pantry

Salt & pepper to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	667 / 159
Total fat (g)	10,1
of which saturated (g)	6,3
Carbohydrates (g)	11,4
of which sugars (g)	1,5
Fibre (g)	1,3
Protein (g)	5,3
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.

Fresh Goulash with Mozzarella Garlic Bread

with homemade parsley-garlic butter | to share



Appetizer Total time: 10 min.



1. Prepare

- Preheat the oven to 200°C.
- Take the **butter** out of the fridge and allow it to reach room temperature.
- Press or mince the **garlic** and finely chop the **parsley**.
- Roughly chop the **mozzarella**.

2. Make the garlic butter

- Transfer the softened butter to a bowl.
- Mix the butter with the **garlic** and two-thirds of the **parsley**.
- Season with salt and pepper.

3. Bake the garlic bread

- Partially slice the **demi-baguettes** on a diagonal, ensuring the base remains intact.
- Spread the **garlic butter** on the inside of the **bread** and add some of both **cheeses**, then scatter the rest of the **cheese** over the top.
- Pop the **baguettes** in the oven for 10 minutes, or until the **cheese** is golden-brown.

4. Serve

- Transfer the **garlic bread** to a serving dish.
- Scatter the rest of the **parsley** over the bread to finish.

Enjoy!



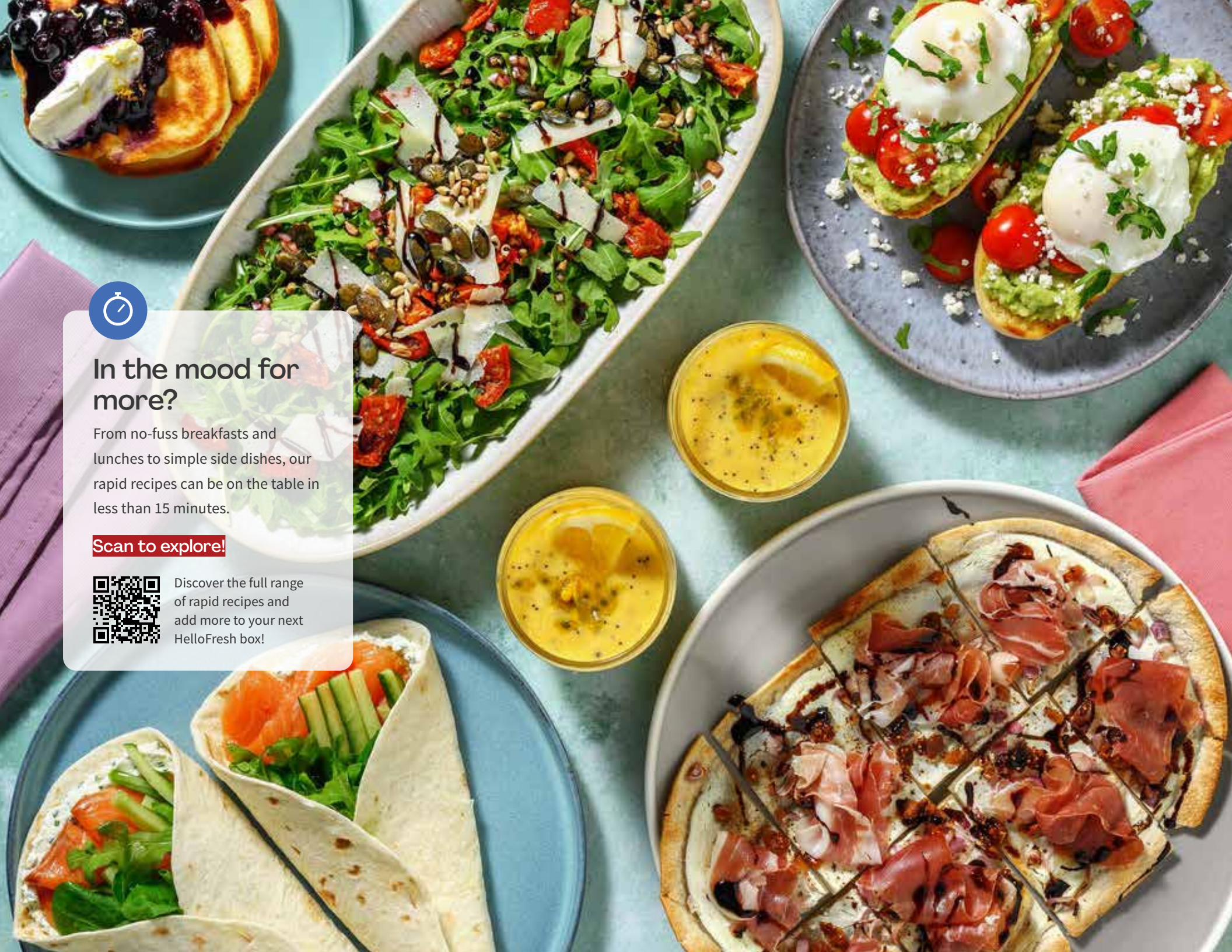
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Before you begin

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Utensils

Parchment-lined baking sheet, bowl

Ingredients

Garlic (unit(s))	2
Grated cheddar* (g)	50
Grated Italian cheese (g)	75
Green pesto* (g)	40
White demi-baguette (unit(s))	4

From your pantry

Olive oil (tbsp)	4
------------------	---

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1353 / 323
Total fat (g)	15,7
of which saturated (g)	4,9
Carbohydrates (g)	35,8
of which sugars (g)	0,9
Fibre (g)	2,5
Protein (g)	9,6
Salt (g)	1,1

Allergens

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

Super Cheesy Pesto Garlic Baguettes

with cheddar and Italian cheese | to share



Appetizer Total time: 20 min.



1. Prepare

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

2. Prepare the baguettes

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

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

3. Bake the baguettes

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

4. Serve

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

Enjoy!



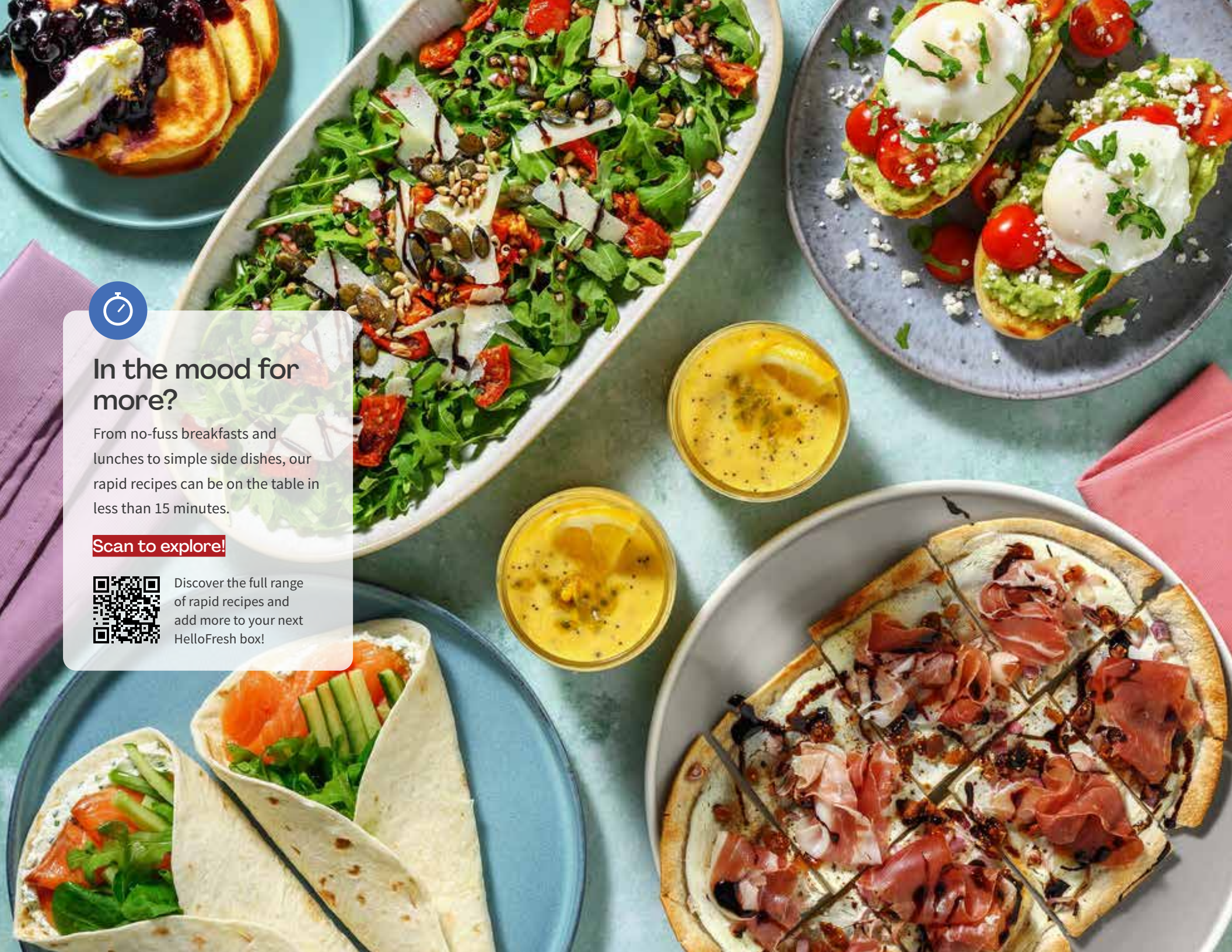
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Utensils

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!



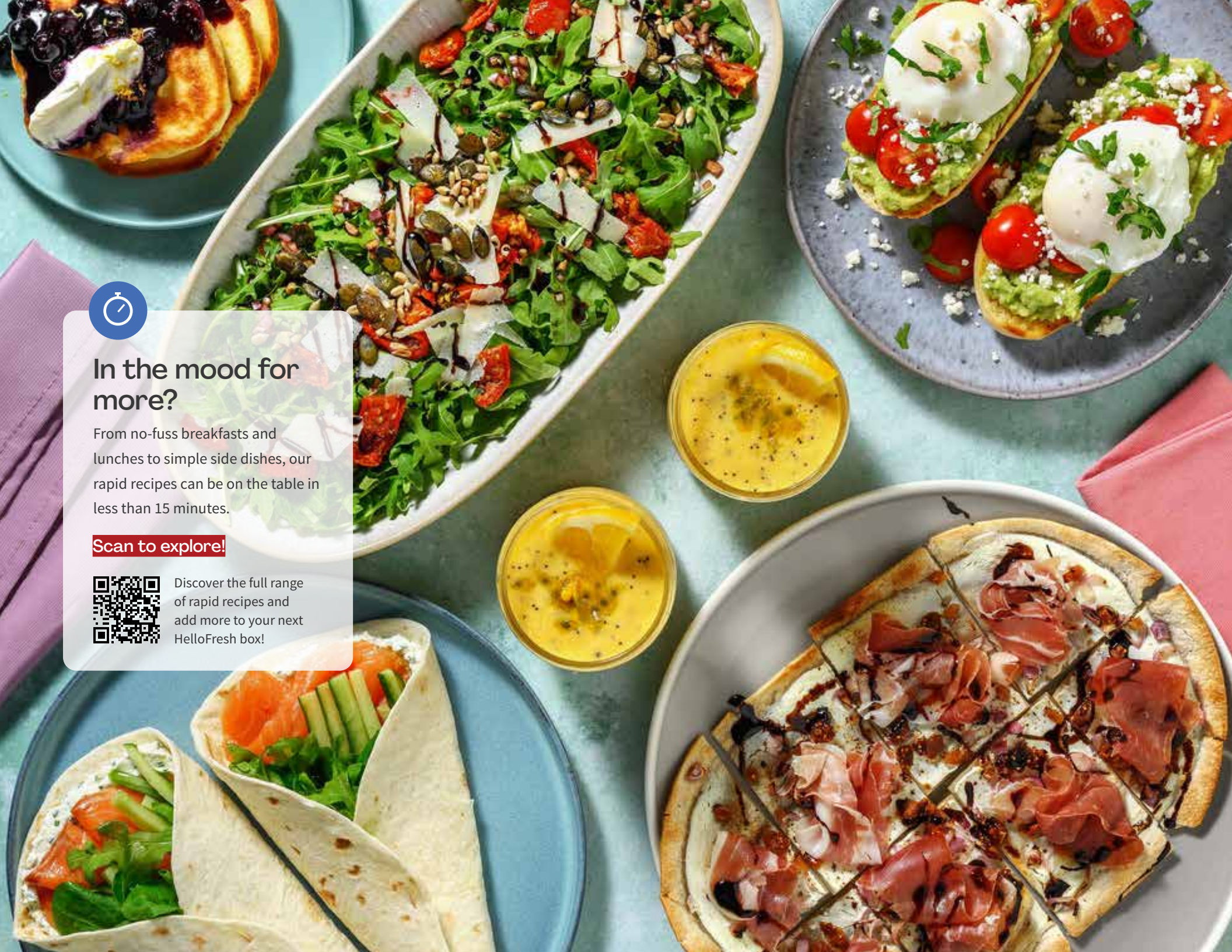
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Utensils

Aluminum foil, salad bowl, frying pan

Ingredients

Rainbow slaw mix* (g)	200
Red cherry tomatoes (g)	125
Smoky tomato ketchup* (g)	60
Flour tortillas (unit(s))	4
BBQ spice rub (sachet(s))	½
Pulled chicken* (g)	200
From your pantry	
Mustard (tsp)	2
Brown sugar (tsp)	2
Sunflower oil (tbsp)	1
White wine vinegar (tsp)	2
[Plant-based] mayonnaise (tbsp)	2
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2920 / 698	704 / 168
Total fat (g)	36	9
of which saturated (g)	6,5	1,6
Carbohydrates (g)	61	15
of which sugars (g)	17,4	4,2
Fibre (g)	8	2
Protein (g)	28	7
Salt (g)	2,9	0,7

Allergens

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

Pulled Chicken Wraps

with crunchy slaw & cherry tomatoes | 2 servings



Lunch Total time: 10 - 15 min.



1. Prepare

- Preheat the oven to 180°C.
- Cut the **cherry tomatoes** in half.

2. Warm up the pulled chicken

- Heat the sunflower oil in a frying pan over medium-high heat.
- Fry the **pulled chicken** with 0.5 sachet **BBQ spice rub*** for 1 - 2 minutes, then stir in the **smoky tomato ketchup**, mustard and brown sugar.
- Fry for another 1 - 2 minutes while stirring.

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

3. Make the salad

- Wrap the flour **tortillas** in aluminium foil and heat in the oven for 3 - 4 minutes.
- In a salad bowl, combine the mayonnaise with the white wine vinegar and add some salt and pepper to taste.
- Add the **slaw mix** and toss well to combine.

4. Serve

- Fill the **tortillas** with the **slaw**, **pulled chicken** and **cherry tomatoes**.

Enjoy!



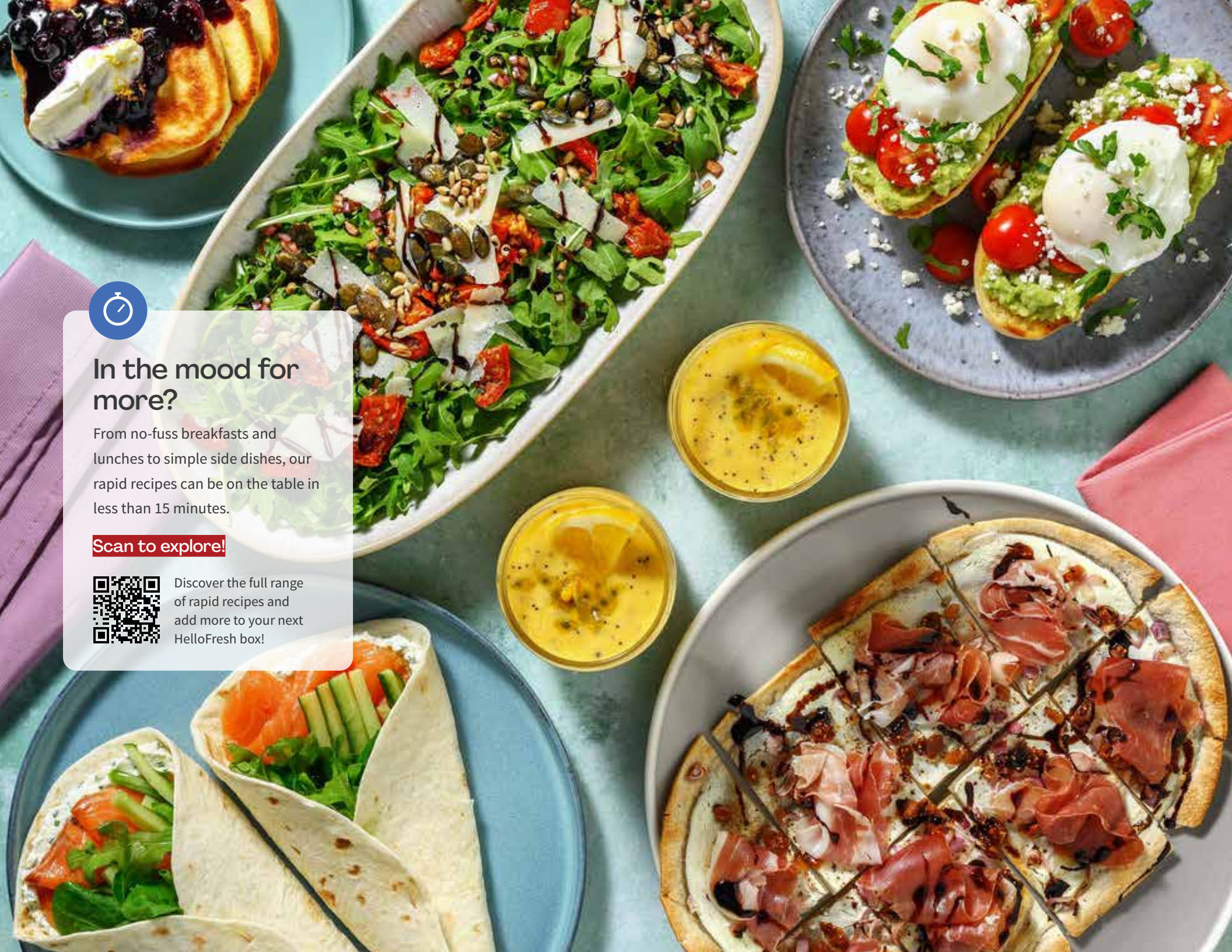
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Utensils

Parchment-lined baking sheet

Ingredients

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

From your pantry

*store in the fridge

Nutritional values

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

Allergens

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

Flammekueche with Bacon and Red Onion

with crème fraîche and arugula | 2 servings



Lunch Total time: 15 - 20 min.



1. Prepare

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

2. Add the toppings

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

3. Bake the flammekueche

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

4. Serve

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

Enjoy!



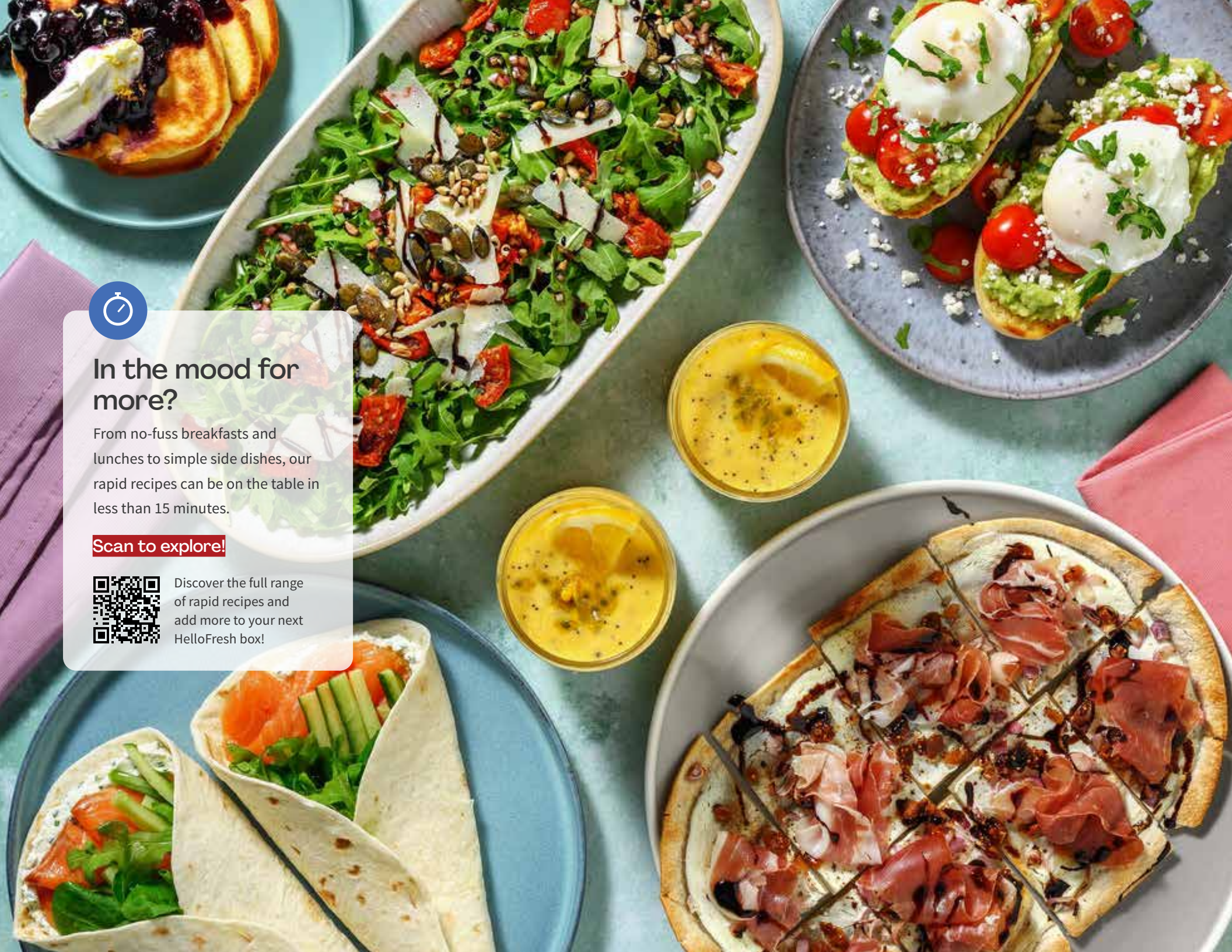
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Utensils

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!



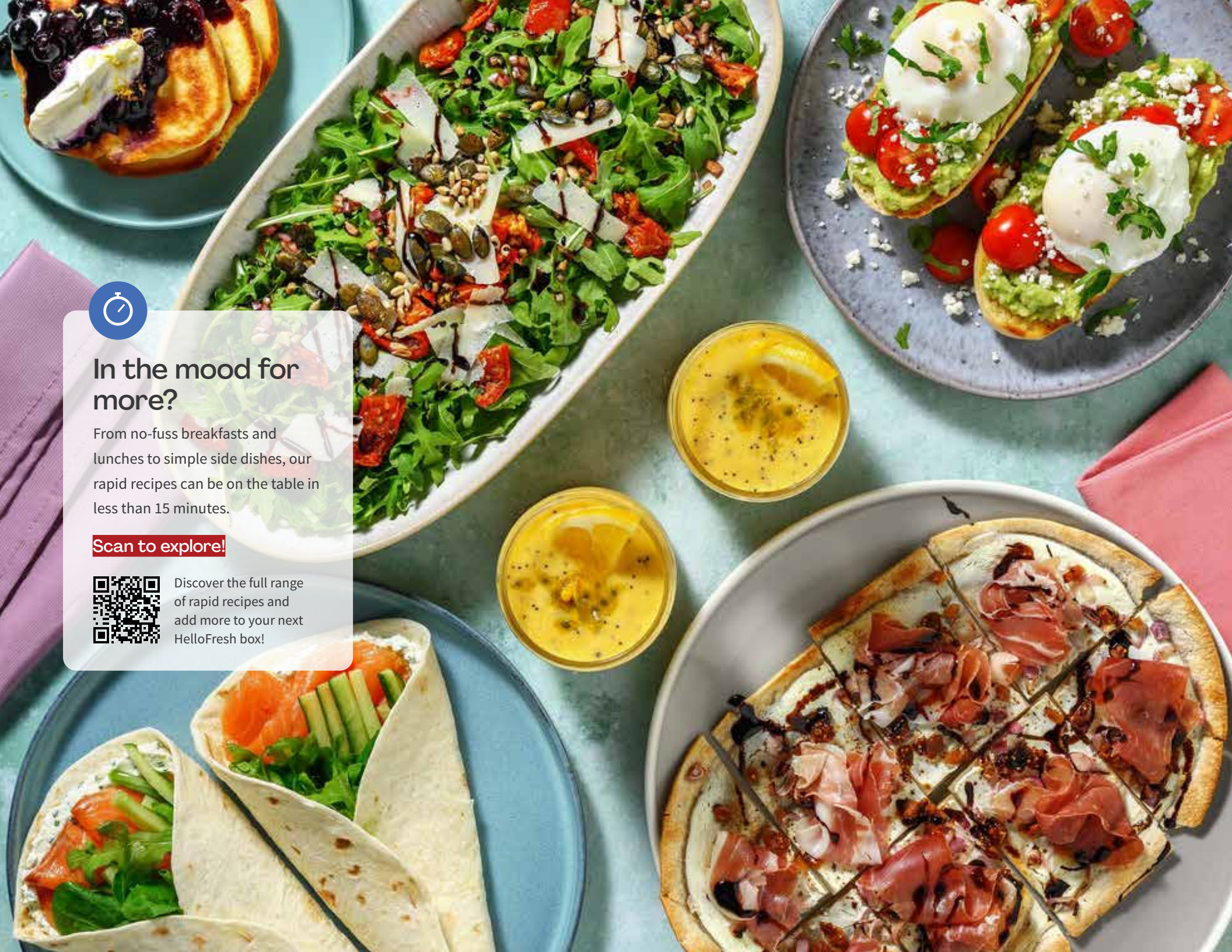
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Utensils

Large bowl, microplane, handheld mixer, small saucepan, whisk

Ingredients

Speculaas pieces (g)	60
Cream cheese* (g)	100
Heavy cream* (ml)	100
Lemon* (unit(s))	½
Blueberry jam (g)	30

From your pantry

Sugar (g)	25
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*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1849 /442	1042 /249
Total fat (g)	26	15
of which saturated (g)	16,6	9,4
Carbohydrates (g)	46	26
of which sugars (g)	34,2	19,3
Fibre (g)	1	0
Protein (g)	6	3
Salt (g)	0,8	0,5

Allergens

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

Cheesecake-Style Mousse

with lemon & speculaas pieces | 2 servings



Dessert Total time: 15 min.



1. Prepare

- Zest and juice the **lemon**.

2. Prepare the mousse

- In a large bowl, combine the **cream cheese** with the sugar.
- Add 2 tsp **lemon juice** and 1 tsp **lemon zest**.
- Use a whisk or handheld mixer to beat until smooth.
- Gradually incorporate the **cream** and whisk for 3 - 6 minutes into a firm mousse.

3. Make the sauce

- Heat the **blueberry jam** and 1 tbsp water in a small saucepan over medium-high heat.
- Stir until smooth and remove from the heat.

4. Serve

- Transfer the **speculaas pieces** to glasses and top with the **lemon mousse**.
- Finish with the **blueberry jam sauce** and garnish with the rest of the **lemon zest**.

Enjoy!



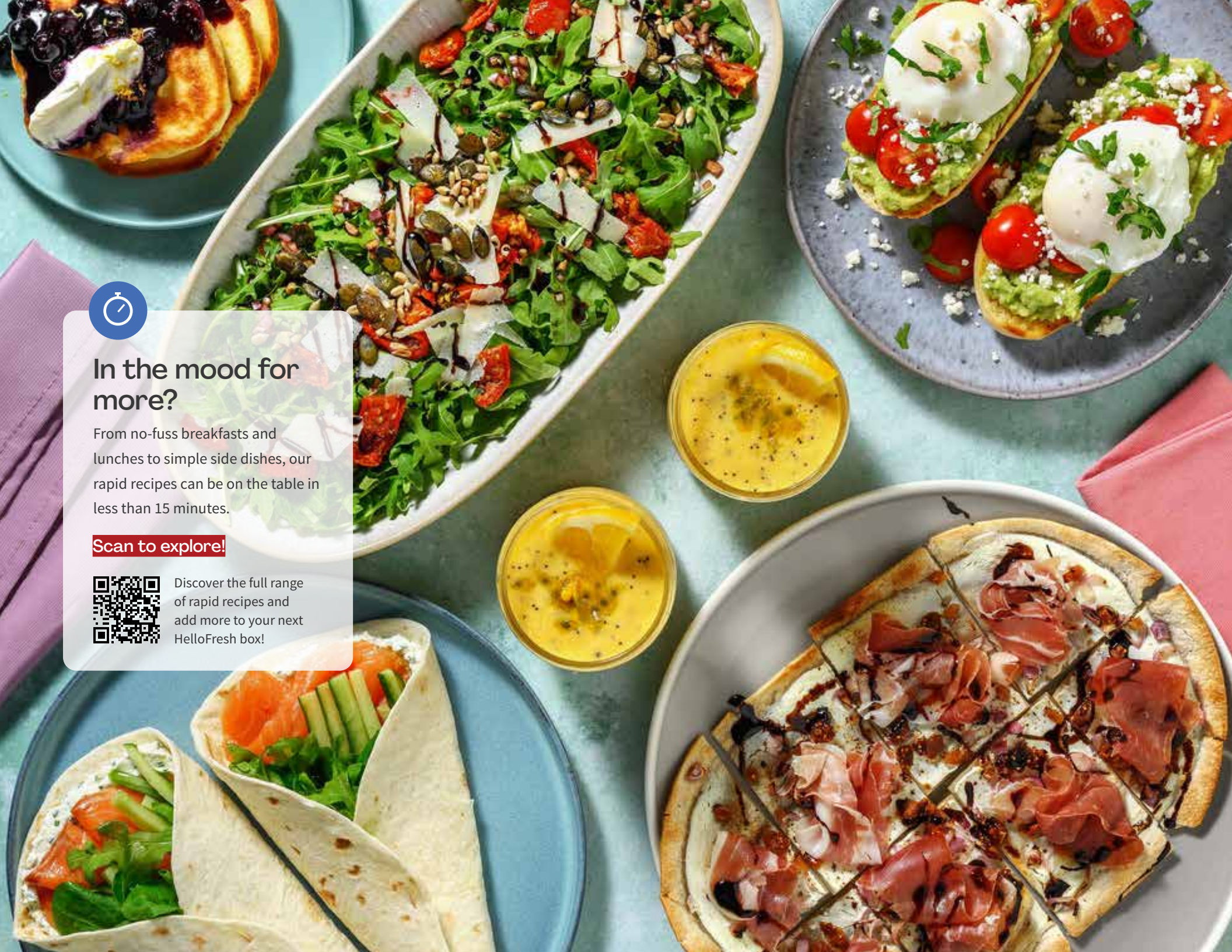
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Before you begin

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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!



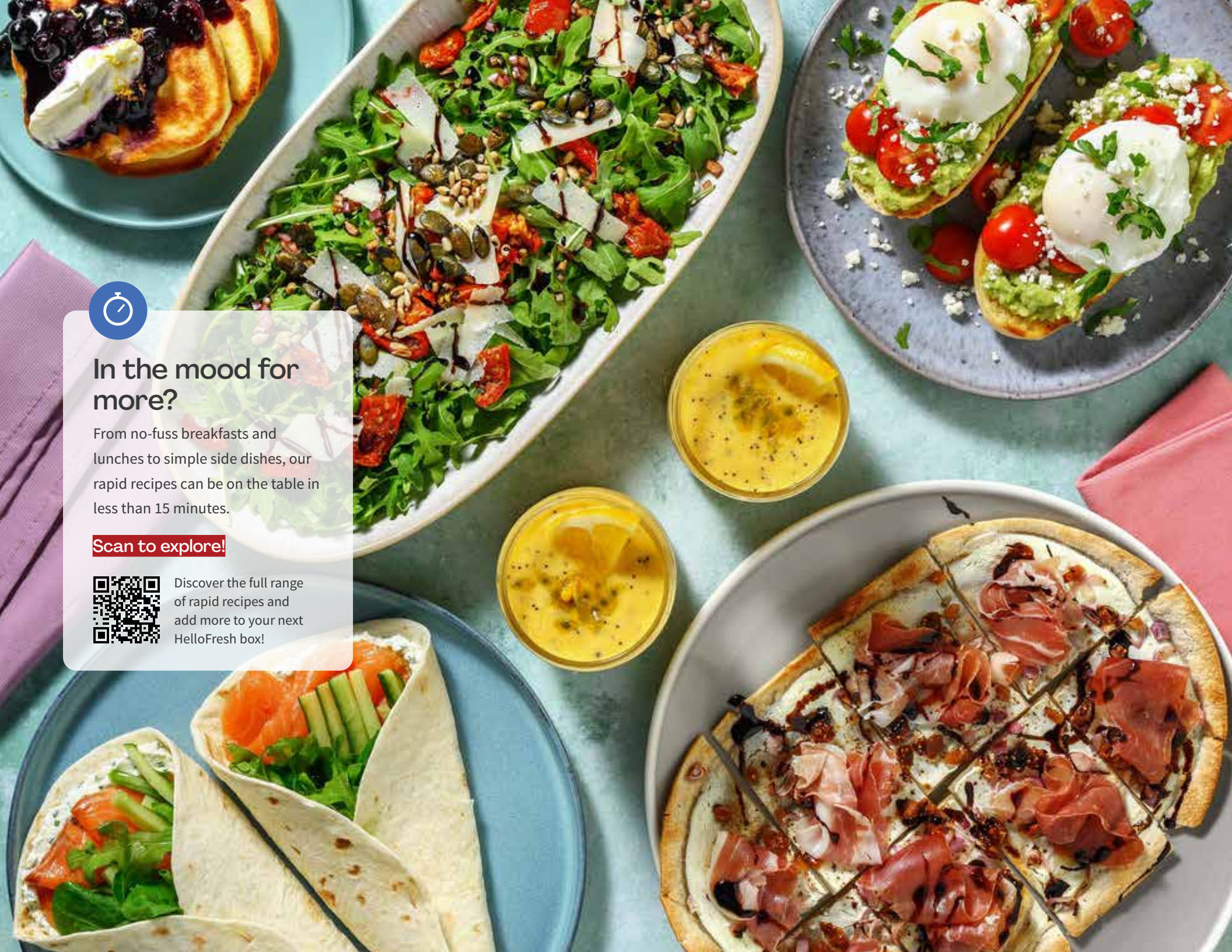
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Utensils

Lidded pot or saucepan, kitchen paper, frying pan

Ingredients

Fresh spaghetti* (g)	250
Pre-cut mushroom mix* (g)	175
Herbed cream cheese* (g)	150
Grated Gouda* (g)	25
Bacon* (slice(s))	2
Truffle-style olive oil (ml)	8

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)	3297 /788	1018 /243
Total fat (g)	44	14
of which saturated (g)	23,2	7,2
Carbohydrates (g)	74	23
of which sugars (g)	2,6	0,8
Fibre (g)	4	1
Protein (g)	24	8
Salt (g)	1,2	0,4

Allergens

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

Fresh Spaghetti with Truffle-Mushroom Cream Sauce

with bacon and herb cream cheese | 2 servings



Lunch Total time: 15 min.



1. Prepare

- Boil plenty of water with a pinch of salt in a lidded pot or saucepan for the **spaghetti**.
- Boil the **spaghetti** for 4 - 6 minutes.
- Save a cup of pasta water, then drain and set aside without the lid.

2. Fry the bacon

- Heat a frying pan without any oil and fry the **bacon** for 2 - 3 minutes until crispy.
- Remove from the pan and set aside on kitchen paper to cool down.

3. Prepare the sauce

- Heat a generous knob of butter in the same frying pan over medium-high heat.
- Add the **mushrooms** and fry for 5 minutes.

4. Serve

- Add the **spaghetti** to the pan with the **mushrooms**, along with the **herbed cream cheese** and a splash of pasta water. Season with salt and pepper to taste.
- Scatter over the **grated cheese** and crumble the **bacon** on top.
- Drizzle with the **truffle-infused olive oil** to finish.

Enjoy!



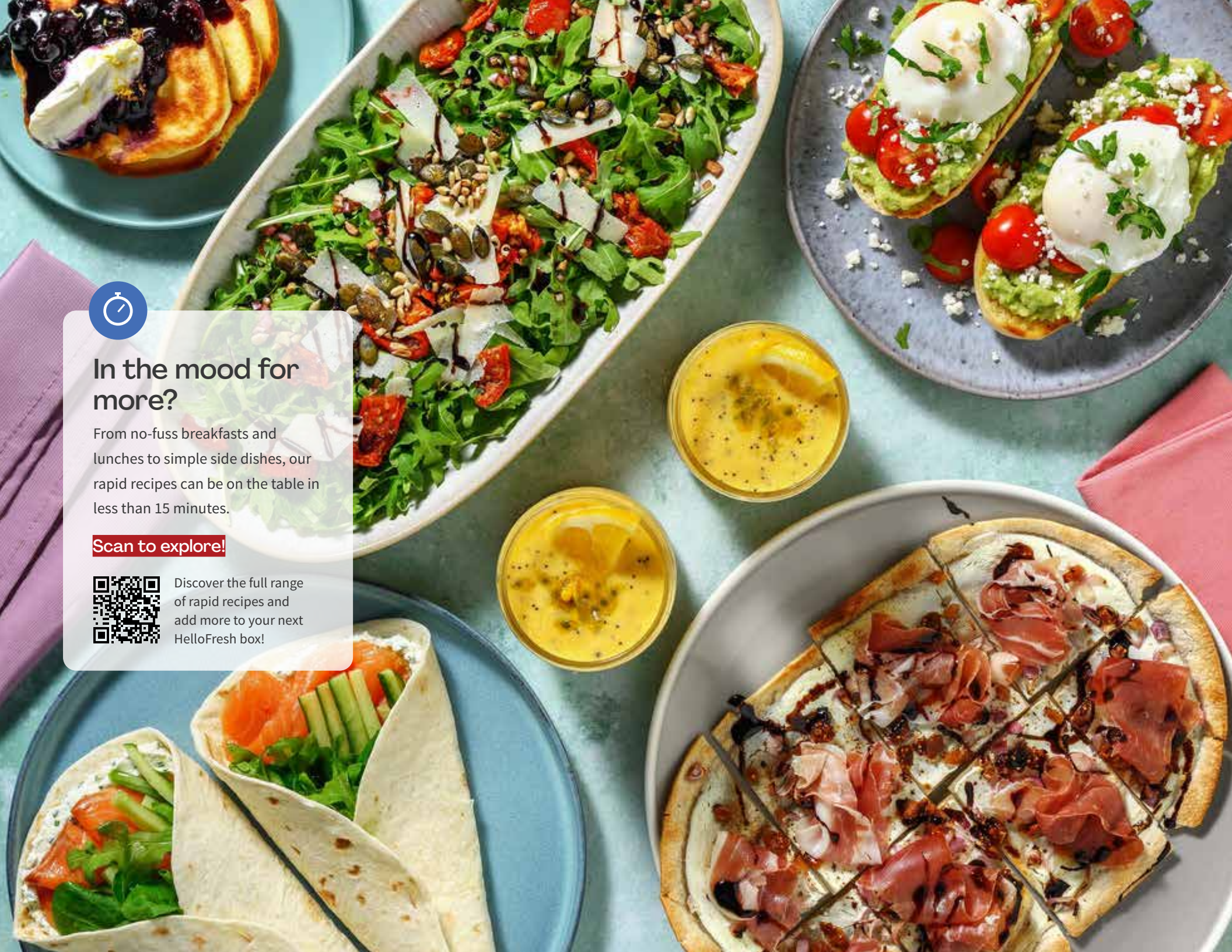
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Utensils

Potato masher, lidded soup pot

Ingredients

Green split peas (g)	300
Bay leaf (unit(s))	1
Pork belly* (unit(s))	2
Carrot* (unit(s))	2
Potatoes (g)	200
Fresh celery leaves* (g)	20
Leek* (unit(s))	1
Onion (unit(s))	1
Celeriac cubes* (g)	300
Brandt & Levie - Smoked pork sausage* (unit(s))	1
From your pantry	
Low sodium beef stock (ml)	1000
Salt & pepper	to taste
*store in the fridge	

Nutritional values

	Per 100g
Energy (kJ/kcal)	342/82
Total fat (g)	2
of which saturated (g)	0,7
Carbohydrates (g)	11
of which sugars (g)	1,7
Fibre (g)	3
Protein (g)	4
Salt (g)	0,2

Allergens

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

Split Pea Soup with Smoked Sausage

with pork belly, leek & celeriac | 4 servings



Lunch Total time: 50 min.



1. Prepare

- Prepare the stock in a lidded soup pot.
- Transfer the **split peas**, **pork belly** and **bay leaf** to the stock.
- Boil gently for 20 - 30 minutes over medium-low heat, covered, stirring regularly.

2. Chop the vegetables

- Slice the **carrot** into rounds of no more than 1cm thickness.
- Wash or peel the **potato** and dice into 2cm chunks.
- Set aside a few **celery** leaves and then roughly chop the rest, along with the stalks.
- Chop the **leek** into rings and the **onion** into crescents.

3. Make the soup

- Remove the **pork belly** from the pot after 20 minutes. Finely dice the **pork belly** and set aside.
- To the soup, add the **carrot**, **potatoes**, chopped **celery** leaves, **leek**, **celeriac cubes**, **onion** and **smoked sausage**. Stir well and allow to cook over low heat for 20 minutes, or until the vegetables are done.
- Remove the **bay leaf** and the **smoked sausage** from the soup. Discard the **bay leaf** and then slice the **smoked sausage**.
- Mash the soup a few times to make it a little creamier, but still maintain plenty of texture.

4. Serve

- Transfer the diced **pork belly** and sliced **smoked sausage** to the soup, then turn up the heat and stir well.
- Season to taste with salt and pepper.
- Serve the soup in bowls and garnish with the reserved **celery** leaves.

Enjoy!



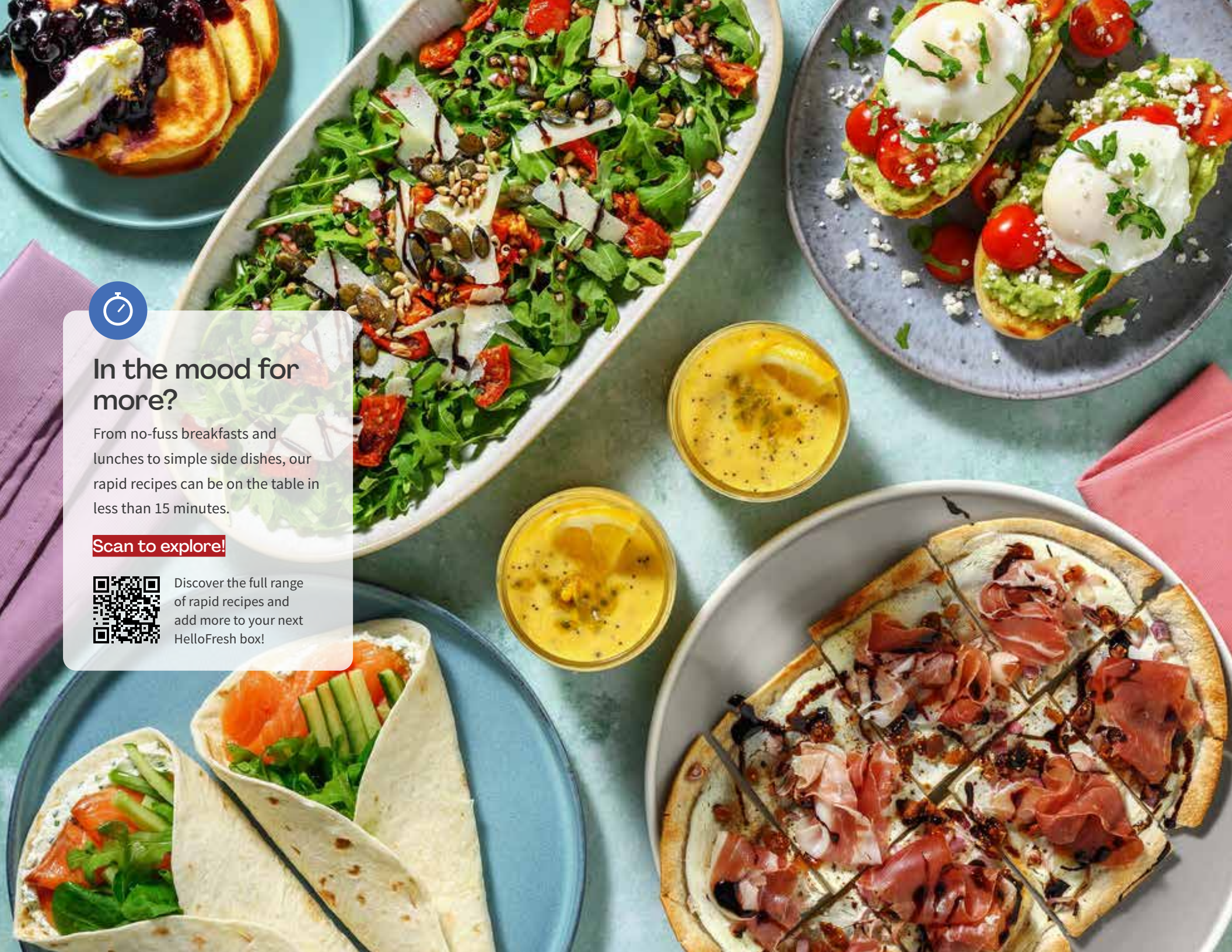
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Utensils

Bowl, grater, lidded pot or saucepan, frying pan

Ingredients

Sushi rice (g)	150
Salmon fillet* (unit(s))	2
Ponzu (g)	24
Sesame oil (ml)	10
Carrot* (unit(s))	1
[Persian] cucumber* (unit(s))	1
Edamame* (g)	50
Furikake (sachet(s))	1
Sriracha mayo* (g)	50
From your pantry	
White wine vinegar (tbsp)	1
Sugar (tsp)	1
Sunflower oil (tbsp)	1
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3276 / 783	871 / 208
Total fat (g)	42	11
of which saturated (g)	5,6	1,5
Carbohydrates (g)	69	18
of which sugars (g)	8,5	2,3
Fibre (g)	3	1
Protein (g)	27	7
Salt (g)	1,3	0,3

Allergens

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

Poké Bowl with Salmon

with sriracha mayo, edamame and furikake | 2 servings



Lunch Total time: 20 - 25 min.



1. Boil the rice

- Boil 350ml water in a lidded pot or saucepan.
- Boil the **sushi rice** for 12 - 15 minutes.
- Turn the heat off when finished, add the white wine vinegar and sugar and mix well.
- Leave the **rice** in the pan with the lid on until ready to serve.

2. Marinate

- Cut the **salmon** into small cubes.
- In a bowl, mix the **salmon** with the **ponzu** sauce, the **sesame oil** and some salt and pepper.
- Set aside and let the **salmon** marinate for 5 minutes.

3. Fry the salmon

- Grate the **carrot**.
- Finely dice the **cucumber**.
- Heat the sunflower oil in a frying pan over medium-high heat and fry the **salmon** for 2 - 3 minutes.

4. Serve

- Serve the **sushi rice** in bowls.
- Serve the **carrot**, **cucumber**, **edamame** and **salmon** on top of the **rice**.
- Drizzle the marinade on the top and garnish with the **sriracha mayo** and **furikake**.

Enjoy!



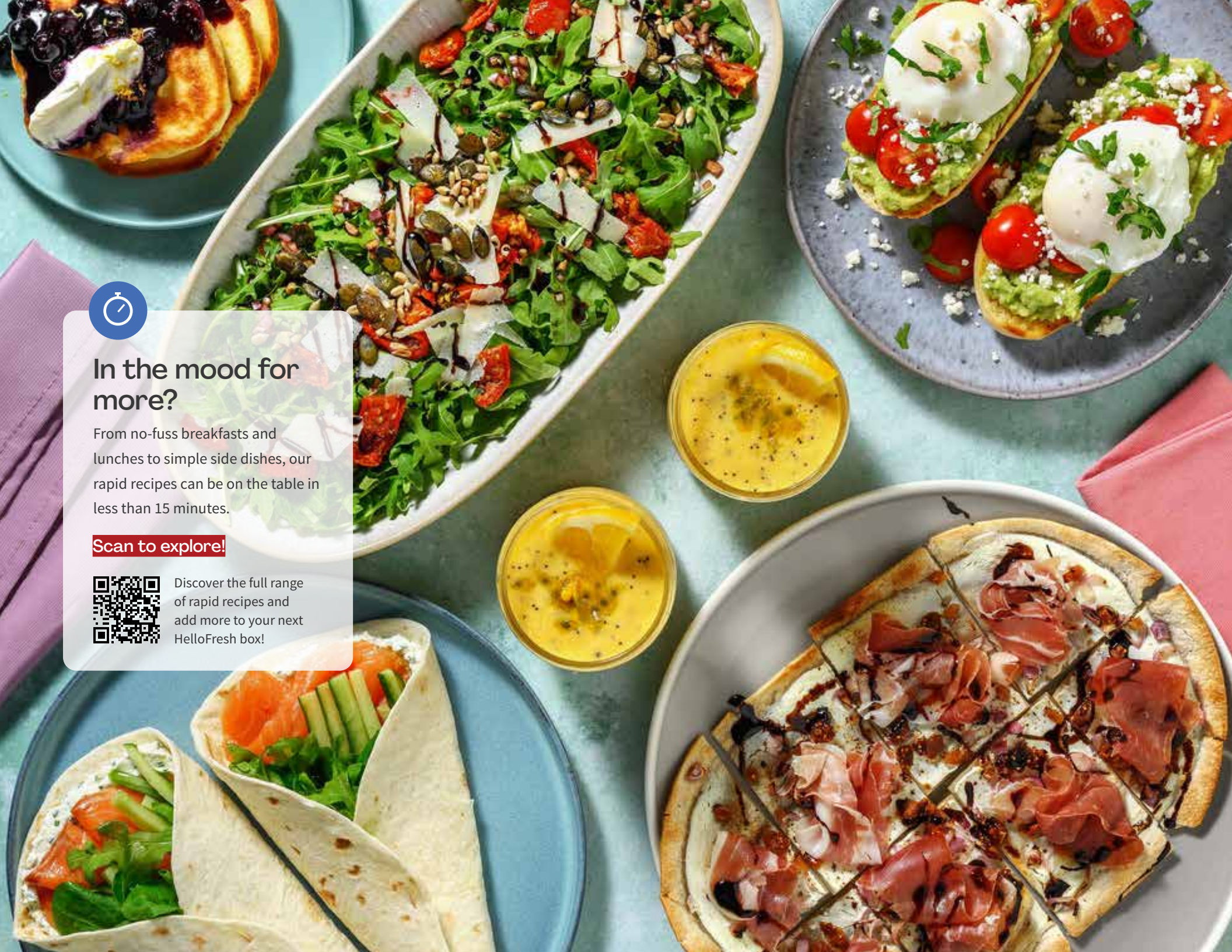
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Utensils

Parchment-lined baking sheet, kitchen paper, small bowl

Ingredients

Pizza dough* (unit(s))	1
Passata (g)	200
Salami* (slice(s))	3
Italian seasoning (sachet(s))	1
Grated Italian cheese* (g)	150
Red cherry tomatoes (g)	125
Mozzarella* (ball(s))	1
Green pesto* (g)	40

From your pantry

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	947 / 226
Total fat (g)	11
of which saturated (g)	5,3
Carbohydrates (g)	19
of which sugars (g)	2,2
Fibre (g)	1
Protein (g)	10
Salt (g)	0,9

Allergens

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

Mini Pizzas

caprese, salami and margherita | 15 pieces



Appetizer Total time: 25 min.



1. Prepare

- Preheat the oven to 200°C.
- Mix the **passata** and **Italian herbs** in a small bowl. Season with salt and pepper.
- Quarter the **cherry tomatoes**. Roughly chop the **salami**.
- Pat the **mozzarella** dry with kitchen paper, then tear or cut the **mozzarella** into very small pieces.

2. Cut the dough

- Roll out the **pizza dough**, then slice into 15 small squares.
- Transfer the dough to a parchment-lined baking sheet.

3. Make the mini pizzas

- Spread 1 tbsp **tomato** sauce over each piece of dough before adding the toppings (you'll make about 5 slices of each type of pizza).
- **Caprese**: top with the **mozzarella** and **cherry tomatoes**, then drizzle over the **pesto**.
- **Margherita**: top with half of the **grated cheese**.
- **Salami**: top with the other half of the **grated cheese** and the **salami**.

4. Bake the pizzas and serve

- Put the pizzas in the oven for 8 - 10 minutes.
- Take the pizzas out of the oven and serve while still hot.

Enjoy!



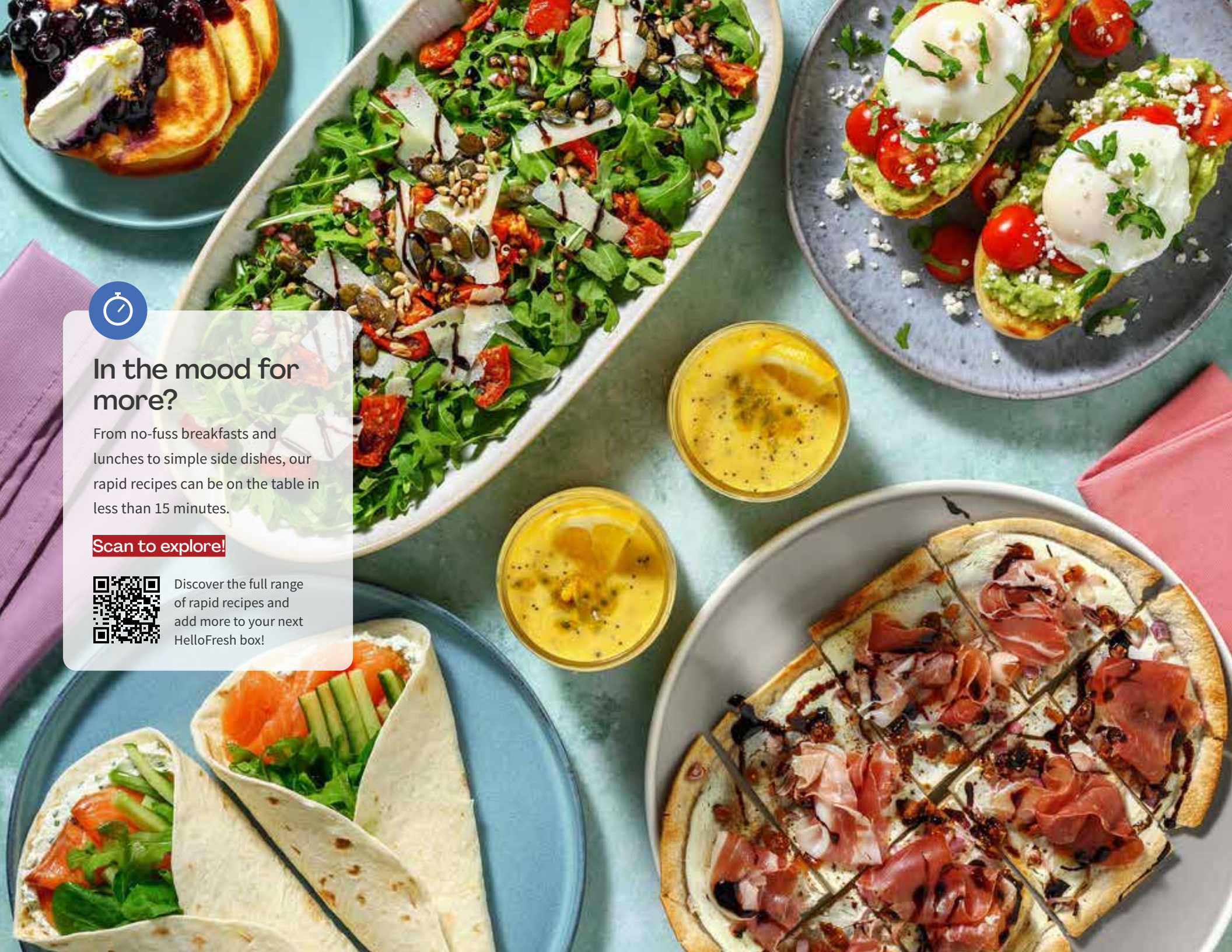
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Breakfastbox

Kick-start your day!

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

Omelette with Cherry Tomatoes on Ciabatta

with fresh chives | 2 servings

20 min.



Utensils

Parchment-lined baking sheet, lidded frying pan

Ingredients for 2 servings

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

*store in the fridge

Nutritional values

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

Allergens

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

Step 1.

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

Step 2.

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

Step 3.

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

Step 4.

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

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



Avocado & Goat's Cheese Crackers

2 days of breakfast for 2 persons | 4 servings

10 min.



Utensils

Ingredients for 2 servings

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

From your pantry

Salt and pepper	to taste
-----------------	----------

*store in the fridge

Nutritional values

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

Allergens

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

Pineapple & Banana Smoothie

2 days of breakfast for 2 persons | 4 servings

10 min.



Utensils

Blender or an immersion blender with a tall container

Ingredients for 2 serving

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

Not included

From your pantry

*store in the fridge

Nutritional values

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

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

Before you begin

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Utensils

Immersion blender, soup pot

Ingredients

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

*store in the fridge

Nutritional values

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

Allergens

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Quick Homemade Cherry Tomato & Carrot Soup

with Sicilian herbs and basil crème | 4 servings



Lunch Total time: 15 min.



1. Prepare

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

2. Add the vegetables

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

3. Make the soup

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

4. Serve

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

Enjoy!



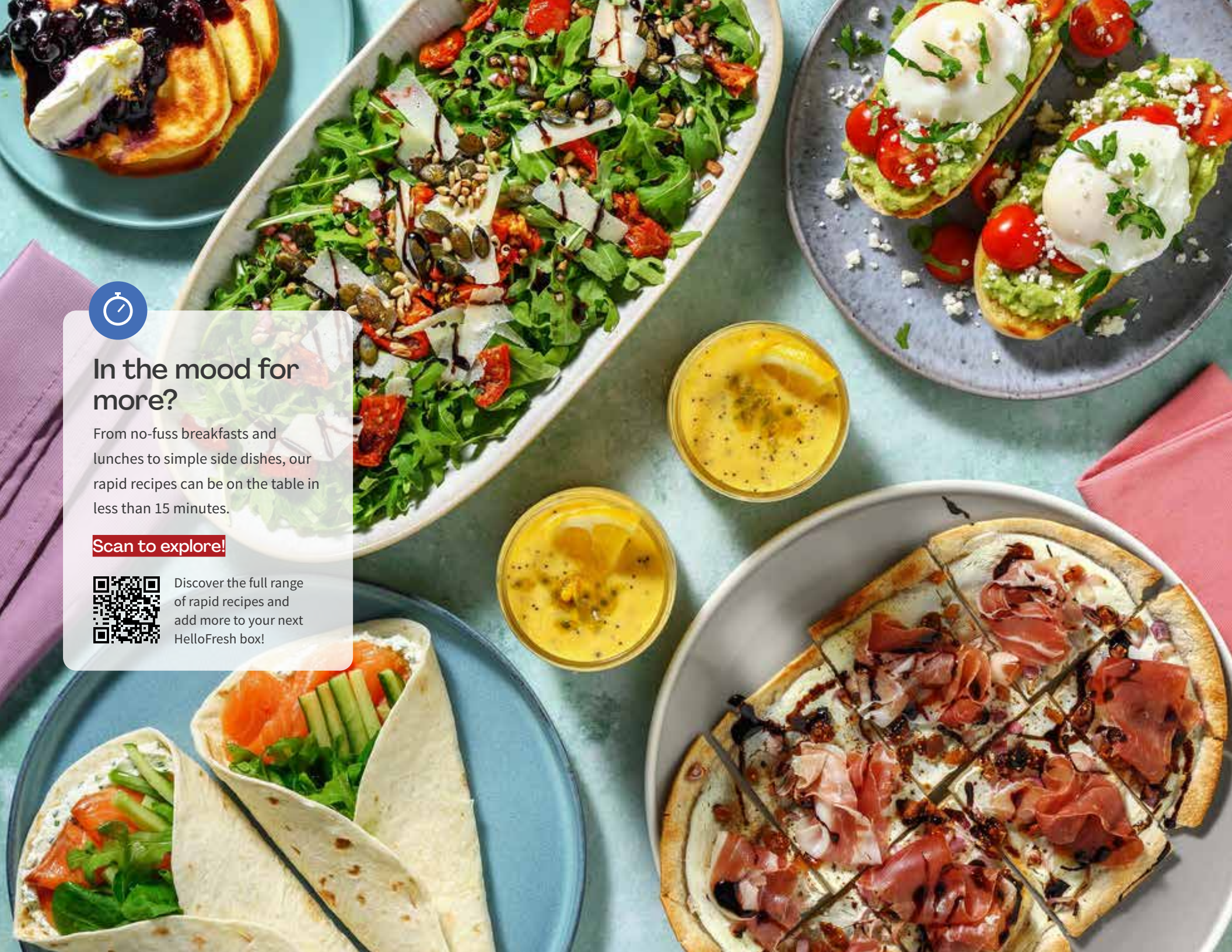
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Utensils

Aluminum foil, parchment-lined baking sheet, bowl, oven dish

Ingredients

Garlic (unit(s))	1
Mozzarella* (ball(s))	1
Capers (g)	30
Red cherry tomatoes (g)	250
White ciabatta (unit(s))	2
Arugula* (g)	20
Crema di balsamico (ml)	8
From your pantry	
Salt & pepper	to taste
Olive oil (tbsp)	1

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	650 / 155
Total fat (g)	7
of which saturated (g)	3
Carbohydrates (g)	15
of which sugars (g)	3
Fibre (g)	1
Protein (g)	7
Salt (g)	0,6

Allergens

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Roasted Tomato and Mozzarella Bruschetta

with arugula, capers and balsamic drizzle | to share



Appetizer Total time: 30 - 40 min.



1. Roast the tomatoes

- Preheat the oven to 180°C.
- Peel the **garlic** and wrap it in a small piece of aluminium foil with a light drizzle of olive oil.
- Add the **cherry tomatoes** to an oven dish, drizzle with olive oil and season with salt and pepper.
- Roast the **tomatoes** and **garlic** on the top shelf of the oven until they are softened and starting to burst, for 10 - 12 minutes.

2. Bake the bread

- Cut the **ciabatta** in half and then each half into triangles.
- Lightly drizzle the **ciabatta** pieces with olive oil and transfer to a parchment-lined baking sheet.
- Bake in the oven for 2 - 3 minutes.

3. Prepare the bruschetta

- Tear the **mozzarella** into small pieces.
- Add the roasted **garlic** to a bowl and mash with a fork.
- Mix in the roasted **tomatoes** and **capers**.

4. Serve

- Transfer the **ciabatta** pieces to a serving dish.
- Top with the **tomato-caper mix**, **mozzarella** and **arugula**.
- Drizzle with the **crema di balsamico**.

Enjoy!



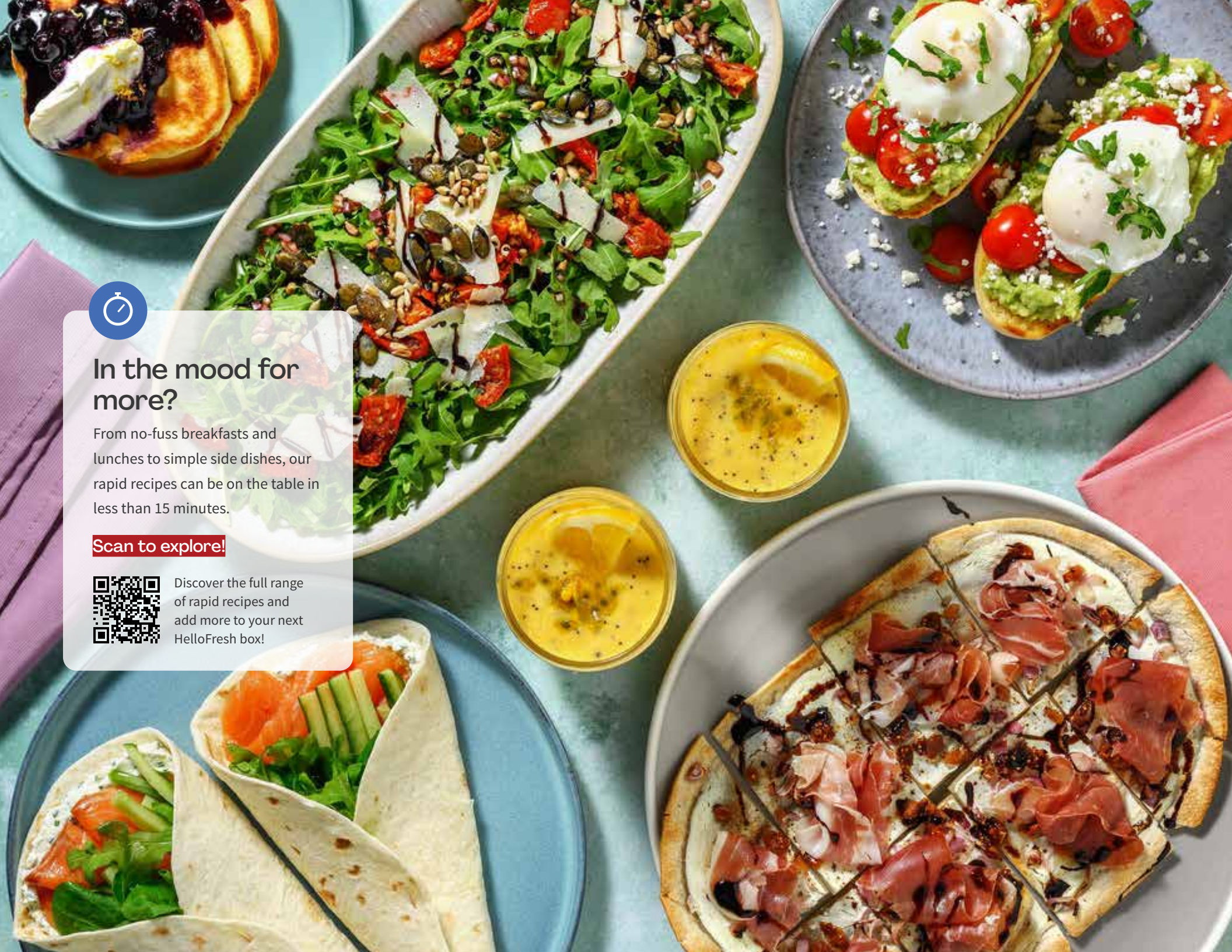
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Utensils

Aluminum foil, 2x bowl, oven dish, frying pan

Ingredients

Potatoes (g)	400
Bacon lardons* (g)	100
Organic sour cream* (g)	100
Grated Italian cheese* (g)	50
Garlic (unit(s))	2
Fresh chives* (g)	5
Onion chutney* (g)	40
From your pantry	
Olive oil (tbsp)	1¾
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	701 /167
Total fat (g)	10
of which saturated (g)	4,1
Carbohydrates (g)	12
of which sugars (g)	2,4
Fibre (g)	2
Protein (g)	6
Salt (g)	0,5

Allergens

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

Cheesy Bacon Loaded Smashed Potatoes

with onion chutney, sour cream and chives | to share



Total time: 45 - 55 min.



1. Prepare

- Preheat the oven to 200°C.
- Halve the **potatoes** widthways and transfer to an oven dish.
- Drizzle with olive oil and season with salt and pepper. Toss to coat and spread out in a single layer, cut side down.
- Peel the **garlic**, then wrap it in a small piece of aluminium foil with a light drizzle of olive oil.

2. Roast the potatoes

- Roast the **potatoes** for 20 minutes on the top shelf of the oven.
- After 20 minutes, remove the **potatoes** and lightly crush each one with the bottom of a bowl.
- Drizzle with olive oil and return to the top shelf until crispy and golden, for 10 - 15 minutes.
- Put the **garlic** wrapped in aluminium foil in the oven for the last 10 - 12 minutes of cooking time.

3. Make the sauce

- Heat a drizzle of olive oil in a frying pan on medium-high heat and add the **bacon lardons**. Fry for 4 - 5 minutes.
- Meanwhile, finely chop the **chives**.
- Add the **garlic** to a bowl and smash with a fork.
- Add two-thirds of the **chives** and the **sour cream** and mix well.

4. Serve

- Once the **potatoes** are cooked, remove from the oven and dollop over the **onion chutney**. Sprinkle with the Italian **cheese**.
- Roast for another 4 - 5 minutes in the oven, or until the **cheese** has melted.
- Remove the cheesy **potatoes** from the oven and transfer to a serving dish.
- Add dollops of the **garlic sour cream** on top.
- Scatter over the **bacon lardons** and the rest of the **chives**.

Enjoy!



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