



Creamy linguine with shrimps and lemon

With courgette and tomatoes



Courgettes *



Dried rosemary



Garlic



Tomatoes *



Lemons



Linguine



Shrimps *



Creme fraiche *



Total: **30-35** min.



Family



Easy



Calorie-conscious



Eat within **3** days

Pasta is part of Italy's cultural heritage. The secret of good pasta? Simplicity. This combination of shrimp, summery vegetables and deliciously aromatic rosemary teleports you straight to the Mediterranean Sea. Buon appetito!

A GOOD — START

EQUIPMENT

A **baking sheet** lined with **baking paper**, a **fine grater**, a **pan with a lid**, a **deep saucepan** and **tin foil**.
Let's start cooking the **creamy linguine with shrimp and lemon**.



1 ROAST THE COURGETTES

Pre-heat the oven to 210 degrees. Cut the **courgette** into half slices of ½ cm thick. Transfer the **courgette** to a baking sheet lined with baking paper, sprinkle with the **dried rosemary** and drizzle with half the olive oil. Season with salt and pepper and roast in the oven for 20 – 30 minutes or until the **courgette** is brown and done.



4 MAKE THE SAUCE

Heat the sunflower oil in the same deep saucepan and gently fry the **garlic** for 1 minute at medium-low heat. Add the diced **tomatoes** and fry for 2 minutes until soft. Turn down the heat, add the **creme fraiche** and allow to melt while stirring. Stir ½ – 1 tbsp cooking liquid per person from the linguine into the **sauce** to make it a little thinner. Season to taste with salt and pepper.



2 CUT AND BOIL

In the meantime, press or finely chop the **garlic** and cut the **tomatoes** into 1 cm cubes. Grate the yellow rind of the **lemon** (zest) with a fine grater and juice the **lemon**. Fill a pan with a lid with plenty of water, bring to the boil, add the **linguine** and boil, covered, for 10 – 12 minutes. Drain, reserving a little of the cooking liquid, and allow to steam dry, uncovered.



5 ASSEMBLE THE PASTA

Add the **linguine** to the deep saucepan and stir into the sauce. Next, add half the **courgette**, half the **shrimps**, 1 tsp **lemon juice** per person and ¼ tsp **lemon zest**. Mix well.

★**TIP:** Keep a close eye on the courgette. How long you need to cook it depends on your oven and the thickness of your slices.



3 STIR-FRY THE SHRIMPS

Tap the **shrimp** dry with paper towels. Heat the remaining olive oil in a frying pan and fry the **shrimp** at medium-high heat for 3 – 4 minutes ★★. Season to taste with salt and pepper. Remove the **shrimp** from the pan and set aside, wrapped in tin foil.



6 SERVE

Transfer the **linguine** to plates and garnish with the remaining **courgette** and **shrimp**. Garnish with the remaining **lemon zest** to taste.

★★**TIP:** Shrimp cook very quickly. Frying them too long makes them chewy and tough. Keep a close eye on how long you fry them!

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Courgettes (pcs) *	½	1	1½	2	2½	3
Dried rosemary (tsp)	1	2	3	4	5	6
Garlic (cloves)	1	2	3	4	5	6
Tomatoes (pcs) *	1	2	3	4	5	6
Lemons (pcs)	½	1	1½	2	2½	3
Linguine (g 1) 17) 20)	90	180	270	360	450	540
Shrimps (g 2) *	80	160	240	320	400	480
Crema fraiche (tbsp 7) *	2	4	6	8	10	12

Not included

Olive oil (tbsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	¼	½	¾	1	1¼	1½
Salt & pepper	to taste					

* Keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2954 / 706	554 / 132
Total fat (g)	30	6
Of which: saturated (g)	10.3	1.9
Carbohydrates (g)	79	15
Of which: sugars (g)	17.1	3.2
Fibre (g)	6	1
Protein (g)	27	5
Salt (g)	0.7	0.1

ALLERGENS

1) Glutens 2) Crustaceans 7) Milk/lactose

May contain traces of: 17) Eggs 20) Soy

📌 **TIP:** Are you keeping an eye on your calorie intake? Use 65 g linguine per person and 1 tbsp creme fraiche.

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ENDIVES HOTCHPOTCH WITH BACON

With red onion, walnuts and goat cheese



Semi-crumby potatoes



Red onions



Walnuts



Diced bacon ✱



Dried thyme



Pre-cut endives ✱



Fresh goat cheese ✱



Total: 30-35 min.



Gluten-free



Easy



Eat within 3 days

Endives hotchpotch with bacon is a classic combination but today we'll give it a twist by adding another well-known combination: goat cheese and walnuts. You'll partially fry the endives together with the bacon and top the hotchpotch off with goat's cheese crumbs.

A GOOD— START

EQUIPMENT

A **pan with a lid**, a **frying pan**, a **potato masher** and a **deep saucepan**.
Let's start cooking the **endives hotchpotch with bacon**.



1 BOIL THE POTATOES

Peel the **potatoes** and cut into coarse pieces. Make sure that the **potatoes** are barely covered in the pan with the lid, bring to the boil and boil the **potatoes** for 12 – 15 minutes until done. Drain, reserving a little of the cooking liquid, and allow to steam dry, uncovered. In the meantime, cut the **red onion** into half rings.



4 MAKE THE HOTCHPOTCH

Purée the **potatoes** to a coarse purée with a potato masher. Add the remaining butter and a modest splash of milk or cooking liquid to give it a velvety texture. Next, add the **bacon**, fried **endives** and mustard.



2 FRY, CHOP, ROAST

Heat a frying pan to medium-high heat and fry the **red onion**, without any butter or oil, with a pinch of salt for 2 – 3 minutes. Reduce the heat, add ½ tbsp butter per person and fry for another 10 – 15 minutes at medium-low heat. In the meantime, coarsely chop the **walnuts**. Heat a deep saucepan without any oil to medium-high heat and roast the **walnuts** until golden-brown. Remove from the pan and set aside.



5 FINISH THE HOTCHPOTCH

Stir the remaining **endives** into the **hotchpotch** and season with salt and pepper★. Crumble the **goat cheese**.



3 FRY

Fry the **bacon cubes** in the same pan at medium-high heat for 3 – 4 minutes until crunchy. Add the **dried thyme** and half the **endives** and fry for another 2 minutes or until the **endives** start to reduce★.



6 SERVE

Transfer the **hotchpotch** to plates and garnish with the fried **red onion goat cheese** and **walnuts**.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Semi-crumby potatoes (g)	300	600	900	1200	1500	1800
Red onions (pcs)	1	2	3	4	5	6
Walnuts (g) 8) 19) 25)	10	20	30	40	50	60
Diced bacon (g) *	50	100	150	200	250	300
Dried thyme (tsp)	1½	3	4½	6	7½	9
Pre-cut endives (g) 23) *	150	300	450	600	750	900
Fresh goat cheese (g) 7) *	40	75	100	125	175	200

Not included

Butter (tbsp)	1½	3	4½	6	7½	9
Milk				dash		
Mustard (tbsp)	½	1	1½	2	2½	3
Salt & pepper				to taste		

* Keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3628 / 867	519 / 124
Total fat (g)	52	7
Of which: saturated (g)	26.1	3.7
Carbohydrates (g)	68	10
Of which: sugars (g)	12.3	1.8
Fibre (g)	12	2
Protein (g)	25	4
Salt (g)	2.2	0.3

ALLERGENS

7) Milk/lactose 8) Nuts

May contain traces of: 19) Peanuts 23) Celery 25) Sesame

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★**TIP:** Don't like the bitter taste of raw endives? Fry all the endives in Step 3.



ORZO WITH PUMPKIN, SPINACH AND GRANA PADANO

With pecan nuts and fresh thyme



Fresh thyme



Pecan nuts



Orzo



Diced pumpkin



Spinach



Grated Grana Padano

Total: 25-30 min.

Quick & Easy

Easy

Vegetarian

Eat within 3 days

Did you know that the pumpkin belongs to the same family as the cucumber and the melon? This week, the pumpkin has been pre-diced for your convenience. Combined with the orzo, thyme and Grana Padano this is a heart-warming meal, perfectly suited to this season.

A GOOD— START

EQUIPMENT

2 woks or deep frying pans with a lid.

Let's start cooking the **orzo with pumpkin, spinach and Grana Padano**.



1 PREPARATION

Prepare the stock. Strip the leaves from the sprigs of **thyme**. Coarsely chop the **pecan nuts**.



2 ROAST THE PECAN NUTS

Heat a wok or deep frying pan with a lid at high heat and roast the **pecan nuts**, without any oil, for 2 minutes. Remove from the pan and set aside.



3 COOK THE ORZO

Heat half the butter in the same wok or deep frying pan with a lid and stir-fry the **orzo** for 1 minute at medium heat. Add the stock and allow the **orzo** to simmer, covered, for 10 – 12 minutes at low heat until all the stock has been absorbed. Stir occasionally, being sure to scrape the bottom of the pan to prevent the **orzo** from burning.



4 STIR-FRY THE PUMPKIN

In the meantime, heat the remaining butter in another wok or deep frying pan with a lid and stir-fry the **diced pumpkin**, together with the **thyme** and 1 tbsp water per person, covered, for 4 – 6 minutes or until the pumpkin is done. Add the **spinach**, and stir-fry until wilted ★.



5 ASSEMBLE

Stir half the **Grana Padano** into the **orzo**. Next, add the **pumpkin** and the **spinach** and stir. Season to taste with salt and pepper.



6 SERVE

Transfer the dish to plates. Garnish with the remaining **Grana Padano** and the **pecan nuts**.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Fresh thyme (sprigs) 23) *	2	4	6	8	10	12
Pecan nuts (g) 8) 19) 22) 25)	15	30	40	50	60	70
Orzo (g) 1)	85	170	250	335	420	500
Diced pumpkin (g) 23) *	150	300	450	600	750	900
Spinach (g) 23) *	100	200	300	400	500	600
Grated Grana Padano (g) 3) 7) *	25	50	75	100	125	150

Not included

Vegetable stock (ml)	175	350	525	700	875	950
Butter (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3017 / 721	540 / 129
Total fat (g)	39	7
Of which: saturated (g)	15.0	2,7
Carbohydrates (g)	66	12
Of which: sugars (g)	5.9	1.1
Fibre (g)	7	1
Protein (g)	24	4
Salt (g)	2.3	0.4

ALLERGENS

1) Glutens 3) Eggs 7) Milk/lactose 8) Nuts

May contain traces of: 19) Peanuts 22) (Other) Nuts 23) Celery 25) Sesame

★**TIP:** Would you like a salad to go with this dish? Add only ⅓ of the spinach to the orzo and serve the remaining spinach, dressed with a little extra-virgin olive oil and vinegar, on the side.

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Haddock fillet with tomato tapenade

With ratatouille and rice



Basmati rice



Onions



Garlic



Red chilli peppers ✱



Plum tomatoes ✱



Aubergine ✱



Paprika



Tomato tapenade ✱



Fillet of haddock (skinned) ✱



Total: 30-35 min.



Calorie-conscious



Easy



Gluten-free



Eat within 3 days



Lactose-free

Today you'll be serving haddock, a delicate fish that needs to be treated with care. You'll serve the fish with ratatouille, a vegetable dish that was created in Nice. The tomato tapenade instantly adds a lot of flavour to this ratatouille. Did you know that the Dutch word 'ratjetoe' has its origins in ratatouille?

A GOOD— START

EQUIPMENT

A **pan with a lid**, a **wok** or a **deep saucepan with a lid**, a **baking sheet lined with baking paper**.
Let's start cooking the **haddock fillet with tomato tapenade**.



1 PREPARATION

Pre-heat the oven to 210 degrees. Bring 250 ml water per person to the boil in a pan with a lid and boil the **rice**, covered, for 12 – 15 minutes. Drain if needed, and allow to steam dry, uncovered. Prepare the stock for the ratatouille.



2 CHOP THE INGREDIENTS

In the meantime, mince the **onion**, and press or finely chop the **garlic**. Remove the seed pods from the **red chilli pepper** and finely chop the **red chilli pepper**. Dice the **plum tomatoes** and **aubergine**.



3 FRY

Heat the olive oil in a wok or deep saucepan with a lid and gently fry the **onion**, **garlic** and **red chilli pepper** for 2 minutes at medium-low heat. Add the **tomato** and the black balsamic vinegar and stir-fry for 2 minutes.



4 MIX AND BOIL

Add the **aubergine**, **paprika** and half the **tomato tapenade** and fry for another minute. Add the stock and simmer for 10 – 12 minutes or until the **aubergine** is soft. Take the lid off the pan halfway. Season to taste with salt and pepper.



5 FRY THE FISH

In the meantime sprinkle one side of the haddock with salt and pepper. Turn the **fillet** and spread the remaining **tomato tapenade** on the other side. Transfer the **haddock** to a baking tray lined with baking paper and bake in the oven for 6 – 8 minutes.



6 SERVE

Serve the **haddock fillet** with the **rice** and the **ratatouille**.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Basmati rice (g)	85	170	250	335	420	500
Onions (pcs)	½	1	1½	2	2½	3
Garlic (cloves)	1	2	2	3	4	4
Red chilli peppers (pcs) *	¼	½	¾	1	1½	1½
Plum tomatoes (pcs) *	1	2	3	4	5	6
Aubergine (pcs) *	½	1	1½	2	2½	3
Paprika (tsp)	1	2	3	4	5	6
Tomato tapenade (g) 4) *	40	80	120	160	200	240
Fillet of haddock (skinned) (100g) 4) *	1	2	3	4	5	6
Not included						
Vegetable stock (ml)	100	150	200	250	300	350
Olive oil (tbsp)	1	1	2	2	3	3
Black balsamic vinegar (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

* Keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2883 / 689	461 / 110
Total fat (g)	24	4
Of which: saturated (g)	5.8	0.9
Carbohydrates (g)	85	14
Of which: sugars (g)	14.2	2.3
Fibre (g)	7	1
Protein (g)	31	5
Salt (g)	2.0	0.3

ALLERGENS

4) Fish

TIP: Are you keeping an eye on your calorie intake? Use 60 g rice per person. You can use the remaining rice in a soup or boil it to add to a salad.

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***FACT:** Did you know that ratatouille is a French dish from Nice? It was then copied by the Italians. It is served as a side or as a main course together with pasta, bread or rice.



CHICKEN FILLET IN MUSTARD-CREAM SAUCE

With fried potatoes, chestnut mushrooms and broccoli



Firm potatoes



Chestnut mushrooms ✱



Garlic



Shallots



Fresh rosemary ✱



Chicken fillet ✱



Broccoli ✱



Whipping cream ✱



Total: **25** min.



Quick & Easy



Easy



Family



Eat within **3** days



Gluten-free

Chicken is a very versatile ingredient. Today you'll briefly sear the chicken before cooking it in a sauce of cream and mustard. This will make sure the chicken soaks up the flavours of the sauce properly. The mustard gives the dish some spice, but contrary to chilli the effect of mustard is only brief.

A GOOD — START

EQUIPMENT

2x a deep saucepan with a lid and a frying pan.

Let's start cooking the **chicken fillet in mustard-cream sauce**.



1 FRY THE POTATOES

Prepare the stock. Thoroughly scrub or peel the **potatoes** and cut into ½ cm slices. Heat half the olive oil in a deep saucepan with a lid and fry the **potato slices**, covered, for 15 – 20 minutes at medium to high heat. Take the lid off the pan for the final 5 minutes. Season to taste with salt and pepper.



4 STEW THE BROCCOLI

Heat the other half of the olive oil in a deep saucepan with a lid to heat and fry the **broccoli** for 1 – 2 minutes. Deglaze with 125 ml stock per person (you won't be using all the stock). Turn down the heat and stew the **broccoli** for 10 – 12 minutes.



2 PREPARE AND FRY THE CHICKEN

In the meantime, quarter the **mushrooms**. Press or finely chop the **garlic** and mince the **shallot**. Strip the leaves from the sprigs of **rosemary** and coarsely chop. Heat half the butter in a frying pan at medium to high heat and fry the **chicken fillet** for 2 – 3 minutes on each side. Remove the **chicken** from the pan and set aside, it doesn't have to be done yet. In the meantime, cut the **broccoli** head into florets and dice the stem.



5 MAKE THE MUSTARD SAUCE

Deglaze the **chestnut mushrooms** with 75 ml stock per person. Add the white wine vinegar, mustard and **rosemary**. Turn down the heat, add the **whipping cream** and allow to reduce for 12 minutes. For the final 5 minutes, add the **chicken** to finish the cooking process.



3 FRY THE MUSHROOMS

Use the same frying pan to heat the remaining butter and fry the **shallots** for 1 – 2 minutes. Add the **chestnut mushrooms** and **garlic** and stir-fry for another 2 – 3 minutes.



6 SERVE

Transfer the **broccoli** and **potatoes** to plates and serve with the **chicken** in **mustard-cream sauce**.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Firm potatoes (g)	200	400	600	800	1000	1200
Chestnut mushrooms (g) *	60	125	180	250	305	375
Garlic (cloves)	½	1	1½	2	2½	3
Shallots (pcs)	½	1	1½	2	2½	3
Fresh rosemary (g) 23 *	1	2	3	4	5	6
Chicken fillet (pcs) *	1	2	3	4	5	6
Broccoli (pcs) *	½	1	1½	2	2½	3
Whipping cream (ml) 7 *	75	150	225	300	375	450

Not included

Olive oil (tbsp)	1½	3	4½	6	7½	9
Butter (tbsp)	1	2	3	4	5	6
Vegetable stock (ml)	200	400	600	800	1000	1200
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Mustard (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

* Keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2653 / 634	316 / 76
Total fat (g)	66	8
Of which: saturated (g)	29.7	3.5
Carbohydrates (g)	45	5
Of which: sugars (g)	4.7	0.6
Fibre (g)	9	1
Protein (g)	35	4
Salt (g)	2.2	0.3

ALLERGENS

7) Milk/lactose

May contain traces of: 23) Celery

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Flatbread pizza with grilled courgette

With chestnut mushrooms and two types of cheese



Garlic



Courgette *



Chestnut mushrooms *



Tomato paste



White flatbread



Dried rosemary



Aged cheese *



Aged cheese *



Walnuts



Total: **25-30** min.



Family



Very simple



Vegetarian



Eat within **5** days

Today you'll prepare a super quick pizza using flatbread as a base. Since the flatbread is already done, the oven time for this pizza is very short. You'll make the sauce based on tomato paste in a jiffy: a tomato sauce of fresh, ripe tomatoes that are sieved very finely.

A GOOD— START

EQUIPMENT

A **frying pan** or a **grill pan**, a **deep saucepan**, a **baking sheet lined with baking paper**.

Let's start cooking the **flatbread pizza with grilled courgette**.



1 CHOP THE VEGGIES

Pre-heat the oven to 200 degrees. Press or finely chop the **garlic**. Thinly slice the **chestnut mushrooms**.



2 FRY THE COURGETTE

Heat ½ tbsp olive oil per person in a frying pan or grill pan and fry or grill the **courgette** slices for 2 minutes on each side at high heat until golden-brown.



3 MIX THE SAUCE

Heat the remaining olive oil in a frying pan at medium to low heat and fry the **garlic** for 2 minutes. Lower the heat and add 100 ml **tomato paste** per person and the black balsamic vinegar. Season to taste with salt and pepper.



4 TOP THE PIZZAS

Cover 2 **Lebanese flatbreads** with the **sauce** and top with the **courgette** and **chestnut mushrooms** ★. Season to taste with salt and pepper. Sprinkle the pizzas with the **rosemary**, **grated aged cheese**, **grated matured cheese** and **walnuts**. Bake the **flatbread pizzas** on a baking sheet lined with baking paper in the oven for approximately 7 – 9 minutes or until nice and brown.



5 REMAINING PIZZAS

In the meantime, top any remaining **flatbreads**. Repeat the other steps as well.



6 SERVE

Transfer the **flatbread pizzas** to plates.

★**TIP:** Your oven may be too small to bake all the pizzas at once, which is why you're topping and baking them in batches. You can bake the next batch while eating. This ensures the pizza you're eating is always nice and hot.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Garlic (cloves)	1	2	3	4	5	6
Courgettes (pcs) ★	½	1	1 ½	2	2 ½	3
Chestnut mushrooms (g) ★	125	250	375	500	625	750
Tomato paste (g)	100	200	300	400	500	600
White flatbread (pcs) 1)	2	4	6	8	10	12
Dried rosemary (tsp)	1	2	3	4	5	6
Matured cheese, grated (g) 7) ★	25	50	75	100	125	150
Aged cheese, grated (g) 7) ★	25	50	75	100	125	150
Walnuts (g) 8) 19) 22) 25)	20	40	60	80	100	120
Not included						
Olive oil (tbsp)	¾	1 ½	2 ¼	3	3 ¾	4 ½
Black balsamic vinegar (tsp)	½	1	1 ½	2	2 ½	3
Salt & pepper	to taste					

★ keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3552 / 849	590 / 141
Total fat (g)	42	7
Of which: saturated (g)	14.9	2.5
Carbohydrates (g)	84	14
Of which: sugars (g)	15.5	2.6
Fibre (g)	9	1
Protein (g)	32	5
Salt (g)	2.0	0.3

ALLERGENS

1) Glutens 7) Milk/lactose 8) Nuts

May contain traces of: 19) Peanuts 22) (Other) nuts 25) Sesame

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Creamy spinach gratin with fried egg

With fried potatoes



Firm cooking potatoes



Shallot



Garlic



Tomatoes ✱



Nutmeg



Dried thyme



Spinach ✱



Creme fraiche ✱



Grated aged cheese ✱



Free-range eggs ✱



Total: **35-40** min.



Vegetarian



Very simple



Gluten-free



Eat within **5** days

This creamy gratin is a luxurious version of the classic spinach a la creme. You'll sprinkle the gratin with spicy aged cheese, giving it a nice crust in the oven. Add a fried egg to the mix and you've got some great comfort food!

A GOOD — START

EQUIPMENT

A **deep saucepan with a lid**, a **fine grater**, a **wok or a deep saucepan**, a **colander**, an **oven-proof casserole dish** and a **frying pan**.
Let's start cooking the **creamy spinach gratin with fried egg**.



1 FRY THE POTATOES

Pre-heat the oven to 210 degrees. Thoroughly scrub or peel the **potatoes** and cut into wedges. Heat half the olive oil in a deep saucepan with a lid and fry the **potatoes** for 25 – 30 minutes, covered, at medium-high heat. Take the lid off the pan after 20 minutes. Turn regularly and season with salt and pepper. In the meantime, mince the **shallot**, and press or finely chop the **garlic**.



4 GRATIN IN THE OVEN

Transfer the **spinach mixture** to an oven-proof casserole dish. Sprinkle with the **grated aged cheese** and bake for 10 – 15 minutes in the oven.

★**TIP:** In this dish, it is important that you press the fluid out of the spinach using a colander or a sieve. If this is not done properly, the gratin will remain quite moist.



2 PREPARE THE SPINACH

Dice the **tomatoes**. Use a fine grater to grate a small piece of the **nutmeg** bulb. Heat the remaining olive oil in a wok or deep saucepan and fry the **shallot, garlic** and **dried thyme** for 2 – 3 minutes. Add the **spinach**, and stir-fry for 3 – 4 minutes or until the spinach has wilted. Drain the **spinach** in a colander. Press firmly to make sure most of the fluid has drained from the **spinach**.



5 FRY THE EGG

In the meantime, heat the butter in a frying pan and fry one **egg**, sunny side up, per person. Season to taste with salt and pepper.

★★**TIP:** Nutmeg has quite an outspoken flavour. Make sure you don't add too much at once and have a taste before adding more.



3 SEASON

Put the wok or deep saucepan back on the heat and add the **tomato**. Fry for another minute. Turn the heat to medium-low, add the **creme fraiche** and the drained **spinach** to the wok or deep saucepan and stir-fry for 1 more minute. Season to taste with the **nutmeg**, salt and pepper.



6 SERVE

Transfer the **potatoes** to plates and top with the **fried egg**. Serve with the **spinach gratin**.

★★★**TIP:** When raw, spinach has a lot of volume. Once heated however, the leaves shrink quite a lot. That's why you don't need a very big casserole dish for this recipe.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Firm cooking potatoes (g)	250	500	750	1000	1250	1500
Shallot (pcs)	½	1	1½	2	2½	3
Garlic (cloves)	½	1	1½	2	2½	3
Tomatoes (pcs) *	1	2	3	4	5	6
Nutmeg (bulb)	1	1	1	1	1	1
Dried thyme (tsp)	½	1	1½	2	2½	3
Spinach (g) 23 *	200	400	600	800	1000	1200
Creme fraiche (tbsp) 7) 15) 20) *	3	6	9	12	15	18
Grated aged cheese (g) 7) *	25	50	75	100	125	150
Free-range eggs (pcs) 3) *	1	2	3	4	5	6
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Butter (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3443 / 823	465 / 111
Total fat (g)	51	7
Of which: saturated (g)	24.9	3.4
Carbohydrates (g)	58	8
Of which: sugars (g)	9.8	1.3
Fibre (g)	11	1
Protein (g)	28	4
Salt (g)	0.9	0.1

ALLERGENS

3) Eggs 7) Milk/lactose

May contain traces of: 15) Glutens 20) Soy 23) Celery

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WEEK 50 | 2018

HelloFRESH



GRATINATED AUBERGINE WITH SWEET POTATO PURÉE

With aged goat cheese and chives



Aubergine ✱



Aged goat cheese, flakes ✱



Sweet potatoes



Fresh chives ✱



Red sweet peppers ✱



Total: **25-30** min.



Calorie-conscious



Easy



Vegetarian



Eat within **5** days



Gluten-free

Aubergine absorbs the olive oil like a sponge: the more oil you add, the softer the aubergine becomes. Of course, this also adds calories to the dish. Is the skin of the aubergine a bit too leathery? Feel free to remove it.

A GOOD— START

EQUIPMENT

A **pan with a lid**, a **baking sheet lined with baking paper** and a **potato masher**.
Let's start cooking the **gratinated aubergine with sweet potato purée**.



1 CUT THE AUBERGINE

Pre-heat the oven to 200 degrees and bring ample water to the boil in a pan with a lid for the sweet potato. Cut the **aubergine** in half lengthwise and then into 1/2 cm thick slices. Transfer to a baking sheet lined with baking paper and sprinkle with olive oil, salt and pepper.



2 ROAST THE AUBERGINE

Sprinkle the **aubergines** with half the goat's cheese and roast for 15 – 20 minutes in the oven or until the **aubergine slices** are soft ★.

★ **TIP:** Sprinkling ample salt over the aubergine slices speeds up the softening process in the oven. Is your aubergine becoming dry too quickly? Drizzle with some more olive oil.



4 CHOP THE INGREDIENTS

In the meantime, finely cut or chop the **chives**. Cut the **sweet pepper** into small dices.



5 MAKE THE MASHED POTATOES

Mash the **sweet potatoes** into a course purée using a potato masher. Mix in half the **chives**, **sweet pepper** cubes and butter. Season to taste with salt and pepper. Add some extra milk to make it more creamy.



3 BOIL THE SWEET POTATO

In the meantime, thoroughly rinse or peel the **sweet potato** and cut into coarse pieces. Boil the **sweet potato**, covered, for 10 minutes in the pan with ample water. Drain and set aside, uncovered, to steam dry.

★ **TIP:** Aged cheese melts differently than less mature cheeses. If you don't like the texture of melted aged (goat) cheese, use all the goat cheese in step 6.



6 SERVE

Transfer the **sweet potato purée** to plates and serve with the gratinated **aubergine**. Garnish with the remaining **chives** and the remaining **goat cheese**. Drizzle with extra-virgin olive oil to taste.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Aubergine (pcs) *	1	2	3	4	5	6
Aged goat cheese, flakes (g) 7) *	50	100	150	200	250	300
Sweet potatoes (g)	200	400	600	800	1000	1200
Fresh chives (g) 23) *	2½	5	7½	10	12½	15
Red sweet peppers (pcs) *	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Butter (tbsp)	½	1	1½	2	2½	3
Milk					to taste	
Extra-virgin olive oil					to taste	
Salt & pepper					to taste	

* Keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2715 / 649	424 / 101
Total fat (g)	31	5
Of which: saturated (g)	17.0	2.7
Carbohydrates (g)	65	10
Of which: sugars (g)	25.5	4.0
Fibre (g)	12	2
Protein (g)	21	3
Salt (g)	1.3	0.2

ALLERGENS

7) Milk/lactose

May contain traces of: 23) Celery

📺 **TIP:** Are you keeping an eye on your calorie intake? Use 250 g sweet potato per person and reserve a little bit of cooking liquid when draining the sweet potato. Use a dash of the cooking liquid to replace the milk and butter in the purée.

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GREEK MINCED MEAT DISH WITH PENNE

With a sauce of feta and yoghurt



Whole-wheat penne



Onion



Garlic



Aubergine *



Turkish red chilli peppers *



Dried oregano



Ground cinnamon



Köfte-style minced beef *



Tomato paste



Feta *



Full-fat yoghurt *



Total: 40-45 min.



Easy



Eat within 3 days

This recipe was inspired by the Greek dish pastitio, an oven dish with minced meat and bechamel sauce that resembles lasagne. Instead of lasagne leaves, you'll be using penne today and we have replaced the bechamel sauce with a refreshing mixture of yoghurt and feta.

A GOOD— START

EQUIPMENT

A **pan with a lid**, a **wok or deep saucepan**, an **oven dish** and a **bowl**.
Let's start cooking the **Greek minced meat dish with penne**.



1 BOIL THE PASTA

Pre-heat the oven to 220 degrees. Bring ample water to the boil in a pan with a lid for the penne and boil the **penne**, covered, for 8 – 10 minutes. Drain and set aside, uncovered, to steam dry.



2 CUT AND FRY

In the meantime, mince the **onion** and press or finely chop the **garlic**. Cut the **aubergine** into 1 cm cubes. Remove the seed pods from the **Turkish red chilli pepper** and cut the **Turkish chilli pepper** into 1 cm cubes. Heat the olive oil in a wok or deep saucepan and gently fry the **onion**, **dried oregano** and **garlic** for 2 minutes at medium-high heat.



4 MIX THE SAUCE

In the meantime, crumble the **feta** over a bowl. Add the **yoghurt** and stir. Season to taste with salt and pepper.



5 MAKE LAYERS

Mix ¼ of the **yoghurt mixture** into the **pasta** and transfer the **pasta** to the oven dish. Top with the **minced meat sauce** and finish with the remaining **yoghurt mixture**. Bake the **pastitio** in the oven for 10 – 15 minutes.

TIP: This oven dish can be prepared a day in advance. The flavours will only soak in more. On the day of consumption, put the dish in an oven set to 180 degrees for 30 minutes.



3 FRY

Add the **aubergine** and the **Turkish red chilli pepper** to the wok or deep saucepan and stir-fry for 8 – 10 minutes. Add the **garlic** for the final minute. Next, add the **seasoned ground beef** and fry for 5 minutes until it separates. Add the **tomato paste** and 3 tbsp water per person for the final 2 minutes. Season to taste with salt and pepper.



6 SERVE

Transfer the **pastitio** to plates.

TIP: Are you serving more than 2 people? Fry the ground beef in a second frying pan so it gets a nice brown colour. This oven dish can be prepared a day in advance. The flavours will only soak in more. On the day of consumption, put the dish in an oven set to 180 degrees for 30 minutes.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Whole-wheat penne (g) 1) 17) 20)	75	150	225	300	375	450
Onions (pcs)	½	1	1½	2	2½	3
Garlic (cloves)	½	1	1½	2	2½	3
Aubergine (pcs) *	½	1	1½	2	2½	3
Turkish red chilli peppers *	½	1	1½	2	2½	3
Dried oregano (tsp)	1	2	3	4	5	6
Ground cinnamon (tsp)	½	1	1½	2	2½	3
Köfte-style minced beef (g) *	100	200	300	400	500	600
Tomato paste (container)	½	1	1½	2	2½	3
Feta (g) 7) *	40	75	100	125	175	200
Full-fat yoghurt (g) 7) 19) 22) *	50	100	150	200	250	300
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

* Keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3803 / 909	692 / 165
Total fat (g)	45	8
Of which: saturated (g)	18.7	3.4
Carbohydrates (g)	69	13
Of which: sugars (g)	20.3	3.7
Fibre (g)	12	2
Protein (g)	51	9
Salt (g)	1.6	0.3

ALLERGENS

1) Glutens 7) Milk/lactose

May contain traces of: 17) Eggs 19) Peanuts 20) Soy 22) Nuts

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TRIPLE-TOMATO SOUP WITH CHEESE CROUTONS

With paprika and sour cream



Garlic



Tomatoes ✱



Sun-dried tomatoes ✱



Paprika



Red cherry tomatoes ✱



Whole-wheat ciabatta



Grated matured cheese ✱



Sour cream ✱



Total: 20 min.



Quick & Easy



Very simple



Vegetarian



Eat within 5 days

You will use three types of tomatoes in this soup. Combined with the paprika and a generous amount of garlic, you will produce a deep, complex flavour. No soup is complete without something crunchy - you will finish the dish with cheese croutons.

A GOOD— START

EQUIPMENT: A **soup pan with a lid**, a **frying pan** and a **hand-held blender**.
Let's start cooking the **triple-tomato soup with cheese croutons**.



1 PREPARATION

- Bring 250 ml water per person to the boil.
- Coarsely chop the **garlic**.
Dice the **tomatoes**. Keep the **cherry tomatoes** whole.
- Cut the **sun-dried tomatoes** into coarse pieces.



3 FRY THE CROUTONS

- In the meantime, cut the **whole-wheat ciabatta** into 1 cm cubes.
- Heat the sunflower oil in a frying pan and fry the **ciabatta** for 6 minutes at high heat until brown all around ★.
- Remove from the stove, sprinkle with the **croutons** with **grated matured cheese** and toss.

★ **TIP:** Make sure the frying pan is really hot before you add the croutons, this will make them nice and crunchy.



2 BOIL THE TOMATOES

- Heat the olive oil in a soup pan with a lid and stir-fry the **garlic**, **paprika** and all the **tomato** varieties for 2 minutes at high heat.
- Pour the boiling water into the pan and crumble the stock cube over it.
- Turn down the heat and boil the **tomatoes**, covered, for 10 – 12 minutes.



4 SERVE

- Add the honey, salt and pepper and purée the **tomatoes** with a hand-held blender until smooth ★★.
- Ladle the **tomato soup** into bowls. Garnish the **soup** with **sour cream**.
- Sprinkle the **soup** with the **croutons** and a generous amount of black pepper.

★★ **TIP:** Taste the soup and add more salt, pepper or honey to taste.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Garlic (cloves)	2	4	6	8	10	12
Tomatoes (pcs) *	2	4	6	8	10	12
Sun-dried tomatoes (g)	30	60	90	120	150	180
Paprika (tsp)	¼	½	¾	1	1¼	1½
Red cherry tomatoes (g) *	125	250	375	500	625	750
Whole-wheat ciabatta (pcs) 1) 6) 7) 17) 22) 25) 27)	1	2	3	4	5	6
Grated matured cheese (g) 7) *	25	50	75	100	125	150
Sour cream (g) 7) *	50	100	150	200	250	300

Not included

Vegetable stock cube (pcs)	1	2	3	4	5	6
Olive oil (tbsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	1	2	3	4	5	6
Honey (tbsp)	1¼	2½	¾	5	6¼	7½
Salt & pepper	to taste					

* Keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3372 / 806	673 / 161
Fats (g)	48	10
Of which: saturated (g)	14.4	2.9
Carbohydrates (g)	70	14
Of which: sugars (g)	34.8	6.9
Fibre (g)	10	2
Protein (g)	18	4
Salt (g)	8.1	1.6

ALLERGENS

1) Glutens 6) Soy 7) Milk/lactose

Can contain traces of: 17) Eggs 22) Nuts 25) Sesame 27) Lupins

📌 **TIP:** Are you concerned about eating too much salt? Use ½ stock cube per person.

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ITALIAN-STYLE BURGER

With tomato salsa and mixed salad



White ciabatta



Tomato ✱



Plum tomato ✱



Red onions



Garlic



Parmigiano reggiano ✱



Basil cream ✱



Mayonnaise ✱



Mixed meat burger ✱



Pine nuts



Radicchio, rocket lettuce & lamb's lettuce



Total: 20 min.



Quick & Easy



Very simple



Eat within 3 days

With ingredients like basil cream, Parmigiano cheese and pine nuts, you'll give this burger an Italian twist. Sink your teeth into the crunchy ciabatta and imagine yourself in Italy for a moment... Buon appetito!

A GOOD — START

EQUIPMENT: A bowl, 2x a frying pan, a small bowl and a coarse grater.
Let's start cooking the **Italian-style burger**.



1 PREPARATION

- Pre-heat the oven to 200 degrees and bake the **ciabatta** for 6 – 8 minutes until brown.
- Cut the **plum tomatoes** and **tomatoes** into small cubes.
- Finely mince half the **red onion** and cut the other half into half rings.
- Press or finely chop the **garlic**. Coarsely grate the **Parmigiano reggiano**.



3 FRY THE HAMBURGERS

- Heat the butter in a frying pan to medium-high heat and fry the **hamburger** together with the **red onion rings** for 2 – 3 minutes on each side or until the **hamburger** is done.
- Sprinkle half the **Parmigiano reggiano** over the **burgers** for the final minute.
- In the meantime, heat another frying pan, without any oil, to high heat and roast the **pine nuts** until they begin to change colour. Remove from the pan and set aside.



2 MAKE THE SALSA AND MAYO

- Mix the finely chopped **red onion**, **tomato** cubes, **garlic**, extra-virgin olive oil and black balsamic vinegar in a bowl. Season to taste with salt and pepper and set aside.
- Use a small bowl to mix the **basil cream** with the **mayonnaise**.



4 SERVE

- Cut the **ciabattas** in half and spread with the **basil mayonnaise**. Place the **hamburger** on top, cover with 3 tbsp **tomato salsa** per person and some **radicchio**, **rocket** and **lamb's lettuce**.
- Mix the remaining **lettuce** into the remaining **tomato salsa** and serve on the side.
- Garnish the salad with the **pine nuts** and the remaining **Parmigiano reggiano**.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
White ciabatta (pcs) 1) 6) 7) 17) 22) 25) 27)	1	2	3	4	5	6
Tomatoes (pcs) *	1	2	3	4	5	6
Plum tomatoes (pcs) *	½	1	1½	2	2½	3
Red onions (pcs)	½	1	1½	2	2½	3
Garlic (cloves)	½	1	1½	2	2½	3
Parmigiano reggiano (g) 7) *	25	50	75	100	125	150
Basil cream (ml) *	8	15	20	24	32	39
Mayonnaise (g) 3) 10) 19) 22) *	20	40	60	80	100	120
Mixed meat burger (pcs) *	1	2	3	4	5	6
Pine nuts (g) 19) 22) 25)	5	10	15	20	25	30
Radicchio, rocket lettuce & lamb's lettuce	30	60	90	120	150	180
Not included						
Extra-virgin olive oil (tbsp)	1	2	3	4	5	6
Black balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Butter (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

* Keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	4029 / 963	824 / 197
Fats (g)	68	14
Of which: saturated (g)	21.5	4.4
Carbohydrates (g)	43	9
Of which: sugars (g)	10.7	2.2
Fibre (g)	5	1
Protein (g)	40	8
Salt (g)	1.7	0.3

ALLERGENS

1) Glutens 3) Eggs 6) Soy 7) Milk/lactose 10) Mustard
Can contain traces of: 17) Eggs 19) Peanuts 22) Nuts 23) Celery 25) Sesame
27) Lupins

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PORK NECK WITH BRUSSELS SPROUTS AND BACON

WITH POTATO PUREE, SWEET CHUTNEY, APPLE AND THYME



Brussels sprouts ✱



Crumbly potatoes



Red onions



Apple



Fresh thyme ✱



Diced bacon ✱



Pork neck ✱



Cranberry chutney ✱

35-40 min

Gluten-free

Several steps

Eat within 3 days

This tender piece of pork is cut from the neck of the pig. The meat carries the 'Keten Duurzaam Varkensvlees' (Chain Sustainable Pork) label. Pork combines well with sweet flavours: today you'll be eating it with cranberry chutney, red onion and baked apple.

A GOOD — START

EQUIPMENT

2x a pan with a lid, an oven dish, a frying pan, a deep saucepan, a potato masher and a deep saucepan. Let's start cooking the **pork neck with Brussels sprouts and bacon**.



1 PREPARATION

Pre-heat the oven to 180 degrees. Bring a layer of water to the boil in a pan with a lid and boil the **Brussels sprouts**, covered, for 5 – 8 minutes ★. Drain and rinse with cold water to stop the cooking process. Thoroughly rinse or peel the **potatoes** and cut into equal pieces. Cut the **red onion** into rings. Cut the **apple** into thin slices of ½ cm and carefully remove the core. Strip the leaves from the **thyme** sprigs.



4 FRY

Remove the **pork neck** from the pan and transfer to an oven dish. Roast the **pork neck** for another 5 minutes in the pre-heated oven. In the meantime, add the pre-boiled **Brussels sprouts** to the **bacon** in the deep saucepan and fry for 5 – 8 minutes at medium-high heat. Season to taste with salt and pepper.



2 BOIL AND FRY

Put the **potatoes**, barely covered with water, in a pan with a lid and boil the **potatoes**, covered, for 12 – 15 minutes until done. Drain and set aside, uncovered, to steam dry. In the meantime, heat ½ tbsp butter per person in a frying pan at medium to low heat and fry the **red onion** with a pinch of salt for 12 – 15 minutes. Stir regularly to prevent the **onions** from burning; they are supposed to caramelize.



5 FINISH THE CHUTNEY AND PUREE

Add the **cranberry chutney** and 1 tbsp water per person to the deep saucepan with **red onion**. Stir until a smooth sauce emerges. Mash the **potatoes** into a puree with a potato masher and season with the remaining butter, mustard, **thyme** and a dash of milk to add some silkiness. Season to taste with salt and pepper.



3 FRY THE BACON AND MEAT

In the meantime, heat ½ tbsp butter per person in a frying pan at medium to low heat and fry the **apple** slices for 4 – 5 minutes on each side. Fry for longer if you prefer the apple to become even softer. Heat a deep saucepan to medium-high heat and fry the **bacon cubes** for 4 – 5 minutes. Add the **pork neck** with ½ tbsp butter per person to the pan and fry for 1 – 2 minutes on each side.



6 SERVE

Serve the **potato puree** with the **pork neck**, **Brussels sprouts** with **bacon**, **baked apple** and **chutney**.

★ **TIP:** The Brussels sprouts in the box are cleaned before packaging, but just to be on the safe side we recommend to remove the outer leaves.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Brussels sprouts (g) ★	200	400	600	800	1000	1200
Crumbly potatoes (g)	300	600	900	1200	1500	1800
Red onions (pcs)	1	2	3	4	5	6
Apple (pcs)	½	1	1½	2	2½	3
Fresh thyme (g) 23) ★	5	10	15	20	25	30
Diced bacon (g) ★	40	80	120	160	200	240
Pork neck (140 g) ★	1	2	3	4	5	6
Cranberry chutney (g) 19) 22) ★	40	80	120	160	200	240

Not included

Butter (tbsp)	1½	3	4½	6	7½	9
Mustard (tsp)	1	2	3	4	5	6
Milk				A splash		
Salt & pepper				to taste		

★ Keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	5226 / 1249	544 / 130
Fats (g)	69	7
Of which: saturated (g)	30.4	3.2
Carbohydrates (g)	106	11
Of which: sugars (g)	36.8	3.8
Fibre (g)	19	2
Protein (g)	43	4
Salt (g)	2.1	0.2

ALLERGENS

Can contain traces of: 19) Peanuts 22) Nuts 23) Celery

★ **TIP:** This dish is calorie-rich. Are you keeping an eye on your calorie intake? Use half the bacon, half the onion chutney and replace the butter and milk in the puree with cooking liquid from the potatoes.

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NILE PERCH WITH WALNUT CRUST

WITH TOMATO RISOTTO AND A REFRESHING SALAD



Garlic



Shallots



Risotto rice



Mini Roma tomatoes ✨



Lemon



Walnuts



Fresh parsley & tarragon ✨



Nile perch fillet ✨



Butterhead lettuce ✨



Olives & capers ✨



Parmigiano reggiano ✨

35-40 min

Gluten-free

Several steps

Eat within 3 days

Nile perch has a firm structure and a mild flavour which makes it perfectly suited to oven dishes. The nut crust makes the fish nice and crunchy. You will serve the fish with a risotto. Stirring continuously will ensure that each and every rice grain cooks to perfection. It also releases the starch which makes the risotto creamy and soft. The slightly acidic salad balances the dish.

A GOOD — START

EQUIPMENT

2x an oven dish, a salad bowl, a fine grater and a large frying pan with a lid.
Let's start cooking the **Nile perch** with walnut crust.



1 PREPARE THE RISOTTO

Pre-heat the oven to 200 degrees and prepare the stock. Press or finely chop the **garlic**. Mince the **shallots**. Heat ½ tbsp olive oil in a large frying pan with a lid and fry the **shallots** and half the **garlic** for 2 – 3 minutes. Add the **risotto rice** and fry for another minute. Add ⅓ of the stock and allow the **rice grains** to soak up the stock slowly. Stir regularly.



4 MAKE THE WALNUT MIXTURE

In the meantime, grate the rind of the **lemon** (zest) and cut the **lemon** into wedges. Finely chop the **walnuts**, **tarragon** and **fresh parsley** and mix with the remaining **garlic**, ½ tsp **lemon zest** per person, half the olive oil and salt and pepper to taste★. Spread the **mixture** onto one side of the **Nile perch**.

★ **TIP:** Got a small food processor? Use it to mix the walnut mixture. You'll save a lot of time!



2 COOK THE RISOTTO

As soon as the stock has been absorbed by the **risotto grains**, add ⅓ of the stock again and repeat this with the remaining stock. The **risotto** is done as soon as the grains are soft on the outside but still have a little bite on the inside. This takes around 20 – 25 minutes. Add some extra water or stock if you want to cook the **risotto rice** a bit further.



5 FRY THE FISH AND MAKE THE SALAD

Put the remaining olive oil in an oven dish. Transfer the **Nile perch fillet** to the oven dish and roast for 7 – 14 minutes in the oven or until the **Nile perch** is done. In the meantime, coarsely chop the **butterhead lettuce**. Whip up a dressing of the extra-virgin olive oil, white balsamic vinegar, salt and pepper in a salad bowl. Mix the **lettuce**, **olives** and **capers** into the **dressing**.



3 ROAST THE TOMATOES

In the meantime, mix the **Roma tomatoes** with black balsamic vinegar, ½ tbsp olive oil per person in an oven dish and season with salt and pepper. Roast the **tomatoes** in the oven for 18 – 20 minutes.



6 SERVE

Grate almost all the **Parmigiano reggiano** over the **risotto** and stir into the **risotto** together with the butter and roasted **tomatoes**. Serve the **risotto** in deep plates and top with the **Nile perch** and **tomatoes**. Grate the remaining **Parmigiano reggiano** over the **risotto**. Garnish the **salad** with the **lemon** and serve on the side★★.

★★ **TIP:** You can also juice the lemon over the fish if you prefer.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Garlic (cloves)	1	2	3	4	5	6
Shallots (pcs)	½	1	1½	2	2½	3
Risotto rice (g)	75	150	225	300	375	450
Mini-Roma tomatoes (g) *	125	250	375	500	625	750
Lemons (pcs)	½	1	1½	2	2½	3
Walnuts (g) 8) 19) 25)	30	60	90	120	150	180
Fresh parsley & tarragon (g) 23) *	5	10	15	20	25	30
Nile perch fillet (110 g) 4) *	1	2	3	4	5	6
Butterhead lettuce (head) *	¼	½	¾	1	1¼	1½
Olives & capers (g) *	15	30	45	60	75	90
Parmigiano reggiano (g) 7) *	25	50	75	100	125	150
Not included						
Vegetable stock (ml)	250	500	750	1000	1250	1500
Olive oil (tbsp)	1½	3	4½	6	7½	9
Extra-virgin olive oil (tbsp)	1	2	3	4	5	6
Black balsamic vinegar (tsp)	1	2	3	4	5	6
White balsamic vinegar (tsp)	1	2	3	4	5	6
Butter (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

* Keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	4661 / 1114	581 / 139
Fats (g)	70	9
Of which: saturated (g)	16.7	2.1
Carbohydrates (g)	70	9
Of which: sugars (g)	8.6	1.1
Fibre (g)	7	1
Protein (g)	44	5
Salt (g)	4.3	0.5

ALLERGENS

4) Fish 7) Milk/lactose 8) Nuts
Can contain traces of: 19) Peanuts 23) Celery 25) Sesame

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'GERMAN STEAK' PATTY WITH CARAMELISED CHICORY

With potatoes and a fresh, green salad



Melody potatoes



Chicory ✨



Sunflower-pumpkin
seed mix



Mesclun ✨



"German steak"
beef patties ✨



Mayonnaise ✨



Total: **30-35** min.



Discovery



Easy



Gluten-free



Eat within **3** days

This week you will be making what the Dutch call "German steak". This is a beef patty like "tartaar", but coarsely chopped with a knife instead of ground or minced. What makes it particularly nice is its seasoning. Don't fry these patties too long; serve them pink on the inside.

A GOOD— START

EQUIPMENT

A **pan with a lid**, a **baking sheet lined with baking paper**, a **deep pan or big frying pan with a lid**, a **salad bowl** and a **frying pan**.
Let's start cooking the **'German steak' beef patty with caramelised chicory**.



1 PRE-COOK THE POTATOES

Bring 300 ml water per person to the boil in a pan with a lid for the potatoes and pre-heat the oven to 220 degrees. Thoroughly rinse or scrub the **potatoes**, cut into ½ cm slices and boil in the pan with a lid for 5 minutes. Cut each head of **chicory** into wedges (lengthwise). Leave the core to prevent the leaves from separating.



2 ROAST THE POTATOES

Drain the **potatoes**, pat dry with paper towels and transfer to a baking tray lined with baking paper. Spread out well. Drizzle the **potato slices** with the olive oil and season to taste with salt and pepper. Roast the **potatoes** in the oven for 20 minutes.



3 FRY THE CHICORY

In the meantime, heat half the butter in a deep frying pan or a big frying pan with a lid and fry the **chicory** on all sides for 1 minute at high heat. Turn down the heat, sprinkle the **chicory** with salt and pepper and simmer, covered, for 10 – 15 minutes.



4 MAKE THE SALAD

In the meantime, heat a frying pan to high heat and toast the **sunflower-pumpkin seed mix**, without any oil, until the seeds start to pop. In a salad bowl, whisk together a dressing of white wine vinegar, mustard and extra-virgin olive oil. Season to taste with salt and pepper. Add the **mesclun** to the dressing and toss well.



5 FRY THE BEEF PATTIES

When the **potatoes** and **chicory** are almost done, heat the remaining butter in a frying pan and fry the **beef patties** for approximately 2 minutes on each side. Season to taste with salt and pepper and set aside to rest for 1 minute.



6 CARAMELISE THE CHICORY

Turn up the heat beneath the pan containing the **chicory**, add the honey and caramelise for 2 minutes. Turn carefully during this process. Transfer the **chicory**, **potatoes** and **beef patties** to plates and serve with the salad and the mayonnaise. Garnish the salad with the **sunflower-pumpkin seed mix**.

★**TIP:** Will you be serving this meal to children? Taste the chicory before serving and add a little more honey if it is still too bitter.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Melody potatoes (g)	250	500	750	1000	1250	1500
Chicory (pcs) *	1½	3	4	5	6	7
Sunflower-pumpkin seed mix (g) 19) 22) 25)	10	15	20	25	30	35
Mesclun (g) 23) *	40	60	80	100	120	140
'German steak' beef patties (100g) *	1	2	3	4	5	6
Mayonnaise (g) 3) 10) 19) 22) *	25	50	75	100	125	150

Not included

Olive oil (tbsp)	½	1	1½	2	2½	3
Butter (tbsp)	1	2	3	4	5	6
Mustard (tsp)	¼	½	¾	1	1¼	1½
White wine vinegar (tsp)	¼	½	¾	1	1¼	1½
Extra-virgin olive oil (tbsp)	½	1	1½	2	2½	3
Honey (tsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3217 / 769	557 / 133
Total fat (g)	44	8
Of which: saturated (g)	12.3	2.1
Carbohydrates (g)	57	10
Of which: sugars (g)	10.6	1.8
Fibre (g)	7	1
Protein (g)	32	6
Salt (g)	0.4	0.1

ALLERGENS

3) Eggs 10) Mustard
May contain traces of: 19) Peanuts 22) Nuts 23) Celery
25) Sesame

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HelloFRESH



FRENCH TOAST OF SUGAR ROLLS

With creme fraiche and lemon balm



Very simple



Total: **15 – 20** min.



Eat within **5** days

We think French toast is always a good idea! Want to have an elaborate breakfast? This recipe is perfect! The creme fraiche and lemon balm take care of the freshness, which suits these hearty rolls well.



Frisian giant
sugar rolls



Lemon balm ✱



Ground
cinnamon



Semi-skimmed
milk ✱



Free-range
egg ✱



Creme
fraiche ✱

TASTY — DESSERT

FRENCH TOAST OF SUGAR ROLLS

EQUIPMENT:

A **frying pan**, a **whisk** and a **plate**.



1 ★ Cut off the top and the bottom of the **Frisian giant rolls** ★. Cut the **lemon balm** into strips.

2 Mix the sugar and **cinnamon** on a plate. Use another plate to beat the milk with the **egg** using a whisk.



3 Heat the butter in a frying pan to medium-high heat. In the meantime, soak the **sugar rolls** in the **egg mixture** followed by the **sugar mixture**. Place the **sugar rolls** in the pan and fry for about 4 minutes on each side, or until they become firm.



4 Transfer the **French toast** to the plates. Serve with the **creme fraiche** and garnish with the **lemon balm**.



★ **TIP:** In this dish you cut the top and bottom from the roll so it can soak up the milk. You won't be using the remaining bits in this recipe, but you can of course soak and fry them with the rest.

INGREDIENTS

	2P	4P
Frisian giant sugar rolls (pcs)	2	4
1) 3) 7) 13) 20) 22) 25)		
Lemon verbena (leaves) 23) ★	6	12
Ground cinnamon (tsp)	3	6
Semi-skimmed milk (ml) 7) ★	125	250
Free-range eggs (pcs) 3) ★	1	2
Creme fraiche (tbsp) 7) ★	4	8
Not included		
Granulated sugar (tbsp)	3	6
Butter (tbsp)	1	2

★ Keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2315 / 562	960 / 229
Fats (g)	25	10
Of which: saturated (g)	14.5	5.9
Carbohydrates (g)	71	29
Of which: sugars (g)	44.4	18.1
Fibre (g)	1	0
Protein (g)	13	5
Salt (g)	0.9	0.4

ALLERGENS

1) Glutens 3) Eggs 7) Milk/lactose 13) Lupins

Can contain traces of: 20) Soy 22) Nuts 23) Celery
25) Sesame

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BREAKFAST BOX

GOOD MORNING!

1

**CROISSANT WITH
MATURED CHEESE**
With boiled egg and garden
cress

2

MANGO SMOOTHIE
With vanilla yoghurt and
hemp seed

3

**OATMEAL WITH
CHOCOLADE**
With dates and walnuts

EXTRA

• Juice oranges

The nutrient values as stated here have been calculated per person, per serving. Make sure you clean ingredients that require cleaning before putting them into the dish. Want to pause or change your box for next week? Let us know through your account no later than Wednesday prior to the next delivery. Got any questions about the products or our service? please contact our customer service department.

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WEEK 50 | 2018



BREAKFAST 1

CROISSANT WITH MATURED CHEESE

With boiled egg and garden cress



1 Pre-heat the oven to 210 degrees.

2 Put the **eggs** in a saucepan with a lid, barely covered with water. Bring to the boil, covered, and boil the **eggs** for 6 minutes until hard-boiled. Next, rinse with cold water.

3 Bake the **croissants** in the oven for 8 minutes. Peel the **egg** and cut into slices.

4 Cut open the **croissant** and spread with the butter. Top with the **matured cheese** and the **egg** and garnish with **garden cress**.

1x

INGREDIENTS FOR 1 BREAKFAST

	2P	4P
Free-range eggs (pcs) 3) *	2	4
Multi-grain croissant (pcs) 1) 3) 6) 7) 11) 22) 27)	2	4
Matured cheese (slices) 7) *	2	4
Garden cress (tbsp) 15) 23) 24)	1	2
Not included		
Butter (tbsp)	1	2

* keep in the refrigerator

EQUIPMENT

A deep saucepan with a lid.

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2155 / 515	1355 / 324
Fats (g)	37	23
Of which: saturated (g)	18.5	11.6
Carbohydrates (g)	24	15
Of which: sugars (g)	2.5	1.6
Fibre (g)	2	1
Protein (g)	20	13
Salt (g)	1.6	1.0

ALLERGENS

1) Glutens 3) Eggs 6) Soy 7) Milk/lactose 11) Sesame

Can contain traces of: 15) Gluten 22) Nuts 23) Celery
24) Mustard 27) Lupins

BREAKFAST 2

2x

MANGO SMOOTHIE

With vanilla yoghurt and hemp seed



1 Peel the **mango** and take the flesh off the pit.

2 Add the **mango**, **vanilla yoghurt** and the majority of the **hemp seed** to a blender or a blender pitcher and purée into a thick smoothie. Add a splash of water if you want to make the smoothie less thick.

3 Transfer the **mango smoothie** to large glasses and garnish with the remaining **hemp seeds**.

INGREDIENTS FOR 1 BREAKFAST

	2P	4P
Mangos (pcs)	½	1
Vanilla yoghurt (g) 7) 15) 20) *	250	500
Hemp seeds (g) 19) 22) 25)	15	30

*Store in the refrigerator

EQUIPMENT

A blender or hand-held blender with a blender pitcher.

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	950 / 227	348 / 83
Fats (g)	6	2
Of which: saturated (g)	1.5	0.5
Carbohydrates (g)	35	13
Of which: sugars (g)	34.9	12.8
Fibre (g)	3	1
Protein (g)	7	3
Salt (g)	0.1	0.0

ALLERGENS

7) Milk/lactose

Can contain traces of: 15) Glutens 19) Peanuts 20) Soy 22) Nuts 25) Sesame

BREAKFAST 3

2x

OATMEAL WITH CHOCOLATE

With dates and walnuts



1 Mix the **oatmeal**, **semi-skimmed milk**, the majority of the **date pieces** and 50 ml water per person in a deep saucepan with a lid.

2 Heat the **oatmeal** for 5 minutes, covered, at medium-low heat. Turn down the heat as soon as the **oatmeal** begins to boil. Stir regularly while scraping the bottom of the pan to prevent the **oatmeal** from burning. Next, turn down the heat and set aside for 1 minute.

3 Stir half the **chocolate flakes** into the **oatmeal** and transfer to breakfast bowls.

4 Garnish the **oatmeal** with **walnuts** and the remaining **chocolate flakes**.

INGREDIENTS FOR 1 BREAKFAST

	2P	4P
Oatmeal (g) 1) 19) 22) 25)	100	200
Semi-skimmed milk (ml) 7) 15) 20) *	400	800
Dried date pieces (g) 19) 22)	25	50
Chocolate flakes (g) 6) 7) 19) 22) 25)	30	60
Walnuts (g) 8) 19) 22) 25)	40	80

*Store in the refrigerator

EQUIPMENT

A deep saucepan with a lid.

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2259 / 540	758 / 181
Fats (g)	25	8
Of which: saturated (g)	6.9	2.3
Carbohydrates (g)	57	19
Of which: sugars (g)	25.6	8.6
Fibre (g)	6	2
Protein (g)	18	6
Salt (g)	0.2	0.1

ALLERGENS

1) Glutens 6) Soy 7) Milk/lactose 8) Nuts

May contain traces of: 15) Glutens 19) Peanuts 20) Soy 22) (Other) nuts 25) Sesame