



SPICY COCONUT SOUP WITH HADDOCK

With udon noodles, string beans and carrot



HADDOCK

Haddock is a white fish related to the cod family. It has a mild and soft flavour.



Garlic



String beans ✱



Carrots ✱



Coconut milk



Ground lemongrass



Soy sauce



Fillet of haddock ✱



Fresh udon noodles



Total: **30-35** min.



Family



Easy



Calorie-conscious



Eat within **3** days



Lactose-free

Udon noodles are the thickest of all Japanese noodles. You can prepare them in a variety of ways, but in Japan they are mainly consumed in a soup or broth, like in this dish. Lemongrass is also known as sereh and it gives this soup a refreshing Asian touch.

A GOOD— START

EQUIPMENT

A **wok or a soup pan with a lid**.

Let's start cooking the **spicy coconut soup with haddock**.



1 CUT THE STRING BEANS

Prepare the stock. Press or finely chop the **garlic**. Trim the ends off the **string beans** and cut the **string beans** into small pieces.



2 CUT THE CARROTS

Cut the **carrot** in quarters lengthwise and then into small cubes. Stir the **coconut milk** or shake the packet firmly to make sure the lumps have dissolved.



3 FRY

Heat the sunflower oil in a wok or soup pan with a lid and fry the **garlic** for 1 – 2 minutes at medium to high heat. Add the **carrot** and fry for 4 – 6 minutes until al dente. For the final 30 seconds, add the sambal and the ground **lemongrass**.



4 BOIL AND CUT

Add the **stock**, **coconut milk**, **soy sauce** and **string beans**, cover the pan and bring to the boil. Simmer the **soup** for 6 minutes at low heat. In the meantime, tap the **haddock** dry with paper towels and cut the **haddock** into cubes of 2 cm.



5 FILL THE SOUP

Add the **haddock** to the wok or soup pan and allow the soup to boil, covered, for another 2 minutes. Take the lid off the pan, add the **udon noodles** and boil for another 2 minutes. Season to taste with salt and pepper.

TIP: Do you like your food extra spicy? Add a little more sambal to taste.



6 SERVE

Transfer the **coconut-fish soup** to bowls.

TIP: Are you concerned about eating too much salt? Add half the soy sauce or don't use it at all.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Garlic (cloves)	1	2	2	3	3	4
String beans (g) *	100	200	300	400	500	600
Carrots (pcs) *	½	1	1½	2	2½	3
Coconut milk (ml) 26	125	250	375	500	625	750
Ground lemongrass (tsp)	1	2	3	4	5	6
Soy sauce (ml) 1) 6	10	20	30	40	50	60
Fillet of haddock (skinned) (100g) 4) *	1	2	3	4	5	6
Fresh udon noodles (g) 1	100	200	300	400	500	600

Not included

Vegetable stock (ml)	300	600	900	1200	1500	1800
Sunflower oil (tbsp)	1	1	2	2	3	3
Sambal (tsp)	½	1	1½	2	2½	3

Salt & pepper to taste

* Keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2393 / 572	283 / 68
Total fat (g)	31	4
Of which: saturated (g)	21.6	2.6
Carbohydrates (g)	45	5
Of which: sugars (g)	9.1	1.1
Fibre (g)	8	1
Protein (g)	28	3
Salt (g)	7.1	0.8


ALLERGENS

1) Glutens 4) Fish 6) Soy

Can contain traces of: 26) Sulphite

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KOHLRABI HOTCHPOTCH WITH SMOKED CHICKEN

With a creamy goat's cheese sauce



KOHLRABI

This cabbage has a kick with a hint of sweetness. You'll read more about these tough guys in our blog.



Semi-crumble potatoes



Kohlrabi ✨



Apple



Shallots



Smoked chicken fillet ✨



Roasted hazelnuts



Fresh goat's cheese ✨

 Total: **35-40** min.

 Easy

 Eat within **3** days

Winter and hotchpotch go hand in hand and to make sure you aren't stuck with the same old hotchpotch recipes all winter, we will change things up a bit! With ingredients such as goat's cheese, kohlrabi and smoked chicken, you will be serving a surprising hotchpotch today.

A GOOD— START

EQUIPMENT

A **pan with a lid**, a **frying pan**, **tin foil**, a **potato masher** and a **whisk**.
Let's start cooking the **kohlrabi hotchpotch with smoked chicken**.



1 CHOP THE INGREDIENTS

Pre-heat the oven to 180 degrees and prepare the stock. Thoroughly scrub or peel the **potatoes** and cut into wedges. Weigh 200 grams of the **kohlrabi** per person. Peel the **kohlrabi**, cut into slices and then into 1 – 2 cm pieces. Cut the **apples** into quarters, remove the cores and cut into 1 cm cubes. Mince the **shallots**.



2 BOIL

Put the **potatoes** and **kohlrabi** barely covered with water in a pan with a lid. Bring to the boil and boil, covered, for 12 – 15 minutes until done. Drain, reserving a little of the cooking water, and allow to steam dry uncovered.



4 MAKE THE SAUCE

Heat the butter in a frying pan and fry the **shallot** at medium-low heat for 1 minute. Add the flour and fry, while stirring, for 2 minutes. Add 1/3 of the stock and stir with a whisk until the stock has been absorbed. Repeat this step 2 more times with the remaining stock and stir the sauce until smooth. Add the **goat's cheese**, bring to the boil and boil for 1 more minute.



5 PUREE THE HOTCHPOTCH

Mash the **potatoes** and **kohlrabi** into a coarse purée using a potato masher. Add a small splash of milk or cooking liquid to give it a velvety texture. Add the **mustard** and **apple**, stir and season to taste with salt and pepper.



3 HEAT THE CHICKEN FILLET

In the meantime, wrap the **smoked chicken fillet** in tin foil and heat in the oven for 10 minutes. In the meantime, coarsely chop the **hazelnuts** and set aside.



6 SERVE

Remove the **chicken fillet** from the tin foil and cut into thin slices. Transfer the **kohlrabi hotchpotch** to plates, pour the **goat's cheese sauce** over it and place the **chicken fillet** on top. Sprinkle with the **hazelnuts**.

✳️ **FACT:** Did you know that there is also purple kohlrabi? Its colour is almost as bright as red cabbage!

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Semi-crumby potatoes (g)	200	400	600	800	1000	1200
Kohlrabi (g) ✳️	200	400	600	800	1000	1200
Apple (pcs)	1/2	1	1 1/2	2	2 1/2	3
Shallots (pcs)	1/2	1	1 1/2	2	2 1/2	3
Smoked chicken fillet (g) ✳️	80	160	240	320	400	480
Roasted hazelnuts (g) 8) 19) 25)	10	20	30	40	50	60
Fresh goat's cheese (g) 7) ✳️	25	50	75	100	125	150
Not included						
Vegetable stock (ml)	100	200	300	400	500	600
Butter (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Flour (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Milk	dash					
Mustard (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Salt & pepper	to taste					

✳️ Keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2544 / 632	335 / 80
Total fat (g)	21	3
Of which: saturated (g)	9.1	1.2
Carbohydrates (g)	69	9
Of which: sugars (g)	17.4	2.2
Fibre (g)	13	2
Protein (g)	34	4
Salt (g)	3.3	0.4

ALLERGENS

7) Milk/lactose 8) Nuts

May contain traces of: 19) Peanuts 25) Sesame

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Orzo with roasted cauliflower and bimi

With fresh lemon thyme and shaved almonds



LEMON THYME

It's all in the name: this spice has a lemony flavour. You can use it in savoury dishes, like this one, but it also goes great in a fruit salad or dessert.



Fresh lemon thyme ✱



Cauliflower ✱



Bimi ✱



Onion



Garlic



Shaved almonds



Orzo



Parmigiano reggiano, flakes ✱



Total: 30-35 min.



Vegetarian



Easy



Eat within 5 days

Cauliflower is very healthy and versatile: you can boil it, turn it into cauliflower couscous or, like in this case, roast it in the pan. The florets will become crunchy on the outside and deliciously soft on the inside. Roasting it gives it a slightly nutty flavour which fits the almonds like a glove.

A GOOD— START

EQUIPMENT

A deep saucepan with a lid, a frying pan and a pan with a lid.
Let's start cooking the **orzo** with roasted cauliflower and bimi.



1 PREPARATION

Prepare the stock. Separate the **lemon thyme** leaves from the sprigs. Weigh the right amount of **cauliflower**, cut the **cauliflower** head into florets and chop the stem into cubes ★. Cut the **bimi** in half. Mince the **onion** and press or finely chop the **garlic**.



2 PREPARE THE VEGETABLES

Heat the olive oil in a deep saucepan with a lid at medium to high heat. Heat the **garlic**, **lemon thyme**, **cauliflower**, **bimi** and 3 tbsp water per person and fry, covered, for 18 – 22 minutes ★★. Shake the pan every now and then to make sure the vegetables don't burn.



4 MAKE THE ORZO

Heat the butter in a pan with a lid and fry the **onion** for 2 – 3 minutes at medium to high heat. Add the **orzo**, stir until each grain is covered in butter and deglaze with the **stock**. Boil the **orzo**, covered, for 10 – 12 minutes at low heat until dry. Turn regularly. Add some extra water if the **orzo** becomes too dry.

★ **TIP:** The smaller your cut the florets, the more crunchy they get and the faster they are done.



5 SEASON

Add half the **Parmigiano Reggiano** to the **orzo** and allow to melt while stirring. Season to taste with salt and pepper ★★.

★★ **TIP:** You can also roast the vegetables in the oven. Pre-heat the oven to 200 degrees and transfer the cauliflower, bimi, garlic and lemon thyme to a baking sheet lined with baking paper. Mix with 1 tbsp olive oil per person, salt and pepper. Roast in the oven for 18 – 22 minutes or until the **vegetables** are crispy and done.



3 ROAST THE ALMONDS

In the meantime, heat a frying pan, no oil, to medium-high heat and roast the **shaved almonds** for 3 – 4 minutes or until they begin to change colour. Remove from the pan and set aside.



6 SERVE

Transfer the **orzo** to plates, top with the **cauliflower** with **thyme** and garnish with the **bimi**, fried **shaved almonds** and the remaining **Parmigiano Reggiano**.

★★★ **TIP:** Do you like freshness and acidity in your dish? Taste it after seasoning it and add ½ to 1 tsp white wine vinegar per person to taste.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Fresh lemon thyme (sprigs) 23) ★	10	15	20	25	30	35
Cauliflower (g) ★	150	300	450	600	750	900
Bimi (g) ★	50	100	150	200	250	300
Onions (pcs)	¼	½	¾	1	1 ¼	1 ½
Garlic (cloves)	1	2	3	4	5	6
Shaved almonds (g) 8) 19) 22) 25)	10	20	30	40	50	60
Orzo (g) 1)	85	170	250	335	395	450
Parmigiano reggiano, flakes (g) 7) ★	25	50	75	100	125	150

Not included

Vegetable stock (ml)	175	350	500	675	850	1025
Olive oil (tbsp)	1	2	3	4	5	6
Butter (tbsp)	1	1 ½	2	2 ½	3	3 ½
Salt & pepper	to taste					

★ keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3059 / 731	555 / 133
Total fat (g)	36	7
Of which: saturated (g)	14.1	2.6
Carbohydrates (g)	70	13
Of which: sugars (g)	8.6	1.6
Fibre (g)	10	2
Protein (g)	26	5
Salt (g)	2.0	0.4

ALLERGENS

1) Glutens 7) Milk/lactose 8) Nuts

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

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COD FILLET WITH CHIVES SAUCE

With roasted potatoes and carrot



COD

It is a low-fat fish variety and easy to prepare.
Cod is extremely healthy and contains nutrients like omega 3.



Carrot *



Firm potatoes *



Fresh chives *



Full-fat yoghurt *



Fillet of cod *



Total: **35-45** min.



Calorie-conscious



Easy



Gluten-free



Eat within **3** days

Cod has a mild and soft flavour and fits the classic combination of chives and full-fat dairy like a glove. Roasting the carrot and potatoes in the oven together will save you a lot of time and it tastes great!

A GOOD — START

EQUIPMENT

A **pan with a lid**, a **frying pan**, a **small bowl** and a **frying pan**.
Let's start cooking the **cod fillet with chives sauce**.



1 PREPARATION

Pre-heat the oven to 220 degrees. Bring ample water to the boil in a pan with a lid for the potatoes and carrots. Weight 200 g **carrot** per person. Cut each **carrot** in quarters lengthwise. Thoroughly scrub or peel the **potatoes** and cut into long-thin wedges.



2 BOIL

Boil the **carrots** and **potatoes** in a pan with a lid for 8 – 10 minutes. Drain and set aside, uncovered, to steam dry.



3 ROAST

Transfer the **carrot** and **potatoes** to a baking sheet lined with baking paper, tap them dry with a paper towel and mix with olive oil. Bake in the oven for 20 – 30 minutes★. Season to taste with salt and pepper.



4 MAKE THE CHIVES SAUCE

In the meantime, finely cut or chop the **chives**. Mix the **full-fat yoghurt**, mustard and **chives** in a small bowl. Season to taste with salt and pepper.



5 FRY THE FISH

Once the vegetables in the oven are almost done, tap the **cod fillet** dry with paper towel. Melt the butter in a frying pan and fry the **cod fillet** for 2 – 3 minutes on each side at medium-high heat until done. Remove the **fish** from the frying pan and stir the **chives sauce** into the reduction in the pan.



6 SERVE

Transfer the **carrots** and **potatoes** to plates, place the **cod fillet** on top and serve with the **chives sauce**.

★**TIP:** If you are using a combination microwave or an electrical oven, you may need to extend the oven time of the potatoes and carrots. Use a fork to test the vegetables: if it slides in easily, they are done.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Carrot (g) *	200	400	600	800	1000	1200
Firm potatoes (g)	250	500	750	1000	1250	1500
Fresh chives (sprigs) 23) *	7	13	20	26	33	39
Full-fat yoghurt (g) 7) 19) 22) *	50	100	150	200	250	300
Fillet of cod (skinned) (120 g) 4) *	1	2	3	4	5	6
Not included						
Olive oil (tbsp)	2	2½	3	3½	4	4½
Mustard (tsp)	½	1	1½	2	2½	3
Butter (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

* Keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2443 / 584	377 / 90
Total fat (g)	25	4
Of which: saturated (g)	7.7	1.2
Carbohydrates (g)	55	8
Of which: sugars (g)	11.9	1.8
Fibre (g)	10	2
Protein (g)	29	4
Salt (g)	0.5	0.1

ALLERGENS

4) Fish 7) Milk/lactose

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

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Korean steak wraps with vegetables

With sweet and sour cucumber



SWEET AND SOUR CUCUMBER

This is a common side dish in Surinam and Indonesian cuisine. It is nice and fresh, easy to prepare and fits distinct, spicy flavours - like these wraps - like a glove.



Garlic



Fresh ginger



Red chilli peppers ✳



Steak strips ✳



Soy sauce



Cucumber ✳



Vegetable mix ✳



Fresh coriander ✳



Lime



Tortilla wrap

Total: 25 min.

Quick & Easy

Easy

Family

Eat within 3 days

Korean cuisine is known for its rich flavours that emerge from pure ingredients without any hassle. In Korea, it is a custom to serve small bowls with so-called banchan, the collective term for side dishes, together with the main course. This allows everyone to build their own dish, just like with these wraps.

A GOOD— START

EQUIPMENT

2x a bowl, tin foil and a frying pan.

Let's start cooking the **Korean steak wraps with vegetables**.



1 CHOP THE INGREDIENTS

Pre-heat the oven to 180 degrees. Press or finely chop the **garlic**. Peel and finely chop or grate the **ginger**. Remove the seed pods from the **red chilli pepper** and finely chop the **red chilli pepper**.



2 MARINATE STEAK

Mix the **red chilli pepper** with the **garlic**, **ginger**, **soy sauce** and olive oil in a bowl. Cut the steak strips into 1 – 2 cm pieces and mix them into the brine. Marinate the steak strips for at least 15 minutes ★.



3 MAKE THE PICKLES

In the meantime, cut or shave the **cucumber** into thin ribbons. Mix the **cucumber** with the white wine vinegar and sugar in a bowl. Season to taste with salt and set the **sweet and sour cucumber** aside. Stir every now and then to allow the flavours to soak in ★★.



4 HEAT THE TORTILLA

In the meantime, coarsely chop the **coriander** and cut the **lime** into wedges. Wrap the **tortillas** in tin foil and heat in the oven for 2 – 3 minutes.



5 FRY THE STEAKS

In the meantime, heat a frying pan to medium to high heat. Wait until the pan is hot and fry the **steak** with marinade for 2 – 3 minutes until brown all around. It's OK if the **steak** is still pink inside.

★**TIP:** The longer you marinate the steak, the more flavour it soaks up. Got time in the morning? Make the marinade in advance, mix in the steak and store in the refrigerator for later use.



6 SERVE

Fill the **wraps** with the **raw veggie mix**. Top with the **steak** and some sweet and sour **cucumber** and drizzle with some **lime juice**. Sprinkle with **coriander**. Serve the remaining **cucumber** separately.

★★**TIP:** To add a little variety, mix half the veggie mix into the sweet-sour cucumber during step 3.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Garlic (cloves)	½	1	1 ½	2	2 ½	3
Fresh ginger (cm)	1	2	3	4	5	6
Red chilli peppers (pcs) *	½	1	1 ½	2	2 ½	3
Soy sauce (ml) 1) 6)	15	30	45	60	75	90
Steak strips (g) *	120	240	360	480	600	720
Cucumber (pcs) *	¼	½	¾	1	1 ¼	1 ½
Fresh coriander (sprigs) 23) *	4	8	12	16	20	24
Lime (pcs)	¼	½	¾	1	1 ¼	1 ½
Tortilla wrap (pcs) 1) 20) 21)	2	4	6	8	10	12
Veggie mix carrot & cabbage (g) 23)	100	150	200	300	350	400
Not included						
Olive oil (tbsp)	½	1	1 ½	2	2 ½	3
White wine vinegar (tbsp)	2	4	6	8	10	12
Sugar (tsp)	1	2	3	4	5	6
Salt	to taste					

* keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2674 / 639	545 / 130
Total fat (g)	19	4
Of which: saturated (g)	5.6	1.1
Carbohydrates (g)	75	15
Of which: sugars (g)	11.7	2.4
Fibre (g)	7	1
Protein (g)	40	8
Salt (g)	2.8	0.6

ALLERGENS

1) Glutens 6) Soy

May contain traces of: 20) Soy 21) Milk/lactose 23) Celery

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Lasagne with leek and courgette

With fresh herbs and Grana Padano



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 creamy lasagne is one of our vegetarian favourites. 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.



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.



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.



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.



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.



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
Not included						
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					

*Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3448 / 824	708 / 169
Total fat (g)	45	9
Of which: saturated (g)	25.4	5.2
Carbohydrates (g)	80	16
Of which: sugars (g)	16.0	3.3
Fibre (g)	7	1
Protein (g)	27	6
Salt (g)	2.0	0.4

ALLERGENS

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

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Beet risotto with feta and mint

With lamb's lettuce and walnuts



WALNUTS

Do you ever buy whole walnuts? A good way of checking the quality is to shake them. If they rattle, the nuts are no good.



Shallots



Walnuts



Risotto rice



Pre-boiled red beets ✱



Feta ✱



Fresh mint ✱



Lamb's lettuce ✱



Total: **35-40** min.



Vegetarian



Easy



Gluten-free



Eat within **5** days

Full of vitamins and minerals, a gorgeous colour and a remarkable flavour. We are talking about beets, of course. The sweet, earthy flavour of this vegetable is a perfect combination with the salty feta.

A GOOD — START

EQUIPMENT

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

Let's start cooking the **beet-risotto with feta and mint**.



1 ROAST THE WALNUTS

Prepare the stock. Mince the **shallots** and coarsely chop the **walnuts**. Heat a deep saucepan to high heat and roast the **walnuts**, without any oil, until they gain some colour. Remove from the pan and set aside.



2 MAKE THE RISOTTO

Heat the butter in the same pan and fry the **shallots** at medium-high heat for 1 – 2 minutes. Add the **risotto** and fry, stirring constantly, for 1 minute. Add 1/3 of the stock and allow the **rice** grains to soak up the stock slowly. Stir regularly.



3 FINISH THE RISOTTO

As soon as the stock has been absorbed by the **risotto** grains, add 1/3 of the stock again and repeat this with the remaining stock. The **risotto** is done as soon as the grains are soft on the outside but still have a little bite on the inside. This takes around 20 – 25 minutes. Add some extra water or stock if you want to cook the **risotto** rice a bit further.



4 ADD THE BEETS

In the meantime, grate the **boiled beets** with a coarse grater★ and boil together with the **risotto** for the final 5 minutes. Crumble the **feta** and cut the **mint leaves** into thin strips.



5 MIX THE FETA

Mix half the **feta** into the **risotto** and stir until the **feta** has melted. Season to taste with salt and pepper.

★★**TIP:** The heat from the risotto causes the lettuce to shrink. Do you want the lettuce to maintain its bite? Place the lamb's lettuce around the risotto and don't mix it in until you start eating. You can also season the lettuce with a little extra-virgin olive oil, salt and pepper.



6 SERVE

Transfer the **lamb's lettuce** to plates, scoop the **risotto** on top★★ and garnish with the **walnuts** and the remaining **feta**. Sprinkle with **mint** and drizzle with extra-virgin olive oil to taste.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Shallots (pcs)	1	2	3	4	5	6
Walnuts (g) 8) 19) 22) 25)	10	20	30	40	50	60
Risotto rice (g)	75	150	225	300	375	450
Pre-boiled red beets (g) ★	150	300	450	600	750	900
Feta (g) 7) ★	50	100	150	200	250	300
Fresh mint (leaves) 23) ★	6	12	18	24	30	36
Lamb's lettuce (g) 23) ★	20	40	60	80	100	120
Not included						
Vegetable stock (ml)	250	500	750	1000	1250	1500
Butter (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					
Extra-virgin olive oil	to taste					

★ Keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2799 / 669	443 / 106
Total fat (g)	32	5
Of which: saturated (g)	17.1	2.7
Carbohydrates (g)	72	11
Of which: sugars (g)	10.8	1.7
Fibre (g)	7	1
Protein (g)	18	3
Salt (g)	3.4	0.5

ALLERGENS

7) Milk/lactose 8) Nuts

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

TIP: Are you keeping an eye on your calorie intake? Leave out the walnuts.

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★**TIP:** Don't like your hands to become red from the beets? Put plastic sandwich bags on your hands while grating.



Tomato shakshuka with buffalo mozzarella

With pearl couscous and basil



BUFFALO MOZZARELLA

This mozzarella is made of buffalo's milk, which is whiter than cow's milk and gives the cheese a porcelain-like colour.



Pearl couscous



Red onions



Garlic



Red cherry tomatoes ✱



Paprika



Tomato cubes with basil



Buffalo mozzarella ✱



Free-range egg ✱



White ciabatta



Fresh basil ✱



Total: 30-35 min.



Vegetarian



Easy



Eat within 3 days

Shakshuka is conquering the world at lightning speed. The dish, consisting of eggs poached in tomato sauce, is consumed in the Middle-East and North-Africa for breakfast, lunch and dinner. We love variety so we will make this version extra hearty with pearl couscous.

A GOOD— START

EQUIPMENT

A **pan with a lid** and a **wok or deep saucepan with a lid**.
Let's start cooking the **tomato shakshuka with buffalo mozzarella**.



1 BOIL THE PEARL COUSCOUS

Pre-heat the oven to 200 degrees. Bring ample water to the boil in a pan with a lid and boil 30 g **pearl couscous** per person, covered, for 8 minutes. Drain and rinse with cold water to prevent the **pearl couscous** from cooking any further.



2 CHOP THE INGREDIENTS

In the meantime, mince the **red onion**. Press or finely chop the **garlic** and cut the **red cherry tomatoes** in half.



3 MAKE THE SAUCE

Heat the olive oil in a wok or deep saucepan with a lid. Add the **red onion**, **garlic** and **paprika** and fry for 2 – 3 minutes at medium-high heat. Add the **red cherry tomatoes** and stir properly to allow the flavours to soak. Add the **tomato cubes** to the pan, bring to the boil while stirring and simmer, covered, for 5 minutes. Season to taste with salt and pepper. In the meantime, tear the **buffalo mozzarella** into small pieces.



4 MAKE THE SHAKSHUKA

Add the **pearl couscous** to the wok or deep saucepan and stir into the sauce. Make an indentation in the **tomato** sauce for each egg. Break the **egg** into the indentation and sprinkle with salt and pepper. Top the shakshuka with the **buffalo mozzarella** pieces, cover with the lid and allow the **eggs** to set for about 10 minutes★. Remove the lid from the pan, turn up the heat and boil for another 5 – 10 minutes or until the **shakshuka** has reached the desired consistency★★.



5 FRYING AND CUTTING

In the meantime, oven-bake the **ciabatta** for 6 – 8 minutes until golden-brown. Cut the **basil** leaves into strips.

★**TIP:** The egg is done once the egg white begins to turn white but the yolk is still runny. Of course you can also cook the egg longer if you prefer your yolk to be set.



6 SERVE

Transfer the **shakshuka** to plates. Garnish with the **basil strips** and serve with the **ciabatta**.

★★**TIP:** The surface area of your pan largely determines the consistency of the shakshuka. If you use a wok, it is easier to poach the eggs but less moisture will evaporate. A deep saucepan will make for a thicker shakshuka but the eggs will set faster.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Pearl couscous (g) 1)	30	60	90	120	150	180
Red onions (pcs)	½	1	1½	2	2½	3
Garlic (cloves)	½	1	1½	2	2½	3
Red cherry tomatoes (g) *	125	250	375	500	625	750
Paprika (tsp)	1	2	3	4	5	6
Tomato cubes with basil (can)	½	1	1½	2	2½	3
Buffalo mozzarella (g) 7) *	60	125	185	250	310	370
Free-range eggs (pcs) 3) *	2	4	6	8	10	12
White ciabattas (pcs) 1) 6) 7) 17) 22) 25) 27)	1	2	3	4	5	6
Fresh basil (leaves) 23) *	4	8	12	16	20	24

Not included

Olive oil (tbsp)	1	1½	2	2½	3	3½
Salt & pepper	to taste					

* Keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3167 / 757	478 / 114
Total fat (g)	36	5
Of which: saturated (g)	13.9	2.1
Carbohydrates (g)	70	11
Of which: sugars (g)	9.5	1.4
Fibre (g)	11	2
Protein (g)	34	5
Salt (g)	1.6	0.2

ALLERGENS

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

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Chicken with aromatic leek-cream sauce

With vadouvan, rice and broccoli



VADOUVAN

This Indian herb mix is spicy and a little sweet with flavours such as shallot and garlic. It resembles the more well-known masala mix, a mixture that probably gave rise to vadouvan.



Basmati rice



Broccoli ✱



Garlic



Shallots



Leek ✱



Chicken thigh fillet ✱



Vadouvan



Creme fraiche ✱



Total: **30-35** min.



Gluten-free



Easy



Eat within **3** days

Today you'll season the chicken with vadouvan – a curry-like mixture that has been featuring on menus in restaurants more and more. The word 'curry' was derived from the Indian name for curry leaf: 'Kari patta'. Back when India was still a British colony, the British wanted to copy the dishes back home with 'kari powder' which became 'curry powder' over time: a herb mixture that contains curry leaf, just like vadouvan.

A GOOD— START

EQUIPMENT

2 pans with a lid and a deep saucepan.

Let's start cooking the **chicken with aromatic leek-cream sauce**.



1 BOIL THE RICE

Bring ample water to the boil in two pans for the rice and **broccoli**. Boil the **rice**, covered, for 12 – 15 minutes. Drain and allow to steam-dry, covered. Season the **rice** with salt and pepper.



2 BOIL THE BROCCOLI

In the meantime, cut the **broccoli** head into florets and dice the stem. Boil the **broccoli** for 4 – 6 minutes until done. Drain and rinse with cold water to prevent the **broccoli** from cooking any further.



3 CHOP THE INGREDIENTS

In the meantime, press or finely chop the **garlic**. Mince the **shallots**. Cut the **leek** into quarters lengthwise and finely chop. Cut the **chicken thigh** into pieces of around 2 cm and rub the **chicken thigh** pieces with 2 tsp **vadouvan** per person, salt and pepper.



4 FRY

Heat the butter in a deep saucepan at medium-high heat and fry the **shallots, garlic** and **leeks** for 2 – 3 minutes. Add the **chicken thigh** pieces and fry for 2 – 3 minutes. Season to taste with salt and pepper. In the meantime, prepare the stock ★. Remove the **chicken thigh** pieces from the pan and set aside. They don't have to be done yet.



5 MIX

Add the **broccoli** to the deep saucepan and fry for 2 – 3 minutes. Deglaze with chicken stock and add the **creme fraiche**. Add the **chicken thigh** pieces and boil the lot for 3 minutes at medium-low heat or until the **chicken** is done. Season to taste with salt and pepper.



6 SERVE

Transfer the **rice** to deep plates. Scoop the **chicken** and **vegetables** with **cream sauce** over the rice.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Basmati rice (g)	85	170	250	335	420	500
Broccoli (g) *	200	400	600	800	1000	1200
Garlic (cloves)	½	1	1½	2	2½	3
Shallots (pcs)	½	1	1½	2	2½	3
Leeks (pcs) *	½	1	1½	2	2½	3
Chicken thigh fillet (50 g) *	2	4	6	8	10	12
Vadouvan (tsp 10)	2	4	6	8	10	12
Creme fraiche (g 7) *	30	60	90	120	150	180

Not included

Butter (tbsp)	1	2	3	4	5	6
Chicken stock (ml)	50	100	150	200	250	300
Salt & pepper	to taste					

* Keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3268 / 781	497 / 119
Total fat (g)	34	5
Of which: saturated (g)	16.6	2.5
Carbohydrates (g)	77	12
Of which: sugars (g)	9.5	1.4
Fibre (g)	13	2
Protein (g)	36	5
Salt (g)	0.8	0.1

ALLERGENS

7) Milk/lactose 10) Mustard

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★**TIP:** Use ½ stock cube for 50 ml water in this recipe. Prefer a little more sauce? Add 75 ml chicken stock per person in stead of 50 ml.



Pitas with falafel and labne dip

With mini-Romaine, red sweet pepper, cucumber and feta



LABNE

Labne is a yoghurt dip from the Middle-East where it is consumed as hummus - for example for breakfast with some olive oil and za'atar spice mix.



White pitas



Red sweet pepper ✨



Cucumber ✨



Mini Romaine ✨



Falafel with tomato ✨



Feta ✨



Labne ✨



Total: 20 min.



Quick & Easy



Very simple



Vegetarian



Eat within 5 days

Falafel is a street food from the Middle-East. The dough is usually made of chickpeas and a mix of spices. The balls that are made with the dough are deep-fried and voila - you've got delicious falafel with a crunchy crust. We have already done all the work for you, all you need to do is fry the falafel.

A GOOD — START

EQUIPMENT: 2 frying pans and a salad bowl.
Let's start cooking the **pitas with falafel and labne dip**.



1 CHOP THE INGREDIENTS

- Pre-heat the oven to 200 degrees and bake the **pitas** for 6 – 8 minutes until golden-brown or toast them in a toaster ★.
- In the meantime, remove the seed pods from the **red sweet pepper**. Dice the **red sweet pepper** and the **cucumber**.
- Finely chop the **mini-Romaine**.



3 DRESS THE SALAD

- In the meantime, mix the **mini-Romaine** with the mustard, honey, white wine vinegar and extra-virgin olive oil in a salad bowl. Season to taste with salt and pepper.

★ **TIP:** This week's box contains more pitas than you will need today. Do you have a big appetite? Use all the pitas.



2 FRY

- Heat half the olive oil in a frying pan at medium-high heat and fry the **sweet pepper** for 5 – 7 minutes. Season to taste with salt and pepper.
- In the meantime, heat the remaining olive oil in another frying pan at medium-high heat and fry the **falafel balls** for 3 – 4 minutes until brown.
- Crumble the **feta**.



4 SERVE

- Serve everything in separate containers so everyone can stuff their own **pitas** with **mini-Romaine**, **sweet pepper**, **cucumber** and **falafel** to taste. Garnish with the **feta** and serve with the **labne** as a dip.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
White pitas (pcs) 1)	2	4	6	8	10	12
Red sweet peppers (pcs) *	½	1	1½	2	2½	3
Cucumber (pcs) *	⅓	⅔	1	1⅓	1⅔	2
Mini-Romaine (head) *	1	2	3	4	5	6
Falafel with tomato (g) 1) 19) 22) *	125	250	375	500	625	750
Feta (g) 7) *	25	50	75	100	125	150
Labne (g) 7) 19) 22) *	50	100	150	200	250	300
Not included						
Olive oil (tbsp)	1	1½	2	2½	3	3½
Mustard (tsp)	½	1	1½	2	2½	3
Honey (tsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	½	1	1½	2	2½	3
Extra-virgin olive oil (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)	3686 / 881	561 / 134
Fats (g)	38	6
Of which: saturated (g)	10.5	1.6
Carbohydrates (g)	103	16
Of which: sugars (g)	15.1	2.3
Fibre (g)	11	2
Protein (g)	25	4
Salt (g)	3.4	0.5

ALLERGENS

1) Glutens 7) Milk/lactose

Can contain traces of: 19) Peanuts 22) Nuts

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Italian beef sausage with cheesy potatoes

With spinach, pine nuts and lemon



BEEF SAUSAGE

Fresh sausage used to be tied in a knot - today we only still do this with the smoked sausage and dried sausage. When you use this sausage to make smaller pieces of sausage, the Dutch call it saucijzen, derived from the French saucisse.



Dried potatoes



Shallots



Plum tomato ✱



Lemon



Italian-style beef sausage ✱



Pine nuts



Spinach ✱



Parmigiano reggiano ✱



Total: 20 min.



Quick & Easy



Very simple



Gluten-free



Eat within 3 days

Today you'll use Parmigiano cheese as a flavouring for the potatoes. This cheese originated from the Parma region in Italy and is made of cow's milk. You need a whopping 16 litres to make a kilogram of Parmigiano reggiano, which is how the Italians call this cheese. The savoury umami flavour turns your potatoes into something special!

A GOOD — START

EQUIPMENT: A **pan with a lid**, a **frying pan with a lid**, a **grater** and a **deep saucepan**.
Let's start cooking the **Italian beef sausage with cheesy potatoes**.



1 BOIL THE POTATOES

- Put the **potatoes**, barely covered with water, in a pan with a lid and boil the **potatoes** for 15 – 17 minutes until done. Drain and set aside, uncovered, to steam dry.
- In the meantime, mince the **shallots**.
- Finely dice the **plum tomatoes**.
- Juice half the **lemon** and cut the other half into wedges.



3 STIR-FRY THE SPINACH

- Add the remaining olive oil to the deep saucepan and fry the **shallots** for 2 minutes at medium-high heat.
- Tear the **spinach** into bite-sized pieces over the pan and stir-fry for 4 – 5 minutes.
- Add the **tomato** for the final minute. Season to taste with salt, pepper and 1 tsp **lemon juice** per person.
- In the meantime, coarsely grate the **Parmigiano reggiano**.



2 FRY AND ROAST

- In the meantime, heat half the olive oil in a frying pan with a lid at medium-high heat and gently fry the **beef sausage** for 2 – 3 minutes all around. Turn down the heat, cover the pan and fry the **sausage** for another 2 – 3 minutes or until done.
- In the meantime, heat a deep saucepan, without any reduction, to medium-high heat and roast the **pine nuts** until they begin to change colour. Remove from the pan and set aside.



4 SERVE

- Scoop the **Parmigiano reggiano** and the butter into the potatoes. Turn regularly and season with salt and pepper.
- Serve the **potatoes** with the **beef sausage** and the **spinach**.
- Garnish the spinach with the **pine nuts** and serve with the **lemon wedges**.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Drieling potatoes (g)	300	600	900	1200	1500	1800
Shallots (pcs)	½	1	1½	2	2½	3
Plum tomatoes (pcs) *	½	1	1½	2	2½	3
Lemons (pcs)	¼	½	¾	1	1¼	1½
Italian-style beef sausage (100 g) *	1	2	3	4	5	6
Pine nuts (g) 19) 22) 25)	5	10	15	20	25	30
Spinach (g) 23) *	200	400	600	800	1000	1200
Parmigiano reggiano (g) 7) *	10	20	30	40	50	60

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)	3473 / 830	476 / 114
Fats (g)	41	6
Of which: saturated (g)	15.0	2.1
Carbohydrates (g)	65	9
Of which: sugars (g)	6.6	0.9
Fibre (g)	11	2
Protein (g)	44	6
Salt (g)	0.6	0.1

ALLERGENS

7) Milk/lactose

Can contain traces of: 19) Peanuts 22) Nuts 23) Celery 25) Sesame

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BURGER DELUXE WITH POTATOES

A VEAL BURGER WITH FRIED EGG AND BACON



SPECIAL INGREDIENT.



VEAL BURGER

This veal burger is made of pure Dutch veal and was seasoned with things like sweet pepper, mace and nutmeg.



Roseval potatoes



White rose roll



Little gem ✱



Mini-Roma tomatoes ✱



Red onions



Bacon ✱



Veal burger ✱



Free-range egg ✱



Pickles and capers ✱



Mayonnaise ✱

 40-45 min

 Several steps

 Eat within 3 days

There's regular burgers and then there's deluxe burgers - or should we say burger towers? This dish requires quite some plating skills, since the roll is topped with a loyal amount of ingredients: a tender veal burger, a fried egg, onion rings and slices of bacon. Veal is low-fat meat with a deliciously mild and refined flavour.

A GOOD — START

EQUIPMENT

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



1 FRY THE POTATOES

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



4 FRY THE BURGER AND EGG

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

★ ★ **TIP:** You can consume veal burgers when still pink on the inside: that is how they will come out if you follow this recipe. Not a fan? Fry the burgers for a couple of extra minutes.



2 PREPARE THE SALAD

In the meantime, coarsely chop the **little gem**, halve the **mini Roma tomatoes** and cut the **red onion** into half rings. Heat a frying pan to medium to high heat and fry the **bacon**, without any oil or butter, for 3 – 5 minutes until crispy. Remove from the pan and set aside.



5 MIX THE SALAD

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

★ ★ ★ **TIP:** You can always set aside some little gem to top the burger with.



3 PREPARE THE DRESSING

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



6 SERVE

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

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

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Roseval potatoes (g)	250	500	750	1000	1250	1500
White rose roll (pcs)	1	2	3	4	5	6
1) 17) 20) 21) 22) 25) 27)						
Little gem (pcs) *	1	2	3	4	5	6
Mini-Roma tomatoes (g) *	100	150	200	250	300	350
Red onions (pcs)	½	1	1½	2	2½	3
Bacon (g) *	25	50	75	100	125	150
Veal burger (120 g) *	1	2	3	4	5	6
Free-range eggs (pcs) 3) *	1	2	3	4	5	6
Pickles and capers (container) *	¼	½	¾	1	1¼	1½
Mayonnaise (g)	40	50	75	100	125	150
3) 10) 19) 22) *						

Not included

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

* Keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	5217 / 1247	619 / 148
Fats (g)	66	8
Of which: saturated (g)	16.0	1.9
Carbohydrates (g)	108	13
Of which: sugars (g)	12.9	1.5
Fibre (g)	10	1
Protein (g)	51	6
Salt (g)	3.4	0.4

ALLERGENS

1) Glutens 3) Eggs 10) Mustard
Can contain traces of: 17) Eggs 19) Peanuts 20) Soy 21) Milk/lactose
22) Nuts 25) Sesame 27) Lupin

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PORK NECK WITH PUMPKIN

WITH A SALAD OF BEETS, BRUSSELS SPROUTS AND TOMATOES

SPECIAL INGREDIENT.



PORK NECK (PROCUREUR)

This tender piece of pork is cut from the neck of the pig. The meat carries the 'Keten Duurzaam Varkensvlees' (Chain Sustainable Pork) label.



Yellow beet ✱



Red beet ✱



Hokkaido pumpkin



Brussels sprouts ✱



Pork neck ✱



Orange



Fresh basil ✱



Fresh thyme ✱



Red onions



Mini Roma tomatoes ✱



Fresh goat's cheese ✱

45-50 min

✱ Gluten-free

Several steps

5 Eat within 5 days

This colourful autumn salad is filled with all kinds of vegetables. The earthy flavours of pumpkin and red and yellow beets are a great match. The slightly bitter Brussels sprouts and the freshness of the tomatoes and basil make for a great contrast.

A GOOD — START

EQUIPMENT

A salad bowl, tin foil, a baking sheet lined with baking paper and a deep saucepan.
Let's start cooking the **pork neck with pumpkin**.



1 PREPARE THE VEGETABLES

Pre-heat the oven to 200 degrees. Peel the **yellow and red beets** and cut into thin wedges ★. Cut open the **pumpkin**, remove the pumpkin seeds with a spoon and cut the **pumpkin** into thin wedges ★★. No need to peel the **pumpkin**.

★★**TIP:** Make sure you cut the beets into wedges of no more than ½ cm thick, otherwise they will take too long to cook.



4 PREPARE THE PORK NECK AND SAUCE

Heat ½ tbsp butter per person in a saucepan at medium to high heat and fry the **pork neck** for 2 – 4 minutes on each side. Take the **pork neck** from the pan and wrap in tin foil to keep it warm. Add the **red onion** and **thyme** to the pan and fry gently for 4 – 5 minutes. Add the **orange juice** and allow to reduce for 3 – 4 minutes at low heat. The juice is largely absorbed by the **onions**.



2 ROAST THE VEGETABLES

Mix the **beets** and **pumpkin** with 1 tbsp olive oil per person and season with salt and pepper. Place the **beets** on one side of a baking sheet lined with baking paper and place the **pumpkin** on the other side of the baking sheet. Roast in the oven for 30 - 40 minutes. In the meantime, mix the **Brussels sprouts** with the remaining olive oil and season with salt and pepper ★★★. Place the **Brussels sprouts** in between the **vegetables** on the baking tray in the oven for the final 15 minutes.



5 MAKE THE SALAD

In the meantime, halve the **mini-Roma tomatoes**. Cut the **basil leaves** into thin strips. Whip up a dressing of the black balsamic vinegar and extra-virgin olive oil in a salad bowl. Add the **yellow and red beets**, **Brussels sprouts**, **mini-Roma tomatoes** and **chopped basil leaves**. Season to taste with salt and pepper.

★★★**TIP:** Got particularly large Brussels sprouts? Halve them.



3 PREPARE THE SEASONING

In the meantime, rub the **pork neck** with salt and pepper. Juice the **orange**. Strip the leaves from the **thyme** sprigs. Slice the **red onion** into half rings.

★★**TIP:** Having trouble cutting the pumpkin? You can place it in hot or boiling water for a moment, it will turn a little bit softer and your knife will slide through more easily!



6 SERVE

Transfer the **pumpkin** wedges to plates and position them in an imbricated fashion. Serve the **beet salad** on the side and crumble the **fresh goat's cheese** over it. Cut the **pork neck** into strips and position them against each other on the plates. Top with the sauce.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Yellow beet (pcs) *	½	1	1½	2	2½	3
Red beet (pcs) *	½	1	1½	2	2½	3
Hokkaido pumpkin (pcs)	⅓	⅔	1	1⅓	1⅔	2
Brussels sprouts (g) 23 *	100	200	300	400	500	600
Pork neck (140 g) *	1	2	3	4	5	6
Orange (pcs)	½	1	1½	2	2½	3
Fresh basil & thyme (g) 23 *	5	10	15	20	25	30
Red onions (pcs)	½	1	1½	2	2½	3
Mini-Roma tomatoes (g) *	60	125	185	250	310	375
Fresh goat's cheese (g) 7 *	25	50	75	100	125	150

Not included

Olive oil (tbsp)	1½	3	4½	6	7½	9
Butter (tbsp)	½	1	1½	2	2½	3
Extra-virgin olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

* Keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3941 / 942	425 / 102
Fats (g)	72	8
Of which: saturated (g)	23.5	2.5
Carbohydrates (g)	31	3
Of which: sugars (g)	25.2	2.7
Fibre (g)	15	2
Protein (g)	36	4
Salt (g)	0.8	0.1

ALLERGENS

7) Milk/lactose
Can contain traces of: 23) Celery

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HelloFRESH



Farfalle with ground chicken with cream sauce

With aubergine and mushrooms



AUBERGINE

Vegetable or fruit? Just like its cousin the tomato, aubergine is actually a type of fruit. Aubergine contains few calories and is rich in fibre, vitamins and minerals.



Aubergine ✨



Red onions



Garlic



Mushrooms ✨



Fresh curly parsley ✨



Lemons



Farfalle



Italian-style ground chicken ✨



Single cream ✨



Dried thyme



Total: **30-35** min.

Easy

Eat within **3** days

The name of this pasta variety, farfalle, refers to its shape: it means 'butterflies' in Italian. In this recipe you will make a delicious creamy sauce of puréed aubergine - a surprising way of processing vegetables in a pasta sauce. The ground chicken has been seasoned for you with Italian herbs.

A GOOD— START

EQUIPMENT

2 pans with a lid, a hand-held blender and a wok or deep saucepan.
Let's start cooking the **farfalle with ground chicken in cream sauce**.



1 BOIL THE AUBERGINE

Bring 500 ml water per person to the boil in a pan with a lid to cook the **aubergine** in. Bring 500 ml water per person to the boil in another pan with a lid to cook the **farfalle** in. Cut the **aubergine** in half lengthwise and cut into half slices. Boil the **aubergine** in a pan with a lid for 10 – 12 minutes. Drain, purée the **aubergine** with a hand-held blender and season to taste with salt and pepper ★.



4 STIR-FRY

In the meantime, heat the olive oil in a wok or deep saucepan and fry the **red onion** and **garlic** for 2 – 3 minutes at medium-high heat. Add the **ground chicken** and **mushrooms** and fry the **ground chicken** until it separates. Next, add the puréed **aubergine** and stir-fry for another 3 – 4 minutes.



2 CHOP THE INGREDIENTS

In the meantime, mince the **red onion**, and press or finely chop the **garlic**. Cut the **mushrooms** into slices and finely chop the **curly parsley**. Cut the **lemon** into wedges.



5 SEASON

Add the **single cream** and **dried thyme**, stir well and season the sauce with plenty of salt and pepper. Stir the **farfalle** into the **sauce with vegetables** in the pan.



3 BOIL THE FARFALLE

Next, boil the **farfalle**, covered, for 10 – 12 minutes in the other pan with a lid. Drain.



6 SERVE

Transfer the **farfalle** with sauce to plates. Garnish with the **curly parsley** and serve with a **lemon wedge**.

★**TIP:** For a variation to this dish, sprinkle the aubergine slices with ample salt first, allow to soak for 20 minutes and then rub off the salt. Make sure you add enough oil to the pan and fry the aubergine for 15 – 20 minutes at medium-low heat in a pan or in the oven at 200 degrees. Do not purée the aubergine but stir the slices into the pasta instead.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Aubergine (pcs) *	½	1	1½	2	2½	3
Red onions (pcs)	½	1	1½	2	2½	3
Garlic (cloves)	1	2	3	4	5	6
Mushrooms (g) *	125	250	375	500	625	750
Fresh curly parsley (sprigs) 23) *	2	4	6	8	10	12
Lemons (pcs)	¼	½	¾	1	1¼	1½
Farfalle (g) 1) 17) 20)	90	180	270	360	450	540
Italian-style ground chicken (g) *	100	200	300	400	500	600
Single cream (ml) 7) *	100	150	200	250	350	400
Dried thyme (tsp)	1	2	3	4	5	6
Not included						
Olive oil (tbsp)	1	1	2	2	3	3
Salt & pepper	to taste					

* Keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3172 / 782	562 / 134
Total fat (g)	33	6
Of which: saturated (g)	14.4	2.5
Carbohydrates (g)	79	14
Of which: sugars (g)	13.8	2.4
Fibre (g)	9	2
Protein (g)	37	6
Salt (g)	0.4	0.1

ALLERGENS

1) Glutens 7) Milk/lactose

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

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