



Pasta tricolore with a tuna-pesto sauce

With cherry tomatoes and mixed salad



ESPIGA BRANCO

.....
This wine from the Alenquer region in Portugal is made of typical native grape varieties. Hot summers, cold winters and a soil rich in calcium, gravel and clay ensure a harmonious wine with exotic aromas of citrus, bergamot and mango.



Onions



Red cherry tomatoes ✨



Tuna in olive oil



Conchiglie tricolore



Mesclun ✨



Green pesto ✨

Total: 20-25 min.

Family

Easy

Eat within 5 days

.....
Conchiglie means shells in Italian, which is also the shape of this pasta. The three colours of the pasta don't just make it look nice, but also add a subtle flavour. The green shells are flavoured with spinach and the red ones with tomato paste. In this dish you will combine tuna with green pesto, a surprisingly delicious combination!

A GOOD START

EQUIPMENT

A **pan with a lid**, a **salad bowl** and a **wok or deep saucepan**.
Let's start cooking the **pasta tricolore with a tuna-pesto sauce**.



1 PREPARATION

Bring plenty of water to the boil in a pan with a lid to cook the **conchiglie tricolore** in. Mince the **onion** and halve the **red cherry tomatoes**.



2 DRAIN THE TUNA

Drain the **tuna**, reserving the olive oil.



3 COOK THE CONCHIGLIE

In the meantime, cook the **conchiglie** in the pan with a lid, covered, for 14 - 16 minutes. Drain and set aside, uncovered, to steam dry.



4 MAKE THE SALAD

While the **pasta** is cooking, mix the **mesclun** with a little bit of the **green pesto** in a salad bowl. Season to taste with salt and pepper. Drizzle with a little extra-virgin olive oil to taste.



5 PREPARE THE SAUCE

Heat 1 tbsp oil reserved from the **tuna** per person in a wok or deep saucepan and fry the **cherry tomatoes** and the **onion** for 5 minutes at medium heat. Then add the **tuna**, **conchiglie** and the remaining **pesto**. Season to taste with salt and pepper.



6 SERVE

Serve the **pasta in tuna sauce** with the **salad**.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Onions (pcs)	½	1	1½	2	2½	3
Red cherry tomatoes (g) *	125	250	375	500	625	750
Tuna in olive oil (can) 4)	1	2	3	4	5	6
Conchiglie tricolore (g) 1) 17) 20)	90	180	270	360	450	540
Mesclun (g) 23) *	30	60	80	100	120	140
Green pesto (g) 7) 8) *	40	80	120	160	200	240
Extra-virgin olive oil*				to taste		
Salt & pepper*				to taste		

*Not included | *Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3498 / 836	604 / 144
Total fat (g)	46	8
Of which: saturated (g)	7.8	1.3
Carbohydrates (g)	71	12
Of which: sugars (g)	7.0	1.2
Fibre (g)	10	2
Protein (g)	29	5
Salt (g)	1.0	0.2

ALLERGENS

1) Glutens 4) Fish 7) Milk/lactose 8) Nuts
May contain traces of: 17) Eggs 20) Soy 23) Celery

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TIP: Are you running short of time? Make a lukewarm pasta salad. Mix the tuna, cherry tomatoes, pesto, mesclun and onion directly with the cooked pasta.



CHICKEN GYROS WITH FRIED POTATOES

With kohlrabi and labne



SYNERA TINTO

This wine from Catalonia is made of Tempranillo and Cabernet Sauvignon. It is a full, supple wine with aromas of ripe red fruit and dark fruit, a subtle smokiness and some vanilla due to a brief oakwood aging process.



Nicola potatoes



Kohlrabi *



Plum tomatoes *



Chicken gyros *



Dried thyme



Cucumbers *



Labne *

Total: **35-40** min.

Calorie-conscious

Easy

Gluten-free

Eat within **3** days

Labne is a yoghurt dip from the Middle-East, where it is consumed like hummus - for example at breakfast with some olive oil and za'atar herb mix. The forgotten vegetable kohlrabi goes well with everything. From stir-fried to raw in a salad - kohlrabi feels right at home in any dish. In short: two special ingredients that fit the spicy chicken gyros like a glove.

A GOOD START

EQUIPMENT

A **saucepan with a lid** and a **frying pan with a lid**.
Let's start cooking the **chicken gyros with fried potatoes**.



1 FRY THE POTATOES

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**, covered, for 25 – 30 minutes at medium to high heat. Turn halfway and season with salt and pepper. Take the lid off the pan after 20 minutes.



2 CHOP THE VEGETABLES

In the meantime, weigh the **kohlrabi**. Peel the **kohlrabi** and cut into cubes of 1 cm. Finely dice the **plum tomatoes**.



3 FRY THE KOHLRABI

Heat the remaining olive oil in a frying pan and fry the **kohlrabi** at medium to high heat for 6 minutes. Add 3 tbsp water per person and fry, covered, for 8 minutes. Season to taste with salt and pepper.



4 FRY THE CHICKEN GYROS

Add the **chicken gyros** and the **thyme** to the frying pan for the final 6 - 10 minutes. Then add the **tomatoes** and fry for another 3 – 4 minutes. Season to taste with salt and pepper.



5 CUT THE CUCUMBER

In the meantime, slice the **cucumber**.



6 SERVE

Transfer the **potatoes** and the **chicken gyros** with **kohlrabi** to plates and serve with the fried **labne** and the **cucumber**.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Nicola potatoes (g)	300	600	900	1200	1500	1800
Kohlrabi (g) *	100	200	300	400	500	600
Plum tomatoes (pcs) *	1	2	3	4	5	6
Chicken gyros (g) *	120	240	360	480	600	720
Dried thyme (tsp)	1	2	3	4	5	6
Cucumbers *	1/3	2/3	1	1 1/3	1 2/3	2
Labne (g) ⁷ ¹⁹ ²² *	30	60	90	120	150	180
Olive oil* (tbsp)	1	2	3	4	5	6
Salt & pepper*	to taste					

*Not included | *Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2720 / 650	335 / 80
Total fat (g)	28	3
Of which: saturated (g)	6.9	0.9
Carbohydrates (g)	61	8
Of which: sugars (g)	7.3	0.9
Fibre (g)	10	1
Protein (g)	33	4
Salt (g)	0.6	0.1

ALLERGENS

⁷ Milk/lactose

May contain traces of: ¹⁹ Peanuts ²² Nuts

TIP: Are you keeping an eye on your calorie intake? Use 200 g potatoes per person. Then the dish contains 570 kcal, 28 g fat, 44 g carbohydrates, 9 g fibre and 31 g protein.

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TIP: Is the labne a little overwhelming for small children? Mix in a little full-fat yoghurt. This will temper the flavour.



Pearl couscous with multi-colour carrot

With roasted sweet pepper, feta and almonds



LAVILA ROUGE

This fruity wine from the French Languedoc region is made of Grenache and Merlot grapes. The result is an accessible, ruby-red wine with aromas of red fruit like raspberries and cherries and a hint of spice.



Red sweet peppers ✨



Garlic



Fresh curly parsley ✨



Feta ✨



Salted almonds



Caraway seeds



Multi-colour carrot mix ✨



Pearl couscous



Low-fat yoghurt ✨

Total: **35-40** min.

Vegetarian

Easy

Calorie-conscious

Eat within **5** days

This week is #WeekWithoutMeat in Holland and we know exactly what to do! This dish is inspired by Moroccan cuisine which often combines savoury and sweet flavours. Roasting the red sweet peppers in the oven makes them even sweeter; a great combination with the salty feta. This dish is seasoned with caraway seed, which isn't very well-known. It resembles anise and goes well with fried veggies. But you can also use it in omelettes, for example. The result will surprise you!

A GOOD START

EQUIPMENT

A **baking sheet lined with baking paper**, a **pan with a lid**, a **wok or a deep saucepan** and a **bowl**.

Let's start cooking the **pearl couscous with multi-colour carrot**.



1 ROAST THE RED SWEET PEPPERS

Prepare the stock and pre-heat the oven to 220 degrees. Remove the seed pods from the **red sweet pepper** and cut into thin strips. Transfer the **red sweet pepper** to a baking tray lined with baking paper. Drizzle with sunflower oil and roast the **peppers** for 20-25 minutes in the oven or until soft. Turn when halfway done.



2 PREPARE THE SEASONINGS

In the meantime, press or finely chop the **garlic**. Finely chop the **curly parsley** and crumble the **feta**. Coarsely chop the **salted almonds**.

★**TIP:** This week's box contains more pearl couscous than you will need today. You can boil the remaining pearl couscous the next day and use it in a lunch salad for example.



3 COOK THE PEARL COUSCOUS

Heat half the olive oil in a pan with a lid, add the **pearl couscous** and stir-fry for 1 minute★. Add the stock and 50 ml water per person (watch out for spatter), turn down the heat and simmer the **pearl couscous**, covered, for 13-15 minutes until dry. Then fluff with a fork and set aside uncovered to steam dry.



4 FRY THE VEGETABLES

In the meantime, heat the remaining olive oil in a wok or deep saucepan and gently fry the **garlic** for 1 minute at medium to low heat. Add the **carrot mix** and the **caraway seeds** and stir-fry for 5 minutes at medium to high heat. Season to taste with salt and pepper. Remove the **carrots** from the pan and set aside.



5 PREPARE THE DRESSING

In the meantime, use a bowl to mix the **low-fat yoghurt**, extra-virgin olive oil, honey and salt and pepper to taste. Add the **carrot**, half the **feta**, half the **red sweet pepper**, half the **curly parsley** and half the **almonds** to the pan with a lid and firmly mix into the **pearl couscous**.



6 SERVE

Transfer the **pearl couscous** to plates and drizzle with the **dressing**. Garnish with the remaining **feta**, **red sweet pepper**, **parsley** and **almonds**.

📌**TIP:** Are you keeping an eye on your calorie intake? Use 50 g pearl couscous, 25 g feta and 10 g almonds per person. Then the dish contains 598 kcal, 35 g fat, 50 g carbohydrates, 7 g fibre and 16 g protein.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Red sweet peppers (pcs) *	1	2	3	4	5	6
Garlic (cloves)	1	2	3	4	5	6
Fresh curly parsley (sprigs) 23) *	2	4	6	8	10	12
Feta	50	100	150	200	250	300
Salted almonds (g) 5) 8) 22) 25)	20	40	60	80	100	120
Caraway seeds (tsp)	1	2	3	4	5	6
Multi-colour carrot mix (g) 23) *	100	200	300	400	500	600
Pearl couscous (g) 1)	70	140	210	280	350	420
Low-fat yoghurt (g) 7) 19) 22) *	50	100	150	200	250	300
Vegetable stock* (ml)	100	200	300	400	500	600
Sunflower oil* (tbsp)	½	1	1½	2	2½	3
Olive oil* (tbsp)	1	2	3	4	5	6
Extra-virgin olive oil* (tbsp)	¼	½	¾	1	1¼	1½
Honey* (tsp)	½	1	1½	2	2½	3
Salt & pepper*	to taste					

*Not included | *Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3339 / 798	613 / 146
Total fat (g)	47	9
Of which: saturated (g)	12.6	2.3
Carbohydrates (g)	66	12
Of which: sugars (g)	14.7	2.7
Fibre (g)	9	2
Protein (g)	24	4
Salt (g)	1.7	0.3

ALLERGENS

1) Glutens 5) Peanuts 7) Milk/lactose 8) Nuts
 May contain traces of: 19) Peanuts 22) (Other) Nuts 23) Celery 25) Sesame

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Cabbage steaks with fillet of mackerel

With mashed potatoes and bacon



CABRIZ BRANCO

This wine from the Dão region in Portugal is made of typical native grape varieties. It is a spicy and surprisingly lively wine with aromas of citrus and apple and the scent of fennel and blossom.



Milva potatoes



Garlic



Fresh thyme *



Parmigiano reggiano *



White cabbage *



Fillet of mackerel *



Diced bacon *

Total: **40-45** min.

Gluten-free

Easy

Eat within **3** days

Today you'll be making steaks of cabbage: oven-roasted slices of white cabbage. Just like when stir-frying Brussels-sprouts, roasting the cabbage releases sugars which add a delicious sweet flavour. With a topping of Parmigiano cheese, thyme and garlic, you'll make this cabbage steak into a special side dish that goes well with the mild flavour of the mackerel fillet.

A GOOD START

EQUIPMENT

A **pan with a lid**, a **grater**, a **bowl**, a **baking sheet lined with baking paper**, a **potato masher**, **paper towels** and a **frying pan**.
Let's start cooking the **cabbage steaks with mackerel fillet**.



1 PREPARATION

Pre-heat the oven to 180 degrees. Bring ample water to the boil in a pan with a lid for the potatoes. Press or finely chop the **garlic**. Separate the thyme leaves from the sprigs and grate the **Parmigiano reggiano** with a fine grater. Use a bowl to mix the **garlic, thyme** and **Parmigiano reggiano** and season to taste with salt and pepper.



2 FRY THE CABBAGE STEAKS

Place the **white cabbage** on a cutting board, with the stump facing down. Cut 2 slices of 1 cm per person, leave the stump where possible ★. Transfer the slices to a baking sheet lined with baking paper and drizzle with olive oil. Try to spread the olive oil as evenly as possible. This will ensure the **cabbage** is cooked evenly as well. Then garnish the **cabbage** with the **cheese** topping and bake the **cabbage steaks** for 25-30 minutes in the oven ★★.



3 BOIL THE POTATOES

In the meantime, thoroughly scrub or peel the **potatoes** and coarsely cut. Add the **potatoes** to the pan with a lid and boil for 12-15 minutes until done. Drain and set aside, uncovered, to steam dry.



4 MASH THE POTATOES

Coarsely mash the **potatoes** with a potato masher. Add half the butter and a splash of milk to give it a velvety texture. Season the purée to taste with mustard, salt and pepper. Keep the purée warm until serving.



5 FRY THE FISH

Pat the **fillet of mackerel** dry with paper towels. Rub the **fish** with salt and pepper. Heat the remaining butter in a frying pan at medium-high heat and fry the **bacon cubes** for 3 – 4 minutes. Then add the **mackerel fillet** to the **bacon** in the pan skin-down and fry for 2-3 minutes. Reduce the heat, carefully turn the **fish** and fry for another 1 – 2 minutes on the other side.



6 SERVE

Transfer the **potato purée** to plates and place the **cabbage steaks** on the side. Serve with the **mackerel fillet** and pour the shortening with the **bacon cubes** over the **purée**.

★**TIP:** The cabbage steaks may turn brown, this gives them a nutty flavour. Just make sure they don't burn. The cooking time depends on the thickness of the steaks and the oven. You can cover the steaks with tin foil. Remove the tin foil for the final 5-10 minutes to create a crunchy topping.

★**TIP:** Cut about 2 slices of cabbage per person of around 100 gram per piece. Make sure they aren't thicker than 1 cm, otherwise the core won't soften properly.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Milva potatoes (g)	250	500	750	1000	1250	1500
Garlic (cloves)	1	2	3	4	5	6
Fresh thyme (sprigs)	10	15	20	25	30	35
23) *						
Parmigiano reggiano, pcs (g) 7) *	10	25	35	50	60	70
White cabbage (g) *	200	400	600	800	1000	1200
Fillet of whiting (unskinned) (100 g) 4) *	1	2	3	4	5	6
Diced bacon (g) *	25	50	75	100	125	150
Olive oil* (tbsp)	1	2	3	4	5	6
Butter* (tbsp)	1	2	3	4	5	6
Milk*				splash		
Mustard* (tsp)	1	2	3	4	5	6
Salt & pepper*				to taste		

*Not included | *Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3084 / 737	478 / 114
Total fat (g)	38	6
Of which: saturated (g)	15.8	2.4
Carbohydrates (g)	58	9
Of which: sugars (g)	12.3	1.9
Fibre (g)	10	2
Protein (g)	36	6
Salt (g)	1.8	0.3

ALLERGENS

4) Fish 7) Milk/lactose

May contain traces of: 23) Celery

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Italian orzo with herbed minced beef

With creamy tomato sauce and vegetables



CABRIZ TINTO

This elegant red wine with character from the Dão region in Portugal is made of typical native grape varieties. This wine has lively berry tones and a surprisingly pleasant freshness as well as spice and a touch of wood.



Onions



Garlic



Orzo



Tomato paste



Minced beef *



Vegetable mix *



Herbed cream cheese *

Total: **25** min.

Quick & Easy

Easy

Family

Eat within **5** days

This orzo is quick, easy and family-friendly. The minced beef has been seasoned for you and the vegetable mix takes most of the cutting out of your hands. The herbed cream cheese gives the tomato sauce a full, creamy flavour. You'll have prepared a nutritious meal in a jiffy.

A GOOD START

EQUIPMENT

A **pan with a lid** and a **wok or deep saucepan with a lid**.
Let's start cooking the **Italian orzo with herbed minced beef**.



1 PREPARE THE STOCK

Prepare the stock in a pan with a lid to cook the **orzo** in.



2 CHOPPING THE FLAVOURING INGREDIENTS

Mince the **onion** and press or finely chop the **garlic**.



3 COOK THE ORZO

Add the **orzo** to the pan with a lid and boil, covered, for 8-9 minutes at low heat until dry. Turn regularly. Add a little extra water if the **orzo** becomes too dry. Allow to steam dry without a lid and loosen with a fork.



4 MAKE THE SAUCE

In the meantime, heat the butter in a wok or deep saucepan with a lid and gently fry the **onions** and **garlic** for 2 minutes at low heat. Add the **tomato purée** and **minced beef** and fry for 3 minutes at medium to high heat. Stir in the **vegetable mix** and fry, covered, for 7 minutes at medium-low heat.



5 SEASON

Then mix the **herbed cream cheese** into the **minced beef**, allow the **sauce** to boil for 1 minute and season to taste with salt and pepper.



6 SERVE

Transfer the **orzo** to plates and top with the **sauce**.

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
Orzo (g) ¹⁾	85	170	250	335	420	500
Tomato paste (tin)	½	1	1½	2	2½	3
Minced beef (g) *	100	200	300	400	500	600
Vegetable mix (g) ²³⁾ *	200	400	600	800	1000	1200
Herbed cream cheese (g) ⁷⁾ *	25	50	75	100	125	150
Vegetable stock* (ml)	200	400	600	800	1000	1200
Butter* (tbsp)	½	1	1½	2	2½	3
Salt & pepper*	to taste					

*Not included | *Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3473 / 830	500 / 119
Total fat (g)	34	5
Of which: saturated (g)	16.9	2.4
Carbohydrates (g)	80	12
Of which: sugars (g)	18.8	2.7
Fibre (g)	9	1
Protein (g)	46	7
Salt (g)	2.1	0.3

ALLERGENS

¹⁾ Glutens ⁷⁾ Milk/lactose

May contain traces of: ²³⁾ Celery

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CARROT-PARSNIP SOUP

With almond-coriander oil and a rose-roll.



SYNERA BLANCO

This wine from Catalonia is made of Macabeo and Chardonnay. The Macabeo grape injects spice into this fresh, fruity wine with aromas of pear, apple, banana, orange, white flowers such as jasmine and a hint of anise.



Onions



Nicola potatoes



Parsnip *



Carrots *



Ground turmeric



Whole-wheat 'rose' roll



Almonds



Fresh coriander *

Total: 30-35 min.

Family

Easy

Vegetarian

Eat within 5 days

This hearty soup is deliciously comforting on a rainy night and fits the #WeekWithoutMeat perfectly. In the Netherlands, that's this week! Parsnip is related to the orange carrot - perhaps that's why the flavours go together so well in this wintry soup. Parsnip is slightly sweeter than carrot and has a slight anise-like flavour. It also has a softer structure which means it needs less time to cook.

A GOOD START

EQUIPMENT

A **soup pan** or a **large pan with a lid**, a **small bowl** and a **hand blender**.
Let's start cooking the **carrot-parsnip soup**.



1 PREPARATION

Pre-heat the oven to 180 degrees and bring 500 ml of water per person to the boil for the soup. Mince the **onion**. Peel the **potatoes** and **parsnip**.



2 CHOP THE INGREDIENTS

Finely dice the **potatoes**, **parsnip** and **carrots**.



3 PREPARE THE SOUP

Heat the butter in a soup pan or large pan with a lid and gently fry the **onion** for 2 minutes at medium to low heat. Add the **parsnip**, **carrot** and **turmeric** and stir-fry for 3 – 4 minutes. Add the **potatoes** and boiling water and crumble the **stock cube** over it. Allow to simmer, covered, for 15 minutes or until the **vegetables** are done.



4 TOAST THE ROLLS

In the meantime, sprinkle the **rose roll** with a little water and bake in the oven for 7-9 minutes.



5 PREPARE THE OIL

In the meantime, chop the **almonds** and **coriander** very finely. Heat a frying pan without oil to high heat and roast the **almonds** until golden brown. Allow the **almonds** to cool and mix with the **coriander** and extra virgin olive oil in a small bowl. Season the **almond-coriander oil** to taste with salt and pepper.



6 SERVE

Remove the soup pan from the stove and purée the **soup** using a hand blender. Season to taste with salt and pepper. Ladle the **soup** into soup bowls. Garnish the **soup** with the **almond-coriander oil** and serve with the **rose roll** ★.

★**TIP:** Don't like coriander or serving children? Serve the almond-coriander oil on the side.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Onions (pcs)	½	1	1½	2	2½	3
Nicola potatoes (g)	100	200	300	400	500	600
Parsnip (g) *	125	250	375	500	625	750
Carrots (pcs) *	¼	½	¾	1	1¼	1½
Ground turmeric (tsp)	½	1	1½	2	2½	3
Whole-wheat 'rose' roll (st) 1) 17) 20) 21) 22) 25) 27)	1	2	3	4	5	6
Almonds (g) 8) 19) 22) 25)	20	30	40	50	60	70
Fresh coriander (sprigs) 23) *	2	4	6	8	10	12
Butter* (tbsp)	1	1½	2	2½	3	3½
Vegetable stock cubes* (pcs)	¾	1½	2¼	3	3¾	4½
Extra-virgin olive oil* (tbsp)	1	2	3	4	5	6
Salt & pepper*	to taste					

*Not included | *Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3297 / 788	341 / 81
Total fat (g)	37	4
Of which: saturated (g)	3.4	0.4
Carbohydrates (g)	89	9
Of which: sugars (g)	12.3	1.3
Fibre (g)	15	2
Protein (g)	18	2
Salt (g)	5.0	0.5

ALLERGENS

1) Glutens 8) Nuts

May contain traces of: 17) Eggs 19) Peanuts 20) Soy 21) Milk/lactose 22) (Other) Nuts 23) Celery 25) Sesame 27) Lupin

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Traditional shakshuka with egg

With goat's cheese and spelt baguette



LAVILA BLANC

This wine from the French region of Gascogne is made of Ugni-blanc and Colombar grapes, which are harvested at night to preserve their freshness. The result is a juicy, pale yellow wine with aromas of lime, lychee and a hint of white pepper.



Onions



Garlic



Red chilli peppers ✨



Red sweet pepper ✨



Plum tomato ✨



Fresh curly parsley ✨



Free-range eggs ✨



Fresh goat's cheese ✨



Spelt baguette

 Total: 30-35 min.

 Calorie-conscious

 Easy

 Vegetarian

 Eat within 5 days

Shakshuka is one of our favourite vegetarian dishes and demands a spot in the #WeekWithoutMeat. That's this week in the Netherlands. Shakshuka allows for a lot of variation, for example with the type of cheese. Eggs are full of healthy nutrients such as vitamins, minerals and natural proteins - a nutritious vegetarian option.

A GOOD START

EQUIPMENT

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

Let's start cooking the **traditional shakshuka with eggs**.



1 PREPARATION

Pre-heat the oven to 210 degrees. Mince the **onion** and press or finely chop the **garlic**. Remove the seed pods from the **red chilli pepper** and the **sweet pepper** and finely chop. Dice the **tomatoes** and finely chop the **curly parsley**.



2 FRY THE FLAVOURINGS

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-high heat. Add the **sweet peppers, the tomato and half the curly parsley**.



3 COOK

Add 30 ml water per person to the wok or deep saucepan and crumble in the vegetable stock cube. Bring to the boil, turn down the heat and allow to simmer, covered, for 5 minutes. Season to taste with salt and pepper.



4 COOK THE EGGS

Make a little indentation in the vegetable mixture for each **egg**, and break an **egg** into each indentation. Sprinkle a little salt and pepper onto the **eggs**. Crumble all of the **goat's cheese** over the dish, cover the pan and allow the **eggs** to set in 10 minutes★. Take the lid off the pan for the final 4 minutes, turn up the heat a little and allow the excess moisture to evaporate★★.



5 BAKE THE BAGUETTES

In the meantime, bake the **spelt baguettes** in 5 - 7 minutes in the pre-heated oven, or until golden brown.

★**TIP:** The eggs will be done when the whites begin to turn white, but the yolks are still runny. Of course, if you prefer hard-boiled eggs, you can cook the dish a little longer.



6 SERVE

Transfer the dish to plates. Garnish with the remaining **curly parsley** and serve with the **spelt baguette**.

★**TIP:** How moist the shakshuka ends up strongly depends on the surface of your pan. If you're using a wok, less moisture will evaporate. Using a deep saucepan will give the shakshuka a thicker texture.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Onions (pcs)	½	1	1½	2	2½	3
Garlic (cloves)	1	2	3	3	4	4
Red chilli peppers (pcs) *	¼	½	¾	1	1½	1½
Red sweet peppers (pcs) *	½	1	1½	2	2½	3
Plum tomatoes (pcs) *	2	4	6	8	10	12
Fresh curly parsley (sprigs) 23 *	3	6	9	12	15	18
Free-range eggs (pcs) 3) *	2	4	6	8	10	12
Fresh goat's cheese (g) 7) *	40	75	100	125	150	175
Spelt baguette (pcs) 1) 17) 20) 21) 22) 25) 27)	1	2	3	4	5	6
Olive oil* (tbsp)	1	1	2	2	3	3
Vegetable stock cubes* (pcs)	¼	½	¾	1	1¼	1½
Salt & pepper*	to taste					

*Not included | *Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2515 / 601	387 / 93
Total fat (g)	24	4
Of which: saturated (g)	8.8	1.4
Carbohydrates (g)	70	11
Of which: sugars (g)	18.5	2.9
Fibre (g)	8	1
Protein (g)	30	5
Salt (g)	2.7	0.4

ALLERGENS

1) Glutens 3) Eggs 7) Milk/lactose

May contain traces of: 17) Eggs 20) Soy 21) Milk/lactose

22) Nuts 23) Celery 25) Sesame 27) Lupin

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Lasagne with leek and courgette

With fresh herbs and Grana Padano



ESPIGA TINTO

This wine from the Alenquer region in Portugal is made of typical native grape varieties. It is a full, deep red wine with mild tannins and pleasant tones of spices due to its partial ageing in oak barrels.



Garlic



Leeks *



Fresh thyme *



Fresh oregano *



Fresh sage *



Single cream *



Courgettes *



Grated Grana Padano *



Lasagne sheets *

 Total: **50-55** min.

 Vegetarian

 Several steps

 Eat within **5** days

This week is #WeekWithoutMeat in the Netherlands, so we are highlighting some of our vegetarian favourites. This creamy lasagne is a prominent member to that list. Like a real chef, you will be making your own roux of butter and flour, which is the foundation of the best sauces. Today you'll be making a sauce of cream, Grana Padano, sage, oregano and fresh thyme.

A GOOD START

EQUIPMENT

A pan with a lid, a deep saucepan, a whisk and an oven-proof casserole dish.
Let's start cooking the **lasagne with leek and courgette**.



1 PREPARATION

Pre-heat the oven to 200 degrees. Bring 250 ml water per person to the boil in a pan with a lid and crumble ¼ stock cube per person over it. In the meantime, press or finely chop the **garlic**. Cut the **leek** into thin rings and separate the **thyme** leaves from the sprigs. Separate the leaves from the sprigs of **oregano** and **sage**. Chop finely.



2 MAKE THE ROUX

Heat the butter in a deep saucepan at medium-high heat and fry the **garlic** for 1 minute. Stir in the **flour** and fry, while stirring, for 1 minute. Add ⅓ of the stock and stir, using a whisk, until all the stock has been soaked up. Wait until the **sauce** is boiling softly and repeat this step twice with the remaining stock.



3 FINISH THE SAUCE

Let the **sauce** boil for 3 - 4 minutes at medium-low heat or until it has thickened a bit ★. Add the **fresh herbs** and **leek** and allow to simmer for another 3 - 4 minutes at medium-low heat ★★. Finally, add the **single cream** and pepper and stir firmly.



4 ASSEMBLE THE LASAGNE

In the meantime, cut the **courgette** into paper-thin slices. Grease an oven-proof casserole dish with the olive oil. Pour a shallow layer of **sauce** into the oven dish. Cover with a layer of **lasagne sheets** and press firmly into place. Cover the **lasagne sheets** with the **courgette** slices and cover with a layer of sauce. Repeat until all the **sauce** has been used up.



5 IN THE OVEN

Make sure you finish with a layer of **sauce** and sprinkle the **lasagne** with the grated **Grana Padano**. Bake the **lasagne** in the oven for 20 - 25 minutes, or until it has a nice crunchy crust.

★**TIP:** How quickly your sauce will reduce depends on the pan and the heat. For that reason, the exact timing may vary. The sauce should have the consistency of thick custard.



6 SERVE

Before serving, allow the **lasagne** to rest for 3 minutes so that it can firm up a little. Transfer the **lasagne** to plates.

★**TIP:** Don't worry if your sauce doesn't come out looking perfectly smooth; the little lumps are probably the finely chopped garlic.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Garlic (cloves)	1	2	3	4	5	6
Leeks (pcs) *	½	1	1½	2	2½	3
Fresh thyme (sprigs) 23) *	4	8	12	16	20	24
Fresh oregano (sprigs) 23) *	4	8	12	16	20	24
Fresh sage (leaves) 23) *	2	4	6	8	10	12
Single cream (ml) 7) *	50	100	150	200	250	300
Courgettes (pcs) *	½	1	1½	2	2½	3
Grated Grana Padano (g) 3) 7) *	25	50	75	100	125	150
Lasagne sheets (pcs) 1) 3) *	2	4	6	8	10	12
Vegetable stock cubes* (pcs)	¼	½	¾	1	1¼	1½
Butter* (tbsp)	1½	3	4½	6	7½	9
Flour* (tbsp)	1½	3	4½	6	7½	9
Olive oil* (tbsp)	½	1	1½	2	2½	3
Salt & pepper*	to taste					

*Not included | *Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3381 / 808	484 / 116
Total fat (g)	45	6
Of which: saturated (g)	25.3	3.6
Carbohydrates (g)	77	11
Of which: sugars (g)	13.7	2.0
Fibre (g)	7	1
Protein (g)	26	4
Salt (g)	2.0	0.3

ALLERGENS

1) Glutens 3) Eggs 7) Milk/lactose
May contain traces of: 23) Celery

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Sweet pork fillet strips with couscous

With apricots, sweet red pepper and spicy harissa



VARAS ROUGE

This wine from the Lisbon area is made of native grape varieties and Pinot Noir and has aged in oak barrels for at least 3 to 4 months. The result is a complex wine with aromas of cherry and forest fruit and a long after-taste.



Red onions



Red sweet peppers *



Courgettes *



Dried apricots



Fillet of pork *



Harissa *



Ground cinnamon



Tomato paste



Pearl couscous

Total: **35-40** min.

Very simple

Eat within **5** days

Apricots, couscous and harissa are common ingredients in Middle-Eastern cuisine. Traditionally these ingredients are combined with chicken or lamb, but the sweet flavours in this dish go well with pork too. Keep the meat nice and juicy by making sure you don't fry it for too long, otherwise the strips may become a bit tough.

A GOOD START

EQUIPMENT

A **pan with a lid** and a **deep saucepan with a lid**.
Let's start cooking the **sweet pork fillet strips with couscous**.



1 CHOP THE INGREDIENTS

Cut the **red onion** into thin wedges and the **red sweet pepper** into cubes. Cut the **courgette** into thin half moons and the **dried apricots** into quarters. Cut the **pork fillet** into slices 1 cm thick.



2 FRY THE PORK

Bring 250 ml water per person to the boil in a pan with a lid for the **pearl couscous**. In the meantime, heat the olive oil in a deep saucepan at high heat. Add the **pork fillet strips**, salt and pepper and fry for 2 minutes until brown all around but not quite done yet. Remove from the pan and set aside. Leave the frying fat in the pan.



3 FRY THE FLAVOURINGS

Add the **red onion**, 1 tsp **harissa** per person and ¼ bag of **cinnamon** per person to the same deep saucepan and gently fry for another minute. Don't like your food spicy? Add less **harissa** or don't add any at all.



4 MAKE THE SAUCE

Add the **courgette**, **sweet pepper**, **apricots**, **tomato paste**, white balsamic vinegar and 1 tbsp water per person to the deep saucepan and crumble the stock cube in. Stir well, bring to the boil and stew, covered, for 15 -17 minutes at medium-low heat. During the final minute, stir in the **pork fillet strips** and butter. Season to taste with salt and pepper.



5 COOK THE PEARL COUSCOUS

In the meantime, add the **pearl couscous** and a generous pinch of salt to the pan with boiling water. Boil the **pearl couscous**, covered, for 12 minutes until done. Then drain, fluff the grains and set aside uncovered to steam dry.



6 SERVE

Transfer the **couscous** to plates and top with the **stew**.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Red onions (pcs)	½	1	1½	2	2½	3
Red sweet peppers (pcs) *	½	1	1½	2	2½	3
Courgettes (pcs) *	½	1	1½	2	2½	3
Dried apricots (g)	25	50	75	100	125	150
Pork fillet (100 g) *	1	2	3	4	5	6
Harissa (tsp) *	1	2	3	4	5	6
Ground cinnamon (bag)	¼	½	¾	1	1¼	1½
Tomato paste (g)	100	200	300	400	500	600
Pearl couscous (g) 1)	85	170	240	335	420	500
Olive oil* (tbsp)	1	2	3	4	5	6
White balsamic vinegar* (tsp)	1	2	3	4	5	6
Vegetable stock cubes* (pcs)	⅛	¼	⅜	½	⅝	¾
Butter* (tbsp)	½	1	1½	2	2½	3
Salt & pepper*	to taste					

*Not included | *Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3105 / 742	395 / 94
Total fat (g)	23	3
Of which: saturated (g)	7.1	0.9
Carbohydrates (g)	94	12
Of which: sugars (g)	33.0	4.2
Fibre (g)	10	1
Protein (g)	38	5
Salt (g)	2.0	0.3

ALLERGENS

1) Glutens

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★TIP: Fry the pork fillet at high heat so it gets a brown crust. This is what gives the meat a lot of flavour.



FUSILI WITH CORN, COURGETTE AND FETA

With lime and fresh herbs



MASAN BLANC

Masan is the name of a selection of wines from the Southwest of France. This light-coloured wine is made of Ugni Blanc and Colombarid grapes. The wine has an energizing bouquet and a fresh flavour with tones of gooseberry and lime.



Fusilli



Corn



Courgettes *



Fresh curly parsley *



Fresh basil *



Lime



Feta *

Total: 20 min.

Quick & Easy

Easy

Vegetarian

Eat within 5 days

Children love this pasta: nice and fresh with sweet and salty flavours that are easy to handle. The corn and lime give this pasta a Mexican-like flavour. You will mix all the ingredients in the pan to make sure the dressing and pasta are evenly spread and you can enjoy this refreshing dish to the max.

A GOOD — START

EQUIPMENT

A **pan with a lid**, a **colander**, a **frying pan** and a **small bowl**.
Let's start cooking the **fusilli with corn, courgette and feta**.



1 PREPARATION

- Bring plenty of water to the boil in a pan with a lid to cook the **fusilli** in.
- Boil the **fusilli**, covered, for 10 – 12 minutes. Drain and set aside, uncovered, to steam dry.
- Drain the **corn** in a colander ★
- In the meantime, dice the **courgette**.



3 PREPARE THE DRESSING

- Coarsely chop the **curly parsley** and **basil**.
- Juice the **lime**.
- Use a small bowl to mix the mustard, extra-virgin olive oil, **fresh herbs** and 1 **tblsp lime juice** per person to create a dressing. Season to taste with salt and pepper.

★ **TIP:** Make sure you drain the corn completely dry. Otherwise it doesn't become as crunchy.



2 FRY

- Heat the olive oil in a frying pan at medium-high heat and fry the **courgette** for 6 – 8 minutes.
- Add the **corn** during the last 2 minutes and season to taste with salt and pepper.



4 SERVE

- Mix the **fusilli** and dressing into the **vegetables** in the frying pan.
- Transfer the **fusilli** to plates and crumble in the **feta**.
- Season to taste with extra-virgin olive oil and serve with the remaining **lime juice**.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Fusilli (g 1) 17) 20)	90	180	270	360	450	540
Corn (jar)	½	1	1½	2	2½	3
Courgettes (pcs) *	½	1	1½	2	2½	3
Fresh curly parsley (sprigs) 23) *	3	5	7	9	11	13
Fresh basil (leaves) 23) *	6	12	18	24	30	36
Lime (pcs)	½	1	1½	2	2½	3
Feta	50	100	150	200	250	300
Olive oil* (tblsp)	½	1	1½	2	2½	3
Mustard* (tsp)	½	1	1½	2	2½	3
Extra-virgin olive oil* (tblsp)	1	2	3	4	5	6
Salt & pepper*	to taste					

*Not included | *Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3268 / 781	503 / 120
Fats (g)	33	5
Of which: saturated (g)	11.1	1.7
Carbohydrates (g)	90	14
Of which: sugars (g)	18.4	2.8
Fibre (g)	8	1
Protein (g)	26	4
Salt (g)	0.9	0.1

ALLERGENS

1) Glutens 7) Milk/lactose

Can contain traces of: 17) Eggs 20) Soy 23) Celery

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NOODLES WITH 5-SPICE CHICKEN

With stir-fried veggies and red chilli pepper



L'AURÉOLE ROUGE

This wine is from the Southwest of France and is made of Merlot which makes the wine smooth and rounded. It is a soft wine with a deep red colour, a little spice and aromas of wild strawberries and cherries.



Red chilli peppers *



Garlic



5-spice chicken thigh pieces *



Vegetable mix *



Soy sauce



Noodles *

Total: 20 min.

Quick & Easy

Very simple

Lactose-free

Eat within 3 days

This dish is a true flavour explosion, yet very quick to prepare. We've seasoned the chicken with ground five-spices mix to speed up the process. This is a spice mixture from the Asian cuisine combining five flavours: sweet, salty, sour, bitter and spicy. You'll make the sauce with ketjap, soy sauce and red chilli pepper.

A GOOD — START

EQUIPMENT

A **pan with a lid** and a **wok or a deep saucepan with a lid**.
Let's start cooking the **noodles with 5-spice chicken**.



1 CHOP THE INGREDIENTS

- Bring plenty of water to the boil in a pan with a lid to cook the noodles in.
- Remove the seed pods from the **red chilli pepper** and finely chop the **red chilli pepper**. Press or finely chop the **garlic**.



3 BOIL THE NOODLES AND MIX INGREDIENTS

- In the meantime, break the **noodles** into pieces above the pan with a lid and boil, covered, for 3 - 4 minutes at medium-high heat until dry. Drain the **noodles**.
- Add the **noodles** to the wok or deep saucepan and stir-fry for 1 minute at high heat.



2 FRY

- Heat the sunflower oil in a wok or deep saucepan with a lid and fry the **chicken thigh pieces** for 5 minutes at medium to high heat.
- Add the **red chili pepper, garlic** and **vegetable mix** ★.
- Add the **soy sauce** and the **ketjap** and simmer, covered, for 4 - 6 minutes. Season to taste with salt and pepper.



4 SERVE

- Transfer the dish to plates and season to taste with a little ketjap.

★ **TIP:** Do you like your food spicy? Add ½ tsp sambal (Indonesian red pepper paste) per person while stir-frying the vegetable mix.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Red chilli peppers (pcs) *	¼	½	¾	1	1¼	1½
Garlic (cloves)	½	1	1½	2	2½	3
5-spice chicken thigh pieces (g) *	100	200	300	400	500	600
Vegetable mix (g) 23) *	200	400	600	800	1000	1200
Soy sauce (ml) 1) 6)	10	20	30	40	50	60
Noodles (g) 1)	75	150	225	300	375	450
Sunflower oil* (tbsp)	1	1½	2	2½	3	3½
Ketjap * (tbsp)	1	2	3	4	5	6
Salt & pepper*						to taste

*Not included | *Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2732 / 653	484 / 116
Fats (g)	21	4
Of which: saturated (g)	4.1	0.7
Carbohydrates (g)	77	14
Of which: sugars (g)	7.0	1.2
Fibre (g)	7	1
Protein (g)	33	6
Salt (g)	3.5	0.6

ALLERGENS

1) Glutens 6) Soy
Can contain traces of: 23) Celery

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CREAMY CELERIAC PURÉE WITH BEETROOT

WITH MUSHROOMS AND PEARL ONION SAUCE

SPECIAL INGREDIENT.



CELERIAC

Part of the bulb of this celery variety grows above ground. It contains a lot of fibres and a high vitamin K concentration.



Milva potatoes



Celeriac



Hazelnuts



Orange



Boiled red beetroot ✱



Whipping cream ✱



Pearl onions ✱



Star anise



Bay leaf



Shallots



Garlic



Fresh thyme ✱



Mixed mushrooms ✱

45 - 50 min

Vegetarian

Several steps

5 Eat within 5 days

From beetroot to mushrooms - this winter dish combines all kinds of earthy flavours, it's almost as though you're eating in the forest! The sweet, nutty and creamy flavours demand a sour touch: a home-made sauce of pearl onions with beetroot and orange juice. The pearl onions and hazelnuts ensure a nice bite.

A GOOD — START

EQUIPMENT

A pan with a lid, a frying pan, a potato masher and a deep saucepan. Let's start cooking the **creamy celeriac with beetroot**.



1 CHOP THE CELERIAC

Bring ample water to the boil in a pan with a lid for the potatoes and celeriac. Peel the **potatoes** and cut into coarse pieces. Slice, peel and dice the **celeriac**. Then weigh 250 grams of **celeriac** per person.



2 PREPARATIONS

Juice the **oranges**. Unpack the **boiled beetroot** and keep all the juice ★. Cut the **beetroots** into cubes of ½ cm. Coarsely chop the **hazelnuts**. Heat a frying pan to high heat and roast the **hazelnuts** until golden brown. Remove from the pan and set aside.



3 PREPARE THE PURÉE

Boil the **potatoes** and **celeriac** with a pinch of salt in the pan with the lid for 17-20 minutes until done. Then drain and mash into a coarse purée using a potato masher. Mix the purée with the **whipping cream** to add silkiness and season to taste with ample salt and pepper.



4 MAKE THE SAUCE

In the meantime, heat the butter in a frying pan at medium to high heat and fry the **pearl onions** for 4 – 5 minutes until light brown. Deglace with ½ tbsp **beetroot juice** per person and 2½ tbsp **orange juice** per person ★. Add the **star anise** and **bay leaf** and reduce for 3-6 minutes to create a sauce. Right before serving, stir the **beetroot** into the mix and heat for another minute.



5 FRY THE MUSHROOMS

In the meantime, finely dice the **shallots**, and press or finely chop the **garlic**. Quarter the larger **mushrooms** and leave the smaller ones whole. Separate the **thyme** leaves from the sprigs. Heat the olive oil in the same frying pan at medium-high heat and fry the **garlic** and **courgette** for 2 – 3 minutes. Add the **mushrooms**, **thyme**, and salt and pepper and fry for 4-6 minutes.

★ **TIP:** Does your beetroot package contain little juice? Replace it with, or add white wine vinegar in step 4.



6 SERVE

Remove the **star anise** and **bay leaf** from the **pearl onion sauce**. Transfer the **celeriac purée** to plates and garnish with the **pearl onion sauce** and **roasted hazelnuts**. Place the **mushrooms** all around.

★★ **TIP:** The pearl onions can be left crispy, but they are also tasty when a bit more done. If they are still a bit too tough for your taste, add some extra water and boil them a bit longer.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Milva potatoes (g)	150	300	450	600	750	900
Celeriac (g) 9	250	500	750	1000	1250	1500
Hazelnuts (g) 8 19 22 25	15	30	45	60	75	90
Orange	½	1	1½	2	2½	3
Boiled red beetroot (packet) ★	¼	½	¾	1	1½	1½
Whipping cream (ml) 7 15 20 ★	50	100	150	200	250	300
Pearl onions (g) ★	40	80	120	160	200	240
Star anise (pcs)	1	1	1	1	1	1
Bay leaf (leaves)	1	1	1	1	1	1
Shallots (pcs)	½	1	1½	2	2½	3
Garlic (cloves)	½	1	1½	2	2½	3
Fresh thyme (sprigs) 23 ★	10	15	20	25	30	35
Mixed mushrooms (g) ★	100	200	300	400	500	600
Butter* (tbsp)	1½	3	4½	6	7½	9
Olive oil* (tbsp)	1	2	3	4	5	6
Salt & pepper*	to taste					

*Not included | ★Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3678 / 879	463 / 111
Fats (g)	59	7
Of which: saturated (g)	26.1	3.3
Carbohydrates (g)	61	8
Of which: sugars (g)	14.7	1.9
Fibre (g)	21	3
Protein (g)	16	2
Salt (g)	1.1	0.1

ALLERGENS

7) Milk/lactose 8) Nuts 9) Celeriac
Can contain traces of: 15) Glutens 19) Peanuts 20) Soy
22) (Other) nuts 23) Celery 25) Sesame

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BREAKFAST BOX

GOOD MORNING!

1x

BREAKFAST 1

SPELT WAFFLES WITH AGED CHEESE

And mango quark

1

SPELT WAFFLES WITH AGED CHEESE
And mango quark

2

SMOOTHIE BOWL WITH PINEAPPLE
With banana, spinach and cranberry-seed mix

3

BULGARIAN YOGHURT
With pear, cinnamon and muesli



INGREDIENTS FOR 1 BREAKFAST

	2P	4P
Spelt waffles (pcs) 1) 20) 25)	4	8
Aged cheese (slices) 7) *	2	4
Mangos (pcs)	½	1
Low-fat quark (g) 7) 15) 20) *	250	500

*Not included | *Store in the refrigerator

EQUIPMENT

A high bowl and a hand blender

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	1335 / 319	588 / 141
Fats (g)	10	4
Of which: saturated (g)	9.9	4.4
Carbohydrates (g)	31	14
Of which: sugars (g)	13.3	5.9
Fibre (g)	3	1
Protein (g)	23	10
Salt (g)	0.7	0.3

ALLERGENS

1) Glutens 7) Milk/lactose

Can contain traces of: 15) Glutens 20) Soy 25) Sesame

1 Top the **spelt waffles** with the **aged cheese**.

2 Peel the **mango**, remove the flesh from the pit and mix the **mango** with the **low-fat quark** in a high bowl. Mash with a hand blender into a **mango quark**.

3 Transfer the **mango quark** to bowls and serve with the **spelt waffles** with **aged cheese**.

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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Running into a problem while cooking? Send a WhatsApp (free of charge) to +31 (0) 6 2727 3232 between 4 and 9pm.

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WEEK 10 | 2018



SMOOTHIE BOWL WITH PINEAPPLE

With banana, spinach and cranberry-seed mix



1 Slice the **banana** and cut the **pineapple slices** into pieces.

2 Mash the **banana, pineapple, yoghurt** and **spinach** in a high bowl with a hand blender or a blender into a smooth, thick smoothie.

3 Pour the **smoothie** into bowls and sprinkle with the **cranberry-seed mix**.

INGREDIENTS
FOR 1 BREAKFAST

	2P	4P
Bananas (pcs)	1	2
Pineapple (slice) *	3	6
Full-fat yoghurt (ml) 7) 15) 20) *	250	500
Spinach (g) 23) *	40	80
Cranberry-seed mix (g) 19) 22) 25)	40	80

*Not included | *Store in the refrigerator

EQUIPMENT

A blender or a hand-held blender with a pitcher

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	1000 / 239	339 / 81
Fats (g)	9	3
Of which: saturated (g)	3.4	1.2
Carbohydrates (g)	27	9
Of which: sugars (g)	22.2	7.5
Fibre (g)	4	1
Protein (g)	9	3
Salt (g)	0.1	0.0

ALLERGENS

7) Milk/lactose

Can contain traces of: 15) Glutens 19) Peanuts 20) Soy
22) Nuts 23) Celery 25) Sesame

BULGARIAN YOGHURT

With pear, cinnamon and muesli



1 Peel the **pears**, remove the cores and finely chop the **pears**.

2 Transfer half the **pears** to bowls, add the **Bulgarian yoghurt** and then the remaining **pears**.

3 Garnish with the **muesli** and **cinnamon**.

INGREDIENTS
FOR 1 BREAKFAST

	2P	4P
Pears (pcs)	2	4
Bulgarian yoghurt (ml) 7) 15) 20) *	250	500
Muesli (g) 1) 8) 12) 19) 22) 25)	60	120
Cinnamon (tsp)	1	2

*Not included | *Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	1251 / 299	409 / 98
Fats (g)	9	3
Of which: saturated (g)	4.4	1.4
Carbohydrates (g)	42	14
Of which: sugars (g)	26.9	8.8
Fibre (g)	5	2
Protein (g)	9	3
Salt (g)	0.2	0.1

ALLERGENS

1) Glutens 7) Milk/lactose 8) Nuts 12) Sulphite

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



ASIAN FRUIT SALAD

With nashi pear, pomegranate, blood oranges and mint



Very simple



Total: **5-7** min.



Eat within **5** days

Nashi is an Asian fruit with the shape of an apple but a flavour closer to pear - which is basically what it is. The flesh of the nashi is white and deliciously juicy. It is the king of this fresh fruit salad.



Pomegranate



Fresh mint ✨



Nashi pear



Blood orange

DELICIOUS DESSERT

ASIAN FRUIT SALAD EQUIPMENT A bowl.



1 Cut the pomegranate in half. Hold one of the halves in your hand, with the cutting edge facing down, over a bowl and tap it firmly with a wooden spoon so the seeds fall into the bowl.



2 Slice the **nashi**. You can remove the core if you want. Peel the **blood oranges** and cut into pieces. Coarsely chop the **mint leaves**.



3 Transfer the **nashi** slices and **blood orange** wedges to plates in a roof tile-shape. Garnish to taste with **mint**, **pomegranate seeds** and honey.

INGREDIENTS	2P	4P
Pomegranate (pcs)	1	2
Fresh mint (leaves) 23 *	5	10
Nashi pear (pcs)	2	4
Blood orange (pcs)	1	2
Honey*	to taste	

*Not included | *Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	665 / 159	257 / 61
Fats (g)	2	1
Of which: saturated (g)	0.4	0.2
Carbohydrates (g)	29	11
Of which: sugars (g)	24.9	9.6
Fibre (g)	6	2
Protein (g)	2	1
Salt (g)	0.0	0.0

ALLERGENS

May contain traces of: 23) Celery

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RICE PUDDING WITH BLACKBERRIES AND CARDAMOM

With lime and Thai basil



 Very simple

 Total: **30 - 35** min.

 Eat within **3** days

You probably already know that risotto is nice and silky, but it may be news to you that risotto rice can be used to create the best rice pudding as well. This pudding has an Asian touch with lime, Thai basil and cardamom.



Risotto rice



Coconut milk



Cardamom



Lime



Fresh Thai basil *



Blackberries *

DELICIOUS DESSERT

RICE PUDDING WITH BLACKBERRIES AND CARDAMOM EQUIPMENT

A **deep saucepan** and a **fine grater**.



1 Heat the butter in a deep saucepan at medium-high heat. Add the **risotto rice** and stir-fry for 2 minutes.



2 Pour the **coconut milk** and 125 ml water per person into the pan and add the **cardamom**, brown sugar and a pinch of salt. Bring to the boil. Turn down the heat and allow to simmer for 25 – 30 minutes, or until the rice is done. Stir firmly now and then.



3 Grate the rind of the **lime** (zest) with a fine grater and cut the **Thai basil** leaves into strips. Then stir 1/2 tsp of the **lime zest** per person into the rice pudding.



4 Transfer the **rice pudding** to glasses or small bowls and garnish with **blackberries** and **Thai basil**.

INGREDIENTS	2P	4P
Risotto rice (g)	75	150
Coconut milk (ml) 26)	250	500
Cardamom (tsp)	½	1
Lime (pcs)	½	1
Fresh Thai basil (leaves) 23) *	3	6
Blackberries (g) *	125	250
Butter* (tbsp)	½	1
Brown sugar* (tbsp)	1	2
Salt* to taste		

*Not included | *Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	1782 / 426	699 / 167
Fats (g)	26	10
Of which: saturated (g)	22.0	8.6
Carbohydrates (g)	42	16
Of which: sugars (g)	10.3	4.0
Fibre (g)	3	1
Protein (g)	5	2
Salt (g)	0.0	0.0

ALLERGENS

Can contain traces of: 23) Celery 26) Sulphite

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