



Conchiglie in tuna-pesto sauce

served with lettuce and sun-dried tomatoes



Onion



Red cherry tomatoes ✱



Tuna



Conchiglie



Mesclun ✱



Green pesto ✱



Semi-dried tomatoes ✱

Total for 2 persons:
30 min.

Family

Very simple

Eat within **5** days

Transport yourself to Italy with this pasta dish in the colours of the Italian flag. Conchiglie means 'shell' in Italian. The shape of this pasta is perfect for a thick sauce: the shells perfectly hold the tuna-pesto sauce of today's recipe.

A GOOD START

EQUIPMENT

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



1 PREPARATION

Bring ample water to a boil in a pan with a lid, for the **conchiglie**. Chop the **onion** and halve the **red cherry tomatoes**.



2 DRAIN THE TUNA

Drain the **tuna** in a sieve and save the oil.



3 BOIL THE CONCHIGLIE

In the meantime, boil 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

In the meantime, mix the **mesclun** with a little bit of the **green pesto** in a salad bowl. Season with salt and pepper. Drizzle with extra-virgin olive oil to taste. Finely cut the **semi-dried tomatoes**.



5 MAKE THE SAUCE

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



6 SERVE

Serve the pasta with the **mesclun** and garnish with the **semi-dried tomatoes**.

TIP: Running short on time? Make a lukewarm pasta salad. Mix the tuna, cherry tomatoes, pesto, mesclun and onion directly into the boiled pasta.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Onions (pcs)	½	1	1 ½	2	2 ½	3
Red cherry tomatoes (g) *	125	250	375	500	625	750
Tuna in olive oil (can 4)	1	2	3	4	5	6
Conchiglie (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
Semi-dried tomatoes (g) *	17	35	45	60	80	95

Not included

Extra-virgin olive oil	to taste
Salt & pepper	to taste

* keep in the refrigerator

NUTRITIVE VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3379 / 808	814 / 195
Total fat (g)	42	10
Of which: saturated (g)	4,6	1,1
Carbohydrates (g)	77	19
Of which: sugars (g)	8,6	2,1
Fibre (g)	8	2
Protein (g)	26	6
Salt (g)	1,2	0,3

ALLERGENS

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

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

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Chicken fillet with sweet-savory vegetable stew

With dried apricots and shaved almonds



Onion



Waxy potatoes



Carrot *



Ras el hanout



Fresh flat leaf parsley *



Tomato *



Tomato paste



Diced dried apricots



Chicken fillet *



Shaved almonds



Total for 2 persons:
40 min.



Calorie-conscious



Easy



Eat within 5 days

This vegetable stew was inspired by the Moroccan tajine. The tajine is a clay stew pot that is traditionally placed on top of hot coals to slowly cook the dish. Dried apricots, almonds, carrot and ras el hanout are ingredients often found in a tajine.

A GOOD — START

EQUIPMENT

A **peeler**, a **pan with a lid** and a **frying pan**.

Let's start cooking the **chicken fillet with sweet-savory vegetable stew**.



1 CUT AND FRY THE INGREDIENTS

Bring 175 ml water per person to a boil for the stew. Chop the **onion**. Peel the **potatoes** and cut into coarse pieces. Weigh the **carrot** and peel. Cut in to 1 cm cubes. Heat 1 tbsp olive oil per person in a pan with lid, add the **onion** and a pinch of salt and fry for 1 minute on medium-high heat.



2 FRY THE VEGETABLES

Add the **potatoes**, **carrot** and **ras el hanout** to the pan and stir fry for another minute. Add the boiling water and crumble $\frac{1}{3}$ stock cube per person over the pan. Bring to a boil and stew for 20 – 25 minutes until done. Turn regularly.



3 FINISH THE STEW

In the meantime, coarsely chop the **fresh parsley**. Cut the **tomato** into wedges. Stir $\frac{1}{3}$ cup **tomato paste** per person into the vegetable stew in the final 5 minutes. Allow to simmer for another 5 minutes, uncovered. Add the **apricots**, **tomato** and honey in the final minute. Season to taste with salt and pepper.



4 FRY THE CHICKEN FILLET

In the meantime, heat a frying pan with the remaining olive oil on medium-high heat. Rub the **chicken fillet** with salt and pepper. Fry the **chicken fillet** for 2 – 3 minutes on each side. Reduce the heat and fry the **chicken** for another 4 – 5 minutes or until the **chicken fillet** is done. Remove from the pan and set aside.



5 FRY THE ALMONDS

Heat the butter in the same frying pan and fry the **shaved almonds** on medium-high heat for 2 minutes until golden-brown. Reduce the heat, add the **chicken fillet** to the **almonds** in the frying pan and heat for another minute.



6 SERVE

Transfer the stewed **vegetables** to deep plates, place the **chicken fillet** on top and sprinkle with the **parsley** and **almonds**.

✳️ **FACT:** This dish contains almost half of the daily recommended amount of fibre. This is mainly due to the vegetables, potatoes and apricots.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Onion (pcs)	$\frac{1}{2}$	1	$1\frac{1}{2}$	2	$2\frac{1}{2}$	3
Waxy potatoes (g)	200	400	600	800	1000	1200
Carrot (g) ✳️	100	200	300	400	500	600
Ras el hanout (tbsp)	$\frac{1}{2}$	1	$1\frac{1}{2}$	2	$2\frac{1}{2}$	3
Fresh flat leaf parsley (g) ✳️	$2\frac{1}{2}$	5	$7\frac{1}{2}$	10	$12\frac{1}{2}$	15
Tomato (pcs) ✳️	1	2	3	4	5	6
Tomato paste (cup)	$\frac{1}{3}$	$\frac{2}{3}$	1	$1\frac{1}{3}$	$1\frac{2}{3}$	2
Diced dried apricot (g) 19) 22) 25)	25	50	75	100	125	150
Chicken fillet (pcs) ✳️	1	2	3	4	5	6
Shaved almonds (g) 8) 19) 25)	10	20	30	40	50	60

Not included

Vegetable stock cube (pcs)	$\frac{1}{3}$	$\frac{2}{3}$	1	$1\frac{1}{3}$	$1\frac{2}{3}$	2
Olive oil (tbsp)	1	2	3	4	5	6
Honey (tbsp)	$\frac{1}{2}$	1	$1\frac{1}{2}$	2	$2\frac{1}{2}$	3
Butter (tbsp)	$\frac{1}{4}$	$\frac{1}{2}$	$\frac{3}{4}$	1	$1\frac{1}{4}$	$1\frac{1}{2}$
Salt & pepper	to taste					

✳️ keep in the refrigerator

NUTRITIVE VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2841 / 679	448 / 107
Total fat (g)	24	4
Of which: saturated (g)	4,9	0,8
Carbohydrates (g)	74	12
Of which: sugars (g)	31,1	4,9
Fibre (g)	14	2
Protein (g)	34	5
Salt (g)	2,0	0,3

ALLERGENS

8) Nuts

May contain traces of: 19) Peanuts 22) Nuts 25) Sesame

★ **TIP:** You will receive more potatoes than needed for this dish. Are you hungry or a big eater? Use all of them.

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

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WEEK 43 | 2019



Risotto with courgette and buffalo mozzarella

With celery and fresh basil



Red onion



Garlic clove



Celery ✱



Red chili pepper ✱



Fresh basil ✱



Courgette ✱



Risotto rice



Buffalo mozzarella ✱



Grated Grana Padano ✱



Total for 2 persons:
40 min.



Easy



Eat within 5 days



Vegetarian



Calorie-conscious

Celery is a common ingredient in Italian cuisine, as is another Italian favourite: courgette. Today they perform a sparkling duet in a risotto, where the fragrant celery makes a lovely contrast to the creamy buffalo mozzarella.

A GOOD START

EQUIPMENT

A wok or sauté pan.

Let's start cooking the **risotto with courgette and buffalo mozzarella**.



1 CHOP THE VEGETABLES

Chop the **red onion** and press or mince the **garlic**. Cut the **celery** stalks in half lengthwise and dice. Remove the seeds from the **red chili pepper** and finely chop the **pepper**. Cut the **courgette** into 2 cm cubes. Strip the leaves from the **basil** sprigs. Finely chop the leaves and use the sprigs to prepare the stock. Save the leaves for later.



4 TEAR THE MOZZARELLA

In the meantime, tear the **mozzarella** into bite-size pieces.



2 PREPARE THE RISOTTO

In the meantime, melt the butter in a wok or sauté pan and gently fry the **red onion**, **garlic** and **celery** for 5 minutes on medium-low heat. Reduce the heat, add the **red chili pepper** and **risotto rice** and stir fry for 1 minute. Remove the **basil** sprigs from the stock and add $\frac{1}{3}$ of the stock to the **risotto**. Allow the grains to slowly absorb the stock. Stir regularly.



5 SEASON

Remove the pan from the heat. Stir the **mozzarella** and half of the **basil leaves** into the **risotto**. Season to taste with salt and pepper.



3 FINISH THE RISOTTO

As soon as the stock has been absorbed by the rice, add $\frac{1}{3}$ of the stock and let the **risotto** absorb the stock again. Add the **courgette** and the remaining stock to the **risotto**. The **risotto** is done as soon as the grains are soft on the outside but have a bite on the inside ★. This takes around 15 – 20 minutes. Add a little extra water if the **risotto** becomes too dry.



6 SERVE

Transfer the **risotto** to bowls and garnish with the remaining **basil leaves** and **Grana Padano**.

★ **TIP:** The amount of liquid needed to cook the risotto strongly depends on the size of your pan. Make sure you taste regularly and add more water or stock if necessary.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Red onion (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	1	2	3	4	5	6
Celery (stalks) 9) *	1	2	3	4	5	6
Red chili pepper (pcs) *	¼	½	¾	1	1½	1½
Fresh basil (g) *	2½	5	7½	10	12½	15
Courgette (pcs) *	½	1	1½	2	2½	3
Risotto rice (g)	75	150	225	300	375	450
Buffalo mozzarella (g) 7) *	65	125	180	250	305	375
Grated grana padano (g) 3) 7) *	10	20	30	40	50	60

Not included

Vegetable stock (ml)	200	400	600	800	1000	1200
Butter (tbsp)	½	1½	2	2½	3½	4
Salt & pepper	to taste					

* keep in the refrigerator

NUTRITIVE VALUE PER SERVING PER 100 G

Energy (kJ/kcal)	2674 / 639	407 / 97
Total fat (g)	26	4
Of which: saturated (g)	17,2	2,6
Carbohydrates (g)	75	11
Of which: sugars (g)	12,6	1,9
Fibre (g)	4	1
Protein (g)	24	4
Salt (g)	2,9	0,4

ALLERGENS

3) Eggs 7) Milk/lactose 9) Celery

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Sweet potato soup with lime

with kidney beans and yellow bell pepper



Sweet potato



Dried thyme



Scallion ✱



Garlic clove



Yellow bell pepper ✱



Lime ✱



Kidney beans



Garam masala



Diced tomatoes



Coconut milk



Total for 2 persons:
40 min.



Vegetarian



Easy



Eat within 3 days

Fall is here! The weather is perfect for a robust soup. In Peru, you can get the traditional locro de papa potato soup in every village. Each family has its own recipe. Today you will be making a vegetarian version of this flavourful meal soup, with scallion, thyme and garam masala.

A GOOD START

EQUIPMENT

A **stock pot or large pan with lid**, a **colander** and a **baking sheet lined with baking paper**.

Let's start cooking the **sweet potato soup with lime**.



1 ROAST THE POTATO

Preheat the oven to 220 degrees. Thoroughly wash the **sweet potatoes** and cut them into 1 cm dices. Divide the dices on a baking sheet lined with baking paper, sprinkle with ½ tbsp olive oil per person and season with salt, pepper and half of the **thyme**. Bake the potato dices in the oven for 15 – 25 minutes. Turn them when halfway done.



4 COOK THE SOUP

Season the soup with salt and pepper and bring to a boil. Let the soup simmer, covered with the lid, for 12 – 15 minutes on low heat. In the last 5 minutes, add the **kidney beans**.



2 CUT

Cut the **scallion** into fine rings. Press or mince the **garlic**. Remove the seeds from the **yellow bell pepper** and cut the pepper into 1 cm dices. Grate the peel of the **lime** and press the juice from it. Drain the **kidney beans** in a colander.



5 ADD THE POTATO

Remove the soup from the heat, stir in the sweet potato dices and add half of the lime juice.



3 FRY THE VEGETABLES

Heat ½ tbsp olive oil per person in a stock pot with lid, on medium-high heat, and fry half of the **scallion** 1 – 2 minutes. Add the **bell pepper** and fry for 5 more minutes. Add the **garlic**, **garam masala** and the leftover **thyme**. Fry for half a minute and add the **diced tomato**, 50 ml water per person and the **coconut milk**. Crumble the stock cube over it and stir well.



6 SERVE

Garnish the soup with the leftover scallion, the lime zest and the lime juice, to taste.

✳️**FACT:** This dish is rich in fibre. This is largely due to the kidney beans, sweet potato and vegetables, including the canned tomato. Did you know that this type of tomato almost has the same nutritive value as fresh tomato?

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Sweet potato (g)	150	300	450	600	750	900
Dried thyme (tsp)	1	2	3	4	5	6
Scallion (pcs) ✳️	1	2	3	4	5	6
Garlic clove (pcs)	½	1	1½	2	2½	3
Yellow bell pepper (pcs) ✳️	½	1	1½	2	2½	3
Lime (pcs) ✳️	¼	½	¾	1	1¼	1½
Kidney beans (can)	½	1	1½	2	2½	3
Garam masala (tsp)	1	2	3	4	5	6
Diced tomato (can)	½	1	1½	2	2½	3
Coconut milk (ml) 26)	200	400	600	800	1000	1200

Not included

Olive oil (tbsp)	1	2	3	4	5	6
Vegetable stock cube (pcs)	½	1	1½	2	2½	3
Salt & pepper	to taste					

✳️ keep in the refrigerator

NUTRITIVE VALUE	PER SERVING	PER 100 g
Energy (kJ/kcal)	3278 / 748	414 / 99
Total fat (g)	50	6
Of which: saturated (g)	34,3	4,3
Carbohydrates (g)	61	8
Of which: sugars (g)	22,7	2,9
Fibre (g)	17	2
Protein (g)	19	2
Salt (g)	3,5	0,4

ALLERGENS

May contain traces of: 26) Sulfite

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Rigatoni with chicken and green beans

with tomato tapenade and Italian cheese



Green beans ✱



Rigatoni



Garlic clove



Diced chicken fillet ✱



Tomato tapenade ✱



Grated Italian cheese ✱



Total for 2 persons:
25 min.



Very simple



Eat within **3** days



Quick & Easy



Family

This pasta dish is very quick and easy to make, but also very tasty. The star of this dish is the tomato tapenade, which sticks well to the ribbed texture of the rigatoni. Buon appetito!

A GOOD START

EQUIPMENT

Large pan with lid and a wok or sauté pan.

Let's start cooking the **rigatoni with chicken and green beans**.



1 BOIL WATER

Boil 600 ml water per person in a large pan with lid, for the **green beans** and the **rigatoni**. In the meantime, cut off the ends of the **green beans** and cut the beans into 3 equally sized pieces.



2 COOK THE RIGATONI

Cook the **rigatoni** for 13 – 15 minutes in the large pan, covered with the lid. After 5 – 8 minutes, add the **green beans**. Drain and save some of the cooking liquid. Let the **rigatoni** and **beans** steam dry without the lid.



4 FRY THE CHICKEN

Heat the olive oil in a wok or sauté pan and fry the **garlic** for 2 minutes on low heat. Add the **diced chicken fillet** and stir fry for 3 – 5 minutes until golden brown, on medium-high heat.



5 MIX AND SEASON

Add the **green beans**, **rigatoni** and **tomato tapenade** to the pan with chicken and mix well. Add 1 tbsp of the saved cooking liquid per person to make it creamy. If necessary, season with pepper and salt.



3 MINCE THE GARLIC

In the meantime, press or mince the **garlic**.



6 SERVE

Divide the pasta dish among plates. Sprinkle with extra virgin olive oil to taste and garnish with the **grated Italian cheese**.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Green beans (g) *	200	400	600	800	1000	1200
Rigatoni (g) 1) 17) 20)	90	180	270	360	450	540
Garlic clove (pcs)	1	2	2	3	4	5
Diced chicken fillet (g) *	100	200	300	400	500	600
Tomato tapenade (g) *	40	80	120	160	200	240
Grated Italian cheese (g) 3) 7) *	15	25	40	50	65	75

Not included

Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil				to taste		
Salt & pepper				to taste		

* keep in the refrigerator

NUTRITIVE VALUE	PER SERVING	PER 100 g
Energy (kJ/kcal)	3176 / 759	699 / 167
Total fat (g)	27	6
Of which: saturated (g)	6,5	1,4
Carbohydrates (g)	81	18
Of which: sugars (g)	4,0	0,8
Fibre (g)	12	3
Protein (g)	40	9
Salt (g)	1,5	0,3

ALLERGENS

1) Grains containing gluten 3) Eggs 7) Milk/lactose
May contain traces of: 17) Eggs 20) Soy

TIP: This dish is rich in calories. This is largely due to the pesto, which contains loads of healthy fats. Are you keeping an eye on your calorie intake? Use 75 g rigatoni and 30 g tomato tapenade per person.

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





Creamy spinach gratin with fried egg

With fried potatoes



Waxy potatoes



Shallot



Garlic clove



Tomato ✱



Nutmeg



Dried thyme



Spinach ✱



Crème fraîche ✱



Grated matured cheese ✱



Free-range eggs ✱



Total for 2 persons:
40 min.



Very simple



Eat within 3 days



Vegetarian



Family

With this recipe you'll make a luxurious version of the traditional vegetable dish spinach à la crème. You will be using crème fraîche instead of whipping cream. Moreover, you will add matured cheese and tomato and as a bonus: a fried egg, sunny side up. Comfort food, ideal for a cold and dark day.

A GOOD START

EQUIPMENT

A **sauté pan with lid**, a **fine grater**, a **wok or sauté pan**, a **colander**, a **baking dish** and a **frying pan**.

Let's start cooking the **creamy spinach gratin with fried egg**.



1 FRY THE POTATOES

Preheat the oven to 210 degrees. Thoroughly wash or peel the **potatoes** and cut into wedges. Heat half of the olive oil in a deep sauté pan with a lid and fry the **potatoes** for 25 – 35 minutes, covered, on medium-high heat. Take the lid off the pan after 20 minutes. Turn regularly and season with salt and pepper. In the meantime, chop the **shallots** and press or mince the **garlic**.



4 ROAST THE GRATIN

Transfer the spinach mixture to an oven dish★★★. Sprinkle the **grated matured cheese** on top and roast for 10 – 15 minutes in the oven.

★**TIP:** Make sure you firmly press the liquid from the spinach to prevent the gratin from becoming too moist.



2 PREPARE THE SPINACH

Dice the **tomato**. Grate a pinch of **nutmeg** with a fine grater. Heat the remaining olive oil in a wok or sauté pan and fry the **garlic**, **shallot** and **dried thyme** for 2 – 3 minutes. Add the **spinach** and stir fry for 3 – 4 minutes or until it has shrunk. Drain the **spinach** in a colander. Press firmly to drain most of the liquid from the **spinach**★.



5 FRY THE EGG

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

★★**TIP:** Nutmeg has quite a distinct flavour. Don't add too much at once and have a good taste before you add more.



3 SEASON

Use the same wok or sauté pan to fry the **tomatoes** for 1 minute. Reduce the heat to medium-low, add the **crème fraîche** and the drained **spinach** to the pan and stir fry for another minute. Season to taste with **nutmeg**★★, salt and pepper.



6 SERVE

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

★★★**TIP:** Spinach has a lot of volume when raw, but the vegetable reduces considerably when heated. That is why you don't need a large oven dish for this recipe.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Waxy potatoes (g)	250	500	750	1000	1250	1500
Shallot (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	½	1	1½	2	2½	3
Tomato (pcs) *	1	2	3	4	5	6
Nutmeg (pcs)	1	1	1	1	1	1
Dried thyme (tsp)	½	1	1½	2	2½	3
Spinach (g) 23) *	200	400	600	800	1000	1200
Crème fraîche (tbsp) 7) *	50	100	150	200	250	300
Grated matured cheese (g) 7) *	25	50	75	100	125	150
Free-range eggs (pcs) 3) *	1	2	3	4	5	6

Not included

Olive oil (tbsp)	1	2	3	4	5	6
Butter (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

* Keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3353 / 802	454 / 109
Total fat (g)	48	7
Of which: saturated (g)	22,2	3,0
Carbohydrates (g)	59	8
Of which: sugars (g)	6,9	0,9
Fibre (g)	11	2
Protein (g)	27	4
Salt (g)	0,7	0,1

ALLERGENS

3) Eggs 7) Milk/lactose

May contain traces of: 23) Celery

✳**FACT:** Did you know that the 200 g spinach per person in this dish contains more calcium than a cup of milk? Together with the cheese and other ingredients, this dish contains more than half of the daily recommended amount of calcium.

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

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Pearl couscous with pumpkin and feta

With mushrooms, hazelnuts and tarragon



Onion



Mushrooms ✨



Diced pumpkin ✨



Pearl
couscous



Fresh
tarragon ✨



Feta ✨



Hazelnuts



Total for 2 persons:
25 min.



Easy



Eat within **5** days



Vegetarian



Calorie-conscious

This dish is easy and quick to prepare, yet the flavours are enticing due to the aromatic tarragon and savoury Greek feta. Tarragon has a distinct anise-like flavour; not everyone likes it. Not familiar with the flavour yet? Taste it first, before you add it.

A GOOD START

EQUIPMENT

A **pan with a lid**, **kitchen paper**, a **baking sheet lined with baking paper**, and a **frying pan**.

Let's start cooking the **pearl couscous with pumpkin and feta**.



1 PREPARATION

Preheat the oven to 200 degrees and prepare the vegetable stock in a pan with a lid, for the **pearl couscous**. In the meantime, cut the **onion** into half rings, wipe the **mushrooms** clean with kitchen paper and cut them into slices.



2 VEGETABLES IN THE OVEN

Transfer the **onion**, **mushrooms** and **diced pumpkin** to a baking sheet lined with baking paper. Drizzle with the olive oil and season with salt and pepper. Oven-roast for 15 – 20 minutes, turning them halfway ★.



3 BOIL THE PEARL COUSCOUS

In the meantime, add the **pearl couscous** to the pan with stock, bring to a boil, and cook the **pearl couscous**, covered, for 12 – 14 minutes until dry. Add a little extra water if the **pearl couscous** becomes too dry. Stir to separate the **pearl couscous** and set aside, uncovered, to steam dry.



4 PREPARE THE SEASONING

In the meantime, strip the **tarragon** leaves from the sprigs - keep the leaves whole and finely chop the sprigs. Crumble the **feta** and coarsely chop the **hazelnuts**. Heat a frying pan on high heat, without oil, and roast the **hazelnuts** until fragrant.



5 MIX

Mix the vegetables from the oven, the white balsamic vinegar and the majority of the **tarragon** into the **pearl couscous** and season to taste with salt and pepper.



6 SERVE

Transfer the dish to plates and garnish with the **feta**, **hazelnuts** and remaining **tarragon**. Drizzle with extra-virgin olive oil to taste.

★**TIP:** The cooking time of the pumpkin may differ depending on your oven. Keep an eye on the cooking process and shorten or extend the baking time if necessary.

🌱**TIP:** Got some leftover tarragon sprigs? Transfer them to a bottle of extra-virgin olive oil to make a delicious tarragon oil. Great in a dressing or for making pesto.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Onion (pcs)	½	1	1½	2	2½	3
Mushrooms (g) *	125	250	375	500	625	750
Diced pumpkin (g) 23 *	100	200	300	400	500	600
Pearl couscous (g) 1	85	170	250	335	420	500
Fresh tarragon (g) 23 *	2½	5	7½	10	12½	15
Feta (g) 7 *	40	75	100	125	175	200
Hazelnuts (g) 8) 19) 25)	10	20	30	40	50	60

Not included

Vegetable stock (ml)	175	350	525	700	875	1050
Olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil	to taste					
Salt & pepper	to taste					

* keep in the refrigerator

NUTRITIVE VALUE PER SERVING PER 100 G

Energy (kJ/kcal)	2508 / 600	425 / 102
Total fat (g)	24	4
Of which: saturated (g)	6,7	1,1
Carbohydrates (g)	68	12
Of which: sugars (g)	8,3	1,4
Fibre (g)	8	1
Protein (g)	23	4
Salt (g)	3,0	0,5

ALLERGENS

1) Grains containing gluten 7) Milk/lactose 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

WEEK 43 | 2019





Celeriac mash with Brandt & Levie lemon-thyme sausage

With caramelised red onion and fresh sage



Starchy potatoes



Carrot ✨



Celeriac



Onion



Red onion



Fresh sage ✨



Lemon-thyme pork sausage ✨



Lamb's lettuce ✨

Total for 2 persons:
40 min.

Easy

Eat within **5** days

For this mash, you will be mixing potatoes with celeriac: they are aromatic, slightly sweet and super healthy. The sausage is made by our supplier Brandt & Levie. These spirited sausage makers work with pig farmers who take good care of their animals, and this you can taste! They have seasoned this sausage with lemon and thyme.

A GOOD START

EQUIPMENT

A **frying pan**, a **salad bowl**, a **large pan with a lid** and a **potato masher**.

Let's start cooking the **celeriac mash with Brandt & Levie lemon-thyme sausage**.



1 CHOP THE INGREDIENTS

Boil 600 ml water per person in a large pan with lid, for the potatoes and vegetables. Thoroughly wash or peel the **potatoes** and cut into large pieces. Cut the **carrots** into thin half slices. Peel the **celeriac** and cut into coarse pieces. Cut the **onion** into half rings.



2 COOK THE MASH

Add the **potatoes** and **vegetables** to the large pan with boiling water. Crumble the stock cube over the pan and allow to simmer, covered, for 20 – 25 minutes. Drain, saving a little of the cooking liquid, and allow to steam dry, uncovered.



3 FRY THE PORK SAUSAGE

In the meantime, mince the **red onion** and finely chop the **sage**. Heat half of the butter in a frying pan and fry the **pork sausage** for 2 – 3 minutes on medium-low heat until brown all around. Add the **red onion** and **sage** to the pan, cover and fry for another 8 – 10 minutes. Turn the **sausage** regularly.



4 MAKE THE SALAD

In the meantime, mix the **lamb's lettuce** with ½ tbsp extra-virgin olive oil per person and 1 tsp black balsamic vinegar in a salad bowl, and season to taste with salt and pepper.

★**TIP:** Prefer some gravy to go with the mash? Remove the pork sausage from the frying pan right before serving, add a dash of cooking liquid or water and bring to a boil. Add a cube of butter, mix well, and season with salt and pepper.



5 PUREE

Mash the **potatoes** and **vegetables** into a coarse purée. Add ½ tbsp butter per person and a splash of milk or cooking liquid to make it more creamy. Add 1½ tsp mustard per person. If necessary, season with salt and pepper.



6 SERVE

Transfer the celeriac mash to plates. Garnish with the **red onion** and **sage** and serve with the **pork sausage** ★ and **lamb's lettuce** ★★.

★★**TIP:** Got some celeriac left? Cut it into cubes and mix with other remaining vegetables and stock in a pan with a lid. Allow to boil for 15 minutes and puree with a hand blender. This will create a quick and delicious soup, and you won't need to throw out any leftovers.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Starchy potatoes (g)	200	400	600	800	1000	1200
Carrot (g) *	100	200	300	400	500	600
Celeriac (g) 9)	125	250	375	500	625	750
Onion (pcs)	1	2	3	4	5	6
Red onion (pcs)	½	1	1½	2	2½	3
Fresh sage (g) *	2	3	4	6	7	9
Lemon-thyme pork sausage (100 g) *	1	2	3	4	5	6
Lamb's lettuce (g) 23) *	40	60	80	120	140	180

Not included

Vegetable stock cube (pcs)	½	1	1½	2	2½	3
Butter (tbsp)	1	2	3	4	5	6
Extra-virgin olive oil (tbsp)	½	1	1½	2	2½	3
Black balsamic vinegar (tsp)	1	2	3	4	5	6
Mustard (tsp)	1½	3	4½	6	7½	9

Salt & pepper to taste

* keep in the refrigerator

NUTRITIVE VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3086 / 738	415 / 99
Total fat (g)	37	5
Of which: saturated (g)	15,6	2,1
Carbohydrates (g)	64	9
Of which: sugars (g)	15,0	2,0
Fibre (g)	17	2
Protein (g)	28	4
Salt (g)	4,3	0,6

ALLERGENS

9) Celery

May contain traces of: 23) Celery

★**FACT:** Did you know this dish contains 350 g vegetables per person and 50% of the daily recommended amount of fibre? This is largely due to the celeriac, one of the most fibre-rich vegetables there is.

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

#HelloFresh

HelloFRESH

WEEK 43 | 2019



Roasted Jerusalem artichoke with chicken drumsticks with mushrooms and fresh herbs



Total for 2 persons:
50 min.



Easy



Eat within **3** days

Jerusalem artichoke is family of the potato, only a lot smaller. Maybe that is the reason why it is often forgotten. The sweet and nutty flavour might remind you of artichoke, hence the name. You can cook, bake or grill it: in this recipe you will roast it with rosemary.



Jerusalem artichoke



Fresh tarragon,
rosemary and thyme ✨



Garlic clove



Lemon ✨



Chicken drumsticks ✨



Chestnut mushrooms ✨



Onion



Rocket lettuce and
lamb's lettuce ✨



Mayonnaise ✨

A GOOD START

EQUIPMENT

A **baking sheet** lined with **baking paper**, a **small bowl**, a **bowl** and a **frying pan**.
Let's start cooking the **roasted Jerusalem artichoke with chicken drumsticks**.



1 PREPARE

Preheat the oven to 200 degrees. Remove the butter from the fridge to soften it before use. Peel or thoroughly wash the **Jerusalem artichoke**. Cut into 1 cm wide wedges. Remove the **rosemary** and **thyme** leaves from the sprigs and roughly chop the leaves.



2 ROAST

Divide the **Jerusalem artichoke** over a baking sheet with baking paper. Mix them with ½ tbsp olive oil per person, half of the **rosemary** and half of the **thyme**. Season with salt and pepper. Bake the **Jerusalem artichoke** in the oven for 40 – 45 minutes.



3 BAKE THE DRUMSTICKS

Press or mince the **garlic**. Press the juice from the lemon. In a small bowl, mix per person: ¾ tbsp butter, ½ tbsp mustard, ½ tsp honey and ½ tbsp lemon juice with the leftover **rosemary** and **thyme**, the **garlic**, salt and pepper. Rub the **chicken drumsticks** with the created herb butter on all sides. Add the drumsticks to the baking sheet with the **Jerusalem artichoke** and bake together for the last 25 – 30 minutes.



4 CHOP THE MUSHROOMS

Cut the **chestnut mushrooms** in half; the bigger ones in quarters. Chop the **onion**, remove the leaves of **tarragon** from the sprigs and finely chop the leaves.



5 FRY THE MUSHROOMS

In a frying pan, heat ¼ tbsp butter per person on medium-high heat. Fry the onion 2 – 3 minutes on medium-high heat. Add the **chestnut mushrooms** and fry for 5 – 7 minutes. Season with salt and pepper. Right before serving, mix in a salad bowl: 1 tsp white wine vinegar per person with the **rocket** and **lamb's lettuce**. Drizzle with some extra virgin olive oil to taste ★.



6 SERVE

Divide the **Jerusalem artichoke** among plates and put 2 **chicken drumsticks** on each plate. Put the **mushrooms** next to the **drumsticks**. Garnish the **mushrooms** with the **tarragon**. Serve with the salad and a large tbsp **mayonnaise**.

★**FACT:** Did you know that Jerusalem artichoke contains a lot of iron? 250 g of it contains almost 50% of the daily recommended amount of this mineral. It is also rich in vitamin B1, needed for a healthy heart, a good nervous system and an energetic feeling. Jerusalem artichoke is also rich in protein.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Jerusalem artichoke (g)	250	500	750	1000	1250	1500
Fresh tarragon, rosemary and thyme (g) *	10	15	20	25	35	40
Garlic clove (pcs)	1	2	3	4	5	6
Lemon (pcs) *	½	1	1½	2	2½	3
Chicken drumsticks (pcs) *	2	4	6	8	10	12
Chestnut mushrooms (g) *	125	250	375	500	625	750
Onion (pcs)	½	1	1½	2	2½	3
Rocket lettuce and lamb's lettuce (g) 23) *	30	60	90	120	150	180
Mayonnaise (g) 3) 10) 19) 22) *	20	40	60	80	100	120
Not included						
Butter (tbsp)	1¼	2½	3¾	5	6¼	7½
Olive oil (tbsp)	½	1	1½	2	2½	3
Mustard (tbsp)	½	1	1½	2	2½	3
Honey (tsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	1	2	3	4	5	6
Extra virgin olive oil	to taste					
Salt & pepper	to taste					

* keep in the refrigerator

NUTRITIVE VALUE	PER SERVING	PER 100 g
Energy (kJ/kcal)	3726 / 891	508 / 122
Total fat (g)	55	7
Of which: saturated (g)	16,8	2,3
Carbohydrates (g)	53	7
Of which: sugars (g)	29,8	4,1
Fibre (g)	49	7
Protein (g)	45	6
Salt (g)	0,4	0,0

ALLERGENS

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

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



★**TIP:** Do you have any leftover lemon juice? Use this instead of white wine vinegar.



Vegetarian spaghetti carbonara

with mushrooms and fresh curly parsley



Total for 2 persons:
20 min.



Easy



Eat within 5 days



Quick & Easy



Vegetarian

When you hear carbonara, you might think of a creamy sauce with bacon. Because we love variation, we made a surprising vegetarian version of this recipe. It is just as creamy and cheesy as a regular carbonara. By frying the garlic with panko it gets a nice crispy bite.

A GOOD START

EQUIPMENT: a **pan with lid**, a **sauté pan**, a **frying pan** and a **bowl**.
Let's start cooking the **vegetarian spaghetti carbonara**.



1 PREPARE

- Boil ample water in a pan with lid. Cook the **spaghetti**, covered with the lid, for 10 – 12 minutes. Drain and leave to steam dry without the lid.
- Press or mince the **garlic** and chop the **shallot**.
- Finely chop the **curly parsley**.
- Heat ½ tbsp olive oil per person in a sauté pan on medium-high heat and fry the **shallot** for 1 – 2 minutes.



3 MAKE THE CARBONARA

- In a bowl, mix 1 egg per person with ⅔ of the grated Italian cheese. Season with salt and pepper.
- Add the **spaghetti** and the egg mixture to the pan with **mushrooms**. Mix well (the egg will cook from the heat of the pasta and mushrooms. Does it stay too raw? Turn the heat back on and keep stirring until the egg starts to cook).
- Add half of the **parsley**, season with salt and pepper and stir well.



2 PADDENSTOELEN BAKKEN

- Add the **mushrooms** to the **shallot** and fry 4 – 6 minutes.
- Heat ½ tbsp olive oil per person in a frying pan on medium-high heat. Fry the **garlic** 1 minute and add the **panko** with a pinch of salt. Fry 3 – 5 minutes.
- Deglaze the **mushrooms** with 1 tsp black balsamic vinegar per person and remove pan from the heat.



4 SERVE

- Serve the spaghetti carbonara in deep plates.
- Garnish with the leftover **grated Italian cheese**, the rest of the **parsley** and the **panko**.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Spaghetti (g) 1 17 20	90	180	270	360	450	540
Garlic clove (pcs)	1	2	3	4	5	6
Shallot (pcs)	½	1	1 ½	2	2 ½	3
Fresh curly parsley (g) *	5	10	15	20	25	30
Chopped mixed mushrooms (g) *	175	350	525	700	875	1050
Panko (g) 1	15	25	40	50	65	75
Grated Italian cheese (g) 3 7 *	50	75	125	150	200	225
Free-range egg (pcs) 3 *	1	2	3	4	5	6
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

NUTRITIVE VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3153 / 754	729 / 174
Total fat (g)	31	7
Of which: saturated (g)	11,7	2,7
Carbohydrates (g)	79	18
Of which: sugars (g)	5,9	1,4
Fibre (g)	7	2
Protein (g)	36	8
Salt (g)	0,9	0,2

ALLERGENS

1 Grains containing gluten **3** Eggs **7** Milk/lactose
May contain traces of: **17** Eggs **20** Soy

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



WEEK 43 | 2019





QUICK CURRY WITH SHRIMP

With broccoli rice, green beans and bell pepper



Pandan rice



Broccoli rice *



Garlic clove



Fresh ginger



Red chili pepper *



Green beans *



Yellow bell pepper *



Fish sauce



Coconut milk



Shrimps *



Total for 2 persons:
20 min.



Quick & Easy



Very simple



Eat within 3 days

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 before exercising, or whenever 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 sauté pan with a lid**.
Let's start cooking the **quick curry with shrimp**.



1 PREPARATION

- Boil the **pandan rice** ★ for 10 – 12 minutes in a pan, covered with a lid. Add the **broccoli rice** for the final 3 minutes. Drain and set aside to steam dry. Season with salt and pepper.
- In the meantime, press or finely chop the **garlic**. Grate the **ginger**, remove the seed pods from the **red chili pepper** and chop the **chili pepper**. Trim the ends off the **green beans** and cut the beans into 3 equal parts. Cut the **yellow bell 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 chili pepper** for 1 minute on medium-high heat.
- Add the **shrimps** and fry for 3 – 4 minutes, or until done.
- Transfer the **shrimps** and the baking liquid to the vegetables and stir well. Season to taste with salt and pepper.



2 FRY AND BOIL

- Heat ½ tbsp sunflower oil per person in a wok or sauté pan with a lid on medium-high heat and fry half of the **garlic**, half of the **ginger** and half of the **red chili pepper** for 1 minute.
- Add the **green beans**, **bell 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** and **broccoli rice** to plates.
- Top the **rice** with the **vegetables** and **shrimp** and scoop some on the side as well, next to the rice. Pour the remaining **coconut milk** over the dish.

★ **TIP:** You will receive more rice than you'll need today, so weigh the correct amount beforehand. You can use the leftover rice in a salad or soup.

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	5	6
Fresh ginger (cm)	2	3	4	5	7	8
Red chili peppers (pcs) *	¼	½	¾	1	1¼	1½
Green beans (g) *	75	150	225	300	375	450
Yellow bell pepper (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

NUTRITIVE VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2950 / 705	526 / 126
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)	8	2
Protein (g)	25	4
Salt (g)	3,4	0,6

ALLERGENS

2) Shellfish 4) Fish

May contain traces of: 23) Celery 26) Sulphite

✳ **FACT:** Did you know this dish contains more than half of the daily recommended amount of vitamin C? The main sources of this are the broccoli rice and the yellow bell pepper.

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

#HelloFresh



POTATO PANCAKES WITH HOT SMOKED SALMON

WITH SOUR CREAM, DILL AND KOHLRABI-APPLE SALAD



Kohlrabi ✱



Apple



Radish ✱



Lemon ✱



Fresh chives & dill ✱



Hot smoked salmon ✱



Waxy potatoes



Shallot



Free-range eggs ✱



Sour cream ✱



Total for 2 persons:

55 min



Easy



Eat within **5** days

Crunchy potato pancakes are popular in many cultures - from Jewish latkes to Belarusian dranikis and British tattie fish. Regardless of the name, they are delicious with this hot smoked salmon. Sour cream, dill and salmon is a combination that can't go wrong, and for a refreshing tone, you'll make a crispy salad of raw kohlrabi and apple.

A GOOD — START

EQUIPMENT

A salad bowl, a coarse grater, a colander, a bowl, a large bowl, a thin spatula and a frying pan.
Let's start cooking the **potato pancakes with hot smoked salmon**.



1 PREPARATION

Weigh 125 g **kohlrabi** per person. Peel the **kohlrabi** and remove the core from the **apple**. Cut both ingredients into thin strips and cut the **radish** into thin slices. Juice the **lemon** and finely chop the **fresh dill** and **fresh chives**. Tear the **hot smoked salmon** into coarse pieces.



2 MAKE THE SALAD

Whip up a dressing in a salad bowl using the extra-virgin olive oil, white balsamic vinegar, honey, **dill**, ½ tbsp lemon juice per person, salt and pepper. Add the **kohlrabi**, **apple** and **radish** and stir well. Allow the flavours to soak in until serving.



3 SQUEEZE OUT THE FLUID

Peel the **potatoes** and grate the **potatoes** and **shallot** with a coarse grater. Transfer both ingredients to a colander and squeeze out as much fluid as possible by firmly pressing them with a spoon.



4 ASSEMBLE

Whisk the **egg** in a bowl with a fork. Add 1½ tbsp of the **egg** per person to a large bowl and mix with the grated **potatoes** and **shallot**, flour, a good pinch of salt and pepper.



5 FRY THE POTATO PANCAKES

Heat a frying pan with sunflower oil on medium-high heat ★. As soon as the pan is hot, scoop 5 heaps of the potato mixture per person into the frying pan. Carefully flatten the heaps and fry the potato pancakes for 4 minutes until golden-brown. Turn the pancakes with a thin spatula ★★ and fry for another 3 minutes.

★ **TIP:** Making the potato pancakes for more than 2 people? Use more than one frying pan or keep the pancakes warm in the oven.



6 SERVE

Transfer the potato pancakes to plates and top with the pieces of **smoked salmon**. Top with the **sour cream** and serve with the salad. Sprinkle with the **chives**.

★★ **TIP:** A thin spatula will make it easier to get underneath the pancakes, making sure they don't fall apart.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Kohlrabi (g) *	125	250	375	500	625	750
Apple (pcs)	½	1	1½	2	2½	3
Radish (pcs) *	4	8	12	16	20	24
Lemon * (pcs)	¼	½	¾	1	1¼	1½
Fresh dill & chives (g) *	5	10	15	20	25	30
Hot smoked salmon (g) 4) *	100	200	300	400	500	600
Waxy potatoes (g)	300	600	900	1200	1500	1800
Shallot (pcs)	½	1	1½	2	2½	3
Free-range egg (pcs) 3) *	1	1	1	2	2	3
Sour cream (g) 7) *	25	50	75	100	125	150

Not included

Extra-virgin olive oil (tbsp)	1	2	3	4	5	6
White balsamic vinegar (tbsp)	¼	½	¾	1	1¼	1½
Honey (tsp)	½	1	1½	2	2½	3
Flour (tbsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	2	4	6	8	10	12
Salt & pepper	to taste					

* keep in the refrigerator

NUTRITIVE VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	4213 / 1007	520 / 124
Fats (g)	51	6
Of which: saturated (g)	10,0	1,2
Carbohydrates (g)	88	11
Of which: sugars (g)	15,1	1,9
Fibre (g)	12	2
Protein (g)	41	5
Salt (g)	1,4	0,2

ALLERGENS

3) Eggs 4) Fish 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



FRESH PAPPARDELLE WITH CONFIT CHICKEN

WITH MUSHROOMS AND PESTO-CREAM SAUCE



Confit chicken thigh ✱



Fresh dill ✱



Fresh pappardelle ✱



Rocket lettuce and lamb's lettuce ✱



Chopped mushroom mix ✱



Double cream ✱



Green pesto ✱



Total for 2 persons:

35 min



Easy



Eat within **5** days

The rich flavours of this dish will make you feel like you're dining at a fancy restaurant. We have made it easier for you by giving you an already confit chicken thigh. This cooking technique involves cooking the meat in its own grease, which makes it nice and tender.

A GOOD — START

EQUIPMENT

Baking sheet with baking paper, pan with lid, salad bowl and a frying pan.
Let's start cooking the **fresh pappardelle** with **confit chicken**.



1 BAKE THE CHICKEN

Preheat the oven to 200 degrees. Put the **confit chicken thigh** on a baking sheet with baking paper, with the skin down. Bake in the oven for 15 – 18 minutes, until golden brown. Let the **chicken** cool to a temperature where you can touch it, without burning your fingers.



2 CHOP

Finely chop the **dill**. Boil ample water in a pan with a lid, for the **pappardelle**.



3 MAKE THE VINAIGRETTE

In a salad bowl, mix the extra virgin olive oil with the white wine vinegar, mustard, honey, salt and pepper. Mix this vinaigrette with the **rocket lettuce and lamb's lettuce**, and most of the chopped **dill**.



4 FRY THE MUSHROOMS

Heat ½ tbsp olive oil in a frying pan. Fry the **mushrooms** for 4 – 6 minutes on medium-high heat. Add per person: 100 ml **double cream** and 1 tsp white wine vinegar. Let the sauce simmer on low heat until it reaches the desired thickness. Cook the **fresh pappardelle**, covered with the lid, for 6 – 8 minutes. Regularly stir. Drain and save some of the cooking liquid.



5 MIX THE PASTA

Pull the meat from the chicken thigh with a fork. Add the **chicken**, the **pappardelle** and the **green pesto** to the frying pan with **mushrooms**. Stir well and heat for 1 minute on medium-high heat.



6 SERVE

Divide the pasta among deep plates and garnish with the leftover **dill**. Serve the salad next to the pasta.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Confit chicken thigh (pcs) *	1	2	3	4	5	6
Fresh dill (g) *	10	15	20	25	35	40
Fresh pappardelle (g) 1) 3) *	125	250	375	500	625	750
Rocket lettuce and lamb's lettuce (g) 23) *	30	60	90	120	150	180
Chopped mushroom mix (g) *	175	350	525	700	875	1050
Double cream (ml) 7) *	100	200	300	400	500	600
Green pesto (g) 7) 8) *	25	50	75	100	125	150
Not included						
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	1	2	3	4	5	6
Mustard (tsp)	¼	½	¾	1	1¼	1½
Honey (tsp)	¼	½	¾	1	1¼	1½
Butter (tbsp)	½	½	1	1	1½	1½
Salt & pepper	to taste					

* keep in the refrigerator

NUTRITIVE VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	5125 / 1225	834 / 199
Total fat (g)	80	13
Of which: saturated (g)	36,3	5,9
Carbohydrates (g)	76	12
Of which: sugars (g)	6,0	1,0
Fibre (g)	6	1
Protein (g)	47	8
Salt (g)	1,0	0,2

ALLERGENS

1) Grains containing gluten 3) Eggs 7) Milk/lactose 8) Nuts
May contain traces of: 23) Celery

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





Italian-style vegetarian burger

with tomato salsa and mixed salad



Starchy potatoes



White ciabatta



Tomato ✱



Plum tomato ✱



Red onion



Garlic clove



Basil paste ✱



Mayonnaise ✱



Vegetarian burger ✱



Grated Italian cheese ✱



Radicchio, rocket
lettuce & mixed lettuce
✱

Total for 2 persons:
45 min.

Vegetarian

Very simple

Eat within 5 days

Today's recipe might sound familiar, but this time we chose for a vegetarian burger by Van Koolen. This family business started as a mushroom farm: it is no surprise that this burger is made of mushrooms, but it also contains red beetroot and onion. The mushrooms give the burger a meaty texture, which makes it the perfect substitute for the classic hamburger.

A GOOD START

EQUIPMENT

Baking sheet lined with baking paper, bowl, small bowl and a frying pan.
Let's start cooking the **Italian-style vegetarian burger**.



1 PREPARE

Preheat the oven to 200 degrees. Wash the **potatoes** and cut into wedges. Divide the wedges over a baking sheet with baking paper and mix the wedges with ½ tbsp olive oil per person. Season with salt and pepper and bake the potatoes in the oven for 25 – 35 minutes until cooked and crispy. Flip them over halfway through cooking time. In the last 6 – 8 minutes, add the **ciabatta** to the oven as well.



4 FRY THE HAMBURGER

In a frying pan, heat the butter on medium-high heat and fry the **burger** together with the half rings of **red onion**, for 2 – 3 minutes per side, or until browned. In the last minute, sprinkle the burger with ¾ of the **grated Italian cheese**.



2 CHOP

In the meantime, cut the **tomato** and **plum tomato** into small dices. Finely chop half of the **red onion** and cut the rest into half rings. Press or mince the **garlic**.



5 TOP THE CIABATTAS

Cut the **ciabatta** in half and spread the basil mayonnaise on one side. Put the **burger** on top and cover the burger with 3 tbsp of tomato salsa per person and some of the **mixed lettuce** to taste.



3 MAKE THE TOMATO SALSA

In a bowl, mix the finely chopped **onion**, the diced tomatoes, the **garlic**, extra virgin olive oil and the black balsamic vinegar. In a small bowl, mix the **basil paste** with the **mayonnaise**.



6 SERVE

Mix the rest of the lettuce with the tomato salsa and serve next to the burger. Garnish the salad with the leftover **grated Italian cheese**. Serve with the potato wedges.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Starchy potatoes (g)	200	400	600	800	1000	1200
White ciabatta (pcs) 1) 6) 7) 17) 22) 25)	1	2	3	4	5	6
Tomato (pcs) *	1	2	3	4	5	6
Plum tomato (pcs) *	½	1	1½	2	2½	3
Red onion (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	½	1	1½	2	2½	3
Basil paste (ml) *	8	15	20	24	35	39
Mayonnaise (g) 3) 10) 19) 22) *	20	40	60	80	100	120
Vegetarian burger (pcs) 1) 17) 19) 20) 21) *	1	2	3	4	5	6
Grated Italian cheese (g) 3) 7) *	12½	25	37½	50	62½	75
Radicchio, rocket lettuce & mixed lettuce (g) 23) *	20	40	60	80	100	120
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (pcs)	½	1	1½	2	2½	3
Black balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Butter (tbsp)	½	½	1	1	1½	1½
Salt & pepper	to taste					

* keep in the refrigerator

NUTRITIVE VALUE	PER SERVING	PER 100 g
Energy (kJ/kcal)	4045 / 969	625 / 149
Total fat (g)	55	8
Of which: saturated (g)	19,3	3,0
Carbohydrates (g)	84	13
Of which: sugars (g)	10,1	1,6
Fibre (g)	13	2
Protein (g)	29	5
Salt (g)	2,3	0,4

ALLERGENS

1) Grains containing gluten 3) Eggs 6) Soy 7) Milk/lactose
10) Mustard
May contain traces of: 17) Eggs 19) Peanuts 20) Soy 21) Milk/lactose 22) Nuts 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.



1

'SUIKERBOLLEN' FRENCH TOAST

With crème fraîche and lemon balm

2

BANANA-SPINACH BOWL

With mango-pineapple spread and sunflower seeds

3

WHOLEGRAIN RUSK WITH AVOCADO

With goat cheese and garden cress

BREAKFAST 1

'SUIKERBOLLEN' FRENCH TOAST

with crème fraîche and lemon balm



1 Cut the top and bottom off the **Frisian sugar bun** ★. Cut the lemon balm into thin strips.

2 On a plate, mix the sugar with the **cinnamon**. On another plate, mix the **egg** and **milk** with a whisk.

3 Heat the butter in a frying pan on medium-high heat. Soak the **sugar buns** with the egg mixture and then dip them through the sugar mixture. Put the buns in the pan and fry them for 4 minutes per side, or until they start to become firm.

4 Divide the French toasts among plates, serve with the **crème fraîche** and garnish with the **lemon balm**.

★ **TIP:** For this dish, you cut off the top and bottom of the bun, so it can absorb the egg mixture. In this recipe, you will not use the pieces you cut off. Of course you can also use these pieces if you have some leftover egg mixture and sugar.

INGREDIENTS FOR 1 BREAKFAST

	2P	4P
Frisian sugar buns (pcs) 1) 3) 7) 13) 20) 22) 25)	2	4
Lemon balm (leaves) ★	6	12
Ground cinnamon (tsp)	3	6
Semi-skimmed milk (ml) 7) ★	125	250
Free-range egg (pcs) 3) ★	1	2
Crème fraîche (tbsp) 7) ★	4	8
Not included		
Sugar (tbsp)	3	6
Butter (tbsp)	1	2

★ keep in the refrigerator

EQUIPMENT

Frying pan, whisk and 2x plate.

NUTRITIVE VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2494 / 596	975 / 233
Total fat (g)	29	11
Of which: saturated (g)	16,9	6,6
Carbohydrates (g)	72	28
Of which: sugar (g)	42,6	16,6
Fibre (g)	3	1
Protein(g)	15	6
Salt (g)	1,0	0,4

ALLERGENS

1) Grains containing gluten 3) Eggs 7) Milk/lactose 13) Lupin
May contain traces of: 20) Soy 22) Nuts 25) Sesame

The nutrient values are calculated per person, per serving. Clean the ingredients before you process them. Do you want to pause or change your box for next week? Let us know by Wednesday through your account. Any questions about the products or our service? Contact our customer service.

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

Instagram Twitter Facebook #HelloFresh

BANANA-SPINACH BOWL

with mango-pineapple spread and sunflower seeds



1 Peel the **banana** and cut into pieces. Puree the **spinach**, **banana**, **Greek yogurt** and 2/3 of the **mango-pineapple spread** in a blender, or in a high bowl with a hand blender, into a thick smoothie.

2 Divide the smoothie among bowls. Garnish with the leftover **mango-pineapple spread** and the **sunflower seeds**.

★ **TIP:** Busy morning? Prepare the smoothie the night before, with a little bit of water. Pour your smoothie into a closable cup, keep it in the refrigerator and take it with you the next day!

INGREDIENTS FOR 1 BREAKFAST

	2P	4P
Banana (pcs)	2	4
Spinach (g) *	50	100
Greek yogurt (ml) 7) *	250	500
Mango-pineapple spread (tbsp) *	3	6
Sunflower seeds (g) 19) 22) 25)	20	40

*keep in the refrigerator

EQUIPMENT

Blender or hand blender with a high bowl

NUTRITIVE VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	1554 / 372	493 / 118
Total fat (g)	18	6
Of which: saturated (g)	8,3	2,6
Carbohydrates (g)	39	12
Of which: sugars (g)	30,4	9,6
Fibre (g)	4	1
Protein (g)	10	3
Salt (g)	0,3	0,1

ALLERGENS

7) Milk/lactose

May contain traces of: 19) Peanuts 22) Nuts 25) Sesame

WHOLEGRAIN RUSK WITH AVOCADO

with goat cheese and garden cress



1 Divide the **rusks** among plates. Cut the **avocado** into slices. Top the rusks with the **avocado** slices.

2 Cut the tops off the **garden cress** with scissors. Sprinkle the **goat cheese** on the avocado and garnish with the garden cress. Optionally, add pepper and salt to taste.

INGREDIENTS FOR 1 BREAKFAST

	2P	4P
Wholegrain rusk (pcs) 1) 3) 6) 7) 11) 13)	4	8
Avocado (pcs)	1	2
Aged goat cheese flakes (g) 3) 7) *	50	100
Garden cress (tbsp) *	2	4
Not included		

Salt & pepper to taste

*keep in the refrigerator

EQUIPMENT

Scissors

NUTRITIVE VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	1745 / 417	1269 / 303
Total fat (g)	31	22
Of which: saturated (g)	8,6	6,3
Carbohydrates (g)	19	12
Of which: sugars (g)	5,3	3,8
Fibre (g)	6	5
Protein(g)	15	11
Salt (g)	0,7	0,5

ALLERGENS

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

11) Sesame 13) Lupin