



MATE'S RATES!

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WEEK 09, 2014
24 FEBRUARY

THIS WEEK'S HELLOFRESH MENU:

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|--|-------------|
| 1. Spaghetti with Zucchini & Lemon | 5 3 30 mins |
| 2. Roast Cauliflower with Za'atar & Israeli Couscous | 5 3 20mins |
| 3. Field Mushroom & Thyme Pizza with Gorgonzola | 5 3 20 mins |
| 4. Fusili with Ginger & Avocado | 5 15 mins |
| 5. Tandoori Haloumi Burgers | 5 30 mins |



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All nutritional information is provided as a guide only.
They are calculated based on the individual portion size prescribed by the recipe.
All values include the sometimes optional carbohydrate component such as rice and couscous.
Such carbohydrates can be omitted based on personal preference.
Please be aware that values will change given that fresh produce will vary in size and weight and individual cooking processes will yield individual nutritional results.



Spaghetti with Zucchini & Lemon

Energy	2100 KJ
Protein	9.6 g
Fat, total	3.8 g
-saturated	0.2 g
Carbohydrate	40.2 g
-sugars	4.2 g

	2P	4P	6P	
	250 g	500 g	750 g	spaghetti
P	3 tbs	6 tbs	9 tbs	olive oil
	2	4	6	garlic cloves, crushed
	1/2	1	1 1/2	lemon, zested and juiced*
	1	2	3	long chilli, de-seeded & finely chopped
	2	4	6	zucchini, grated or finely sliced
	1	2	3	tomato, finely chopped
P	1 tbs	2 tbs	3 tbs	white wine vinegar
	60 g	120 g	180 g	rocket, washed & dried*

*may feature in another one of your recipes

For the pasta

Bring a full pot of salted water to the boil, add the **spaghetti** and cook for **8-10 minutes** or until al dente, stirring regularly to ensure the pasta does not stick. Strain and then rinse the pasta in cold running water to prevent it from sticking as it cools down.

Heat the **olive oil** over medium-high heat and sauté the **garlic**, **lemon zest** and **chilli** for **2 minutes**. Add the grated **zucchini** and stir until well combined, then cook for another **minute**. Add in the **tomatoes** and cook for a further **1-2 minutes**. Now add the **white wine vinegar** and cook for a further **1 minute**.

Add the spaghetti to the pan, gently toss and heat through for **2 minutes** and season with **sea salt** and freshly cracked **pepper**.

To serve

Remove the pan from the heat and toss through the **rocket leaves** and **lemon juice**. You can serve your spaghetti with zucchini warm or cold.

Zucchini contain up to 95 percent water!



#zucchini spaghetti

Tweet a picture of your meal with the hashtag @HelloFreshAU or post to our Facey wall!



Roast Cauliflower with Za'atar & Israeli Couscous

Energy	1800 KJ
Protein	18 g
Fat, total	12.9 g
-saturated	1.8 g
Carbohydrate	50.6 g
-sugars	10.3 g

	2P	4P	6P	
	1	2	3	cauliflower, cut into florets
	60 g	120 g	180 g	raw almonds, roughly chopped
	1 tbs	2 tbs	3 tbs	za'atar
P	3 tbs	6 tbs	9 tbs	olive oil
P	1 tbs	2 tbs	3 tbs	butter
	150 g	300 g	450 g	israeli couscous
P	500 ml	1000 ml	1500 ml	water
	1	2	3	parsley bunches, chopped

*may feature in another one of your recipes

For the cauliflower

In a salad bowl toss together the **cauliflower florets**, **almonds**, **za'atar**, and the **olive oil**. Place on a baking tray and put into the oven for **15-20 minutes**, or until golden brown. Remove from the oven and place back into the salad bowl, add the **butter** and toss until melted.

For the couscous

Heat some oil in a pan over medium-high heat, add the **couscous** and stir to toast and coat for **1-2 minutes**. Add the **water** and a good grind of **salt** and bring to a boil, reduce heat and allow to simmer for **8-10 minutes**. Once all the water is absorbed fluff the couscous with a fork.

To serve

Add the couscous to the cauliflower and toss well to combine, season with **salt** and **pepper**, and toss through the **parsley**. Divide between plates or bowl and enjoy!

cauliflower has been noticed by mathematicians for its distinct fractal dimensions



#caulicouscous

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Field Mushroom & Thyme Pizza with Gorgonzola



Energy	1900 KJ
Protein	23.1 g
Fat, total	14.6 g
-saturated	8.4 g
Carbohydrate	51.5 g
-sugars	11.8 g

	2P	4P	6P	
P	2 tbs	4 tbs	6 tbs	butter*
	2	4	6	garlic cloves, crushed*
	3	6	9	field mushroom, sliced
	1/2	1	1 1/2	thyme bunch, leaves removed from stem
	3	6	9	lebanese bread
	150 g	300 g	450 g	gorgonzola, torn
	70 g	140 g	210 g	rocket, washed & dried*

*may feature in another one of your recipes

It's up to you to decide if you want to use all three bases. If you're a toppings kind of guy just use two.

For the mushrooms

Preheat the oven to 180°C. Heat some oil in a pan over medium-high heat, add the **butter**, **garlic**, **mushrooms**, and **thyme** and sauté for **3-5 minutes** or until the mushrooms just begin to soften (don't let them reduce in size too much otherwise your pizza's will look very bare). Remove from the heat and leave aside.

For the pizzas

Lay out your **lebanese bread** and evenly distribute the mushroom ragu and then scatter the pizza's with the torn **gorgonzola**. Place in the oven for **8-10 minutes**, keep a watchful eye on them to make sure the bases don't burn!

To serve

Distribute a bit of **rocket** over each of your pizzas, season with **salt** and **pepper**, and then dress with a dash of olive oil.

During the ageing process of the cheese, metal rods are slotted in and pulled back out, which creates airways that let the mould cause the weird veining pattern.



#pizzathyme

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Fusilli with Ginger & Avocado

Energy	2080 KJ
Protein	13 g
Fat, total	35.5 g
-saturated	5.1 g
Carbohydrate	28.8 g
-sugars	5 g

	2P	4P	6P	
	1	2	3	garlic cloves, crushed*
	1	2	3	ginger, small knob finely chopped*
P	3 tbs	6 tbs	9 tbs	olive oil
	250 g	500 g	750 g	fusilli pasta
	1	2	3	avocado, sliced
	20 g	40 g	60 g	slivered almonds
	1	2	3	lemon, juiced*
	1/2	1	1 1/2	coriander bunch, leaves separated*

*may feature in another one of your recipes

For the fusilli

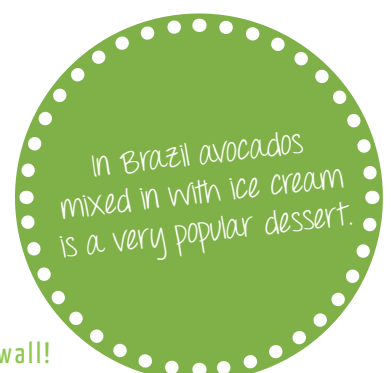
Place the **garlic** and the **ginger** into a large bowl with the **olive oil** and leave aside.

Bring a pot of salted water to boil, add the **pasta** and cook for **8-10 minutes** until al dente. Strain and transfer straight to the bowl with the ginger and garlic and toss through so that the pasta is well coated (you should get a strong whiff of ginger).

Add the **avocado**, **almonds**, **lemon juice**, half of the **coriander** and gently toss.

To serve

Garnish with remaining coriander and enjoy!



#gingeravopasta

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Tandoori Haloumi Burgers



Energy	2310 KJ
Protein	32 g
Fat, total	17.8 g
-saturated	3.2 g
Carbohydrate	46.6 g
-sugars	7 g

2P	4P	6P	
100 g	200 g	300 g	yoghurt
1/2	1	1 1/2	coriander bunch, finely chopped*
2	4	6	turkish buns
250 g	500 g	750 g	haloumi, cut into burger friendly shape
2 tbs	4 tbs	6 tbs	tandoori paste
1/2	1	1 1/2	red onion, sliced
1	2	3	cucumber, thinly sliced
1	2	3	tomato, sliced*

*may feature in another one of your recipes

For the dressing

Prepare the dressing by mixing the **yoghurt** with the **coriander** and **salt** and **pepper** to taste.

For the burger

Remove the **turkish buns** from the fridge and then preheat the oven to 180°C.

If you find haloumi too salty, you can give it a quick rinse in cold water to wash away the excess brine.

Slice the **haloumi** into large square slabs to match the shape of your turkish buns. Coat the haloumi with the **tandoori paste** and set aside. Slice the **onion** horizontally so you have 5mm thick cross sections showing you all the rings.

Place the burger buns into the oven for **8-9 minutes** and while they are baking, heat a pan to medium heat and lightly oil.

Preheat the pan to a medium-high temperature. Cook the haloumi and onion pieces in the same pan for **3-4 minutes** each side or until cooked all the way through.

Remove the buns from the oven and slice them in half ready for assembling.

To serve

When the haloumi is cooked assemble your burger, topping it with the **cucumber**, **tomato**, and yoghurt dressing.

Tandoori is actually a cooking method that has become synonymous with the spice!



#tandooriburger

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