



# HADDOCK WITH CHIVES SAUCE

With carrots and potatoes



LAVILA BLANC

*This pure fish dish with the delicate onion flavour of chives brings out the taste of this crisp, white wine.*



Carrots ✱



Nicola potatoes



Fillet of haddock ✱



Fresh chives ✱



Full-fat yoghurt ✱



Total: 30-35 min.



Original



Easy



Family



Eat within 3 days



Calorie-conscious

Haddock is a member of the cod family, but its flavour is more intense than that of cod. You can easily recognize these fish by the back stripe on its side, and the black spot behind its gills.



## A GOOD— START

### EQUIPMENT

A **pan with a lid**, a **baking tray lined with baking paper**, a **bowl** and a **frying pan**.  
Let's start cooking the **haddock with chives sauce**.



### 1 PREPARATION

Pre-heat the oven to 220 degrees. Bring 500 ml water per person to the boil in a pan with a lid. Cut each **carrot** in half lengthwise and then into quarters. Thoroughly rinse and scrub the **potatoes** (Nicola), cut in half lengthwise and then into long, narrow wedges.



### 2 COOK THE VEGETABLES

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



### 3 FRY THE VEGETABLES

Transfer the **carrots** and **potatoes** to a baking tray lined with paper, drizzle with olive oil and bake in the oven for 15 minutes. Season to taste with salt and pepper.



### 4 SEASON

Finely cut or chop the **chives**. In a small bowl, blend together the full-fat **yoghurt**, the mustard and the **chives**. Season to taste with salt and pepper.



### 5 FRY THE FISH

Just before the roast vegetables are done, pat the **haddock** dry with a paper towel. Melt the butter in a frying pan and brown the **haddock** at medium to high heat for 2 - 3 minutes on each side. Stir the **chives sauce** into the frying fat from the fish.



### 6 SERVE

Transfer the **carrots** and **potatoes** to plates, arrange the **haddock** on top of the vegetables and serve with the **chives sauce**.

### \*FACTS

Did you know that the green tops of carrots can be eaten? You can make a delicious pesto with them. You will find the recipe on our blog.

## SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Carrots (g) *	200	400	600	800	1000	1200
Nicola potatoes (g)	250	500	750	1000	1250	1500
Fillet of haddock (skinned) (100g) 4) *	1	2	3	4	5	6
Fresh chives (sprigs) 23) *	5	10	15	20	25	30
Full-fat yoghurt (tbsp) 7) 19) 22) *	2	4	6	8	10	12
Olive oil* (tbsp)	1	1	1½	1½	2	2
Butter* (tbsp)	½	1	1½	2	2½	3
Mustard* (tsp)	½	1	1½	2	2½	3
Salt & pepper*	to taste					

\*Not included | \* Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2201 / 526	354 / 85
Total fat (g)	20	3
Of which: saturated (g)	7.2	1.2
Carbohydrates (g)	55	9
Of which: sugars (g)	11.9	1.9
Fibre (g)	10	2
Protein (g)	26	4
Salt (g)	0.4	0.1

### ALLERGENS

4) Fish 7) Milk/lactose

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

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# Fettuccine with cream sauce and Serrano ham

With mushrooms and lemon



## L'AURÉOLE ROUGE

*This full-bodied red wine has an almost creamy flavour. A perfect accompaniment to the cream sauce and savoury Serrano ham in this fettuccine dish.*



Shallots



Mushrooms ✱



Fresh oregano ✱



Fettuccine



Walnuts



Serrano ham ✱



Lemon



Crème fraîche ✱



Rocket ✱



Total: 25-30 min.



Original



Easy



Eat within 3 days

Fettuccine means 'little ribbons' in Italian. This pasta variety looks tagliatelle, but is a little narrower. The slightly rougher texture of the pasta allows the creamy sauce to stick to it better. The salty Serrano ham and tangy lemon bring this dish beautifully into balance.



# A GOOD— START

## EQUIPMENT

A **pan with a lid**, a **deep saucepan**, a **colander** and a **fine grater**.  
Let's start cooking the **fettuccine with cream sauce and Serrano ham**.



## 1 CHOP THE VEGETABLES

Bring 500 ml water per person to the boil in a pan with a lid for the fettuccine. Finely dice the **shallots** and cut the **mushrooms** into quarters. Cut the bigger **mushrooms** into smaller pieces. Strip the leaves from the **oregano** sprigs. Finely cut or chop.



## 4 GRATE THE LEMON PEEL

In the meantime, coarsely chop the **walnuts** and tear the **Serrano ham** into bite-sized pieces (see tip). Grate the yellow rind of the **lemon** (zest) with a fine grater and squeeze out the **lemon** juice.



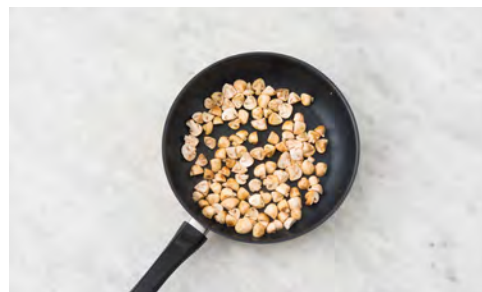
## 2 COOK THE FETTUCCINE

Cook the **fettuccine** in the pan with the lid, covered, for 10 - 12 minutes at medium to low heat. Drain, reserving a little of the cooking liquid, and allow to steam dry, uncovered.



## 5 PREPARE THE SAUCE

Add the **creme fraiche** and **oregano** to the **mushrooms** and stir into a **sauce**. Stir into the **fettuccine**, adding 1½ tsp **lemon juice** and 1 tsp **lemon zest** per person. Season to taste with salt and pepper.



## 3 SAUTÉ THE MUSHROOMS

Heat the remaining olive oil in a frying pan and gently fry the **shallots** for 4 - 5 minutes at low heat, or until softened and slightly brown. Add the **mushrooms**, season to taste with salt and pepper and sauté the **mushrooms** for 5 minutes at high heat until the liquid has evaporated.



## 6 SERVE

Tear the **rocket** into bite-size pieces and transfer to plates. Arrange the **fettuccine** on top of the salad. Garnish with **walnuts** and the **Serrano ham**. Drizzle with a little extra-virgin olive oil and add a little pepper to taste.

## ★ TIP

Don't like raw ham and/or prefer crispy ham in your pasta? Fry the Serrano ham in ½ tbsp olive oil per person in a frying pan at medium to high heat for 3 minutes on each side.

# SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Shallots (pcs)	½	1	1½	2	2½	3
Mushrooms (g)	125	250	375	500	625	750
Fresh oregano (sprigs) 23) *	5	10	15	20	25	30
Fettuccine (g) 1)	90	180	270	360	450	540
Walnuts (g) 8) 19) 22)	20	40	60	80	100	120
Serrano ham (g) *	40	80	120	160	200	240
Lemons (pcs)	¼	½	¾	1	1¼	1½
Crema fraiche (tbsp 7) 15) 20) *	2	4	6	8	10	12
Rocket (g) 23) *	20	40	60	80	100	120
Olive oil* (tbsp)	1	2	3	4	5	6
Extra-virgin olive oil *	to taste					
Salt & pepper*	to taste					

\*Not included | \* Store in the refrigerator


NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3251 / 777	891 / 213
Total fat (g)	40	11
Of which: saturated (g)	10.1	2.8
Carbohydrates (g)	70	19
Of which: sugars (g)	6.3	1.7
Fibre (g)	7	2
Protein (g)	31	8
Salt (g)	2.7	0.7

## ALLERGENS

1) Glutens 7) Milk/lactose 8) Nuts  
Can contain traces of: 15) Glutens 19) Peanuts 20) Soy  
22) Nuts 23) Celery

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# Traditional shakshuka with eggs

With goat's cheese and a spelt baguette



## MASAN ROUGE

Masan Rouge is made from Merlot and aromatic Grenache and Carignan grapes, an ideal combination with Middle-Eastern dishes like this shakshuka.



Onion



Garlic clove



Red chili pepper



Red sweet pepper



Plum tomato



Fresh curly parsley ✱



Free-range egg ✱



Goat's cheese ✱



Spelt baguette



Total: 30-35 min.



Easy



Eat within 5 days



Original



Calorie-conscious



Vegetarian

Shakshuka is a traditional Israeli dish made with tomatoes and eggs. In Israel, it is eaten at all times of the day and is delicious with a little bread. Today, you will be preparing this dish with goat's cheese and serving it with a spelt baguette from our supplier Le Perron.



# A GOOD— START

## EQUIPMENT

A **wok** or a **deep saucepan with a lid** and a **baking tray lined with baking paper**.

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



## 1 PREPARATION

Pre-heat the oven to 210 degrees. Finely dice the **onion**, and press or finely chop the **garlic**. Remove the seed pods from the **red chili pepper** and the **sweet pepper** and finely chop. Coarsely dice the **tomatoes** and finely chop the **curly parsley**.



## 2 FRY THE FLAVOURINGS

Heat the olive oil in a wok or deep saucepan with a lid and gently fry the **onion**, **garlic** and **red chili pepper** for 2 minutes at low heat. Add the **sweet peppers**, the **tomato** and half the **curly parsley**.



## 3 COOK THE VEGETABLES

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



## 4 PREPARE THE EGGS

Make a little indentation in the **vegetable mixture** for each egg, and break an **egg** into each indentation. Season the **eggs** with salt and pepper. Crumble all of the **goat's cheese** over the dish, cover the pan and allow the **eggs** to set in 10 minutes (see tip). Take the lid off the pan after 6 minutes, turn up the heat and allow the excess moisture to evaporate.



## 5 BAKE THE BAGUETTES

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

### ★ TIP

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



## 6 SERVE

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

### ★ TIP

You can also cook shakshuka in the oven. Use an oven-proof pan. After adding the eggs and the goat's cheese to the vegetables, you can place the pan in the oven for 10 minutes.

# SERVES 1 - 6 INGREDIENTS

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

\*Not included | \* Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2381 / 569	475 / 114
Total fat (g)	24	5
Of which: saturated (g)	9.0	1.8
Carbohydrates (g)	64	13
Of which: sugars (g)	12.8	2.6
Fibre (g)	5	1
Protein (g)	29	6
Salt (g)	2.7	0.5

## ALLERGENS

1) Glutens 3) Eggs 7) Milk (including lactose)  
Can contain traces of: 17) Eggs 20) Soy 21) Milk (including lactose) 22) Nuts 23) Celery 25) Sesame 27) Lupin

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# Fillet of whiting with Indonesian 'sajoek' beans

With aromatic rice and coconut milk



## VARAS ROSÉ

Rosé wines go best with Indonesian dishes because of their fruity taste and the explosion of flavour added by the blue grapes.



Onion



Garlic clove



Ginger



Red chili pepper



Surinam rice



Tomato paste



Cut green beans ✱



Coconut milk



Fillet of whiting ✱

Total: **25-30** min.

Discovery

Easy

Quick & Easy

Eat within **3** days

Lactose-free

Gluten-free

Sajoek is a spicy dish from Indonesian cuisine, in which vegetables are the main ingredient. In this recipe, you will be cooking green beans flavoured with onion, spices and stock. It forms a perfect contrast to the blander-tasting whiting.



## A GOOD— START

### EQUIPMENT

A **pan with a lid**, a **wok or deep saucepan with a lid** and a **frying pan**.  
Let's start cooking the **fillet of whiting with Indonesian 'sajoer' beans**.



### 1 PREPARATION

Prepare the stock. Finely dice the **onion**, and press or finely chop the **garlic**. Peel and finely chop the **ginger**. Remove the seed pods from the **red chili pepper** and finely chop the **red chili pepper**.



### 2 FRY THE VEGETABLES

Heat half the olive oil in a pan with a lid and fry half the **onion**, half the **garlic** and half the **red chili pepper** for 2 minutes at low heat.



### 3 COOK THE RICE

Add the **rice**, **tomato paste** and ½ tbsp ketjap manis per person and fry, stirring constantly, for 1 minute. Add 225 ml stock per person and boil the **rice**, covered, for 15 - 20 minutes until done. Drain if needed, and allow to steam dry, uncovered.



### 4 COOK THE BEANS

Heat the remaining sunflower oil in a wok or deep saucepan and gently fry the **ginger**, and the remaining **onion**, **garlic** and **red chili pepper** for 2 minutes at low heat. Add the white wine vinegar, **green beans**, the remaining stock, the remaining ketjap manis and the **coconut milk** and simmer for 14 - 16 minutes at low heat. After about 7 minutes, take the lid off the pan and allow the **sauce** to be slightly reduced. Season to taste with salt and pepper.



### 5 FRY THE WHITING

Pat the skin of the **fillets of whiting** dry. Melt the olive oil in a frying pan and brown the **fillets of whiting** at medium to high heat for 2 - 3 minutes on each side (see tip). Season to taste with salt and pepper.

#### ★ TIP

As a fillet of whiting is long and thin, it can be folded double in the packaging. To prevent the fish from falling apart, you can also fry it still folded.



### 6 SERVE

Transfer the **rice** and the **green beans** to plates and serve with the fried **fillet of whiting**.

#### ★ TIP

Do you like your food spicy? Serve the beans with extra sambal (Indonesian chili paste). Too hot? Serve some kroepoek (prawn crackers) on the side.

SERVES 1 - 6

## INGREDIENTS

	1P	2P	3P	4P	5P	6P
Onions (pcs)	½	1	1½	2	2½	3
Garlic (cloves)	1	2	2	3	3	4
Ginger (cm)	1	2	3	4	5	6
Red chili peppers (pcs)	¼	½	¾	1	1½	1½
Surinam rice (g)	85	170	250	335	420	500
Tomato paste (can)	⅓	⅔	1	1 ⅓	1 ⅔	2
Cut green beans (g) <sup>23</sup> *	200	400	600	800	1000	1200
Coconut milk (ml)	60	120	180	240	300	360
Fillet of whiting (unskinned) (100g) <sup>4</sup> *	1	2	3	4	5	6
Vegetable stock* (ml)	250	500	750	1000	1250	1500
Sunflower oil* (tbsp)	1	2	3	4	5	6
Ketjap manis* (tbsp)	1½	3	4½	6	7½	9
White wine vinegar* (tsp)	½	1	1½	2	2½	3
Olive oil* (tbsp)	½	1	1½	2	2½	3
Salt & pepper*	to taste					

\*Not included | \* Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3351 / 801	431 / 103
Total fat (g)	33	4
Of which: saturated (g)	11.9	1.5
Carbohydrates (g)	89	11
Of which: sugars (g)	6.3	0.8
Fibre (g)	8	1
Protein (g)	33	4
Salt (g)	3.3	0.4


#### ALLERGENS

<sup>4</sup>) Fish

Can contain traces of: <sup>23</sup>) Celery

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# CHICKEN CHEESEBURGERS WITH SWEET RED ONION

With roast sweet potatoes and a light salad



## CABRIZ TINTO

*Cabriz is a grape that always goes well with hamburgers. Full-bodied and fruity, but not too heavy: perfect with lighter hamburgers, like this one made from chicken.*



Sweet potato



Mini  
hamburger buns



Red onion



Tomato



Butterhead  
lettuce ✱



Seasoned chicken  
burgers ✱



Grated cheddar ✱



Total: **30-35** min.



Original-**5**



Easy



Family



Eat within **3** days



Quick & Easy

Cheddar originally comes from the village of Cheddar in English county of Somerset. This cheddar also comes from Somerset and is made by a family-owned company that has been making cheese for 150 years. The pungent cheddar goes well with the sweetness of the potatoes and the red onion.



## A GOOD— START

### EQUIPMENT

A **baking tray** lined with **baking paper**, a **frying pan**, a **bowl** and a **salad bowl**.  
Let's start cooking the **chicken cheeseburgers with sweet red onion**.



### 1 PREPARE THE SWEET POTATOES

Pre-heat the oven to 200 degrees. Peel the **sweet potato** and cut into cubes ½ cm thick. Transfer the **sweet potato** to a baking tray lined with baking paper. Drizzle with half the olive oil and sprinkle with salt and pepper. Bake the **sweet potatoes** in the oven for 12 - 15 minutes. In the last 4 - 5 minutes, add the **mini hamburger buns**.



### 4 FRY THE BURGERS

Heat the remaining olive oil in the same frying pan and fry the **chicken burgers** for 8 - 10 minutes at medium to high heat until done. Turn regularly.



### 2 PREPARE THE ONIONS AND TOMATOES

Cut the **red onions** into half rings. Heat the remaining olive oil in a frying pan and fry the **red onion** for 4 - 6 minutes at low heat until caramelised. Remove from the pan and set aside. In the meantime, cut half the **tomatoes** in slices and the other half in small cubes.



### 5 PUT TOGETHER THE BURGERS

In the meantime, take the **sweet potatoes** out of the oven. Transfer the **mini hamburger buns** to plates and cut them open. Spread a little mustard on the bottom half and top with a little **butterhead lettuce**, a slice of **tomato**, a little **red onion** and a **chicken burger**. Garnish with the **grated cheddar**.



### 3 MAKE THE SALAD

Tear the **butterhead lettuce** into bite-sized pieces and mix with the cubed **tomatoes** in a salad bowl. Sprinkle with extra-virgin olive oil and black balsamic vinegar. Season to taste with salt and pepper.



### 6 SERVE

Serve the burgers with the **sweet potatoes** and the remaining salad.

### ★ TIP

This dish is rich in calories. Are you keeping an eye on your calorie intake? Save your bun for tomorrow's lunch or don't eat any sweet potatoes. You can put them in a salad tomorrow.

## SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Sweet potatoes (g)	125	250	375	500	625	750
Mini hamburger buns (pcs) 1) 3) 7) 11) 20) 22) 27)	2	4	6	8	10	12
Red onions (pcs)	½	1	1½	2	2½	3
Tomatoes (pcs)	1	2	3	4	5	6
Butterhead lettuce (head) *	¼	½	¾	1	1¼	1½
Seasoned chicken burgers *	2	4	6	8	10	12
Grated cheddar (g) 7) *	25	50	75	100	125	150
Olive oil* (tbsp)	1	1½	2	2½	3	3½
Extra-virgin olive oil* (tbsp)	½	1	1½	2	2½	3
Black balsamic vinegar* (tsp)	1	2	3	4	5	6
Sunflower oil* (tbsp)	½	1	1½	2	2½	3
Mustard*	to taste					
Salt & pepper*	to taste					

\*Not included | \* Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3535 / 845	642 / 153
Total fat (g)	42	8
Of which: saturated (g)	11.3	2.1
Carbohydrates (g)	69	13
Of which: sugars (g)	14.0	2.5
Fibre (g)	9	2
Protein (g)	44	8
Salt (g)	1.9	0.3

### ALLERGENS

1) Glutens 3) Eggs 7) Milk/lactose 11) Sesame  
Can contain traces of: 20) Soy 22) Nuts 27) Lupin

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# Italian potato dish

With red pesto and hazelnuts



## SYNERA TINTO

The best wine to accompany a dish with red pesto is a full-bodied, fruity wine with an aromatic undertone, just like this Synera.



Nicola potatoes



Italian vegetable mix ✱



Oregano



Red pesto ✱



Provolone flakes ✱



Hazelnuts



Total: **20-25** min.



Family



Very simple



Vegetarian



Eat within **3** days



Quick & Easy



Gluten-free

There is no need to peel the potatoes for this dish. Not only will this save you some time, the potato peel will also add more flavour to this dish. The red pesto and provolone will give it a rich taste, while the hazel nuts will add a delicious, crunchy texture.



## A GOOD— START

### EQUIPMENT

A **pan with a lid** and a **wok or deep saucepan**.  
Let's start cooking the **Italian potato dish**.



### 1 BOIL THE POTATOES

Bring 250 ml water per person to the boil in a pan with a lid to boil the potatoes in. Thoroughly scrub or peel the **potatoes** and cut into wedges. Boil the **potatoes**, covered, for 10 minutes. Drain and set aside uncovered to steam dry.



### 2 FRY THE VEGETABLES

In the meantime, heat the olive oil in a wok or deep saucepan and stir-fry the **Italian vegetable mix** and **oregano** for 3 - 4 minutes at medium to low heat.



### 3 FRY THE POTATOES

Add the **potatoes** and stir-fry for another 5 minutes.



### 4 SEASON

Next, add the **red pesto** and half the **provolone flakes**, stirring until the **cheese** has melted. Season to taste with salt and pepper.



### 5 CHOP THE NUTS

In the meantime, coarsely chop the **hazelnuts**.



### 6 SERVE

Transfer the **potato dish** to the plates, sprinkle with the remaining **provolone flakes** and garnish with the **hazelnuts**.

### ★ TIP

Are you keeping an eye on your calorie intake? Reduce the amount of red pesto to 20 g per person. You can eat the rest on a sandwich, for example.

## SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Nicola potatoes (g)	200	400	600	800	1000	1200
Italian vegetable mix (g) *	200	400	600	800	1000	1200
Oregano (tsp)	1	2	3	4	5	6
Red pesto (g) 7) 8) *	40	80	120	160	200	240
Provolone flakes (g)	25	50	75	100	125	150
Hazelnuts (g) 8) 19) 22)	20	40	60	80	100	120
Olive oil* (tbsp)	½	1	1	2	2	2
Salt & pepper*	to taste					

\*Not included | \* Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2983 / 713	606 / 145
Total fat (g)	51	10
Of which: saturated (g)	10.1	2.1
Carbohydrates (g)	45	9
Of which: sugars (g)	11.2	2.3
Fibre (g)	8	2
Protein (g)	16	3
Salt (g)	0.9	0.2


### ALLERGENS

7) Milk/lactose 8) Nuts

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

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# PEARL COUSCOUS WITH CRUNCHY CHICKPEAS

With roasted vegetables and Greek feta



## ESPIGA TINTO

*Espiga is ripened in wooden casks. This process gives the wine a more concentrated taste, which makes it a perfect match with the intense flavours of this vegetarian dish.*



HAK chickpeas



Courgette ✱



Plum tomato



Spring onion ✱



Garlic



Lemon



Fresh thyme ✱



Paprika



Pearl couscous



Feta ✱



Total: **35-40** min.



Original-**5**



Very simple



Discovery



Eat within **5** days



Vegetarian

You have probably eaten chickpeas in hummus and falafel, but have you ever roasted them? Roasting them in the oven makes them wonderfully crunchy, and enhances their flavour. Today, you will be combining them with pearl couscous, roasted vegetables and feta.



## A GOOD START

### EQUIPMENT

A **baking tray lined with baking paper** and a **wok or deep saucepan with a lid**.  
Let's start cooking the **pearl couscous with crunchy chickpeas**.



### 1 CHOP THE VEGETABLES

Pre-heat the oven to 220 degrees and prepare the stock. Pat the **chickpeas** dry with a paper towel or a clean tea towel. Cut each **courgette** in half lengthwise and then into slices. Cut the **plum tomatoes** into wedges. Cut the **spring onions** into thin rings, putting aside the white and green sections separately. Press or finely chop the **garlic**. Squeeze the **lemon**.



### 4 PREPARE THE COUSCOUS

In the meantime, heat the butter in a wok or deep saucepan with a lid. Fry the **garlic** and the white part of the **spring onion** for 2 - 3 minutes at medium to high heat. Add the **pearl couscous** and the remaining **sprigs of thyme** and roast for 2 - 3 minutes, or until the **pearl couscous** has become lightly roasted. Add the stock and allow the **pearl couscous** to simmer for 10 - 12 minutes, stirring regularly. Add a little extra water if the **pearl couscous** becomes too dry.



### 2 ROASTING THE VEGETABLES

Transfer the **courgette**, **plum tomato** and half the **sprigs of thyme** (see tip) onto one side of a baking tray lined with baking paper. Drizzle with half the olive oil. Season to taste with salt and pepper.



### 5 SEASON

Crumble the **feta** into pieces and add half, together with the roasted **courgette**, the **tomatoes** and 2 tsp **lemon juice** per person, to the **pearl couscous**.

#### ★ TIP

As entire sprigs of thyme are used in this dish, you will not only save time, but the flavour will be more intense. You can remove the sprigs before serving. Prefer not to use whole sprigs? Strip the leaves from the sprigs and prepare the dish with the leaves only.



### 3 IN THE OVEN

Transfer the **chickpeas** to the other half of the baking tray lined with baking paper. Sprinkle the **chickpeas** with **paprika**, drizzle with the remaining olive oil, season to taste with salt and pepper and mix thoroughly. Bake the **vegetables** and **chickpeas** in the oven for 20 minutes, until crispy and golden brown. Turn after 10 minutes (see tip).



### 6 SERVE

Serve the **pearl couscous** in a bowl or soup plate. Garnish with the **chickpeas**, the green part of the **spring onions** and the remaining **feta**.

#### ★ TIP

This dish is rich in calories. Are you keeping an eye on your calorie intake? Use only half of the pearl couscous and chickpeas.

## SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
HAK chickpeas (g)	100	200	300	400	500	600
Courgettes (pcs)	½	1	1½	2	2½	3
Plum tomatoes (pcs)	1	2	3	4	5	6
Spring onions (pcs) *	1½	3	4½	6	7½	9
Garlic (cloves)	1	2	3	4	5	6
Lemons (pcs)	¼	½	¾	1	1¼	1½
Fresh thyme (sprigs) 23) *	7	14	21	28	35	42
Paprika (tsp)	½	1	1½	2	2½	3
Pearl couscous (g) 1) 17)	85	170	250	335	420	500
Feta (g) 7) *	40	75	100	125	150	175
Vegetable stock* (ml)	125	350	475	600	725	850
Olive oil* (tbsp)	1½	3	4½	6	7½	9
Butter* (tbsp)	½	1	1½	2	2½	3
Salt & pepper*	to taste					

\*Not included | \* Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3761 / 899	561 / 134
Total fat (g)	40	6
Of which: saturated (g)	12.5	2.3
Carbohydrates (g)	94	14
Of which: sugars (g)	9.7	1.4
Fibre (g)	16	2
Protein (g)	32	5
Salt (g)	2.0	0.3

#### ALLERGENS

1) Glutens 7) Milk/lactose

Can contain traces of: 17) Eggs 23) Celery

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# BULGUR-LENTIL SALAD WITH BLUE CHEESE

With avocado and slivered almonds



## ESPIGA BRANCO

*This dish combines many different flavours and textures, and needs an equally intense white wine to accompany it. Espiga Branco is a perfect match.*



Green lentils



Bulgur



Red onion



Almond slivers



Avocado



Little gem ✨



Danablu ✨



Total: **30-35** min.



Vegetarian



Easy



Eat within **5** days

This bulgur-lentil salad combines the mild flavour of avocado with pungent blue cheese. The roasted, slivered almonds create a good balance and give the dish a pleasant crunch. Little gem is a robust lettuce variety that will not wilt when it comes into contact with the warm bulgur and lentils.



## A GOOD— START

### EQUIPMENT

A **pan with a lid**, a **baking tray lined with baking paper** and a **salad bowl**  
Let's start cooking the **bulgur-lentil salad with blue cheese**.



### 1 COOK THE LENTILS

Pre-heat the oven to 200 degrees and prepare the stock in a pan with a lid. Add the **lentils** and simmer, covered, for 25 minutes at medium to low heat. After 10 minutes, add the **bulgur**. Drain if needed, and allow to steam dry, uncovered.



### 2 OVEN

In the meantime, cut the **red onion** into thin half rings and mix with the olive oil on a baking tray lined with baking paper. Sprinkle with **slivered almonds** and roast for 6 - 8 minutes in the oven, or until golden brown.



### 3 SLICE THE AVOCADOS

Cut the **avocados** in half, remove the pit and chop the flesh into cubes.



### 4 CHOP THE LITTLE GEM

Finally slice the **little gem** and put aside in a salad bowl.



### 5 MIX THE SALAD

Transfer the **bulgur**, **lentils**, half the **avocado** and half the **Danablu** to the salad bowl. Sprinkle with the extra-virgin olive oil and black balsamic vinegar. Season with salt and pepper.

### \*FACTS

Did you know that an avocado will ripen more quickly when you put it next to an apple or a banana?



### 6 SERVE

Transfer the **salad** to plates. Garnish with the **red onion** and **slivered almonds**. Crumble the remaining **Danablu** over the salad and add the remaining **avocado**.

### ★TIP

This dish is rich in calories. This is because of the avocado, which is rich in healthy fats. Are you keeping an eye on your calorie intake? Use a quarter of an avocado in this salad, and a little less blue cheese. You can put the rest on a sandwich the next day, for example.

## SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Green lentils (g)	30	60	90	120	150	180
Bulgur (g) 1)	45	85	130	170	210	250
Red onions (pcs)	½	1	1½	2	2½	3
Almond slivers (g) 8) 19) 22)	10	20	30	40	50	60
Avocados (pcs)	½	1	1½	2	2½	3
Little gem (head) *	1	2	3	4	5	6
Danablu (g) 7) *	40	75	100	125	150	200
Vegetable stock* (ml)	300	600	900	1200	1500	1800
Olive oil* (tbsp)	½	½	1	1	1½	1½
Extra-virgin olive oil* (tbsp)	½	1	1½	2	2½	3
Black balsamic vinegar* (tsp)	1	2	3	4	5	6
Salt & pepper*	to taste					

\*Not included | \* Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3109 / 743	582 / 139
Total fat (g)	46	9
Of which: saturated (g)	12.0	2.2
Carbohydrates (g)	49	9
Of which: sugars (g)	4.0	0.7
Fibre (g)	19	4
Protein (g)	26	5
Salt (g)	3.9	0.7


### ALLERGENS

1) Glutens 7) Milk/lactose 8) Nuts

Can contain traces of: 19) Peanuts 22) (Other) nuts

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# FILLET OF PORK WITH SWEET & SPICY CHUTNEY

With stir-fried vegetables, noodles and sambal



## CABRIZ BRANCO

A full-bodied wine goes best with this sweet and spicy chutney. We selected a white Portuguese wine made from local grape varieties.



Onion



Ginger



Pineapple rings ✱



Red sweet pepper ✱



Pak choi ✱



Noodles



Sesame seeds



Soy sauce



Fillet of pork ✱



Total: 40-45 min.



Discovery



Several steps



Calorie-conscious



Eat within 3 days

Chutney has its origins in Indian and Pakistani cuisine. It is a home-made fruit purée with spices and other flavourings. Other than hot, a chutney is also often sweet and slightly acidic. This chutney is made with pineapple, ginger and sambal for added heat.



# A GOOD— START

## EQUIPMENT

A **pan with a lid**, a **saucepan with a lid**, a **wok or deep saucepan** and a **frying pan**.  
Let's start cooking the **fillet of pork with sweet and spicy chutney**.



## 1 PREPARATION

Bring 500 ml water per person to the boil in a pan with a lid to cook the noodles in. Mince the **onion** and peel and finely chop the **ginger**. Cut the **pineapple rings** into chunks and reserve the juice. Remove the seed pods from the **sweet pepper** and cut the **sweet pepper** into thin strips. Remove the bottom from the stem of the **pak choi**, finely slice the leaves and the stems and set them aside, separately.



## 4 FRY THE VEGETABLES

Heat the remaining sunflower oil per person in the wok or deep saucepan and stir-fry the white part of the **pak choi** stems and the **red sweet pepper** for 2 minutes at medium to high heat. Next, add the green **pak choi** leaves and the **noodles**. Season to taste with **soy sauce** and pepper.

### ★ TIP

No need to keep an eye on your calorie intake? Use all the sesame seeds.



## 2 COOK THE NOODLES

Boil the **noodles**, covered, for 2 - 3 minutes until done. Drain and rinse under cold water. In the meantime, heat the wok or deep saucepan to high heat and roast the **sesame seeds**, without any oil, for 3 - 4 minutes or until they are golden brown. Remove from the pan and set aside.



## 5 FRY THE PORK

In the meantime, heat the butter in a frying pan. Season the **fillet of pork** with salt and pepper and fry for 2 minutes on each side at medium to high heat.



## 3 PREPARE THE CHUTNEY

Heat ½ tbsp sunflower oil per person in a saucepan with a lid and gently fry the **onion** and the **ginger** for 1 minute at low heat. Add the **pineapple** and the juice, the sambal and the white wine vinegar, as well as 2 tbsp water per person. Bring to the boil, covered, and gently simmer for 5 minutes. Season to taste with salt and pepper. Cover and keep warm.



## 6 SERVE

Transfer the **noodles** to plates. Thinly slice the **fillet of pork** and arrange on top of the **noodles**. Sprinkle with the roasted **sesame seeds** and served with the **pineapple chutney**.

### ★ TIP

Do you have any pineapple rings left over? Fry or grill them for a few minutes until they are golden brown. Delicious as a dessert with brown sugar and yoghurt ice cream!

SERVES 1 - 6

# INGREDIENTS

	1P	2P	3P	4P	5P	6P
Onions (pcs)	¼	½	¾	1	1¼	1½
Ginger (cm)	1	2	3	4	5	6
Pineapple rings (pcs) *	1	2	3	4	5	6
Red sweet peppers (pcs) *	½	1	1½	2	2½	3
Pak choi (g) *	100	200	300	400	500	600
Noodles (g) 1)	50	100	150	200	250	300
Sesame seeds (g) 11) 19) 22)	5	10	15	20	25	30
Soy sauce (ml) 1) 6)	10	20	30	40	50	60
Fillet of pork (100 g) *	1	2	3	4	5	6
Sunflower oil* (tbsp)	1	2	3	4	5	6
Butter* (tbsp)	½	1	1½	2	2½	3
Sambal* (tsp)	½	1	1½	2	2½	3
White wine vinegar* (tsp)	½	1	1½	2	2½	3
Salt & pepper*	to taste					

\*Not included | \* Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2498 / 597	399 / 95
Total fat (g)	24	4
Of which: saturated (g)	7.2	1.2
Carbohydrates (g)	58	9
Of which: sugars (g)	14.9	2.4
Fibre (g)	5	1
Protein (g)	34	5
Salt (g)	1.1	0.2

## ALLERGENS

1) Glutens 6) Soy 11) Sesame

Can contain traces of: 19) Peanuts 22) Nuts

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# COURGETTE-PESTO SOUP

With a spelt baguette with melted cheese



## COURGETTE

Did you know that besides green courgettes there are yellow and white ones, and ones that are shaped like little balls?



Onion



Frieslander potatoes



Courgette



Pumpkin seeds



Green pesto Genovese ✱



Spelt baguette ✱



Grated mature cheese ✱



Total: **30-35** min.



Vegetarian



Easy



Family



Eat within **5** days

This dish proves that there is hardly a vegetable as versatile as the courgette. You will be making a courgette soup garnished with courgette ribbons. The pumpkin seeds and the spelt baguette with grated cheese give the soup an extra crunch.



## A GOOD— START

### EQUIPMENT

A **frying pan**, a **stockpot** or other large pan with a lid and a **hand blender**.  
Let's start cooking the **courgette-pesto soup**.



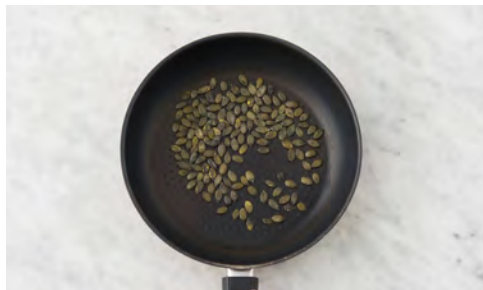
### 1 PREPARATION

Preheat the oven to 180 degrees and bring 400ml of water per person to the boil. Mince the **onion**. Thoroughly rinse or peel the **potatoes** (Frieslander) and cut into pieces. Use a sharp knife, cheese cutter or vegetable peeler to cut 3 ribbons of **courgette** per person. Dice the remaining **courgettes**.



### 4 BAKE THE BAGUETTES

In the meantime, make a lengthwise incision at the top of the **spelt baguette**, spread with half the **pesto** and top with half the **aged cheese**. Bake in the oven for 8 minutes.



### 2 ROAST THE SEEDS

In the meantime heat the frying pan at high heat and roast the **pumpkin seeds**, without any oil, until they start to pop. Remove from the pan and set aside.



### 5 SEASON

Next, heat the remaining olive oil in the same pan and fry the **courgette ribbons** for 5 minutes at medium to low heat, flipping them over after the first 2½ minutes. Remove the soup from the stove and purée using a hand-held blender. Add a little extra water if the soup is too thick. Stir in the remaining **pesto** and **cheese**. Season to taste with salt and pepper.



### 3 MAKE THE SOUP

Heat half the olive oil in a stockpot or other large pan with a lid and sauté the onion for 2 minutes at low heat. Add the diced courgette, turn down the heat to medium low and stir-fry for 3 minutes. Add the **potatoes** and 300 ml boiling water per person. Crumble in the stock cube and simmer for 10 minutes at low heat.



### 6 SERVE

Pour the soup into soup bowls. Garnish with the **courgette ribbons** and sprinkle with the **pumpkin seeds**. Serve with half a **spelt baguette** with grated cheese per person,

### ★ TIP

This dish is rich in calories. Are you keeping an eye on your calorie intake? Add a little less cheese and pesto and don't eat the baguette.

## SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Onions (pcs)	½	1	1	1½	2	2½
Frieslander potatoes (g)	100	200	300	400	500	600
Courgettes (pcs)	½	1	1½	2	2½	3
Pumpkin seeds (g 19) 22)	10	15	20	25	30	35
Green pesto Genovese (g 7) 8) *	40	80	120	160	200	240
Spelt baguettes (pcs 1) 17) 20) 21) 22) 25) 27) *	½	1	1½	2	2½	3
Grated aged cheese (g) 7) *	25	50	75	100	125	150
Olive oil* (tbsp)	1	2	2	3	3	4
Vegetable stock cubes* (pcs)	¼	1½	2¼	3	3¾	4½
Salt & pepper*	to taste					

\*Not included | \* Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3485 / 833	801 / 191
Total fat (g)	49	11
Of which: saturated (g)	12.2	2.8
Carbohydrates (g)	74	17
Of which: sugars (g)	12.7	2.9
Fibre (g)	7	2
Protein (g)	24	6
Salt (g)	3.2	0.7

### ALLERGENS

1) Glutens 7) Milk/lactose 8) Nuts

Can contain traces of: 17) Eggs 19) Peanuts 20) Soy

21) Milk/lactose 22) (Other) Nuts 25) Sesame 27) Lupin

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# BANANA PANCAKES

With kiwi salsa



Easy



Family

These pancakes have an exceptionally rich, creamy taste thanks to the banana added to the batter. The pancakes are garnished with banana-kiwi salsa. The mint in the salsa gives the entire dish a fresh, tart taste. Perfect for breakfast or an after-school snack!



Banana



Kiwi



# A GOOD— START

## EQUIPMENT

A **whisk**, a **mixing bowl** and a **frying pan**.

- 1 Beat the eggs in a mixing bowl using a whisk. 2. Cut the **banana** in half and mash half the **banana** using a fork. Add the mashed **banana** to the eggs and mix well. Blend in the spelt flour and thoroughly. Next, add the milk and a pinch of salt and mix into a smooth batter.
- 2 Dice the remaining **banana** and the **kiwi** into cubes of 2cm. Finely chop the mint leaves and mix with the **banana** and the **kiwi**.
- 3 Heat half the olive oil in a frying pan and make 3 pancakes out of half the batter. Fry them on one side for 2 - 3 minutes until golden brown, flip over and fry the other side for 2 minutes until golden brown. Repeat the process for the remaining 3 pancakes.
- 4 Transfer the pancakes onto the plates. Put 1 tbsp **kiwi salsa** on each plate and drizzle with a little honey to taste.

## ★ TIP

In this recipe, you will be frying 2 batches of 3 pancakes. If you don't have such a big frying pan, make 3 batches of 2, or make smaller pancakes. Keep the pancakes hot under some tin foil until you serve them.

## INGREDIENTS

	2P
Bananas (pcs)	1
Kiwi (pcs)	1
Free-range eggs* (pcs) 3)	2
Spelt flour*	50 g
Milk *	50 mL,
Salt*	pinch
Fresh mint*	6 leaves
Olive oil*	1 tbsp
Honey*	To taste

\*Not included | \*Store in the refrigerator

## ALLERGENS

3) Eggs

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## BREAKFAST BOX GOOD MORNING!

1

### WALNUT BREAD With goat's cheese and honey

2

### SUMMER FRUIT SALAD With nuts and lemon verbena

3

### SWEET BANANA- KIWI SMOOTHIE With a raisin & seed mix

## EXTRA

- Mango & passion fruitsmoothie

The nutrient values as stated here have been calculated per person, per serving. Rinse or otherwise clean the ingredients, if necessary, before using them in the recipe. Would you like to cancel your box next week, or make any changes? Please let us know no later than the Wednesday prior to your next delivery via your account. If you have any questions about our products or service please contact our customer service department.

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## BREAKFAST 1

# WALNUT BREAD

With goat's cheese and honey



**1** Pre-heat the oven to 200 degrees. Juice the **oranges**.

**2** Bake the whole-wheat **walnut rolls** in the oven for 6 - 8 minutes.

**3** Cut the rolls open and spread both sides with the **goat's cheese**. Drizzle with a little **honey** to taste and garnish with the **walnuts**.

**4** Serve the **rolls** with fresh **orange juice**.

### INGREDIENTS FOR 1 BREAKFAST

	2P	4P
Oranges (pcs)	4	8
Whole-wheat walnut rolls (pcs) <b>1) 8)</b> <b>19) 20) 21) 22) 25) 27)</b>	2	4
Fresh goat's cheese (g) <b>7) *</b>	80	160
Walnuts (g) <b>8) 19) 22)</b>	20	40
Honey (jar)	1	2

\*Not included| \*Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2138 / 623	350 / 102
Fats (g)	22	4
Of which: saturated (g)	7.7	1.3
Carbohydrates (g)	55	9
Of which: sugars (g)	55.1	9.0
Fibre (g)	14	2
Protein (g)	18	3
Salt (g)	1.0	0.2

### ALLERGENS

**1)** Glutens **7)** Milk/lactose **8)** Nuts

**Can contain traces of:** **19)** Peanuts **20)** Soy **21)** Milk/lactose

**22)** (Other) Nuts **25)** Sesame **27)** Lupin



# SUMMER FRUIT SALAD

With nuts and lemon verbena



**1** Cut the **melon** and the **peach** into quarters, removing the pits or stones and the skin or peel. Cut the **apples** (Junami), the **melon** and the **peach** into cubes. Finely chop half the **lemon verbena** and mix with the fruit.

**2** Transfer the **fruit salad** to plates, top with the **full-fat yoghurt** and garnish with the remaining **lemon verbena** and **mixed nuts**.

## INGREDIENTS FOR 1 BREAKFAST

	2P	4P
Melons (pcs)	¼	½
Peaches (pcs)	1	2
Junami apples (pcs)	1	2
Lemon verbena (leaves) 23) *	10	20
Full-fat yoghurt (ml) 7) 15) 20) *	200	400
Mixed nuts (g) 8) 19) 22)	50	100

\*Not included| \*Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	1205 / 288	453 / 108
Fats (g)	17	6
Of which: saturated (g)	3.8	1.4
Carbohydrates (g)	21	8
Of which: sugars (g)	16.8	6.3
Fibre (g)	4	2
Protein (g)	10	4
Salt (g)	0.1	0.0

## ALLERGENS

7) Milk/lactose 8) Nuts

Can contain traces of: 15) Glutens 19) Peanuts 20) Soy  
22) (Other) nuts 23) Celery

# SWEET BANANA-KIWI SMOOTHIE

With raisin-seed mix



**1** Peel the **kiwis** and the **bananas**. Mix the **kiwis** and the **bananas** with the **Bulgarian yoghurt** and the **full-fat yoghurt** in a blending pitcher or a blender and purée into a smoothie.

**2** Pour the **smoothie** into glasses and sprinkle with the **raisin-seed mix**.

## INGREDIENTS FOR 1 BREAKFAST

	2P	4P
Kiwi (pcs)	2	4
Bananas (pcs)	2	4
Bulgarian yoghurt (ml) 7) 15) 20) *	250	500
Full-fat yoghurt (ml) 7) 15) 20) *	100	200
Raisin-seed mix (g) 19) 22)	30	60

\*Not included| \*Store in the refrigerator

## EQUIPMENT

Blender pitcher and a hand or regular blender

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	870 / 447	456 / 109
Fats (g)	15	4
Of which: saturated (g)	6.6	1.6
Carbohydrates (g)	47	11
Of which: sugars (g)	48.2	11.8
Fibre (g)	6	1
Protein (g)	15	4
Salt (g)	0.3	0.1

## ALLERGENS

7) Milk/lactose

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