



Haddock fillet with tomato tapenade

With ratatouille and rice



HADDOCK

The haddock eats shrimp, prawns, mussels, squid and small fish. The name is thought to have originated from the French word 'adober' which means 'to prepare'.



Basmati rice



Onions



Garlic



Red chilli peppers ✱



Plum tomatoes ✱



Aubergine ✱



Paprika



Tomato tapenade ✱



Fillet of haddock (skinned) ✱



Total: **30-35** min.



Family



Easy



Gluten-free



Eat within **3** days



Lactose-free

The Dutch word 'ratjetoe' is derived from ratatouille. This French dish of stewed vegetables isn't just quick to prepare, but it is also a perfect way of getting rid of your vegetable leftovers. The ratatouille is easily seasoned with tomato tapenade.

A GOOD— START

EQUIPMENT

A **pan with a lid**, a **wok** or a **deep saucepan with a lid**, a **baking sheet lined with baking paper**.
Let's start cooking the **haddock fillet with tomato tapenade**.



1 PREPARATION

Pre-heat the oven to 210 degrees. Bring 250 ml water per person to the boil in a pan with a lid and boil the **rice**, covered, for 12 – 15 minutes. Drain if needed, and allow to steam dry, uncovered. Prepare the stock for the ratatouille.



2 CHOP THE INGREDIENTS

In the meantime, mince the **onion**, and press or finely chop the **garlic**. Remove the seed pods from the **red chilli pepper** and finely chop the **red chilli pepper**. Dice the **plum tomatoes** and **aubergine**.



3 FRY

Heat the olive oil in a wok or deep saucepan with a lid and gently fry the **onion**, **garlic** and **red chilli pepper** for 2 minutes at medium-low heat. Add the **tomato** and the black balsamic vinegar and stir-fry for 2 minutes.



4 PREPARE THE RATATOUILLE

Add the **aubergine**, **paprika** and half the **tomato tapenade** and fry for another minute. Add the stock and simmer for 10 – 12 minutes or until the **aubergine** is soft. Take the lid off the pan halfway. Season to taste with salt and pepper.



5 FRY THE FISH

In the meantime sprinkle one side of the **haddock** with salt and pepper. Turn the **fillet** and spread the remaining **tomato tapenade** on the other side. Transfer the **haddock** to a baking tray lined with baking paper and bake in the oven for 6 – 8 minutes.



6 SERVE

Serve the **haddock fillet** with the **rice** and the **ratatouille**.

TIP: Are you keeping an eye on your calorie intake? Use 60 g rice per person. Then the dish contains 592 kcal, 23 g fat, 64 g carbohydrates, 7 g fibre, 28 g protein and 2.0 g salt. You can use the remaining rice later on, for example in a soup.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Basmati rice (g)	85	170	250	335	420	500
Onions (pcs)	½	1	1 ½	2	2 ½	3
Garlic (cloves)	1	2	2	3	4	4
Red chilli peppers (pcs) *	¼	½	¾	1	1 ½	1 ½
Plum tomatoes (pcs) *	1	2	3	4	5	6
Aubergine (pcs) *	½	1	1 ½	2	2 ½	3
Paprika (tsp)	1	2	3	4	5	6
Tomato tapenade (g) 4) *	40	80	120	160	200	240
Fillet of haddock (skinned) (100g) 4) *	1	2	3	4	5	6
Not included						
Vegetable stock (ml)	100	150	200	250	300	350
Olive oil (tbsp)	1	1	2	2	3	3
Black 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)	2849 / 681	349 / 83
Total fat (g)	24	3
Of which: saturated (g)	5.8	0.7
Carbohydrates (g)	84	10
Of which: sugars (g)	12.8	1.6
Fibre (g)	7	1
Protein (g)	31	4
Salt (g)	2.3	0.3

ALLERGENS

4) Fish

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COCONUT-NOODLE SOUP WITH CHICKEN THIGHS

With fresh lemon grass and basil



LEMONGRASS

This grass variety is also known as sereh and makes for a great flavouring. It is often boiled whole and then removed from the dish instead of consumed and infuses a fresh, slightly spicy flavour.



Fresh ginger



Red chilli peppers ✱



Carrots



Spicy chicken thigh strips ✱



Coconut milk



Fresh lemon grass



String beans ✱



Fresh udon noodles



Fresh basil ✱



Lime



Fish sauce



Total: **25** min.



Calorie-conscious



Easy



Eat within **3** days



Lactose-free

With ingredients like lemon grass, coconut milk and fish sauce, this coconut-noodle soup brings the authentic Asian cuisine into your home. Fish sauce may seem like an unlikely ingredient in a noodle soup with chicken thighs, but it is used as seasoning in all kinds of Asian dishes. It gives your soup a deep, savoury flavour - a great combination with the slightly acidic flavour of the lemongrass.

A GOOD START

EQUIPMENT

A soup pan with a lid.

Let's start cooking the **coconut-noodle soup with chicken thighs**.



1 PREPARATION

Prepare the stock. Peel and finely chop or grate the **ginger**. Remove the seed pods from the **red chilli pepper** and finely chop the **red chilli pepper**. Weigh the **carrot** and cut into thin slices.



2 FRY

Heat the sunflower oil in a soup pan with a lid and gently fry the **ginger** and the **red chilli pepper** for 1 – 2 minutes at medium-low heat. Add the **herbed chicken thigh strips** and stir-fry for 2 – 3 minutes.



3 MAKE THE SOUP

Firmly stir the **coconut milk** and add to the soup pan together with the stock. Bruise the **lemongrass** in 3 places. Add the **lemongrass**, **string beans** and **carrot** to the pan. Cover and simmer for 8 minutes. Add the noodles halfway★.



4 PREPARE THE GARNISHING

In the meantime, coarsely tear the **basil leaves**. Squeeze half the **lime** and cut the other half into wedges.



5 SEASON

Remove the **lemongrass** from the soup and season with the **fish sauce**, **lime juice**, salt and pepper.



6 SERVE

Transfer the soup to bowls and garnish with the **basil** and **lime** wedges.

★ **TIP:** Are you concerned about eating too much salt? Don't use the fish sauce or use only ¼ tsp per person. You can also use stock that is low on sodium.

★ **TIP:** You can cut the fresh udon noodles into quarters before adding them to the soup. They will be a lot easier to eat!

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Fresh ginger (cm)	1	2	3	4	5	6
Red chilli peppers (pcs) *	¼	½	¾	1	1 ¼	1 ½
Carrots (g)	50	100	150	200	250	300
Spicy chicken thigh strips (g) *	100	200	300	400	500	600
Coconut milk (ml) 26)	125	250	375	500	625	750
Fresh lemongrass (pcs)	1	1	1	1	2	2
String beans (g) 23) *	100	200	300	400	500	600
Fresh udon noodles (g) 1)	100	200	300	400	500	600
Fresh basil (leaves) 23) *	5	10	15	20	25	30
Lime (pcs)	¼	½	¾	1	1 ¼	1 ½
Fish sauce (ml) 4)	10	20	30	40	50	60
Not included						
Chicken stock (ml)	300	600	900	1200	1500	1800
Sunflower 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)	2690 / 643	332 / 79
Total fat (g)	40	5
Of which: saturated (g)	23.9	2.9
Carbohydrates (g)	44	5
Of which: sugars (g)	6.1	0.8
Fibre (g)	8	1
Protein (g)	27	3
Salt (g)	7.2	0.9

ALLERGENS

1) Glutens 4) Fish

May contain traces of: 23) Celery 26) Sulphite

📌 **TIP:** Are you keeping an eye on your calorie intake? Replace 50 ml coconut milk by 50 ml extra stock. Then the dish contains 560 kcal, 31 g fat, 43 g carbohydrates, 8 g fibre, 26 g protein and 7.7 g salt.

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Creamy vegetable lasagne with spinach

With courgette and grana padano



GRANA PADANO

This cheese owes its name to its grainy (grana) structure. It resembles Parmigiana cheese but its flavour is more mild.



Courgette ✱



Onion



Garlic



Fresh oregano ✱



Spinach ✱



Alpro soya cuisine ✱



Grated grana padano ✱



Lasagne sheets ✱



Total: **40-45** min.



Family



Easy



Vegetarian



Eat within **5** days

For this lasagne, you will be using a classic cooking technique: you will make your own roux for the bechamel sauce. A roux is the foundation for a lot of traditional sauces, soups and ragouts. So once you've mastered this technique, you can make endless variations!

A GOOD— START

EQUIPMENT

A **baking sheet** lined with **baking paper**, a **wok** or a **deep saucepan**, a **whisk** and an **oven dish**.

Let's start cooking the **creamy vegetable lasagne with spinach**.



1 CUT THE COURGETTE

Pre-heat the oven to 220 degrees and prepare the stock. Cut the **courgette** into half slices of no more than ½ cm thick.



2 FRY THE COURGETTE

Transfer the **courgette** to a baking sheet lined with baking paper and drizzle with the majority of the olive oil. Season to taste with salt and pepper. Bake the **courgette** in the oven for 10 minutes. Leave the oven on once finished. In the meantime, mince the **onion** and press or finely chop the **garlic**. Strip the leaves from the **oregano** sprigs and finely chop the leaves.



4 FINISH THE SAUCE

Add the **oregano** and **spinach** to the sauce and allow to wilt while stirring. Finish by adding the **single cream**, ⅓ of the **grana padano**, salt and pepper. Grease the oven dish with a little butter or olive oil.



5 MAKE THE LASAGNE

Pour a shallow layer of sauce into the oven dish. Cover with **lasagne sheets** and press firmly. Next, place a couple of **courgette** slices on top of the **lasagne sheets** and cover those with a layer of sauce. Repeat until all the ingredients are finished but reserve a little sauce for the top. ATTENTION! No need to use a lot of sauce in each layer because you are using fresh sheets.



3 MAKE THE ROUX

Heat the butter in a wok or deep saucepan and gently fry the **onion** and **garlic** for 2 minutes at medium-low heat ★. Add the flour and fry, while stirring, for 2 minutes. Add ⅓ of the stock and stir with a whisk until the stock has been absorbed. Repeat this action twice with the remaining stock, stir the sauce until smooth, bring to the boil and allow to boil for another minute. Season to taste with pepper.



6 BAKE AND SERVE

Complete the **lasagne** with a layer of sauce and sprinkle with the remaining **grana padano**. Bake the **lasagne** in the pre-heated oven for 20 minutes. Transfer the **lasagne** to plates.

★ **TIP:** When making the roux, the ratio between moisture and flour is very important. Use too much flour and the sauce will become too thick, use too little and it will remain too runny. Use measuring cups (or a scale) to get the right ratio.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Courgettes (pcs) *	½	1	1 ½	2	2 ½	3
Onions (pcs)	½	1	1 ½	2	2 ½	3
Garlic (cloves)	1	2	2	3	3	4
Fresh oregano (sprigs) 9) *	2	4	6	8	10	12
Spinach (g) 23) *	100	200	300	400	500	600
Alpro soya cuisine (packet) 6) *	¼	½	¾	1	1 ½	1 ½
Grated grana padano (g) 3) 7) *	40	75	100	125	150	175
Lasagne sheets (pcs) 1) 3) *	2	4	6	8	10	12

Not included

Vegetable stock (ml)	250	500	750	1000	1250	1500
Olive oil (tbsp)	1	1 ½	2	2 ½	3	3 ½
Butter (tbsp)	1 ½	3	4 ½	6	7 ½	9
Flour (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)	3820 / 913	464 / 111
Total fat (g)	55	7
Of which: saturated (g)	22.9	2.8
Carbohydrates (g)	67	8
Of which: sugars (g)	14.3	1.7
Fibre (g)	7	1
Protein (g)	34	4
Salt (g)	3.0	0.4

ALLERGENS

1) Glutens 3) Eggs 6) Soy 9) Celery
May contain traces of: 23) Celery

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SCANDINAVIAN SALAD WITH SEA BREAM

With fried potatoes



LITTLE GEM

This smaller and slightly sweet version of Romaine lettuce has a firm structure which gives the salad a nice bite.



Cucumber ✱



Fresh dill ✱



Shallots



Little gem ✱



Firm potatoes



Sea bream fillet ✱



Mayonnaise ✱



Total: **30-35** min.



Calorie-conscious



Easy



Eat within **3** days

Scandinavians love dill. This refined herb has a slightly anise-like flavour and makes for a very popular flavouring to go with fish. This time, we've opted for sea bream. Sea bream, also known as gilthead bream, is a white fish with a firm, full flavour. The fish is easy to prepare and today you will be briefly frying it with mustard for some extra kick.

A GOOD— START

EQUIPMENT

A **deep saucepan with a lid**, a **salad bowl** and a **frying pan**.
Let's start cooking the **Scandinavian salad with sea bream**.



1 CHOP THE INGREDIENTS

Cut the **cucumber** into thin slices. Coarsely chop the **dill** and mince the **shallot** ★. Cut the **little gem** into thin strips.



2 FRY THE POTATOES

Thoroughly scrub or peel the **potatoes** and cut into wedges. Heat the olive oil in a deep saucepan with a lid and fry the **potatoes** for 25 – 35 minutes, covered, at medium-high heat. Take the lid off the pan after 20 minutes. Turn regularly and season with salt and pepper.



4 SAUCE THE SEA BREEM

Tap the **sea bream** dry with a paper towel. Cover the **sea bream** on both sides with the remaining mustard, use your hands or a brush. Season to taste with salt and pepper.



5 FRY THE SEA BREEM

Heat the butter in a frying pan to medium-high heat. Fry the **sea bream fillet** for 2 – 3 minutes on the skin and 1 – 2 minutes on the other side. Season to taste with salt and pepper ★★.

★**TIP:** Don't like raw shallots? Fry them together with the sea bream in step 5.



3 MAKE THE SALAD

Whip up a dressing in a salad bowl using honey, white wine vinegar, extra-virgin olive oil and ½ tsp mustard per person. Season to taste with salt and pepper. Next, mix the **cucumber**, **little gem** and **dill** into the dressing.



6 SERVE

Serve the **Scandinavian salad** with the **fried potatoes** and **mustard-covered sea bream**. Garnish with **mayonnaise**.

★★**TIP:** Make sure the pan is hot when you add the fish. This will prevent the fish from sticking to the pan.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Cucumber (pcs) *	¼	½	¾	1	1 ¼	1 ½
Fresh dill (sprigs) 23 *	4	8	12	16	20	24
Shallots (pcs)	¼	½	¾	1	1 ¼	1 ½
Little gem (pcs) *	1	2	3	4	5	6
Firm potatoes (g)	250	500	750	1000	1250	1500
Fillet of sea bream (unskinned) (100 g) 4 *	1	2	3	4	5	6
Mayonnaise (tbsp) 3) 10) 19) 22) *	1	2	3	4	5	6

	Not included					
Olive oil (tbsp)	½	1	1 ½	2	2 ½	3
White wine vinegar (tsp)	1	2	3	4	5	6
Honey (tsp)	½	1	1 ½	2	2 ½	3
Extra-virgin olive oil (tbsp)	½	1	1 ½	2	2 ½	3
Mustard (tsp)	3	6	9	12	15	18
Butter (tbsp)	½	1	1 ½	2	2 ½	3
Salt & pepper	to taste					

* keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2615 / 625	448 / 107
Total fat (g)	32	5
Of which: saturated (g)	7.7	1.3
Carbohydrates (g)	54	9
Of which: sugars (g)	8.1	1.4
Fibre (g)	7	1
Protein (g)	26	4
Salt (g)	0.8	0.1

ALLERGENS

3) Eggs 4) Fish 10) Mustard 8)

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

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Wraps with aromatic aubergine and tartar

With feta, mint and yoghurt-tahin sauce



FETA

The Greek love their national pride: on average they consume a whopping 10 kg per person of this traditional sheep's cheese!



Ground cumin



Ground turmeric



Aubergine ✱



Feta ✱



Fresh mint ✱



Tomatoes ✱



Iceberg lettuce ✱



Beef tartar ✱



White tortilla ✱



Yoghurt-tahin sauce ✱

Total: 25-30 min.

Quick & Easy

Easy

Eat within 5 days

Go on a holiday to the east with these wraps with tartar and aubergine. You will season the aubergine with cumin and turmeric for a full, aromatic flavour. You will cut the beef tartar into pieces and fry it briefly. This gives the meat a savoury flavour but keeps it pink and tender. Do you like your food spicy? Serve the dish with sambal, harissa or chilli sauce for some extra spice!

A GOOD— START

EQUIPMENT

A **small bowl**, **tin foil** and a **frying pan**.

Let's start cooking the **wraps with aromatic aubergine and tartar**.



1 MAKE THE HERB OIL

Pre-heat the oven to 200 degrees. Mix 1 tbsp olive oil per person with the **cumin** and **turmeric** in a small bowl and season to taste with salt and pepper.



2 PREPARE THE AUBERGINE

Cut the **aubergine** in half lengthwise and cut into small cubes of around 1 cm. Mix the **aubergine** cubes with the **herb oil** and transfer to a piece of tin foil of 30 x 30 cm per person. Fold the tin foil so that no air can get in. Bake the **aubergine** in the oven for 20 minutes.



4 FRY THE TARTAR PIECES

Cut each **beef tartar** into eight equal parts. Heat the remaining olive oil in a frying pan at medium to high heat and fry the **tartar** for 2 – 3 minutes until pink, or longer to taste.



5 HEAT THE TORTILLAS

Pack the **tortilla wraps** in tin foil and heat them together with the **aubergine** for the final 4 minutes.



3 CRUMBLE AND CUT

In the meantime, crumble the **feta** and cut the **mint leaves** into strips. Cut the **tomato** into small cubes and season to taste with salt and pepper. Cut the **iceberg lettuce** into broad strips.



6 SERVE

Transfer the **aubergine** cubes, **feta**, **mint**, **iceberg lettuce**, fried **tartar** and **yoghurt-tahin sauce** to bowls and allow everyone to stuff their own wraps.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Ground cumin (tsp)	1	2	3	4	5	6
Ground turmeric (tsp)	1	2	3	4	5	6
Aubergine (pcs) *	½	1	1 ½	2	2 ½	3
Feta (g) 7) *	25	50	75	100	125	150
Fresh mint (leaves) 23) *	6	12	18	24	30	36
Tomatoes (pcs) *	1	2	3	4	5	6
Iceberg lettuce (head) *	⅛	¼	⅜	½	⅝	¾
Beef tartar (100 g) *	1	2	3	4	5	6
White tortilla (pcs) 1) 20) 21) *	2	4	6	8	10	12
Yoghurt-tahin sauce (g) 7) 11) 19) 22) *	25	50	75	100	125	150

Not included

Olive oil (tbsp)	1 ½	3	4 ½	6	7 ½	9
Salt & pepper	to taste					

* keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3443 / 823	603 / 144
Total fat (g)	43	8
Of which: saturated (g)	14.4	2.5
Carbohydrates (g)	72	13
Of which: sugars (g)	9.6	1.7
Fibre (g)	8	1
Protein (g)	37	6
Salt (g)	0.8	0.1

ALLERGENS

1) Glutens 7) Milk/lactose 11) Sesame

May contain traces of: 19) Peanuts 20) Nuts 21) Milk/lactose

22) Nuts 23) Celery

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TIP: Want to vary this recipe? Add nuts, tzatziki, avocado or fried cabbage. Almost anything will work in a wrap!



Linguine with roasted vegetables and feta

With green herbs, olives and capers



CHERRY TOMATOES

Got a sunny spot on your windowsill or balcony? A cherry tomato plant will feel right at home - a super easy way to grow your own tomatoes.



Courgette ✨



Red cherry tomatoes ✨



Linguine



Garlic



Olives & capers ✨



Feta ✨



Fresh mint ✨



Fresh basil ✨



Fresh parsley ✨

Total: 20-25 min.

Family

Very simple

Vegetarian

Eat within 5 days

This quick pasta is simple in its preparation, but certainly not in its flavour. The savoury capers, olives and feta make for a tasty contrast with the sweet cherry tomatoes. Together with the various green herbs, this dish makes for a complex symphony of flavours.

A GOOD— START

EQUIPMENT

A **pan with a lid**, a **baking sheet lined with baking paper** and a **small bowl**.
Let's start cooking the **linguine with roasted vegetables and feta**.



1 ROAST

Pre-heat the oven to 200 degrees. Bring ample water to the boil in a pan with a lid for the linguine. Cut the **courgette** into slices of ½ cm thick. Transfer the **courgette** and **red cherry tomatoes** to a baking sheet lined with baking paper and sprinkle with olive oil. Season with salt and pepper and roast in the oven for 15 – 20 minutes or until the **cherry tomatoes** begin to burst.



4 MIX THE FLAVOURINGS

Mix the **garlic**, **olives**, **capers** and extra-virgin olive oil in a small bowl ★.



2 BOIL THE PASTA

In the meantime, boil the **linguine**, covered, for 10 – 12 minutes. Drain and set aside, uncovered, to steam dry.



5 SEASON

Add the **olive mixture** to the **linguine** and mix well.

★**FACT:** Did you know that capers are the flower buds of the caper plant before they have opened?



3 CUT THE FLAVOURINGS

Press or finely chop the **garlic**. Halve the **olives** and finely cut the **capers**. Crumble the **feta**. Cut the **mint** leaves and **basil** into thin strips. Finely cut the **parsley**.



6 SERVE

Transfer the **linguine** to plates and garnish with the **feta**, **mint**, **basil** and **parsley**. Drizzle with extra-virgin olive oil to taste. Serve with the roasted **cherry tomatoes** and **courgette**.

★**TIP:** Serving kids? Capers and olives have quite strong flavours, you can also serve them separately so everyone can add them to taste.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Courgettes (pcs) *	½	1	1 ½	2	2 ½	3
Red cherry tomatoes (g) *	125	250	375	500	625	750
Linguine (g) 1) 7) 20)	90	180	270	360	450	540
Garlic (cloves)	½	1	1 ½	2	2 ½	3
Olives & capers (g) *	30	60	90	120	150	180
Feta (g) 7) *	40	75	100	125	150	175
Fresh mint (leaves) 23) *	4	8	12	16	20	24
Fresh basil (leaves) 23) *	4	8	12	16	20	24
Fresh parsley (sprigs) 23) *	3	6	9	12	15	18
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Extra-virgin olive oil (tbsp)	1 ½	3	4 ½	6	7 ½	9
Salt & pepper	to taste					

* keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3498 / 836	514 / 123
Total fat (g)	46	7
Of which: saturated (g)	11.6	1.7
Carbohydrates (g)	79	12
Of which: sugars (g)	12.0	1.8
Fibre (g)	7	1
Protein (g)	23	3
Salt (g)	2.8	0.4

ALLERGENS

1) Glutens 7) Milk/lactose

May contain traces of: 20) Soy 23) Celery

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Aromatic couscous salad with fresh goat's cheese

With apple, lime and spring onions



LIME

Lime zest or its fresh-acidic juice is very suitable for bringing out flavours in a dish. It enhances the flavours in a dish, just like a pinch of salt in sweet dishes.



Whole-wheat
couscous



Yellow sweet
pepper ✨



Plum
tomato ✨



Spring
onions ✨



Salted
almonds



Junami
apples



Fresh
parsley ✨



Lemon balm ✨



Lime



Fresh goat's
cheese ✨

Total: 20-25 min.

Easy

Vegetarian

Eat within 5 days

This couscous dish is super easy to prepare and very tasty thanks to the combination of creamy goat's cheese and sweet apple. The lime, lemon balm and parsley give the salad a fresh and summery tone. Got some left over? This hearty salad makes for a great lunch!

A GOOD— START

EQUIPMENT

A **salad bowl**.

Let's start cooking the **aromatic couscous salad with fresh goat's cheese**.



1 SOAK THE COUSCOUS

Prepare the stock. Mix the **couscous** with the stock in a salad bowl and allow to soak, covered, for 10 minutes.



2 CUT AND CHOP THE INGREDIENTS

In the meantime, finely cut the **yellow sweet pepper** and **plum tomato**. Cut the **spring onions** into fine rings. Coarsely chop the **salted almonds**.



3 CUT THE APPLES AND HERBS

Cut the **apples** into quarters, remove the cores and finely chop the **apples**. Finely cut the sprigs and leaves of the **parsley** and the **lemon balm**.



4 MIX THE SALAD

Add the **vegetables**, **apples**, **spring onions** and the majority of the fresh **herbs** to the **couscous**.



5 SEASON

Juice the **lime**. Add the extra-virgin olive oil and 2 tsp **lime juice** per person to the salad and season to taste with salt and pepper.

★**TIP:** Is the taste of raw spring onion too overpowering for you? Fry it with some oil in a frying pan or serve the spring onion separately so everyone can add it to taste.



6 SERVE

Transfer the **couscous salad** to plates. Crumble the **goat's cheese** over it and garnish with the **salted almonds** and the remaining **parsley** and **lemon balm**. Serve with the remaining **lime juice**.

✳**FACT:** This dish contains more than half of the daily recommended amount of nutrient fibres because of the whole-wheat couscous, vegetables, apple and nuts!

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Whole-wheat couscous (g) 1)	85	170	250	335	420	500
Yellow sweet peppers (pcs) ✳	½	1	1 ½	2	2 ½	3
Plum tomatoes (pcs) ✳	1 ½	3	4 ½	6	7 ½	9
Spring onions (pcs) ✳	2	4	6	8	10	12
Salted almonds (g) 5) 8) 22) 25)	20	40	60	80	100	120
Junami apples (pcs)	¾	1 ½	2 ¼	3	3 ¾	4 ½
Fresh parsley (sprigs) 23) ✳	2	4	6	8	10	12
Lemon balm (sprigs) 23) ✳	2	4	6	8	10	12
Lime (pcs)	½	1	1 ½	2	2 ½	3
Fresh goat's cheese (g) 7) ✳	75	150	225	300	375	450

Not included

Vegetable stock (ml)	175	350	500	675	850	1000
Extra-virgin olive oil (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

✳ keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3707 / 886	493 / 118
Total fat (g)	44	6
Of which: saturated (g)	14.7	2.0
Carbohydrates (g)	89	12
Of which: sugars (g)	26.0	3.5
Fibre (g)	18	2
Protein (g)	29	4
Salt (g)	2.9	0.4

ALLERGENS

1) Glutens 5) Peanuts 7) Milk/lactose 8) Nuts

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

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BUCKWHEAT NOODLES WITH SEASONED TOFU

With green beans and sesame seeds



SESAME SEEDS

Roasting these seeds first, releases oils giving the sesame seeds a savoury flavour.



Garlic



Red chilli peppers ✱



Ginger



Green beans ✱



Tofu cubes ✱



Sesame seeds



Soy sauce



Buckwheat noodles



Sesame oil

Total: 25-30 min.

Calorie-conscious

Easy

Vegetarian

Eat within 3 days

Tofu may have a bit of a boring image, but that is far from deserving as long as it is seasoned and fried properly. Frying the green beans makes them extra crunchy and the ginger gives them a bit of a kick. The noodles are made of buckwheat, which is actually a seed rather than wheat. It is rich in proteins and easy to digest.

A GOOD— START

EQUIPMENT

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

Let's start cooking the **buckwheat noodles with seasoned tofu**.



1 CHOP THE INGREDIENTS

Bring 500 ml water per person to the boil in a pan with a lid to cook the noodles in. Press or finely chop the **garlic**. Remove the seed pods from the **red chilli pepper** and finely chop the **red chilli pepper**. Peel and finely chop the **ginger**. Trim the ends off the **green beans** and cut the **green beans** into 3 equal parts.



2 FRY THE TOFU

Heat half the sunflower oil in a wok or deep saucepan with a lid and fry the **tofu** for 3 – 4 minutes at medium to high heat together with half the **red chilli pepper** and the majority of the **sesame seeds** until golden-brown. Remove from the pan and set aside.



3 FRY

Heat the remaining sunflower oil in the same wok or deep saucepan with a lid and fry the **ginger** and **garlic** for 1 – 2 minutes at medium to high heat. Add the **green beans**, **soy sauce**, white wine vinegar, honey and 3 tbsp water per person and allow to stew at low heat, covered, for 10 minutes.



4 BOIL THE NOODLES

In the meantime, boil the **noodles**, covered, in the pan with a lid for 3 minutes. Drain and rinse under cold water.



5 MIX

Add the **noodles**, **sesame oil** and **tofu** to the **green beans**. Season with salt and pepper and stir-fry for another minute at high heat.



6 SERVE

Transfer the dish to plates and garnish with the remaining **sesame seeds**, **red chilli pepper** and **soy sauce**.

✳️ **FACT:** Ginger is incredibly healthy: it contains vitamin B6, magnesium, potassium and copper.

📌 **TIP:** Are you keeping an eye on your calorie intake? Use 50 g noodles and half the sesame seeds. Then the dish contains 613 kcal, 31 g fat, 48 g carbohydrates, 9 g fibre, 29 g protein and 3.8 g salt.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Garlic (cloves)	½	1	1 ½	2	2 ½	3
Red chilli peppers (pcs) ✳️	½	1	1 ½	2	2 ½	3
Ginger (cm)	1	2	3	4	5	6
Green beans (g) ✳️	200	400	600	800	1000	1200
Tofu cubes, mildly seasoned (package 6) ✳️	½	1	1 ½	2	2 ½	3
Sesame seeds (g) 11) 19) 22)	5	10	15	20	25	30
Soy sauce (ml) 1) 6)	15	30	45	60	75	90
Buckwheat noodles (g) 1)	75	150	225	300	375	450
Sesame oil (ml) 11)	5	10	15	20	25	30
Not included						
Sunflower oil (tbsp)	1	2	2	3	3	3
White wine vinegar (tsp)	½	1	2	2	3	3
Honey (tsp)	½	1	1 ½	2	2 ½	3
Salt & pepper	to taste					

✳️ keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3000 / 717	530 / 127
Total fat (g)	34	6
Of which: saturated (g)	4.6	0.8
Carbohydrates (g)	65	11
Of which: sugars (g)	4.4	0.8
Fibre (g)	10	2
Protein (g)	34	6
Salt (g)	3.8	0.7

ALLERGENS

1) Glutens 6) Soy 7) Milk/lactose 11) Sesame
May contain traces of: 19) Peanuts 22) Nuts

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Chicken fillet with sweet-aromatic vegetable stew

With ras el hanout and dried apricots



RAS EL HANOUT

The name of this herb mix means 'the best in store'. Its powerful, warm spices flavour many dishes in Arab cuisine.



Onion



Firm potatoes



Carrots ✱



Ras el hanout



Fresh parsley ✱



Dried apricots



Tomato ✱



Tomato paste



Chicken fillet ✱



Shaved almonds

Total: **35-40** min.

Easy

Eat within **3** days

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

A GOOD— START

EQUIPMENT

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

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



1 CUT AND FRY THE INGREDIENTS

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



4 FRY THE CHICKEN FILLET

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



2 FRY THE VEGETABLES

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



5 FRY THE BUTTER-ALMONDS

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



3 FINISH THE STEW

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



6 SERVE

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

✳️ **FACT:** This dish contains almost half of the recommended amount of nutritional fibres. These are mainly contained in the vegetables, potatoes and apricots.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Onions (pcs)	$\frac{1}{2}$	1	1 $\frac{1}{2}$	2	2 $\frac{1}{2}$	3
Firm potatoes (g)	250	500	750	1000	1250	1500
Carrots (g) ✳️	100	200	300	400	500	600
Ras el hanout (tbsp)	$\frac{1}{2}$	1	1 $\frac{1}{2}$	2	2 $\frac{1}{2}$	3
Fresh parsley (sprigs) 23) ✳️	3	6	9	12	15	18
Dried apricots (g)	25	50	75	100	125	150
Tomatoes (pcs) ✳️	1	2	3	4	5	6
Tomato paste (container)	$\frac{1}{3}$	$\frac{2}{3}$	1	1 $\frac{1}{3}$	1 $\frac{2}{3}$	2
Chicken fillet (110 g) ✳️	1	2	3	4	5	6
Shaved almonds (g) 8) 19) 22) 25)	10	20	30	40	50	60

Not included

Vegetable stock cube (pcs)	$\frac{1}{3}$	$\frac{2}{3}$	1	1 $\frac{1}{3}$	1 $\frac{2}{3}$	2
Olive oil (tbsp)	1 $\frac{1}{2}$	3	4 $\frac{1}{2}$	6	7 $\frac{1}{2}$	9
Honey (tbsp)	$\frac{1}{2}$	1	1 $\frac{1}{2}$	2	2 $\frac{1}{2}$	3
Butter (tbsp)	$\frac{1}{4}$	$\frac{1}{2}$	$\frac{3}{4}$	1	1 $\frac{1}{4}$	1 $\frac{1}{2}$
Salt & pepper	to taste					

✳️ keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3243 / 775	369 / 88
Total fat (g)	30	3
Of which: saturated (g)	5.7	0.6
Carbohydrates (g)	86	10
Of which: sugars (g)	35.6	4.1
Fibre (g)	14	2
Protein (g)	37	4
Salt (g)	0.3	0.0

ALLERGENS

8) Nuts

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

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TRIPLE TOMATO SOUP WITH CHEESE CROUTONS

With smoked paprika and sour cream



GARLIC

The flavour is greatly affected by how you use this simple ingredient. When raw, it gives an intense and sharp flavour, but by toasting an entire bulb in the oven, the cloves become soft and sweet.



Garlic



Tomatoes ✱



Sun-dried tomatoes ✱



Paprika



Red cherry tomatoes ✱



White ciabatta



Grated matured cheese ✱



Sour cream ✱



Total: 20 min.



Quick & Easy



Very simple



Vegetarian



Eat within 5 days

You will use three types of tomatoes in this soup. Combined with the smoked paprika and a generous amount of garlic, you will produce a deep, complex flavour. No soup is complete without something crunchy - you will finish the dish with cheese croutons.

A GOOD — START

EQUIPMENT: A **soup pan with a lid**, a **frying pan** and a **hand-held blender**.
Let's start cooking the **triple tomato soup with cheese croutons**.



1 PREPARATION

- Bring 250 ml water per person to the boil.
- Coarsely chop the **garlic**.
Dice the **tomatoes**. Keep the **cherry tomatoes** whole.
- Cut the **sun-dried tomatoes** into coarse pieces.



3 FRY THE CROUTONS

- In the meantime, cut the **white ciabatta** into 1 cm cubes. Heat the sunflower oil in a frying pan and fry the **ciabatta** for 6 minutes at high heat until brown all around ★.
- Remove from the stove, sprinkle with the **croutons** with **grated matured cheese** and toss firmly.

★ **TIP:** Make sure the frying pan is really hot before you add the croutons, this will make them nice and crunchy.



2 MAKE THE SOUP

- Heat the olive oil in a soup pan with a lid and stir-fry the **garlic**, **paprika** and all the **tomato** varieties for 2 minutes at high heat.
- Pour the boiling water into the pan and crumble the stock cube over it.
- Turn down the heat and boil the **tomatoes**, covered, for 10 – 12 minutes.



4 PUREE AND SERVE

- Add the honey, salt and pepper and purée the **tomatoes** with a hand-held blender until smooth ★★.
- Ladle the **tomato soup** into bowls. Garnish the soup with **sour cream**.
- Sprinkle the soup with the **croutons** and a generous amount of black pepper.

★★ **TIP:** Taste the soup and add more salt, pepper or honey to taste.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Garlic (cloves)	2	4	6	8	10	12
Tomatoes (pcs) *	2	4	6	8	10	12
Sun-dried tomatoes (g)	35	60	90	120	150	180
Paprika (tsp)	¼	½	¾	1	1 ¼	1 ½
Red cherry tomatoes (g) *	125	250	375	500	625	750
White ciabatta (pcs) 1) 6) 7) 17) 22) 25) 27)	1	2	3	4	5	6
Grated matured cheese (g) 7) *	25	50	75	100	125	150
Sour cream (g) 7) *	50	100	150	200	250	300

Not included

Vegetable stock cube (pcs)	1	2	3	4	5	6
Olive oil (tbsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	1	2	3	4	5	6
Honey (tbsp)	1 ¼	2 ½	¾	5	6 ¼	7 ½
Salt & pepper	to taste					

* keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3368 / 805	416 / 99
Fats (g)	48	6
Of which: saturated (g)	14.4	1.8
Carbohydrates (g)	70	9
Of which: sugars (g)	29.6	3.7
Fibre (g)	8	1
Protein (g)	20	2
Salt (g)	8.1	1.0

ALLERGENS

1) Glutens 6) Soy 7) Milk/lactose

Can contain traces of: 17) Eggs 22) Nuts 25) Sesame 27) Lupins

📌 **TIP:** Are you concerned about eating too much salt? Use ½ stock cube per person. Then the dish contains 5.3 g salt.

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GREEK SALAD WITH CHICKEN THIGHS

With pearl couscous and feta



CHICKEN THIGH

This piece of meat is extra tender. It contains more fat than chicken fillet which gives it a more rounded flavour and makes it nice and juicy.



Pearl couscous



Mediterranean-style chicken thigh strips *



Romaine lettuce *



Plum tomato *



Cucumber *



Red onions



Feta *



Lemon



Total: **20** min.



Quick & Easy



Very simple



Eat within **3** days

Today you'll be making a refreshing hearty salad - perfect for a rainy day. The foundation of this salad with cucumber, feta and red onion is unmistakably Greek. The Mediterranean-style chicken thigh makes the dish extra sunny.

A GOOD — START

EQUIPMENT: A **pan with a lid**, a **frying pan** and a **salad bowl**.
Let's start cooking the **Greek salad with chicken thighs**.



1 BOIL AND FRY

- Prepare the stock in a pan with a lid. Add the **pearl couscous** and boil, covered, for 12 – 14 minutes until all the stock has been absorbed. Stir regularly to prevent the **pearl couscous** from burning at the bottom of the pan.
- In the meantime, heat a frying pan with olive oil to medium-high heat. Fry the **chicken thigh strips** for 6 – 7 minutes until done.



3 PREPARE THE DRESSING

- Juice half the **lemon** and cut the other half into wedges.
- Mix 1 tbsp **lemon juice** per person with the extra-virgin olive oil and honey. Season with salt and pepper.
- Add the **dressing** to the salad bowl and toss well.



2 CUT AND CRUMBLE

- In the meantime, finely chop the **Romaine lettuce** and transfer to a salad bowl.
- Cut the **tomato** and **cucumber** into small cubes and mince the **red onion** ★.
- Add the **tomato**, **cucumber** and **onion** to the **Romaine lettuce**.
- Crumble the **feta**.



4 SERVE

- Transfer the **salad** to plates.
- Top with the **pearl couscous** and **chicken thigh strips** and garnish with the **feta** and **lemon wedges**.

★**TIP:** Don't like your onions raw? Fry them together with the chicken.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Pearl couscous (g) 1)	85	170	250	335	420	500
Mediterranean-style chicken thigh strips (g) *	100	200	300	400	500	600
Romaine lettuce (pcs) *	¼	½	¾	1	1 ¼	1 ½
Plum tomatoes (pcs) *	1	2	3	4	5	6
Cucumber (pcs) *	¼	½	¾	1	1 ¼	1 ½
Red onions (pcs)	½	1	1 ½	2	2 ½	3
Feta (g) 7)	25	50	75	100	125	150
Lemons (pcs)	½	1	1 ½	2	2 ½	3

Not included

Vegetable stock (ml)	175	350	525	700	875	1050
Olive oil (tbsp)	1	1	2	2	3	3
Extra-virgin olive oil (tbsp)	1	2	3	4	5	6
Honey (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

* keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3347 / 800	436 / 104
Fats (g)	38	5
Of which: saturated (g)	10.0	1.3
Carbohydrates (g)	75	10
Of which: sugars (g)	15.1	2.0
Fibre (g)	7	1
Protein (g)	36	5
Salt (g)	2.4	0.3

ALLERGENS

1) Glutens 7) Milk/lactose

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ROUND STEAK WITH SHALLOT-THYME SAUCE

WITH POTATO GRATIN AND GREEN BEANS



SPECIAL INGREDIENT.



HELLO SHALLOT

The shallot has a milder flavour than the regular onion, but it also pulls more tears while being cut. Tips for reducing tears: turn on the exhaust hood, use a wet knife or burn a candle.



Firm potatoes



Shallots



Garlic



Whipping cream ✱



Grated aged cheese ✱



Dried thyme



Green beans ✱



Round steak ✱

40 min.

Several steps

5 Eat within 5 days

Today you will be serving a restaurant classic. The tender steak is cut from the upper part of the cow's buttocks, in this case the Maas-Rijn-IJsselrund. This piece of meat has a round shape, hence the name. We will leave it up to you whether you will cook it medium-rare, medium or well-done!

A GOOD — START

EQUIPMENT

2x a pan with a lid, 2x a saucepan, an oven dish, a frying pan and tin foil.
Let's start cooking the **round steak with shallot-thyme sauce**.



1 PREPARATION

Pre-heat the oven to 200 degrees and prepare the stock. Bring ample water to the boil in 2 pans with lids for the potatoes and for the green beans. Peel the **potatoes** and cut into slices of around 1 cm. Add the **potatoes** to a pan with a lid and boil for 6 – 8 minutes until halfway done. Drain and rinse under cold water. In the meantime, mince the **shallots** and press or finely chop the **garlic**. Take the **steak** out of the refrigerator.



4 BOIL THE GREEN BEANS

Remove the stems from the **green beans** and boil them in another pan with a lid for 6 – 8 minutes until al dente. Drain and set aside, uncovered, to steam dry. Mix with ½ tbsp butter per person and season with salt and pepper.

★**TIP:** Making a flour-based sauce is a delicate process, a little bit too much flour and the sauce becomes too thick and floury, too little flour and your sauce will become too thin. Measure or weigh the tablespoons carefully to prevent this from happening. We assume that 1 tablespoon contains 10 grams of flour.



2 MAKE THE GRATIN

Heat ½ tbsp butter per person in a saucepan at medium-low heat. Add half the flour and stir until a smooth mass takes shape. Add the milk and **whipping cream** while stirring. Whisk with a whisk until all the lumps have dissolved. Mix in the **aged cheese** and season with salt, pepper and half the **thyme**. Place the **potato wedges** in an oven dish and pour the **cream mixture** over it. Bake the **gratin** in the oven for 18 – 22 minutes.



5 FRY THE STEAKS

Heat the olive oil in a frying pan to medium-high heat. Tap the **round steak** dry with a kitchen towel and rub with salt and pepper. As soon as the oil is nice and hot, carefully place the **steak** in the pan and fry for 3 – 4 minutes on each side until golden-brown. Sprinkle with some black pepper and allow to rest covered by tin foil for no more than 3 minutes.



3 MAKE THE SHALLOT-THYME SAUCE

In the meantime, heat 1 tbsp butter per person in another saucepan at medium-low heat. Then add the **garlic, shallot** and the remaining **thyme**. Stir firmly and allow the **shallot** to become soft in 5 – 7 minutes. Add the remaining flour and stir-fry for 3 – 4 minutes ★. Add the stock and stir the sauce until smooth. Season with white wine vinegar, salt and pepper and allow to reduce at low heat until serving.



6 SERVE

Cut the **round steak** into thin slices. Serve the **round steak** with the **potato gratin**, the **green beans** and the **shallot-thyme sauce**.

★**TIP:** It is best to take the round steak out of the refrigerator 30 minutes to an hour before you start cooking. Otherwise the steak will remain cold on the inside and it won't respond properly when you fry it.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Firm potatoes (g)	200	400	600	800	1000	1200
Shallots (pcs)	2	4	6	8	10	12
Garlic (cloves)	½	1	1 ½	2	2 ½	3
Whipping cream (ml) 7) 15) 20) *	50	100	150	200	250	300
Grated aged cheese (g) 7) *	15	25	35	50	60	70
Dried thyme (tsp)	1	2	3	4	5	6
Green beans (g) *	150	300	450	600	750	900
Round steak (140 g) *	1	2	3	4	5	6

Not included

Beef stock (ml)	75	150	225	300	375	450
Butter (tbsp)	2	4	6	8	10	12
Flour (tbsp)	1	2	3	4	5	6
Milk (ml)	25	50	75	100	125	150
White wine vinegar (tsp)	½	1	1 ½	2	2 ½	3
Olive oil (tbsp)	1	2	3	4	5	6
Salt & pepper*	to taste					

* keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	4431 / 1059	548 / 131
Fats (g)	65	8
Of which: saturated (g)	33.7	4.2
Carbohydrates (g)	63	8
Of which: sugars (g)	9.1	1.1
Fibre (g)	12	1
Protein (g)	49	6
Salt (g)	1.3	0.2

ALLERGENS

7) Milk/lactose

Can contain traces of: 15) Glutens 20) Soy

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RAGOUX OF CANDIED DUCK

WITH LINGUINE AND REFRESHING ROCKET SALAD

SPECIAL INGREDIENT.



HELLO ROCKET

This actually is not a lettuce, but a cabbage variety and related to the radish. This also explains its aromatic and punchy flavour.



Candied duck drumstick ✱



Garlic



Shallots



Red cherry tomatoes ✱



Tomato cubes



Fresh parsley ✱



Linguine



Pine nuts



Rocket lettuce ✱

🕒 55 min.

📊 Several steps

📅 5 Eat within 5 days

Ragout is an Italian sauce with meat or poultry. We let it simmer for a long time so the meat soaks up the flavours. In this recipe you will be using candied duck, which you will add at the last moment. Candying it - slowly cooking it in fat - makes the duck very flavourful. The sweet flavour of the balsamic vinegar gives the sauce additional depth.

A GOOD — START

EQUIPMENT

A baking sheet lined with baking paper, a saucepan, a pan with a lid, a frying pan and a salad bowl.
Let's start cooking the **ragout of candied duck**.



1 FRY THE DUCK DRUMSTICK

Pre-heat the oven to 200 degrees. Place the **candied duck drumstick** with the skin-side up, on a baking sheet lined with baking paper. Roast in the oven for 20 – 22 minutes until brown. Allow the **duck drumstick** to cool down until you can touch it without burning your fingers.



4 BOIL THE LINGUINE

Bring ample water to the boil in a pan with a lid. Add the **linguine** and boil, covered, for 12 – 14 minutes. Drain and mix half of the extra-virgin olive oil into the **linguine**, season to taste with salt and pepper. In the meantime, heat a frying pan to medium-high heat and roast the **pine nuts**, without any oil, until they gain some colour.



2 FRY THE CHERRY TOMATOES

In the meantime, press or finely chop the **garlic**. Mince the **shallot** and halve the **red cherry tomatoes**. Heat the butter in a deep saucepan to medium-low heat and fry the **shallot** and **garlic** for 2 minutes with a pinch of salt. Turn up the heat to medium-high, add the **cherry tomatoes** and stir-fry for 2 minutes. Deglaze with the black balsamic vinegar and heat for 4 – 5 minutes until most of the moisture has evaporated.



5 MAKE THE SALAD

Whip up a dressing in a salad bowl of white wine vinegar and the remaining extra-virgin olive oil. Season to taste with salt and pepper. Mix the **rocket** into the dressing and garnish with the **pine nuts**.



3 MAKE THE SAUCE

Add the **tomato cubes** and sugar to the saucepan and crumble ¼ stock cube per person over it. Bring to the boil and turn down the heat to medium-low. Allow the sauce to simmer for 20 minutes. Stir regularly. In the meantime, coarsely chop the **fresh parsley**.



6 SERVE

Use a fork to pick the meat off the **duck drumstick**. Add the **tomato sauce** and mix well. Transfer the **linguine** to deep plates and pour over the **tomato sauce**. Sprinkle with the **fresh parsley** and serve with the refreshing **salad**.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Candied duck drumstick (200 g) *	1	2	3	4	5	6
Garlic (cloves)	½	1	1 ½	2	2 ½	3
Shallots (pcs)	½	1	1 ½	2	2 ½	3
Red cherry tomatoes (g) *	125	250	375	500	625	750
Tomato cubes (can)	⅓	⅔	1	1 ⅓	1 ⅔	2
Fresh parsley (sprigs) 23) *	4	8	12	16	20	24
Linguine (g) 1) 17) 20)	90	180	270	360	450	540
Pine nuts (g) 19) 22) 25)	5	10	15	20	25	30
Rocket lettuce (g) 23) *	40	60	80	100	140	160
Not included						
Black balsamic vinegar (tbsp)	½	1	1 ½	2	2 ½	3
Sugar (tsp)	¼	½	¾	1	1 ¼	1 ½
Chicken stock cube (pcs)	¼	½	¾	1	1 ¼	1 ½
Olive oil (tbsp)	¾	1 ½	2 ¼	3	3 ¾	4 ½
Extra-virgin olive oil (tbsp)	1	1 ½	2	2 ½	3	3 ½
White wine vinegar (tsp)	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)	4033 / 964	535 / 128
Fats (g)	52	7
Of which: saturated (g)	18.0	2.4
Carbohydrates (g)	78	10
Of which: sugars (g)	8.4	1.1
Fibre (g)	8	1
Protein (g)	40	5
Salt (g)	1.4	0.2

ALLERGENS

1) Glutens

Can contain traces of: 17) Eggs 19) Peanuts 20) Soy 22) Nuts 23) Celery 25) Sesame

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KAISERSCHMARRN WITH STRAWBERRY

Fluffy pancake bits with sour cream and honey



Easy

Total: **25 - 30** min.

Eat within **5** days

If you ever go skiing in Austria, you must be familiar with this sweet dish. All kinds of stories circulate about the origin of these heavenly pancake bits, in any case Emperor Franz Josef played an important part.



Strawberries ✨



Honey



Sour cream ✨



Free-range egg ✨

TASTY — DESSERT

KAISERSCHMARRN WITH STRAWBERRIES

EQUIPMENT:

A **bowl**, **2x a large bowl**, **baking paper**, a **blender** and a **frying pan**.



1 Cut the **strawberries** into quarters, add to a bowl and mix with $\frac{3}{4}$ of the **honey**. Mix the **sour cream** with the remaining **honey**. Sprinkle a piece of paper towel with the white wine vinegar and use it to degrease a large bowl and the whisks of the blender.



2 Separate the **eggs** and add the **egg whites** and $\frac{1}{2}$ tsp sugar to the degreased large bowl ★. Add the egg yolks to another large bowl. Whisk the **egg whites** with a blender until stiff and shiny. Whip the **egg yolks** with a fork and mix in half the flour. Next, mix in the sugar, milk, the remaining flour and a pinch of salt until you've got a smooth batter.



3 Use a spatula to carefully mix $\frac{1}{3}$ of the **egg whites** into the **egg yolk mixture**. Repeat with the remaining **egg whites**. Heat the butter in a frying pan to medium-low heat. As soon as the butter begins to bubble, add the batter ★★, fry for 3 – 5 minutes and stir into pieces with a wooden spoon. Fry for another 2 – 4 minutes until done.



4 Transfer the **Kaiserschmarrn** to plates and garnish with the **sour cream** and the **strawberries**.

★ **TIP:** It is very important to make sure not even a drop of the egg yolk ends up with the egg whites, otherwise the egg whites can't be whisked.

★★ **TIP:** First you will bake one large, thick pancake. Then you will break it apart just like with scrambled eggs.

INGREDIENTS	2P	4P
Strawberries (g) *	250	500
Honey (jar)	1	2
Sour cream (g) 7) *	50	100
Free-range eggs (pcs) 3) *	2	4
Not included		
White wine vinegar (tsp)	1	1
Granulated sugar (tbsp)	2	4
Milk (ml)	120	240
Flour (g)	60	120
Butter (tbsp)	1	2

* keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	1695 / 405	523 / 125
Fats (g)	14	4
Of which: saturated (g)	7.8	2.4
Carbohydrates (g)	53	16
Of which: sugars (g)	32.0	9.9
Fibre (g)	3	1
Protein (g)	14	4
Salt (g)	0.3	0.1

ALLERGENS

3) Eggs 7) Milk/lactose

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BREAKFAST BOX

GOOD MORNING!

1

SOURDOUGH ROLL WITH SCRAMBLED EGGS

With avocado

2

BANANA SPLIT WITH YOGHURT

With multi-grain and chocolate flakes

3

SPELT WAFFLES

With turkey fillet and cottage cheese

EXTRA

- Grapes
- Juice orange

The nutrient values as stated here have been calculated per person, per serving. Make sure you clean ingredients that require cleaning before putting them into the dish. Want to pause or change your box for next week? Let us know through your account no later than Wednesday prior to the next delivery. Got any questions about the products or our service? please contact our customer service department.

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BREAKFAST 1

SOURDOUGH ROLL WITH SCRAMBLED EGGS

With avocado



1 Pre-heat the oven to 200 degrees. Bake the **sourdough roll** in the pre-heated oven for 8 minutes.

2 In the meantime, cut the **avocado** in half, remove the pit and chop the flesh into slices.

3 Whisk the **eggs** with a fork or whisk in a bowl and season to taste with salt and pepper. Melt half the butter in a frying pan, pour in the **egg mixture** and stir-fry to make **scrambled eggs**.

4 Cut open the **roll**, spread with the remaining butter and top with the **avocado** and **egg**. Sprinkle with some more salt and pepper to taste.

1x

INGREDIENTS FOR 1 BREAKFAST

	2P	4P
Sourdough roll (pcs)	2	4
1) 6) 11) 17) 21) 22) 27)		
Avocado (pcs)	½	1
Free-range eggs (pcs) 3) *	4	8

Not included

Butter (tbsp)	1	2
Salt & pepper	To taste	

* keep in the refrigerator

EQUIPMENT

A bowl and a frying pan.

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2577 / 616	895 / 214
Fats (g)	28	10
Of which: saturated (g)	8.7	3.0
Carbohydrates (g)	63	22
Of which: sugars (g)	1.8	0.6
Fibre (g)	5	2
Protein (g)	25	9
Salt (g)	1.6	0.6

ALLERGENS

1) Glutens 3) Eggs 6) Soy 11) Sesame
May contain traces of: 17) Eggs 21) Milk/lactose 22) Nuts
27) Lupin

BREAKFAST 2

2x

BANANA SPLIT WITH YOGHURT

With multi-grain and chocolate flakes



- 1 Halve the **banana** lengthwise.
- 2 Transfer the **banana** halves to plates and top with the **yoghurt**.
- 3 Sprinkle with the **multi-grain and chocolate flakes**.

INGREDIENTS FOR 1 BREAKFAST

	2P	4P
Bananas (pcs)	2	4
Full-fat yoghurt (ml) 7) 15) 20) *	250	500
Multi-grain flakes (g) 1) 19) 22) 25)	90	180
Chocolate flakes (g) 6) 7) 19) 22) 25)	25	50

* keep in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	1786 / 426	569 / 136
Fats (g)	9	3
Of which: saturated (g)	5.6	1.8
Carbohydrates (g)	67	21
Of which: sugars (g)	32.0	10.2
Fibre (g)	7	2
Protein (g)	12	4
Salt (g)	0.2	0.1

ALLERGENS

1) Glutens 6) Soy 7) Milk/lactose
May contain traces of: 15) Glutens 19) Peanuts 20) Soy
22) Nuts 25) Sesame

BREAKFAST 3

2x

SPELT WAFFLES

With turkey fillet and cottage cheese



- 1 Spread 2 **spelt waffles** per person with **cottage cheese** and the other ones with **turkey fillet**.
- 2 Cut the **tomato** into slices and place on top of the **cottage cheese**. Cut the **garden cress** and top all the **spelt waffles**. Season to taste with salt and pepper.

- 3 Transfer the **spelt waffles** to plates.

INGREDIENTS FOR 1 BREAKFAST

	2P	4P
"Oer" Spelt waffles (pcs) 1) 20) 21) 25)	6	12
Cottage cheese (g) 7) *	100	200
Turkey fillet (rashers) *	2	4
Plum tomatoes (pcs)	1	2
Garden cress (tbsp) 15) 23) 24) *	1 ½	3

Not included

Salt & pepper	To taste
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* Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	925 / 221	593 / 142
Fats (g)	4	3
Of which: saturated (g)	1.6	1.0
Carbohydrates (g)	31	20
Of which: sugars (g)	4.1	2.6
Fibre (g)	4	3
Protein (g)	14	9
Salt (g)	0.8	0.5

ALLERGENS

1) Glutens 7) Milk/lactose
May contain traces of: 15) Glutens 20) Soy 21) Milk/lactose
23) Celery 24) Mustard 25) Sesame