



Pork tenderloin with raspberry-balsamic sauce

With rosemary potatoes and green beans from the oven



Firm potatoes



Fresh rosemary ✱



Green beans ✱



Shallots



Pork tenderloin ✱



Raspberry jam ✱



Total: 45 min.



Gluten-free



Easy



Family



Eat within 3 days

Raspberries with pork may sound like a strange combination, but you may have heard of pork with apple or turkey with cranberries. These sweet, slightly acidic fruits make for a great contrast with the savoury meat. This turns your pork tenderloin into something truly special.

A GOOD — START

EQUIPMENT

A **frying pan**, **tin foil** and a **baking sheet lined with baking paper**.
Let's start cooking the **pork tenderloin with raspberry-balsamic sauce**.



1 PREPARE THE POTATOES

Take the **pork tenderloin** out of the refrigerator and allow to reach room temperature. Pre-heat the oven to 200 degrees. Thoroughly rinse or peel the **potatoes** and cut into 1 cm cubes. Strip the leaves from the sprigs of **rosemary** and finely chop. Transfer the **potatoes** to a baking tray lined with baking paper. Mix with ½ tbsp olive oil per person and 1 tsp chopped **rosemary** per person. Season to taste with salt and pepper. Bake in the oven for 15 – 20 minutes★.



4 FRY THE PORK TENDERLOIN

In the meantime, rub the **pork tenderloin** with salt and pepper. Heat 1 tbsp olive oil per person in a frying pan at medium-low heat. Place the **pork tenderloin** in the pan and fry for 10 – 13 minutes until brown all around. Cover with tin foil and allow to rest until serving. Leave the reduction in the pan.



2 CHOP THE INGREDIENTS

In the meantime, trim the ends off the **green beans** and mince the **shallots**.

★**TIP:** Make sure you leave enough room for a second baking tray for the green beans, or place the potatoes on one side of the tray so you can put the green beans on the other. Are you cooking for a large group or can't fit everything in your oven? Boil the green beans in a pan with a lid until done.



5 MAKE THE SAUCE

Heat the frying pan with the reduction to medium-low heat and fry the **shallot** and the remaining **rosemary** for 3 – 5 minutes. Add the **raspberry jam**, black balsamic vinegar and 2 tbsp water per person. Stir well and allow to simmer for 2 minutes. Turn off the heat and stir the butter into the **sauce** right before serving. Season to taste with salt and pepper.



3 FRY THE GREEN BEANS

Once the **potatoes** are done, add the **green beans** to the potatoes on the baking tray (or on a new baking tray), mix with ½ tbsp olive oil per person and season to taste with salt and pepper. Roast the **green beans** and **potatoes** for another 15 minutes★★.



6 SERVE

Cut the **pork tenderloin** into slices. Transfer the **baby potatoes**, **green beans** and **pork tenderloin** to plates. Pour the **sauce** over the **pork tenderloin**.

★★**TIP:** Don't have a very powerful oven? Roast the potatoes for 10 minutes longer than indicated prior to adding the green beans.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Firm potatoes (g)	300	600	900	1200	1500	1800
Fresh rosemary (sprigs) *	¼	½	¾	1	1¼	1½
Green beans (g) *	200	400	600	800	1000	1200
Shallots (pcs)	¼	½	¾	1	1¼	1½
Pork tenderloin (pc) *	1	2	3	4	5	6
Raspberry jam (g) 5) 8) 19) 22) *	30	45	75	105	120	150

Not included

Olive oil (tbsp)	2	4	6	8	10	12
Black balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Butter (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)	3533 / 845	515 / 123
Total fat (g)	39	6
Of which: saturated (g)	12,2	1,8
Carbohydrates (g)	84	12
Of which: sugars (g)	19,2	2,8
Fibre (g)	13	2
Protein (g)	33	5
Salt (g)	0,2	0,0

ALLERGENS

May contain traces of: 19) Peanuts 22) Nuts

We would like to hear what you think. Feel free to contact us via our website or via our social media channels.

   #HelloFresh



Yellow rice with spinach-coconut curry

With tomatoes, cashew nuts and a fried egg



Onions



Garlic



Tomatoes ✱



Ground turmeric



Pandan rice



Cashews



Grated coconut



Ground curry spices



Coconut milk



Free-range egg ✱



Spinach ✱



Total: 25 min.



Easy



Eat within 3 days



Gluten-free



Lactose-free



Vegetarian

Turmeric is one of the most frequently used ingredients in curry. In this recipe it will add a beautiful yellow colour to the rice. The coconut milk and grated coconut add a full, creamy flavour. You will garnish the curry with cashew nuts, which give the dish structure and are extremely healthy to boot!

A GOOD— START

EQUIPMENT

A **pan with a lid**, a **frying pan** and a **wok or deep saucepan**.
Let's start cooking the **yellow rice with spinach-coconut curry**.



1 PREPARATION

Prepare the stock. Mince the **onions** and press or finely chop the **garlic**. Dice the **tomatoes**.



2 PREPARE THE RICE

Heat half the olive oil in a pan with a lid to medium-low heat and sauté the **onion** for 2 minutes. Add the **turmeric** and fry for another minute. Add the **rice** and stock and boil the **rice**, covered, for 12 – 15 minutes. Add a little extra water if the **rice** becomes too dry. Set aside uncovered to steam dry.



4 PREPARE THE CURRY

Allow the wok or deep saucepan to cool for 2 minutes (otherwise the sunflower oil will burn straight away). Heat the sunflower oil in the pan and gently fry the **garlic** and **ground curry spices** for 1 – 2 minutes at medium-low heat. Add the **tomato** and fry, while stirring, for 4 minutes. Add the **coconut milk**, season to taste with salt and pepper and bring to the boil ★.



5 FRY AND BOIL

In the meantime, heat the remaining olive oil in a frying pan and fry 1 **egg**, sunny side up, per person. Tear the **spinach** into bite-sized pieces over the wok or deep saucepan, allow to reduce while stirring and simmer for 1 – 2 minutes.

★**TIP:** The coconut milk may become lumpy. This does not mean that the milk has turned: the lumps are the fatty ingredients of the coconut milk and ensure an extra rounded flavour.



3 ROAST THE TOPPING

In the meantime, heat a wok or deep saucepan to medium-high heat and roast the **cashews**, without any oil, until golden brown. After 1 minute, add the **grated coconut**. Remove from the pan and set aside.



6 SERVE

Transfer the **rice** and **spinach** to plates and garnish with the **cashew nuts** and **grated coconut**.

★**FACT:** The cashew nut was discovered in the 16th century around the coast of Brazil by Portuguese explorers. They brought the nut to other tropical regions such as Africa and India where they are grown today.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Onions (pcs)	½	1	1½	2	2½	3
Garlic (cloves)	1	2	2	3	3	4
Tomatoes (pcs) *	1	2	3	4	5	6
Ground turmeric (tsp)	½	1	1½	2	2½	3
Pandan rice (g)	85	170	250	335	420	505
Cashews (g) 5) 8) 22) 25)	10	20	30	40	50	60
Grated coconut (g) 19) 22) 25)	5	10	15	20	25	30
Ground curry spices (tsp) 9) 10)	1	2	3	4	5	6
Coconut milk (ml) 26)	50	100	150	200	250	300
Free-range eggs (pcs) 3) *	1	2	3	4	5	6
Spinach (g) *	100	200	300	400	500	600
Not included						
Vegetable stock (ml)	200	400	600	800	1000	1200
Olive oil (tbsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	½	1	1	1	1½	1½
Salt & pepper	to taste					

* Keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3362 / 804	496 / 119
Total fat (g)	43	6
Of which: saturated (g)	16,7	2,5
Carbohydrates (g)	81	12
Of which: sugars (g)	7,3	1,1
Fibre (g)	7	1
Protein (g)	21	3
Salt (g)	2,4	0,4

ALLERGENS

3) Eggs 5) Peanuts 8) Nuts 9) Celery 10) Mustard
May contain traces of: 19) Peanuts 22) Nuts 25) Sesame
26) Sulphite

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#HelloFresh



Italian chicken-stuffed peppers

With mushrooms, brown rice and lamb's lettuce



Brown rice



Red pepper ✱



Mushrooms f



Chicken pieces in an Italian marinade ✱



Single cream f



Lamb's lettuce ✱



Total: 35-40 min.



Gluten-free



Easy



Eat within 5 days

This dish not only looks pretty, it is also quick to make. While the peppers are roasting in the oven you'll prepare the filling. Peppers are full of fibre and nutrients but have few calories. Did you know that a red pepper contains twice as much vitamin C as a green one? Vitamin C contributes to a strong immune system and healthy energy levels.

A GOOD — START

EQUIPMENT

Pan with a lid, salad bowl, baking sheet lined with baking paper, kitchen towel and a saute pan.

Let's start cooking the **Italian chicken-stuffed peppers**.



1 BOIL THE RICE

Preheat the oven to 200 degrees. Bring ample water to the boil in a saucepan with a lid for the **rice**. Cook the **rice**, covered, 8 minutes. Then turn off the heat and let it stand for 10 minutes with the lid on the pan. Drain if necessary then let it steam dry without a lid.



2 ROAST THE PEPPERS

Meanwhile cut the **peppers** in half lengthwise. Remove the seeds but leave the green part of the stem on the **pepper**. Place the **pepper** halves, cut side up, on a baking sheet lined with baking paper. Roast the **peppers** for 10 – 15 minutes in the oven.



3 FRY

Wipe the **mushrooms** clean with kitchen towel and cut into quarters. Heat the butter in a sauté pan on medium-high heat and fry the **chicken fillet** and **mushrooms** for 4 – 5 minutes. Add the **single cream** and 1/4 chicken stock cube per person. Let the sauce thicken for 5 minutes.



4 MAKE A SALAD

In a salad bowl, whisk together a dressing with the extra virgin olive oil and white balsamic vinegar. Season with salt and pepper. Stir the **lamb's lettuce** through the dressing.



5 STUFF THE PEPPERS

Mix the **brown rice** with the **chicken-mushroom** sauce in a sauté pan. Stuff the **roasted peppers** with the mixture.



6 SERVE

Place the **peppers** on plates and serve the **salad** on the side.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Brown rice (g)	85	170	250	335	420	505
Red pepper (pc) *	1	2	3	4	5	6
Mushrooms (g) *	60	125	180	250	305	375
Chicken pieces in an Italian marinade (g) *	100	200	300	400	500	600
Single cream (ml) 7)	100	200	300	400	500	600
Lamb's lettuce (g) 23) *	20	40	60	80	100	120

Not included

Butter (tbsp)	½	1	1½	2	2½	3
Chicken stock cube (pc)	¼	½	¾	1	1¼	1½
Extra virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½
White balsamic vinegar (tbsp)	¼	½	¾	1	1¼	1½
Salt & pepper	to taste					

* Keep in the refrigerator

NUTRIENT VALUES	PER SERVING	PER 100 g
Energy (kJ/kcal)	3427 / 819	642 / 154
Total fat (g)	40	8
Of which: saturated (g)	20.5	3.9
Carbohydrates (g)	78	15
Of which: sugars (g)	11,9	2,2
Fibre (g)	7	1
Protein (g)	33	6
Salt (g)	1,8	0,3

ALLERGENS

7) Milk/lactose

May contain traces of: 23) Celery

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WEEK 26 | 2019

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CREAMY FARFALLE WITH SEASONED MINCED CHICKEN

With fennel, spinach and matured cheese



Onions



Garlic



Red chilli peppers ✱



Fennel ✱



Farfalle



Italian-style ground chicken ✱



Spinach ✱



Creme fraiche ✱



Grated matured cheese ✱



Total: 20 - 25 min.



Family



Easy



Eat within 3 days

This dish will really help you eat your veggies - even more than the recommended daily amount of 250 grams. We have pre-seasoned the minced chicken for extra flavour. The pasta is creamy, yet refreshing due to the light anise flavour of the fennel. You'll add some heat with red chilli pepper - don't forget to adjust the amount of chilli for the number of servings.

A GOOD— START

EQUIPMENT

A **pan with a lid** and a **wok or deep saucepan**.

Let's start cooking the **creamy farfalle with seasoned minced chicken**.



1 CUT THE GARLIC AND ONION

Bring plenty of water per person to the boil in a pan with a lid to cook the farfalle in. Mince the **onion** and press or finely chop the **garlic**.



2 CUT THE CHILLI AND FENNEL

Remove the seed pods from the **red chilli pepper** and finely chop the **red chilli pepper**. Halve the **fennel**, cut into quarters and remove the tough core. Finely dice the **fennel**.



3 BOIL THE FARFALLE

Boil the **farfalle**, covered, for 10 – 12 minutes in the pan with the lid and drain. Set aside uncovered to steam dry.



4 FRY

In the meantime, heat the olive oil in a wok or deep saucepan with a lid and fry the **minced chicken** for 3 minutes at medium to high heat until it separates. Add the **onion**, **garlic** and **red chilli pepper** and fry for another 2 minutes. Add the **fennel** and 1 tbsp water per person, season to taste with salt and pepper and fry, covered, for 5 minutes.



5 MAKE THE SAUCE

Turn down the heat and tear the **spinach** into bite-sized pieces over the wok or deep saucepan, in batches if necessary, and allow to reduce while stirring. Add the **creme fraiche** and half the **matured cheese** and stir firmly. Add the **farfalle**, season to taste with salt and pepper and heat for another minute.



6 SERVE

Transfer the **pasta** to plates. Garnish with the remaining **matured cheese**.

★ **TIP:** The seed pods and seeds are the most spicy part of the chilli pepper, that is why you remove them. Do you like your food spicy? Don't remove the seed pods.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Onions (pcs)	½	1	1½	2	2½	3
Garlic (cloves)	1	2	3	4	5	6
Red chilli peppers (pcs) *	¼	½	¾	1	1¼	1½
Fennel (pcs) *	½	1	1½	2	2½	3
Farfalle (g) 1) 17) 20)	90	180	270	360	450	540
Italian-style ground chicken (g) *	100	200	300	400	500	600
Spinach (g) *	100	200	300	400	500	600
Creme fraiche (g) 7) *	50	100	150	200	250	300
Grated matured cheese (g) 7) *	12	25	37	50	62	75
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

* Keep in the refrigerator

NUTRIENT VALUES	PER SERVING	PER 100 G
Energy (kJ/kcal)	3383 / 809	622 / 149
Total fat (g)	36	7
Of which: saturated (g)	15,7	2,9
Carbohydrates (g)	76	14
Of which: sugars (g)	11,1	2,1
Fibre (g)	9	2
Protein (g)	40	7
Salt (g)	0,6	0,1

ALLERGENS

1) Grains containing gluten 7) Milk/lactose
May contain traces of: 17) Eggs 20) Soy

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Tomato soup with sweet pepper pesto-bruschettas

With carrot and Italian cheese



Onions



Garlic



Carrots ✱



Plum tomatoes ✱



Dried thyme



Paprika



Tomato paste



Whole-wheat ciabatta



Red sweet pepper pesto ✱



Grated Italian cheese ✱

Total: 30 min.

Family

Easy

Vegetarian

Eat within 5 days

Calorie-conscious

This dish contains a whopping 400 grams of vegetables and 50% of the daily recommended amount of fibre. That is not to mention the vitamin A. Carrots are a common source, but tomatoes are rich in vitamin A too which is important for healthy eyes and a strong immune system. Adding grana padano gives the soup extra flavour. Throw in the bruschetta with pepper-pesto for a true Italian flair!

A GOOD— START

EQUIPMENT

A **soup pan with a lid**, a **baking sheet lined with baking paper** and a **hand-held blender**.

Let's start cooking the **tomato soup with sweet pepper pesto bruschettas**.



1 CHOP THE VEGGIES

Pre-heat the oven to 200 degrees. Cut the **onion** into half rings and press or finely chop the **garlic**. Cut the **carrot** into thin half slices and the **plum tomato** into wedges★.



2 FRY THE VEGETABLES

Heat half the olive oil in a stockpot with a lid and sauté the **onion** and **garlic** for 2 minutes at medium-low heat. Add the **carrot**, **plum tomato**, **dried thyme**, **paprika** and **tomato purée** and fry for 2 minutes.



3 MAKE THE SOUP

Add the honey and boiling stock to the stockpot. Simmer the **soup** for 12 – 15 minutes at low heat.



4 MAKE THE BRUSCHETTAS

In the meantime, cut the **ciabatta** into 1 cm slices. Transfer the **ciabatta** slices to a baking sheet lined with baking paper, top with the **red sweet pepper pesto**, drizzle with the remaining olive oil to taste and roast for 6 – 8 minutes in the oven.



5 PURÉE THE SOUP

Remove the stockpot from the stove, add half the **Italian cheese** and purée the **soup** with a hand-held blender. Add some extra (warm) water if you want to dilute the **soup** a bit and season to taste with salt and pepper.

★**TIP:** Don't like the skins and seeds of the tomato in your soup? Make a cross in the bottom of the tomato with a knife and dip it briefly in boiling water. This makes the skin easy to remove. Cut the tomato open and remove the seeds.



6 SERVE

Transfer the **soup** to soup bowls and garnish with the remaining **Italian cheese**. Drizzle with extra-virgin olive oil to taste and serve with the **sweet pepper pesto bruschettas**.

✳**FACT:** Did you know that this dish contains more than half of the daily recommended amount of dietary fibre and is rich in vitamin A? Vitamin A is important for healthy eyes and a strong immune system.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Onions (pcs)	½	1	1½	2	2½	3
Garlic (cloves)	1	2	2	3	3	4
Carrots (pcs) ✳	⅓	⅔	1	1½	1½	2
Plum tomatoes (pcs) ✳	3	6	9	12	15	18
Dried thyme (tsp)	1	2	3	4	5	6
Paprika (tsp)	1	2	3	4	5	6
Tomato paste (tin)	½	1	1½	2	2½	3
Whole-wheat ciabatta (pcs) 1) 6) 7) 17) 22) 25) 27)	1	2	3	4	5	6
Red sweet pepper pesto (g) 7) 8) ✳	40	80	120	160	200	240
Grated Italian cheese (g) 3) 7) ✳	25	50	75	100	125	150

Not included

Vegetable stock (pc)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	2	2	3	3
Honey (tsp)	½	1	1½	2	2½	3
Extra-virgin olive oil	to taste					
Salt & pepper	to taste					

✳ Keep in the refrigerator

NUTRIENT VALUES	PER SERVING	PER 100 G
Energy (kJ/kcal)	2393 / 572	264 / 63
Total fat (g)	25	3
Of which: saturated (g)	8,0	0,9
Carbohydrates (g)	60	7
Of which: sugars (g)	25,0	2,8
Fibre (g)	15	2
Protein (g)	19	2
Salt (g)	5,0	0,6

ALLERGENS

1) Grains containing gluten 3) Eggs 6) Soy 7) Milk/lactose
8) Nuts
May contain traces of: 17) Eggs 22) Nuts 25) Sesame
27) Lupins

We would like to hear what you think. Feel free to contact us via our website or via our social media channels.

#HelloFresh



SALAD WITH PEAR, DANABLU AND WALNUT

With roasted potatoes and courgette ribbons



Firm potatoes



Walnuts



Courgettes *



Pears



Mixed lettuce *



Danablu *



Total: 40 min.



Easy



Eat within 5 days



Vegetarian



Gluten-free

Just like strawberries with balsamic vinegar, watermelon with feta or apple with mackerel, pear and blue cheese make for a surprisingly tasty combination. The secret lies in the combination of fat, salt and acidity.

A GOOD— START

EQUIPMENT

Tin foil, a baking sheet, 2x a frying pan and a salad bowl.

Let's start cooking the **salad with pear, danablu and walnuts**.



1 ROAST THE POTATOES

Pre-heat the oven to 220 degrees. Thoroughly rinse the **potatoes** and cut into quarters, cut any larger **potatoes** into six pieces each ★. Transfer the **potatoes** to 1 tin foil sheet per person, mix with half the olive oil and season with salt and pepper. Wrap the tin foil so no air can get in, place the packets on a baking sheet and roast the **potatoes** for 35 – 40 minutes in the oven or until done.



4 FRY THE PEAR

In the meantime, melt the butter in another frying pan and fry the **pear** wedges for 8 – 16 minutes at medium to high heat or until the outside begins to change colour. The less ripe the **pear**, the more time it will take to soften in the pan. Deglaze the **pear** with the black balsamic vinegar, remove from the pan and set aside.



2 CHOP THE INGREDIENTS

In the meantime, coarsely chop the **walnuts**. Shave or cut the **courgette** into long thin ribbons. Halve the **pear**, remove the core and cut the **pear** into wedges without peeling it.



5 MIX THE SALAD

Mix the **mixed lettuce** into the (cooled) **courgette** ribbons. Add some extra-virgin olive oil to taste and season with salt and pepper.

★★**TIP:** It takes a bit longer for the potatoes to cook when they are larger or when the oven is less powerful. Want to save some time? Cut the potatoes into smaller pieces or dice them. Don't have a powerful oven? You can also boil the potatoes instead of roasting them. Mix the boiled potatoes with salt, pepper and olive oil.



3 FRY THE COURGETTE

Heat a frying pan without oil to medium-high heat and roast the **walnuts** until golden-brown. Remove from the pan and set aside. Heat the remaining olive oil in the same frying pan and fry the **courgette ribbons** at medium-high heat for 8 – 10 minutes ★★. Remove the **courgette ribbons** from the pan and mix with white wine vinegar, salt and pepper in a salad bowl. It's OK for the **courgette ribbons** to cool.



6 SERVE

Transfer the **roasted potatoes** to plates. Scoop the **salad** on the side and garnish with **pear, danablu and walnuts**.

★★**TIP:** Are you making this dish for more than 2 servings? Use multiple frying pans or grill the courgette in the oven using a baking sheet.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Firm potatoes (g)	200	400	600	800	1000	1200
Walnuts (g) 8) 19) 22) 25)	15	30	45	60	75	90
Courgettes (pcs) *	½	1	1½	2	2½	3
Pears (pcs)	½	1	1½	2	2½	3
Mixed lettuce (g) 23) *	40	80	120	160	200	240
Danablu (g) 7) *	40	75	100	125	175	200

Not included

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

* Keep in the refrigerator

NUTRIENT VALUES	PER SERVING	PER 100 G
Energy (kJ/kcal)	2768 / 662	479 / 114
Total fat (g)	37	6
Of which: saturated (g)	11,8	2,0
Carbohydrates (g)	60	10
Of which: sugars (g)	20,6	3,6
Fibre (g)	8	1
Protein (g)	19	3
Salt (g)	1,1	0,2

ALLERGENS

7) Milk/lactose 8) Nuts

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

TIP: Watching your calorie intake? Use 150 g of potatoes and 25 g of blue cheese per person.

We would like to hear what you think. Feel free to contact us via our website or via our social media channels.

#HelloFresh



Roasted feta with honey and sweet potato

With green lentils, cherry tomatoes and mixed lettuce



Green lentils



Sweet potato



Shallot



Garlic



Red cherry tomatoes ✱



Feta ✱



Lemon



Fresh parsley ✱



Rocket and lamb's lettuce



Total: 50 min.



Vegetarian



Easy



Gluten-free



Eat within 5 days

Sweet potatoes and lentils are an excellent source of fibre, which helps maintain your blood sugar level and help you feel full. Did you know that sweet potato is not actually a potato but rather a vegetable? It doesn't just contain fibre but is also richer in vitamins, minerals and carbohydrates than potatoes.

A GOOD— START

EQUIPMENT

A **pan with a lid**, a **baking sheet** lined with **baking paper**, **2x a frying pan** and a **salad bowl**.
Let's start cooking the **roasted feta with honey and sweet potatoes**.



1 BOIL AND BAKE

Pre-heat the oven to 200 degrees. Bring ample water to the boil in a pan with a lid. Boil the **green lentils** for 25 – 30 minutes, covered, at medium-low heat. Drain the **green lentils**. Cut the **sweet potatoes** into 1 cm thick half moons. Transfer the **sweet potato** slices to a baking tray lined with baking paper. Mix with 1 tbsp olive oil per person ★. Season to taste with salt and pepper. Bake the **sweet potato** in the oven for 25 – 35 minutes or until golden brown.



4 HEAT THE LENTILS

Heat ½ tbsp olive oil per person in another frying pan at medium to high heat and fry the **shallots** for 3 – 4 minutes. Add the **garlic** and fry for another minute. Next, add the boiled **green lentils** and season to taste with salt and pepper. Stir-fry for another 1 – 2 minutes. Add the majority of the **lemon dressing**, turn the heat to high and heat briefly.

★**TIP:** Make sure all the sweet potatoes are covered in olive oil to prevent them from burning.



2 CUT AND FRY

In the meantime, mince the **shallots** and press or finely chop the **garlic**. Halve the **red cherry tomatoes**. Cut the **feta** into 3 strips per person and season to taste with salt and pepper. Place the **feta** next to the **sweet potato** on the baking tray in the oven for the final 7 – 10 minutes ★★.



5 FRY AND DRESS

In the meantime, drizzle the **feta** with the **honey** right before serving and return to the oven for 2 minutes. Finely chop the **fresh parsley**. Tear the **rocket and lamb's lettuce** into bite-size pieces. Mix the **rocket & lamb's lettuce** with the remaining **lemon dressing** and season to taste with salt and pepper.

★★**TIP:** Not a fan of warm feta? Skip this step and crumble the cheese over the dish right before serving.



3 FRY AND MIX

In the meantime, heat ½ tbsp olive oil per person in a frying pan at medium to high heat and fry the **cherry tomatoes** for 6 – 8 minutes. Stir regularly. Juice the **lemon**. Whisk together a dressing of 1 tbsp **lemon juice** per person and the extra-virgin olive oil in a bowl.



6 SERVE

Transfer the **lettuce** to plates and top with the **green lentils**. Place the **sweet potatoes**, **tomatoes** and **feta** on top and garnish with the **fresh parsley** ★★★.

★★★**TIP:** Carefully transfer the warm feta to plates, make sure it doesn't break apart. Don't allow the cheese to cool down otherwise it will become dry.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Green lentils (g)	40	80	120	160	200	240
Sweet potatoes (g)	300	600	900	1200	1500	1800
Shallots (pcs)	½	1	1 ½	2	2 ½	3
Garlic (cloves)	½	1	1 ½	2	2 ½	3
Red cherry tomatoes (g) *	125	250	375	500	625	750
Feta (g) 7) *	50	100	150	200	250	300
Lemons (pcs)	¼	½	¾	1	1 ¼	1 ½
Fresh flat leaf parsley (g) *	2½	5	7½	10	12½	15
Rocket & lamb's lettuce (g) 23) *	30	60	90	120	150	180
Not included						
Olive oil (tbsp)	2	4	6	8	10	12
Extra-virgin olive oil (tbsp)	½	1	1 ½	2	2 ½	3
Honey (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)	3962 / 947	615 / 147
Total fat (g)	44	7
Of which: saturated (g)	10,9	1,7
Carbohydrates (g)	102	16
Of which: sugars (g)	31,6	4,9
Fibre (g)	18	3
Protein (g)	25	4
Salt (g)	1,8	0,3

ALLERGENS

7) Milk/lactose

May contain traces of: 23) Celery

■ **TIP:** This is a calorie rich dish. Watching your calorie intake? Prepare the sweet potatoes in the oven, but only use half for this meal. The rest can be used in a lunch salad the next day.

We would like to hear what you think. Feel free to contact us via our website or via our social media channels.

#HelloFresh



VEGETARIAN CHILLI

With pineapple-salsa and pitta bread



Garlic clove



Onion ✱



Red chilli pepper ✱



Red bell pepper ✱



Pineapple



Fresh flat leaf parsley ✱



Red kidney beans



Ground cinnamon



Mexican spices



Chopped tomatoes



Whole wheat pitta bread



Sour cream ✱

Total: **25-30** min.

Vegetarian

Easy

Calorie-conscious

Eat within **5** days

Chilli con carne has become a signature dish in Mexican and 'TexMex' food cultures. Even though this chilli is made without meat, it still contains a lot of protein because of the kidney beans. You will serve a pineapple-salsa on this side for a hint of freshness.

A GOOD — START

EQUIPMENT

Wok or sauté pan with a lid and a bowl.

Let's start cooking the **vegetarian chilli**.



1 PREPARATION

Preheat the oven to 200 degrees. Press or mince the **garlic**. Mince the **onion**. Remove the seeds from the **red chilli pepper** and finely chop the **red chilli pepper**. Dice the **red bell pepper**. Slice the rind off the **pineapple**, remove the hard core and cut into small chunks. Then chop 1/3 of the **pineapple** very fine for the salsa. Finely chop the **fresh flat leaf parsley** and drain the **kidney beans**.



4 BAKE THE PITTA'S

Bake the whole wheat pittas in the oven for 5 – 7 minutes or toast them in a toaster.



2 FRY THE VEGETABLES

Heat a wok or sauté pan without oil, and fry the **cinnamon** and the **Mexican spices** for 1 minute or until they become fragrant.

★ Add the olive oil and sauté half of the red chilli pepper, garlic and onion for 2 minutes over medium heat. Add the red bell peppers, **chopped tomatoes**, large **pineapple** chunks and the **kidney beans**. Crumble ¼ of a vegetable stock cube per person over top then fry for another 2 – 3 minutes on medium heat.



5 SEASON

Stir half of the **sour cream** through the chilli and season with salt and pepper.

★ **TIP:** Add less cinnamon if you prefer a less strong cinnamon flavour.



3 MAKE THE SALSA

Deglaze the chilli with the black balsamic vinegar and fry for another 3 minutes. Reduce the heat, cover, and let it simmer gently for another 6 – 8 minutes. Meanwhile, mix the finely chopped **pineapple** with half of the **red chilli pepper** and half of the **flat leaf parsley** in a bowl. Season the salsa with salt and pepper. Set aside.



6 SERVE

Serve the vegetarian chilli on to plates. Garnish with the salsa, the remaining **sour cream** and remaining **flat leaf parsley**. Serve with the **pitta bread**.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Garlic clove (pc)	1	2	3	4	5	6
Onion (pc) *	½	1	1½	2	2½	3
Red chilli pepper (pc) *	⅓	⅔	1	1½	1¾	2
Red bell pepper (pc) *	½	1	1½	2	2½	3
Pineapple (pc)	⅓	⅔	1	1½	1¾	2
Fresh flat leaf parsley (g) *	2½	5	7½	10	12½	15
Red kidney beans (tin)	½	1	1½	2	2½	3
Ground cinnamon (tsp)	1	2	3	4	5	6
Mexican spices (tsp)	1	2	3	4	5	6
Chopped tomatoes (pack)	½	1	1½	2	2½	3
Whole wheat pitta bread (pc) 1)	1	2	3	4	5	6
Sour cream (g) 7) *	50	100	150	200	250	300

Not included

Olive oil (tbsp)	1	1	2	2	3	3
Black balsamic vinegar (tsp)	1	2	3	4	5	6
Vegetable stock cube (pc)	¼	½	¾	1	1¼	1½

Salt & pepper

to taste

* keep in the refrigerator

NUTRIENT VALUES	PER SERVING	PER 100 g
Energy (kJ/kcal)	2176 / 520	317 / 76
Total fat (g)	13	2
Of which: saturated (g)	4,8	0,7
Carbohydrates (g)	70	10
Of which: sugars (g)	29,1	4,2
Fibre (g)	18	3
Protein (g)	22	3
Salt (g)	3,3	0,5

ALLERGENS

1) Grains containing gluten 7) Milk/lactose

We would like to hear what you think. Feel free to contact us via our website or via our social media channels.

#HelloFresh

WEEK 26 | 2019

HelloFRESH



Fresh ravioli with peppers and almonds

Enjoy the flavours of Italy in an instant!



Shallot



Red point pepper ✱



Red pepper ✱



Flaked almonds



Ravioli with potato,
rocket & mascarpone ✱



Basil crème ✱



Rocket & lamb's lettuce ✱



Total: 20 min.



Quick & Easy



Very easy



Calorie-conscious

Did you know that this fresh ravioli comes straight from the Pasta Factory? In this Italian family business, everyone pitches in to make the most delicious pasta – and we think that's exactly what they've done! This ravioli is stuffed with a creamy mix of potato, mascarpone and rocket. The surprising combination of pasta and potatoes is often found in Italian cuisine. Let us know what you think?

A GOOD — START

EQUIPMENT: pan, saute pan and a bowl.
Let's start cooking the **fresh ravioli with pepper and almonds**.



1 PREPARATION

- Bring a saucepan with ample water to the boil for the **ravioli**. Slice the **shallot** into half rings.
- Chop the **red point paprika** and **red pepper** into small cubes.



3 COMBINE

- Boil the **ravioli** for 4 – 6 minutes. Drain then add to the pan with the **pepper**. Add the **basil cream**, mix gently and season with pepper and salt.



2 FRY THE PEPPERS

- Heat the olive oil in a frying pan at medium-high heat and add the **shallot**, **pepper** and the **pointed pepper**. Fry for 8 minutes. Stir regularly. Heat a frying pan at high heat and fry the **almond flakes** until they begin to colour. Remove from the pan and set aside.



4 SERVE

- In a bowl, mix the **rocket** and **lamb's lettuce** with the black balsamic vinegar. Season with salt and pepper. Divide the **lettuce** over the plates then spoon the **ravioli** on top or on the side. Garnish with the **almond flakes**.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Shallot (pc)	1	2	3	4	5	6
Red point pepper (pc) *	½	1	1½	2	2½	3
Red pepper (pc) *	½	1	1½	2	2½	3
Almonds flakes 8) 19) 25) (g)	5	10	15	20	25	30
Ravioli with potato, rocket & mascarpone (g) 1) 3) 7)*	125	250	375	500	625	750
Basil crème (pot) *	1	2	3	4	5	6
Rocket & lamb's lettuce (g) 23) *	30	60	90	120	150	180
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Black balsamic vinegar (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

* Keep in the refrigerator

NUTRIENT VALUES	PER SERVING	PER 100 G
Energy (kJ/kcal)	2372 / 567	625 / 149
Total fat (g)	31	8
Of which: saturated (g)	7,5	2,0
Carbohydrates (g)	55	14
Of which: sugars (g)	10,6	2,8
Fibre (g)	7	2
Protein (g)	13	3
Salt (g)	1,1	0,3

ALLERGENS

1) Grains containing gluten 3) Eggs 7) Milk 8) Nuts
May contain traces of: 19) Peanuts 23) Celery 25) Sesame

We would like to hear what you think. Feel free to contact us via our website or via our social media channels.

#HelloFresh



QUICK CURRY WITH SHRIMP

With broccoli rice, green beans and sweet pepper



Pandan rice



Broccoli rice ✱



Garlic



Fresh ginger



Red chilli peppers ✱



Green beans ✱



Yellow sweet pepper ✱



Fish sauce



Coconut milk



Shrimps ✱



Total: 20 min.



Quick & Easy



Very simple



Lactose-free



Eat within 3 days



Gluten-free

This quick curry is full of flavour. If you are trying to limit your carb intake, this dish has got you covered. We have supplemented the rice with broccoli rice. This means you will eat more than 200 grams of vegetables today. This meal is also rich in folic acid, which gives you energy. A great meal for before exercise, or when you just need some extra energy.

A GOOD — START

EQUIPMENT: A **pan with a lid**, a **frying pan**, a **fine grater** and a **wok or deep saucepan with a lid**.
Let's start cooking the **quick curry with shrimp**.



1 PREPARATION

- Boil the **pandan rice** ★, covered, in a pan with a lid for 10 – 12 minutes. Add the **broccoli rice** for the final 3 minutes. Drain and set aside to steam dry. Season to taste with salt and pepper.
- In the meantime, press or finely chop the **garlic**. Grate the **ginger**, remove the seed pods from the **red chilli pepper** and chop the **chilli pepper**. Trim the ends off the **green beans** and cut the beans into 3 equal parts. Cut the **sweet pepper** into thin strips.



3 FRY THE SHRIMP

- In the meantime, heat the remaining sunflower oil in a frying pan and fry the remaining **garlic**, **ginger** and **red chilli pepper** for 1 minute at medium-high heat.
- Add the **shrimp** pieces and fry for 3 – 4 minutes or until done.
- Add the **shrimp** and the reduction to the vegetables and stir firmly. Season to taste with salt and pepper.



2 FRY AND BOIL

- Heat ½ tbsp sunflower oil per person in a wok or deep saucepan with a lid at medium-high heat and fry half the **garlic**, half the **ginger** and half the **red chilli pepper** for 1 minute.
- Add the **green beans**, **sweet pepper**, **fish sauce** and **coconut milk** and allow to simmer, covered, for 8 – 10 minutes. Take the lid off the pan for the final 2 minutes.



4 SERVE

- Transfer the **pandan rice** with **broccoli rice** to plates.
- Top the **rice** with half the **vegetables** and **shrimp** and scoop half on the side. Pour the remaining **coconut milk** over the dish.

★**TIP:** This week's box contains more rice than you'll need today, so weigh the correct amount beforehand.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Pandan rice (g)	70	140	210	280	350	420
Broccoli rice (g) 23 ★	100	200	300	400	500	600
Garlic (cloves)	1	2	3	4	7	8
Fresh ginger (cm)	2	3	4	5	6	7
Red chilli peppers (pcs) ★	¼	½	¾	1	1¼	1½
Green beans (g) ★	75	150	225	300	375	450
Yellow sweet peppers (pcs) ★	½	1	1½	2	2½	3
Fish sauce (ml) 4)	10	20	30	40	50	60
Coconut milk (ml) 26)	125	250	375	500	625	750
Shrimps (g) 2) ★	80	160	240	320	400	480

Not included

Sunflower 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)	2948 / 705	524 / 125
Fats (g)	36	6
Of which: saturated (g)	21,6	3,8
Carbohydrates (g)	68	12
Of which: sugars (g)	5,0	0,9
Fibre (g)	9	2
Protein (g)	25	4
Salt (g)	3,4	0,6

ALLERGENS

2) Shellfish 4) Fish

Can contain traces of: 23) Celery 26) Sulphite

We would like to hear what you think. Feel free to contact us via our website or via our social media channels.

#HelloFresh

WEEK 26 | 2019

HelloFRESH



DELUXE BURGER WITH POTATOES

A VEAL BURGER WITH FRIED EGG AND BACON



Roseval potatoes



White rose roll



Little gem ✱



Mini-Roma tomatoes ✱



Red onions



Bacon ✱



Veal burger ✱



Free-range egg ✱



Pickles and capers ✱



Mayonnaise ✱

40 min

Several steps

5 Eat within 5 days

This burger isn't just any burger, and it demands quite some plating skills. The roll is generously topped with delicious ingredients: a tender veal burger, a fried egg, onion rings and slices of bacon. Veal is a lean meat with a deliciously mild and refined flavour.

A GOOD — START

EQUIPMENT

A baking sheet lined with baking paper, 2 x a frying pan and a salad bowl.
Let's start cooking the **deluxe burger with potatoes**.



1 FRY THE POTATOES

Pre-heat the oven to 200 degrees. Thoroughly scrub or peel the **potatoes** and cut into wedges. Transfer them to a baking sheet lined with baking paper, mix with half the olive oil and season with salt and pepper. Bake in the oven for 30 – 35 minutes ★. Drizzle the **rose roll** with some water and add to the oven for the final 6 – 8 minutes.



4 FRY THE BURGER AND EGG

Heat the butter in another frying pan and fry the **red onion** at medium to low heat for 2 minutes. Add the **veal burger** and fry for 4 – 5 minutes on each side ★ ★. In the meantime, heat the remaining olive oil in the frying pan you used for the **bacon** and fry one **egg**, sunny side up, per person.

★ ★ **TIP:** The burgers will be pink on the inside. Not a fan? Extend the frying time.



2 CUT AND FRY THE BACON

In the meantime, coarsely chop the **little gem**, halve the **mini Roma tomatoes** and cut the **red onion** into half rings. Heat a frying pan to medium to high heat and fry the **bacon**, without the fat, for 3 – 5 minutes until crispy. Remove from the pan and set aside. Break half the **bacon** into smaller pieces (to mix into the salad later).



5 MIX THE SALAD

Add the **little gem**, **mini Roma tomatoes**, **bacon pieces** and **sliced pickles** to the salad bowl and stir firmly ★.



3 PREPARE THE DRESSING

Whip up a dressing in a salad bowl using honey, mustard, extra-virgin olive oil and white wine vinegar. Season to taste with salt and pepper.



6 SERVE

Cut open the **rose rolls**. Place the **veal burger** and **onions** on top. Top with the **fried egg** and the remaining **bacon**. Serve the **burger** with the **Roseval potatoes**, **mayonnaise** and **salad**.

★ **TIP:** We've prepared this dish with a forced air oven. Have you got a combination microwave or a less powerful oven? Roast the potatoes in the oven for 10 more minutes or until they are done.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Roseval potatoes (g)	250	500	750	1000	1250	1500
White rose roll (pcs) 1) 17) 20) 21) 22) 25)	1	2	3	4	5	6
Little gem (head) *	1	2	3	4	5	6
Mini-Roma tomatoes (g) *	100	150	200	250	300	350
Red onions (pcs)	½	1	1½	2	2½	3
Bacon (g) *	25	50	75	100	125	150
Veal burger (pc) *	1	2	3	4	5	6
Free-range eggs (pcs) 3) *	1	2	3	4	5	6
Pickles and capers (container) *	¼	½	¾	1	1¼	1½
Mayonnaise (g) 3) 10) 19) 22) *	40	50	75	100	125	150

Not included

	1	2	3	4	5	6
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Honey (tbsp)	½	1	1½	2	2½	3
Mustard (tbsp)	1	2	3	4	5	6
Extra-virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½
White wine vinegar (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)	5333 / 1275	634 / 152
Fats (g)	70	8
Of which: saturated (g)	16,2	1,9
Carbohydrates (g)	106	13
Of which: sugars (g)	10,8	1,3
Fibre (g)	10	1
Protein (g)	50	6
Salt (g)	2,6	0,3

ALLERGENS

1) Grains containing gluten 3) Eggs 10) Mustard
Can contain traces of: 17) Eggs 19) Peanuts 20) Soy 21) Milk/lactose
22) Nuts 25) Sesame

We would like to hear what you think. Feel free to contact us via our website or via our social media channels.

#HelloFresh

WEEK 26 | 2019

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SUSHI BOWL WITH HOT SMOKED SALMON

WITH PICKLED RADISHES, CUCUMBER AND AVOCADO



Radish ✱



Cucumber ✱



Risotto rice



Avocado



Spring onion ✱



Fresh ginger



Soy sauce



Snow peas ✱



Sesame seed



Hot smoked salmon ✱



40 min



Lactose-free



Easy



Eat within 3 days

Fancy homemade sushi but don't have a lot of time? Then this sushi bowl is perfect for you - a bowl full of sushi flavours which can be varied endlessly. Today you will prepare a colourful variation with hot smoked salmon, avocado and radish. Of course you can't leave out the soy and ginger which add flavour and compliment the other ingredients.

A GOOD — START

EQUIPMENT

Pan with a lid, frying pan, 2x bowls, grater and a saute pan with a lid.
Let's start cooking the **sushi bowl** with hot smoked salmon.



1 CHOP THE VEGETABLES

Bring ample water to the boil in a saucepan with a lid and crumble 1/6 of a stock cube per person over top. Remove the leaves from the **radishes** then slice them into thin slices. Cut the **cucumber** into thin sticks of about 4 cm long and 1/2 cm thick.



2 MIX AND BOIL

In a bowl, whisk (per person) 1 1/2 tbsp of white balsamic vinegar and 1 tsp sugar with a pinch of salt into a dressing. Mix the **cucumber** and **radish** through it. Set aside but stir regularly. Add the **risotto rice** to the pan with a lid and boil the **risotto rice**, covered, for 10 – 12 minutes. Drain if necessary then set aside without a lid to steam dry.



4 FRY THE SNOWPEAS

Heat 1/2 tbsp of olive oil per person in a sauté pan with a lid on high heat. Add the snow peas, season with pepper and salt and stir fry for 3 – 5 minutes until just tender.



5 MIX

Meanwhile, heat the remaining olive oil in a frying pan on medium heat and stir fry the **sesame seeds** until golden brown. Add them to the **rice** and mix well. Pull the **hot smoked salmon** apart with two forks into coarse pieces.



3 CHOP AND MIX

Cut the **avocado** in half, remove the pit and the peel then dice the **avocado**. Chop the **spring onions** into very thin rings and finely grate the **ginger**. In a bowl mix (per person) 1 tsp soy sauce, 1/4 tbsp of white balsamic vinegar, 1/2 tsp sugar and extra virgin olive oil. Add the **spring onions** and 1/2 tsp of grated **ginger** per person and mix well. Set aside.



6 SERVE

Divide the sesame rice over bowls and serve with the **hot smoked salmon**, the **pickled radishes** and **cucumber**, the **snow peas**, **spring onions** and the **avocado**.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Radish (bunch) *	1/2	1	1 1/2	2	2 1/2	3
Cucumber (pc) *	1/3	2/3	1	1 1/3	1 2/3	2
Risotto rice (g)	75	150	225	300	375	450
Avocado (pc)	1/2	1	1 1/2	2	2 1/2	3
Spring onion (pc) *	2	4	6	8	10	12
Fresh ginger (cm)	1/2	1	1 1/2	2	2 1/2	3
Soy sauce (tsp) 1) 6)	1	2	3	4	5	6
Snow peas (g) *	75	150	225	300	375	450
Sesame seed (g) 11) 19) 22)	10	20	30	40	50	60
Hot smoked salmon (g) 4) *	160	320	480	640	800	960

Not included

Vegetable stock cube (pc)	1/6	1/4	3/8	1/2	5/8	3/4
White balsamic vinegar (tbsp)	1 3/4	3 1/2	5 1/4	7	8 3/4	10 1/2
Sugar (tsp)	1 1/2	3	4 1/2	6	7 1/2	9
Extra virgin olive oil (tbsp)	3/4	1 1/2	2 1/4	3	3 3/4	4 1/2
Olive oil (tbsp)	3/4	1 1/2	2 1/4	3	3 3/4	4 1/2
Salt & pepper	to taste					

* keep in the refrigerator

NUTRIENT VALUES	PER SERVING	PER 100 G
Energy (kJ/kcal)	4437 / 1061	677 / 162
Total fat (g)	55	8
Of which: saturated (g)	9,2	1,5
Carbohydrates (g)	83	13
Of which: sugars (g)	16,5	2,5
Fibre (g)	9	1
Protein (g)	53	8
Salt (g)	3,6	0,5

ALLERGENS

1) Grains containing gluten 4) Fish 6) Soy 11) Sesame
May contain traces of: 19) Peanuts 22) Nuts

We would like to hear what you think. Feel free to contact us via our website or via our social media channels.





FRIED COD FILET WITH BUTTER SAUCE

With pearl couscous, carrot and tomato



Carrots ✱



Red cherry tomatoes ✱



Fresh parsley ✱



Garden cress ✱



Pearl couscous



Raisins



Fillet of cod (skinned) ✱



Total: **45** min.



Several steps



Eat within **5** days

On today's menu is a hearty pearl couscous dish, with cod fillet as the star of the show. The cod in your box is caught in the waters around Iceland using the longline method. This sustainable fishing method uses separate hooks to catch the fish which results in hardly any by-catch – this is not only more durable, but it also ensures a better quality of fish.

A GOOD— START

EQUIPMENT

An **oven dish**, a **pan with a lid**, a **frying pan** and **tin foil**.
Let's start cooking the **fried cod fillet with butter sauce**.



1 PREPARATION

Pre-heat the oven to 200 degrees and prepare the stock. Cut the **carrot** in half lengthwise and cut into thin half slices.



2 BAKE THE VEGETABLES

Transfer the **carrot** to an oven dish and sprinkle with half the olive oil. Mix firmly to cover all of the **carrot** with a layer of olive oil and season to taste with salt and pepper. Oven-roast for 10 minutes. Next, add the **red cherry tomatoes** to the **carrot** in the oven dish, toss and oven-roast for another 15 minutes. In the meantime, finely chop the **parsley** and cut the **garden cress**.



4 FRY THE COD

In the meantime, melt half the butter in a frying pan at medium to high heat and fry the **cod fillet** for 1 – 2 minutes on each side. Season to taste with salt and pepper. Remove the **cod** from the pan and set aside wrapped in tin foil. Do not remove the reduction from the frying pan.



5 MAKE THE BUTTER SAUCE

Heat the remaining butter in the frying pan with the reduction and add 1/3 of the **parsley**. Season to taste with salt and pepper and stir firmly.



3 BOIL THE PEARL COUSCOUS

Heat the remaining olive oil in a pan with a lid. Add the **pearl couscous** and stir-fry for 1 minute at medium-high heat. Add the stock and **raisins**, turn down the heat and boil the **couscous**, covered, for 12 minutes until all the stock has been absorbed. Fluff the **pearl couscous** and set aside, uncovered, to steam dry. Stir in 1/3 of the **parsley** and season with salt and pepper.



6 SERVE

Mix the **cherry tomatoes** and **carrot** into the **pearl couscous**. Transfer the **pearl couscous** to plates and garnish with the **garden cress** and the remaining **parsley**. Serve with the **cod** and the **butter sauce**.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Carrots (pcs) *	1/2	1	1 1/2	2	2 1/2	3
Red cherry tomatoes (g) *	125	250	375	500	625	750
Fresh parsley (g) 23) *	2 1/2	5	7 1/2	10	12 1/2	15
Garden cress (g) 15) 23) 24) *	2	4	6	8	10	12
Pearl couscous (g) 1)	85	170	250	335	420	500
Raisins (g) 19) 22) 25)	15	30	40	60	75	90
Fillet of cod (skinned) (pcs) 4) *	1	2	3	4	5	6
Not included						
Vegetable stock (ml)	175	350	525	700	875	1050
Olive oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Butter (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

* Keep in the refrigerator

NUTRIENT VALUES	PER SERVING	PER 100 G
Energy (kJ/kcal)	2906 / 695	448 / 107
Total fat (g)	22	3
Of which: saturated (g)	9,2	1,4
Carbohydrates (g)	83	13
Of which: sugars (g)	24,1	3,7
Fibre (g)	8	1
Protein (g)	35	5
Salt (g)	2,2	0,3

ALLERGENS

1) Grains containing gluten 4) Fish
May contain traces of: 15) Gluten 19) Peanuts 22) Nuts
23) Celery 24) Mustard 25) Sesame

We would like to hear what you think. Feel free to contact us via our website or via our social media channels.





BREAKFAST BOX

GOOD MORNING!

BREAKFAST 1

1x

SOURDOUGH ROLL WITH OMELETTE

With bacon and fresh chives



1

SOURDOUGH ROLL WITH OMELETTE

With bacon and fresh chives

2

FULL- FAT YOGHURT WITH APPLE

with cranberry-walnut mix

3

FIBRE RICH CRACKERS

With avocado

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.

We would like to hear what you think. Feel free to contact us via our website or via our social media channels.

#HelloFresh



WEEK 26 | 2019

1 Pre-heat the oven to 210 degrees. Bake the **sourdough bread** in the pre-heated oven for 6 – 8 minutes.

2 In the meantime, finely chop the **chives**. Use a bowl to whisk the **eggs**, together with a splash of milk and the **chives**. Season to taste with salt and pepper.

3 Melt the butter in a frying pan and fry the **bacon cubes** at high heat for 2 minutes until brown on all sides. Mix in the **egg mixture** and fry 1 **omelette** for every 2 servings.

4 Cut the **bread** in half and top with the **omelette**. Serve with a glass of **milk**.

INGREDIENTS

FOR 1 BREAKFAST

Sourdough bread (pcs) 1) 6) 11) 17) 21) 22) 27)	2	4
Fresh chives (g) 23) *	5	10
Free-range eggs (pcs) 3) *	4	8
Diced bacon (g) *	40	80
Milk 7) *	dash	
Not included		
Butter (tbsp)	½	1
Salt & pepper	To taste	

* Keep in the refrigerator

EQUIPMENT

A bowl and a frying pan

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2565 / 613	854 / 204
Fats (g)	26	9
Of which: saturated (g)	9,4	3,1
Carbohydrates (g)	64	21
Of which: sugars (g)	1,8	0,6
Fibre (g)	3	1
Protein (g)	29	10
Salt (g)	2,2	0,7

ALLERGENS

1) Grains containing gluten 3) Eggs 6) Soy 7) Milk/lactose
11) Sesame

May contain traces of: 17) Peanuts 21) Milk/lactose 22) Nuts
23) Celery 27) Lupin

BREAKFAST 2

2x

FULL-FAT YOGHURT WITH APPLE

With cranberry-walnut mix



1 Cut the **apple** and **pear** into quarters and remove the core. Cut half of the **apple** and **pear** into cubes and the other half into thin slices.

2 Mix the **apple** and **pear** cubes into the **full-fat yoghurt** in a bowl. Garnish with the **apple** and **pear** slices and sprinkle with **cranberry-walnut mix**.

INGREDIENTS FOR 1 BREAKFAST

	2P	4P
Apple (pcs)	1	2
Pears (pcs)	1	2
Full-fat yoghurt (ml) 7) *	400	800
Cranberry-walnut mix (g) 8) 19) 22) 25)	60	120

* Keep in the refrigerator

NUTRIENT VALUES

	PER SERVING	PER 100 G
Energy (kJ/kcal)	1931 / 462	373 / 89
Fats (g)	19	4
Of which: saturated (g)	5,5	1,1
Carbohydrates (g)	61	12
Of which: sugars (g)	47,9	9,3
Fibre (g)	7	1
Protein (g)	9	2
Salt (g)	0,2	0,0

ALLERGENS

7) Milk/lactose 8) Nuts

May contain traces of: 19) Peanuts

22) (Other) nuts 25) Sesame

BREAKFAST 3

2x

FIBRE-RICH CRACKERS WITH AVOCADO

With mature cheese and tomato



1 Halve the **avocado**, remove the pit and scoop out the flesh using a spoon. Cut the **tomatoes** into thin slices.

2 Arrange the **avocado** on top of the **rusks** and top with the **aged cheese** and **tomato**. Sprinkle to taste with pepper.

INGREDIENTS FOR 1 BREAKFAST

	2P	4P
Avocado (pc)	½	1
Plum tomatoes (pcs) *	1	2
Crackers (st) 1) 11) 21)	4	8
Aged cheese, slices (pcs) 7) *	2	4
Not included		

Pepper To taste

* Keep in the refrigerator

NUTRIENT VALUES

	PER SERVING	PER 100 G
Energy (kJ/kcal)	1063 / 254	818 / 195
Fats (g)	17	13
Of which: saturated (g)	7,1	5,4
Carbohydrates (g)	10	8
Of which: sugars (g)	2,5	1,9
Fibre (g)	8	6
Protein (g)	10	8
Salt (g)	0,6	0,5

ALLERGENS

1) Grains containing gluten 7) Milk/Lactose 11) Sesame

May contain traces of: 21) Milk/lactose