



Tricolore pasta with tuna-pesto sauce

With cherry tomatoes and a mixed green salad



MASAN BLANC

With its invigorating bouquet of gooseberries and lime, this Masan Blanc is a perfect complement to the tuna sauce and cherry tomatoes.



Onion



Red cherry tomatoes ✨



Tuna in olive oil



Conchiglie tricolore



Pine nuts



Mesclun ✨



Green pesto ✨

Total: **25-30** min.

Quick & Easy

Easy

Family

Eat within **5** days

Conchiglie tricolore are conch-shaped pasta in three colours. Together with the green pesto and red cherry tomatoes, they make this dish a feast for the eyes! Green pesto is a wonderful ingredient in many dishes, but did you know that it's also a delicious combination with tuna?

A GOOD START

EQUIPMENT

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



1 PREPARATION

Bring 500 ml water per person to the boil in a pan with a lid for the **conchiglie tricolore**. Mince the **onion** and halve the **red cherry tomatoes**. Drain the **tuna**, reserving the olive oil.



2 COOK THE CONCHIGLIE

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



3 TOAST THE SUNFLOWER SEEDS

Heat a wok or deep saucepan at high heat and toast the **sunflower seeds**, without any oil, until golden brown.



4 MAKE THE SALAD

In the meantime, mix together the **mesclun** with a little **pesto** in a salad bowl. Season to taste with salt and pepper. Drizzle with a little extra-virgin olive oil to taste.



5 PREPARE THE SAUCE

Heat 1 tbsp oil reserved from the **tuna** per person in the same wok or deep saucepan and fry the **cherry tomatoes** and the **onion** for 5 minutes at medium heat (be careful, the oil can spatter if the pan is too hot). Next, stir in the **tuna**, **conchiglie** and the remaining **pesto**. Season to taste with salt and pepper.



6 SERVE

Serve the **pasta** in **tuna sauce** with the **mesclun**. Garnish with the **pine nuts**.

★ TIP

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

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Onion	½	1	1½	2	2½	3
Red cherry tomatoes (g) *	125	250	375	500	625	750
Tuna in olive oil (Tin) 4)	1	2	3	4	5	6
Conchiglie tricolore (g) 1)	90	180	270	360	450	540
Pine nuts (g) 19) 22) 25)	10	20	30	40	50	60
Mesclun (g) 23) *	30	60	80	100	120	140
Green pesto (g) 7) 8) *	40	80	120	160	200	240
Extra-virgin olive oil*				to taste		
Salt & pepper*				to taste		

*Not included | *Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3753 / 897	637 / 152
Total fat (g)	51	9
Of which: saturated (g)	8.3	1.4
Carbohydrates (g)	72	12
Of which: sugars (g)	7.4	1.3
Fibre (g)	10	2
Protein (g)	31	5
Salt (g)	1.0	0.2

ALLERGENS

1) Glutens 4) Fish 7) Milk/lactose 8) Nuts
May contain traces of: 19) Peanuts 22) Nuts 23) Celery 25) Sesame

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CHICKEN WITH COPPA DI PARMA AND GREEN BEANS

With rosemary potatoes



LAVILA ROUGE

The Coppa di Parma that gives this dish a nice, crunchy texture is a perfect complement to the full-bodied, smooth and mellow Lavila Rouge with its fruity after-taste.



Nicola potatoes



Dried rosemary



Red onion



Garlic



Green beans *



Boneless chicken thighs *



Coppa di Parma *



Total: **35-40** min.



Gluten-free



Easy



Eat within **3** days

In this recipe, you will be wrapping Coppa di Parma around chicken thighs. This Italian ham is made from pork shoulder and has a savoury, aromatic taste. You will be serving the chicken with fried rosemary potatoes and green beans flavoured with garlic.

A GOOD START

EQUIPMENT

A wok or deep saucepan, 2 toothpicks per person, a frying pan with a lid, some tin foil and a pan with a lid. Let's start cooking the **chicken with Coppa di Parma and green beans**.



1 FRY THE POTATOES

Thoroughly scrub or peel the **potatoes** (Nicola) and cut into wedges. Heat the butter in a wok or deep saucepan with a lid and fry the **potatoes**, together with the **rosemary**, for 18 – 20 minutes, covered, at medium-high heat. Turn regularly and season to taste with salt and pepper. Take the lid off the pan after 15 minutes.



2 WRAP THE CHICKEN

In the meantime, trim the ends off the **green beans**. Wrap a slice of **Coppa di Parma** around each piece of **chicken thigh** and fix with a toothpick to keep it in place. Cut the remaining **Coppa di Parma** in thin strips.



3 FRY THE HAM

Heat half the olive oil in a frying pan with a lid and fry the strips of **Coppa di Parma** until crispy in 2 minutes. Remove from the pan and set aside.



4 COOKING

In the meantime, fry the **boneless chicken thigh** pieces in the same frying pan for 2 minutes at medium-low heat until brown on all sides. Cover the pan and allow to simmer for 10 minutes. Turn regularly. Remove from the pan and set aside, covered with a sheet of tin foil. In the meantime, transfer the **green beans** to a pan with a lid. Add water to barely cover the beans and a pinch of salt. Bring to the boil, covered, and gently simmer for 8 minutes. Drain and set aside, uncovered, to steam dry.



5 STIR-FRY THE GREEN BEANS

In the meantime, slice the **red onion** into thin half rings. Press or finely chop the **garlic**. Heat the remaining olive oil in the same frying pan at medium-low heat and fry the **red onion** and **garlic** for 2 minutes. Add the **green beans** and stir-fry for 2 minutes at high heat. Season to taste with salt and pepper★.



6 SERVE

Transfer the fried **potatoes**, **chicken thigh pieces** and **green beans** to plates. Garnish the **green beans** with the fried **Coppa di Parma** strips.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Nicola potatoes (g)	250	500	750	1000	1250	1500
Dried rosemary (tsp)	½	1	1½	2	2½	3
Green beans (g) *	200	400	600	800	1000	1200
Boneless chicken thighs (50 g) *	2	4	6	8	10	12
Coppa di Parma (g) *	25	50	75	100	125	150
Red onions (pcs)	½	1	1½	2	2½	3
Garlic (cloves)	1	2	2	3	3	4
Butter* (tbsp)	½	1	1	1½	1½	2
Olive oil* (tbsp)	1	2	2	3	3	4
Salt & pepper*	to taste					

*Not included | *Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3067 / 733	481 / 115
Total fat (g)	35	5
Of which: saturated (g)	10.8	1.7
Carbohydrates (g)	62	10
Of which: sugars (g)	5.8	0.9
Fibre (g)	13	2
Protein (g)	35	5
Salt (g)	1.3	0.2

ALLERGENS

None of the products in this box which you will need for this recipe contain allergens.

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★ TIP

Coppa di Parma is rather salty, so be careful that you do not put too much salt in this dish!



INDONESIAN STIR-FRY WITH RUNNER BEANS

With spicy eggs and cucumber salad



VARAS ROUGE

What to drink with Indonesian stir-fry with honey peanuts and red chilli paste? Varas Rouge, of course: an intense, complex wine with a light scent of cherries and raspberries.



Free-range egg ✳



Garlic



Fresh ginger



Red chilli pepper ✳



Runner beans ✳



Cucumber ✳



Spicy honey peanuts



Curry powder



Soba noodles



Peanut butter



Soy sauce

Total: 40-45 min.

Lactose-free

Easy

Eat within 5 days

A special component of this dish is the boiled eggs, which you will marinate in a spicy sauce flavoured with sambal (Indonesian red chilli paste). This preparation method comes from Indonesia, where this egg dish is called 'sambal telur'. The longer you allow the eggs to marinate, the more flavour they will absorb. The chopped peanuts give the dish a pleasant crunch.

A GOOD START

EQUIPMENT

A **saucepan with a lid**, **2 bowls**, a **pan with a lid**, some **cling film** and a **wok or deep saucepan with a lid**.
Let's start cooking the **Indonesian stir-fry with runner beans**.



1 PREPARATION

In the meantime, bring plenty of water to the boil in a pan with a lid and boil the **eggs**, covered, for 6 – 8 minutes. Remove from the pan and immerse in cold water to loosen the membrane. Peel the **eggs**. In the meantime, press or finely chop the **garlic**. Peel the **ginger**, remove the seed pods from the **red chilli pepper** and finely chop both.



4 FRY AND COOK

Cook the **noodles** in the pan with a lid, covered, for 3 – 4 minutes until done. Drain and rinse with cold water. Heat the sunflower oil in a wok or deep saucepan with a lid and gently fry the **garlic, ginger and red chilli pepper** for 2 minutes at medium heat. Add the **runner beans**, stir and simmer, covered, for 8 minutes.



2 PREPARE THE SAUCE

Trim the ends off the **runner beans** and slice the **runner beans** into diagonal strips of ½ cm. Slice the **cucumbers** into half moons. Finely chop ¼ of the **spicy honey peanuts**. In a bowl, mix together the **curry powder**, sambal, chopped **peanuts** and 1 tsp water per person.



5 ASSEMBLE

Add the noodles to the **runner beans**, as well as the **peanut butter, soy sauce**, ketjap and 2 tbsp water per person. Turn up the heat to high and stir-fry for another 2 minutes.



3 ASSEMBLE

Bring 500 ml water per person to the boil in a pan with a lid to cook the noodles in. While waiting for the water to boil, transfer the **eggs** to the sambal mixture in the bowl and mix carefully. Cover the bowl with cling film and set aside. In another bowl, mix together the honey and the white balsamic vinegar. Add the cucumber and season to taste with salt and pepper. Set the cucumber salad aside.



6 SERVE

Transfer the **noodles** to plates. Garnish with the remaining **honey peanuts** and serve with the **sambal eggs** and the **cucumber salad**.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Free-range eggs (pcs) 3) *	2	4	6	8	10	12
Garlic (cloves)	1	2	2	3	3	4
Fresh ginger (cm)	1	2	3	4	5	6
Red chilli peppers (pcs) *	¼	½	¾	1	1¼	1½
Runner beans (g) *	150	300	450	600	750	900
Cucumbers *	¼	½	¾	1	1¼	1½
Spicy honey peanuts (g) 5g) 5) 8) 22) 25)	15	30	45	60	75	90
Curry powder (tsp) 9) 10)	1	2	3	4	5	6
Soba noodles (g) 1)	75	150	225	300	375	450
Peanut butter (container) 5) 22)	1	2	3	4	5	6
Soy sauce (ml) 1) 6)	10	20	30	40	50	60
Sambal* (tsp)	1	2	3	4	5	6
Honey* (tsp)	½	1	1½	2	2½	3
White balsamic vinegar* (tbsp)	1	2	3	4	5	6
Sunflower oil* (tbsp)	1	1½	2¼	3	3¾	4½
Ketjap* (tsp)	1	1	2	2	3	3
Salt & pepper*	to taste					

*Not included | *Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3722 / 782	514 / 123
Total fat (g)	37	6
Of which: saturated (g)	7.5	1.2
Carbohydrates (g)	75	12
Of which: sugars (g)	15.3	2.4
Fibre (g)	10	2
Protein (g)	32	5
Salt (g)	4.5	0.7

ALLERGENS

1) Glutens 3) Eggs 5) Peanuts 6) Soy 8) Nuts

9) Celery 10) Mustard

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

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Oriental fish parcels with leek and tomato

With sticky coconut rice



VARAS BRANCO

Varas Branco is a light, aromatic wine from Portugal. Delicious with the fish and coconut rice in this dish!



Fresh ginger



Red chilli pepper ✨



Leek ✨



Plum tomato ✨



Lime



Fillet of haddock ✨



Coconut milk



Brown rice

Total: **35-40** min.

Calorie-conscious

Easy

Gluten-free

Eat within **3** days

Lactose-free

The difference between white and brown rice is that the bran layer and cereal germ of brown rice are left intact, making it richer in vitamins and minerals. Cooking the rice in coconut milk will give it a special flavour and a nice, sticky texture. Served with the fillet of haddock and the vegetables, this is a very healthy meal.

A GOOD START

EQUIPMENT

A **grater**, a **wok or deep saucepan with a lid**, a **pan with a lid** and some **tin foil**.
Let's start cooking the **Oriental fish parcels with leek and tomato**.



1 PREPARATION

Pre-heat the oven to 220 degrees. Peel and finely chop the **ginger**. Remove the seed pods from the **red chilli pepper** and finely chop the **red chilli pepper**. Thinly slice the **leek** and finely dice the **plum tomato**. Cut the **lime** into wedges. Stir the **coconut milk** until smooth ★.



2 FRY THE LEEKS

Heat the sunflower oil in a wok or deep saucepan with a lid to medium heat. Add the **leek**, half the **red chilli pepper**, half the **ginger** and 1 tbsp water per person. Season to taste with salt and pepper and braise, with the lid on, for 4 – 6 minutes ✨.



3 COOK THE COCONUT RICE

Bring 225 ml water per person to the boil in a pan with a lid to cook the rice in. Transfer the **rice**, the **red chilli pepper**, the remaining **ginger** and most of the **coconut milk** (set aside 1 tbsp per person for the fish). Cook the rice for 12 – 15 minutes at low heat until steamed dry ★★. Drain if needed, and allow to steam dry, uncovered. The **rice** should remain sticky!



4 MAKE THE FISH PARCELS

Pat the **fillet of haddock** dry with paper towels. Roll out one sheet of tin foil measuring approximately 30 x 30 cm per person and distribute the **haddock** across the tin foil sheets.



5 FINISH THE PARCELS

Sprinkle the **haddock** with a little salt and pepper and top with the **leek**. Next, top with the diced **tomato** and sprinkle with 1 tbsp **coconut milk** per person. Fold the foil closed to create a parcel. Bake the fish parcels in the oven for 8 – 10 minutes.



6 SERVE

Transfer the **fish parcels** to plates. Serve with the **rice** and the **lime**. Sprinkle with a little **lime juice** to taste.

★ TIP

Coconut milk can form lumps. This does not mean that the milk has turned bad. The lumps are the fatty substances that give the coconut milk its rich flavour.

★★ TIP

Stir the rice regularly, scraping the bottom. The coconut milk can cause it to burn more easily than if you were cooking it in water. Add a little extra water if the rice becomes too dry.

✨ FACTS

When you braise vegetables, you allow them to cook in their own juices. Sometimes a little more liquid can be added if necessary.

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	1¼	1½
Leeks (pcs) ✨	½	1	1½	2	2½	3
Plum tomatoes (pcs) ✨	1	2	3	4	5	6
Limes (pcs)	¼	½	¾	1	1¼	1½
Fillet of haddock (skinned) (100g) 4) ✨	1	2	3	4	5	6
Coconut milk (ml) 26)	100	200	300	400	500	600
Brown rice (g)	85	170	250	335	420	500
Sunflower 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)	2607 / 623	390 / 93
Total fat (g)	27	4
Of which: saturated (g)	17.4	2.6
Carbohydrates (g)	73	11
Of which: sugars (g)	8.9	1.3
Fibre (g)	8	1
Protein (g)	29	4
Salt (g)	0.2	0.0

ALLERGENS

4) Fish

May contain traces of: 26) Sulphite

TIP

Are you keeping an eye on your calorie intake? Use only 75 ml coconut milk and 75 g rice per person.

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ENDIVE HOTCHPOTCH WITH BACON BITS

With walnuts and goat's cheese



SYNERA TINTO

What could possibly be more comforting on a cold, rainy evening than sitting on the couch, eating a plate of endive hotchpotch and drinking a glass of Synera Tinto, bursting with the aromas of ripe red fruit and spices?



Musica potatoes



Walnuts



Lean bacon bits ✨



Dried thyme



Chopped endive ✨



Fresh goat's cheese ✨

Total: **30-35** min.

Family

Easy

Quick & Easy

Eat within **3** days

Gluten-free

Endive hotchpotch and bacon bits are a classic combination. We will be giving this traditional Dutch dish a twist today by adding another winning combo: goat's cheese and walnuts. You will be frying part of the endive with the bacon and topping the hotchpotch with crumbled goat's cheese.

A GOOD START

EQUIPMENT

A **pan with a lid**, a **deep saucepan** and a **potato masher**.
Let's start cooking the **endive hotchpotch with bacon bits**.



1 BOIL THE POTATOES

Peel the **potatoes** (Musica) and cut into coarse pieces. Put the **potatoes** in the pan with the lid and barely cover with water. Bring to the boil and cook the **potatoes** for 12 – 15 minutes until done. Drain, reserving a little of the cooking liquid, and allow to steam dry uncovered.



2 ROAST THE WALNUTS

In the meantime, coarsely chop the **walnuts**. Heat a deep saucepan, without any oil, at medium-high heat and roast the **walnuts** until golden brown. Remove from the pan and set aside.



3 FRY THE BACON

In the same frying pan, fry the **lean bacon bits** at medium-high heat for 3 – 4 minutes until crispy. Add the **dried thyme** and half the **endives** and fry for another 2 minutes, or until the **endive** starts to wilt ★.



4 MAKE THE HOTCHPOTCH

Mash the **potatoes** into a coarse purée using a potato masher. Add the butter and a splash of milk or cooking liquid to give it a velvety texture. Next, blend in the **bacon**, stirred **endive** and mustard.



5 CRUMBLE THE GOAT'S CHEESE

Stir in the remaining **endive** and season to taste with salt and pepper. Crumble in the **goat's cheese**.



6 SERVE

Scoop the hotchpotch onto plates and garnish with the remaining **goat's cheese** and **walnuts**.

★ TIP

Don't like the bitter taste of raw endive? Stir-fry all the endive in Step 3.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Musica potatoes (g)	300	600	900	1200	1500	1800
Walnuts (g) 8) 19) 22) 25)	10	20	30	40	50	60
Lean bacon bits (g) *	50	100	150	200	250	300
Dried thyme (tsp)	1½	3	4½	6	7½	9
Chopped endive (g) 23) *	150	300	450	600	750	900
Fresh goat's cheese (g) 7) *	40	75	100	125	150	175
Milk* (splash)					to taste	
Butter* (tbsp)	1	2	3	4	5	6
Mustard* (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)	3238 / 774	548 / 131
Total fat (g)	46	8
Of which: saturated (g)	22.1	3.7
Carbohydrates (g)	62	10
Of which: sugars (g)	7.2	1.2
Fibre (g)	9	2
Protein (g)	24	4
Salt (g)	2.2	0.4

ALLERGENS

7) Milk/lactose 8) Nuts

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

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Veggie lasagne with home-made cream sauce

With aubergine, spinach and aged cheese



SYNERA BLANCO

Synera Blanco, a blend in which the slightly oily Chardonnay grape has been included, is a perfect match with the cream sauce in this lasagne.



Aubergine



Onion



Garlic



Dried rosemary



Spinach *



Single cream *



Grated aged cheese *



Lasagne sheets *

Total: 45-50 min.

Family

Easy

Vegetarian

Eat within 5 days

Forget sachets and boxes: making the cream sauce for this lasagne from scratch is as easy as pie! This sauce is based on a *roux* made from butter and flour, to which you will be adding stock, single cream, spinach, rosemary and aged cheese. The aubergine slices give this lasagne a solid filling.

A GOOD START

EQUIPMENT

A **baking tray lined with baking paper**, a **wok or deep saucepan**, a **whisk** and an **oven dish**.
Let's start cooking the **veggie lasagne with home-made cream sauce**.



1 SLICE THE AUBERGINE

Pre-heat the oven to 200 degrees and prepare the stock. Cut the **aubergines** into slices no more than ½ cm thick.



2 ROAST THE AUBERGINE

Transfer the **aubergine** to a baking sheet lined with baking paper and rub with half the olive oil and a little salt and pepper. Roast the **aubergine** in the oven for 10 minutes. In the meantime, mince the **onion**, and press or finely chop the **garlic**. Heat the butter in a wok or deep saucepan and gently fry the **onion** and the **garlic** for 2 minutes at low heat.



3 MAKE THE ROUX

Stir in the flour and fry, stirring constantly, for 2 minutes at medium-low heat. Add ⅓ of the stock and beat into a smooth mixture using a whisk until all the stock has been absorbed. Repeat twice with the remaining stock. Stir the sauce until smooth, bring to the boil and simmer for 1 minute ★.



4 FINISH THE CREAM SAUCE

Stir the **dried rosemary** into the sauce. Next, tear the **spinach** into bite-sized pieces and stir into the sauce as you go, in parts if necessary. Allow to wilt, while stirring. Lastly, blend in the **single cream**, ⅓ of the **aged cheese** and a little salt and pepper to taste.

★ TIP

When making a roux it is crucial that you use equal amounts of butter and flour. Is your sauce too thin? Cook it a little longer so that it will be reduced.



5 ASSEMBLE THE LASAGNE

Grease an oven dish with the remaining olive oil. Pour a shallow layer of **sauce** into the oven dish. Cover with **lasagne sheets** and top with a few slices of **aubergine** ★★. Repeat until all the **sauce** has been used up. Finish by covering the **lasagne** with a layer of sauce and top with the remaining **aged cheese**. Bake the **lasagne** in the pre-heated oven for 20 – 25 minutes.



6 SERVE

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

★★ TIP

By firmly pressing the lasagne sheets into place, the sauce will be more evenly distributed and the lasagne will be cooked more uniformly.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Aubergines (pcs) *	½	1	1½	2	2½	3
Onion	½	1	1½	2	2½	3
Garlic (cloves)	1	2	3	4	5	6
Dried rosemary (tsp)	1	2	3	4	5	6
Spinach (g) 23) *	100	200	300	400	500	600
Single cream (packet) 7) *	¼	½	¾	1	1¼	1½
Grated aged cheese (g) 7) *	40	75	100	125	150	175
Lasagne sheets (pcs) 1) 3) *	2	4	6	8	10	12
Vegetable stock* (ml)	200	400	600	800	1000	1200
Olive oil* (tbsp)	1	2	3	4	5	6
Butter* (tbsp)	1	2	3	4	5	6
Flour* (tbsp)	1	2	3	4	5	6
Salt & pepper*	to taste					

*Not included | *Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3573 / 854	523 / 125
Total fat (g)	52	8
Of which: saturated (g)	27.0	4.0
Carbohydrates (g)	63	9
Of which: sugars (g)	9.6	1.4
Fibre (g)	8	1
Protein (g)	28	4
Salt (g)	3.1	0.5

ALLERGENS

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

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COURGETTE SOUP WITH FOREST MUSHROOM PESTO

With a spelt baguette topped with melted cheese



VARAS ROSÉ

This robust courgette-pesto soup needs an equally robust wine to go along with it, like this Portuguese Varas Rosé with nice tannins, made from Cabernet Sauvignon grapes.



Onion



Musica potatoes



Courgette *



Pumpkin seeds



Forest mushroom pesto *



Spelt baguette *



Grated aged cheese *

Total: 30-35 min.

Vegetarian

Easy

Eat within 5 days

This dish proves that there is hardly a vegetable as versatile as the courgette. Besides making soup out of the courgette, you will be garnishing the soup with courgette ribbons. The forest mushroom pesto gives the soup a complex and well-balanced flavour.

A GOOD START

EQUIPMENT

A **soup pan with a lid**, a **frying pan** and a **hand blender**.
Let's start cooking the **courgette soup with forest mushroom pesto**.



1 PREPARATION

Pre-heat the oven to 180 degrees and bring 400ml of water per person to the boil. Mince the **onion**. Thoroughly rinse or peel the **potatoes** (Musica) and cut into dice. Thinly slice the **courgette** lengthwise to create 3 ribbons per person. Dice the remaining **courgette**.



2 TOAST THE PUMPKIN SEEDS

Heat a wok or deep saucepan with a lid to high heat and toast the **pumpkin seeds**, without any oil, until they start to pop. Remove from the pan and set aside. Heat half the olive oil in a soup pan 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.



3 FRY AND COOK

Add the **potatoes** and 300 ml boiling water per person. Crumble in the stock cube and simmer for 10 minutes at low heat. Next, heat the remaining olive oil in a frying pan and fry the **courgette ribbons** for 5 minutes at medium to low heat, Flip over when halfway done.



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.



5 SEASON

Remove the soup from the stove and purée using a hand-held blender. Add a little extra boiling water if the soup is too thick. Stir in the remaining **pesto** and **cheese**. Season to taste with salt and pepper.



6 SERVE

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

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Onion	½	1	1	1½	2	2½
Musica potatoes (g)	100	200	300	400	500	600
Courgettes (pcs) *	½	1	1½	2	2½	3
Pumpkin seeds (g) 19) 22) 25)	10	15	20	25	30	35
Spelt baguettes (pcs) 1) 17) 20) 21) 22) 25) 27) *	½	1	1½	2	2½	3
Forest mushroom pesto (g) 7) 8) *	40	80	120	160	200	240
Grated aged cheese (g) 7) *	25	50	75	100	125	150
Olive oil* (tbsp)	1	2	2	3	3	4
Vegetable stock cubes* (pcs)	¾	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)	3205 / 766	396 / 95
Total fat (g)	49	6
Of which: saturated (g)	13.0	1.6
Carbohydrates (g)	61	8
Of which: sugars (g)	14.9	1.8
Fibre (g)	6	1
Protein (g)	23	3
Salt (g)	5.4	0.7

ALLERGENS

1) Glutens 7) Milk/lactose 8) Nuts

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

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★ TIP

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



Fettuccine with rainbow cherry tomatoes and feta

With fresh herbs, olives and capers



CABRIZ BRANCO

Tart yet pungent, Cabriz Branco is a smooth, aromatic wine that pairs very nicely with green herbs and lemon.



Yellow and orange cherry tomatoes *



Fettuccine di semola



Garlic



Olives and capers *



Lemon



Feta *



Fresh mint *



Fresh basil *



Fresh parsley *

Total: 20-25 min.

Vegetarian

Very simple

Discovery

Eat within 5 days

Quick & Easy

This pasta dish is not only easy to prepare: it's also super-fast. The flavours are, however, complex. The combination of savoury capers, olives and feta, the slightly sweet cherry tomatoes and the tart, slightly acidic lemon makes for an exciting dish! The fresh herbs provide the perfect finishing touch.

A GOOD START

EQUIPMENT

An **oven dish**, a **pan with a lid**, a **fine grater** and a **small bowl**.
Let's start cooking the **fettuccine with rainbow cherry tomatoes and feta**.



1 ROAST THE TOMATOES

Pre-heat the oven to 200 degrees. Transfer the **yellow and orange cherry tomatoes** to an oven dish. Drizzle with the olive oil and toss. Season with salt and pepper and roast in the oven for 15 minutes or until the **cherry tomatoes** start to crack.



2 COOK THE PASTA

In the meantime, bring 500 ml water to the boil in a pan with a lid and boil the **fettuccine**, covered, for 12 – 14 minutes. Drain and set aside, uncovered, to steam dry.



3 CHOP THE FLAVOURING INGREDIENTS

In the meantime, press or finely chop the **garlic**. Cut the **olives** in half lengthwise and chop the **capers**. Grate the yellow rind of the **lemon** (zest) with a fine grater and squeeze out the **lemon** juice. Crumble the **feta**. Cut the fresh **mint** and **basil** into thin strips ★. Finely chop the **fresh parsley**.



4 MIX THE FLAVOURING INGREDIENTS

In a small bowl, mix together the **garlic**, **olives**, **capers** and extra-virgin olive oil with ½ tsp **lemon zest** and ½ tbsp **lemon juice** per person.



5 ASSEMBLE THE PASTA

Add the **olive mixture** to the **fettuccine** and mix thoroughly.



6 SERVE

Transfer the **fettuccine** to plates and garnish with the remaining **feta**, **mint**, **parsley** and **basil**. Drizzle with a little extra-virgin olive oil and add a little pepper to taste. Serve with the roast **cherry tomatoes**.

★ TIP

Make a small stack of mint and basil leaves, roll them up like a cigar. Next, cut them into strips. This technique makes it very easy to chop fresh herbs!

✳️ FACTS

Did you know that capers are the unopened flower buds of the caper plant?

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Yellow and orange cherry tomatoes (g) ✳️	150	300	450	600	750	900
Fettuccine di semola (g) 1)	90	180	270	360	450	540
Garlic (cloves)	½	1	1½	2	2½	3
Olives and capers (g) ✳️	30	60	90	120	150	180
Lemons (pcs)	¼	½	¾	1	1¼	1½
Feta	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) ✳️	2	4	6	8	10	12
Olive oil* (tbsp)	½	½	1	1½	2	2½
Extra-virgin olive oil* (tbsp)	1	2	3	4	5	6
Salt & pepper*	to taste					

*Not included | ✳️ Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2757 / 659	530 / 127
Total fat (g)	31	6
Of which: saturated (g)	9.1	1.8
Carbohydrates (g)	73	14
Of which: sugars (g)	4.2	0.8
Fibre (g)	7	1
Protein (g)	19	4
Salt (g)	1.9	0.4

ALLERGENS

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

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ROAST AUBERGINE WITH CHICKEN DRUMSTICKS

With fried potatoes and labne



MASAN ROUGE

This dish is quite international in terms of ingredients! We therefore decided to add another country to the list with this Masan Rouge from France!



Aubergine ✨



Marinated chicken drumsticks ✨



Red onion



Garlic



Nicola potatoes



Turkish green chilli pepper ✨



Lemon



Fresh basil ✨



Labne ✨

Total: **40-45** min.

Discovery

Easy

Calorie-conscious

Eat within **3** days

Gluten-free

In this recipe, we will be roasting the aubergines. It may take a little longer, but the flavour is so much more intense! Most of the work is done by the oven, however: not only is the aubergine roasted, so is the chicken. In the meantime, you can fry the potatoes and season the labne. Enjoy your meal!

A GOOD START

EQUIPMENT

Tin foil, a baking tray lined with baking paper, a deep saucepan with a lid and a small bowl.

Let's start cooking the **roast aubergines with chicken drumsticks**.



1 PREPARE THE AUBERGINE

Pre-heat the oven to 210 degrees. Brush 1 sheet of tin foil measuring 30 x 30 cm per person with a little olive oil. Halve the **aubergines**, and transfer each half, cut side down, to a sheet of tin foil. Drizzle with the remaining olive oil and season with salt and pepper. Fold the tin foil so that the **aubergines** are wrapped air-tight.



2 IN THE OVEN

Transfer the **marinated chicken drumsticks** to the left side of a baking tray lined with baking paper. Put the **aubergines** on the right side. Roast the **chicken drumsticks** and the **aubergines** in the oven for 35 – 40 minutes or until they are golden brown and done ★. Turn the **drumsticks** when half-way done.



3 CHOP AND FRY

In the meantime, finely dice the **red onion**, and press or finely chop the **garlic**. Thoroughly scrub or peel the **potatoes** (Nicola) and cut into wedges ★★. Heat the sunflower oil in a deep saucepan with a lid and sauté the **onion** and the **garlic** for 2 minutes at medium-high heat. Remove from the pan and set aside. Transfer the **potatoes** to the deep saucepan and fry for 25 – 30 minutes, covered, at medium-high heat.



4 FRY THE POTATOES

Take the lid off the pan after 20 minutes. Turn the **potatoes** regularly. Around 4 minutes before the **potatoes** are done, add the sautéed **onion** and the **garlic** to the **potatoes** and season to taste with salt and pepper. Remove the seed pods from the **Turkish green chilli peppers** and finely dice.

★★TIP

Are you keeping an eye on your calorie intake? Use only 200 g potatoes and 30 g labne per person.



5 MAKE THE SAUCE

In the meantime, zest the **lemon** and cut the **lemon** into wedges. Finely chop the **basil**. In a small bowl, blend ½ tsp **lemon zest** per person and half the **basil** into the **labne** and season to taste with salt and pepper.

★TIP

Roasting aubergines in the oven makes them very soft and turns them a nice brown colour. Do you prefer them to have a little more bite? Reduce the roasting time by 10 minutes.



6 SERVE

Transfer the roast **aubergine** to plates. Be careful when unwrapping the **aubergines**; hot steam will escape! Garnish the **aubergines** with half the **labne**, sprinkle with the remaining **basil** and put the **chicken drumsticks** on the plates alongside. Serve with the **potatoes**, the **labne** and the **lemon wedges** on the side. Sprinkle the diced **Turkish chilli peppers** onto the fried **potatoes**.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Aubergines (pcs) *	½	1	1½	2	2½	3
Marinated chicken drumsticks (pcs) *	2	4	6	8	10	12
Red onions (pcs)	½	1	1½	2	2½	3
Garlic (cloves)	1	2	3	4	5	6
Nicola potatoes (g)	250	500	750	1000	1250	1500
Turkish green chilli peppers (pcs)	1	2	3	4	5	6
Lemons (pcs)	¼	½	¾	1	1¼	1½
Fresh basil (leaves) 23) *	6	12	18	24	30	36
Labne (g) 7) 19) 22) *	40	80	120	160	200	240
Olive oil* (tbsp)	¾	1½	2	2½	3	3½
Sunflower oil* (tbsp)	¾	1½	2	2½	3	3
Salt & pepper*	to taste					

*Not included | *Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2741 / 655	481 / 115
Total fat (g)	32	6
Of which: saturated (g)	7.3	1.3
Carbohydrates (g)	58	10
Of which: sugars (g)	11.4	2.0
Fibre (g)	8	1
Protein (g)	28	5
Salt (g)	0.3	0.1


ALLERGENS

7) Milk/lactose

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

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WHOLE-WHEAT COUSCOUS WITH BLUE CHEESE

With fried pear and pistachio nuts



PISTACHIO NUTS

This nut grows on the pistachio tree. It contains relatively few calories and a lot of vitamins and minerals. You can either eat it as a snack or use it in both sweet and savory dishes.



Red onion



Chestnut mushrooms ✨



Conference pear



Dried thyme



Whole-wheat couscous



Pistachio nuts



Dana blue ✨



Mixed lettuce ✨

Total: **25-30** min.

Discovery

Easy

Calorie-conscious

Eat within **3** days

Vegetarian

Blue cheese and pears is a classic combination. The sweetness of the pear makes a wonderful contrast with the robust, salty Dana Blue cheese. The red onion, thyme and chestnut mushrooms are all prepared in the oven. Roasting them gives mushrooms a deep, nutty flavour which goes wonderfully well with the pear and blue cheese. You will be serving this with whole-wheat couscous and roast pistachio nuts.

A GOOD START

EQUIPMENT

A **baking tray lined with baking paper**, a **salad bowl**, a **frying pan** and a **small bowl**.
Let's start cooking the **whole-wheat couscous with blue cheese**.



1 PREPARATION

Bring 125 ml water per person to the boil for the whole-wheat couscous and pre-heat the oven to 200 degrees. Slice the **red onion** into half rings. Cut the **chestnut mushrooms** into halves, and any bigger ones into quarters. Remove the cores from the **pears** (Conference) and cut into wedges. There is no need to skin the pears.



2 IN THE OVEN

Transfer the **mushrooms** and **onions** to a baking tray lined with baking paper. Sprinkle with the **dried thyme**, drizzle with the olive oil and toss. Season with salt and pepper and roast in the oven for 10 – 15 minutes. Turn when halfway done. In the meantime, transfer the **whole-wheat couscous** to a salad bowl. Pour the boiling water onto the **couscous**, mix, cover and set aside to soak for 10 minutes.



3 ROAST THE PISTACHIOS

In the meantime, coarsely chop the **pistachio nuts**. Heat a frying pan to high heat and roast the **pistachio nuts**, without any oil, until you can smell them. Remove from the pan and set aside.



4 ROAST THE PEAR

Next, heat a frying pan at medium to high heat and fry the **pear wedges** for 7 – 12 minutes or until done ★. Add the honey halfway. In the meantime, whisk together a dressing of black balsamic vinegar and extra-virgin olive oil. Season to taste with salt and pepper.



5 ASSEMBLE

Transfer the roast vegetables and the dressing to the salad bowl with the **whole-wheat couscous** and toss well. Allow the vegetable-**couscous** mixture to cool down a little. Add the **mixed lettuce** and mix carefully.

★ TIP

Depending on how ripe your pears are, they may take longer or shorter to cook: you will need to fry unripe pears longer.



6 SERVE

Scoop the salad onto plates, top with the **Dana Blue cheese** and the **pistachio nuts**. Garnish with the **pear wedges**. Drizzle with a little extra-virgin olive oil to taste.

TIP

This box contains more couscous than you will need in this recipe. No need to watch your calorie intake? Use all the couscous, adding 175 ml water per person.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Red onions (pcs)	½	1	1½	2	2½	3
Chestnut mushrooms (g) *	125	250	375	500	625	750
Conference pears (pcs)	1	2	3	4	5	6
Dried thyme (tsp)	1	2	3	4	5	6
Whole-wheat couscous (g) 1)	60	120	180	240	300	360
Pistachio nuts (g) 8) 19) 22) 25)	10	15	20	25	30	35
Mixed lettuce (g) 23) *	30	60	90	120	150	180
Dana Blue (g) 7) *	25	50	75	100	125	150
Olive oil* (tbsp)	½	1	1½	2	2½	3
Butter* (tbsp)	¼	½	¾	1	1¼	1½
Honey* (tsp)	1	2	3	4	5	6
Black balsamic vinegar* *(tsp)	¼	½	¾	1	1¼	1½
Extra-virgin 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)	2510 / 600	457 / 109
Total fat (g)	29	5
Of which: saturated (g)	9.8	1.8
Carbohydrates (g)	64	12
Of which: sugars (g)	21.0	3.8
Fibre (g)	12	2
Protein (g)	19	3
Salt (g)	0.8	0.1

ALLERGENS

1) Glutens 7) Milk/lactose 8) Nuts

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

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ORANGE-CHOCOLATE MOUSSE

With fresh mint



 Easy

Dark chocolate and oranges are a classic combination: the citrus fruit as a tart counterpart to the deep, bitter-sweet notes of the chocolate. The mint gives this combination a little extra bite.



ORANGES

A GOOD — START

EQUIPMENT

A **pan**, a **fine grater**, **3 bowls** and a **mixer**.

- 1 Pour a little water into a pan (to cover the bottom) and bring to the boil. Grate the peel of the **orange** (zest) and squeeze out the juice.
- 2 Break the chocolate into pieces and melt 'au bain-marie': in a bowl above a pan with boiling water. Add half the **orange juice** and $\frac{2}{3}$ of the **orange zest**.
- 3 Split the eggs **★**, saving the yolks apart from the whites in two separate bowls.
- 4 Remove the chocolate from the heat source and stir the egg yolk into the chocolate. Set aside to cool.
- 5 Beat the egg whites until they form stiff white peaks. Fold carefully into the chocolate mixture. Scoop the chocolate mousse into bowls.
- 6 Put the bowls in the refrigerator for 2 hours until the mousse has set.
- 7 Garnish the chocolate mousse with the mint leaves and the remaining **orange zest**.

★TIP

When you split eggs, you break an egg in two and transfer the egg from one half-shell to the other, in which you allow the egg white to flow into a bowl while you collect the yolk (which must remain whole!) in another.

INGREDIENTS

2P

Oranges (not for juicing)	1
Dark chocolate*	120 g
Free range eggs*	2
Egg whites*	2
Fresh mint* (leaves)	4

*Not included | *Store in the refrigerator

ALLERGENS

None of the products in the Fruit Box used in this recipe contain allergens.

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CHOCOLATE CUSTARD WITH MANGO

And cashew nuts



Very simple

Total: **5 - 10** min.

Eat within **5** days

Chocolate combines surprisingly well with exotic flavours, like that of the mango in this dessert. The cashews give it a pleasant bite.



Roast cashews



Mango



Chocolate 'vla' custard

DELICIOUS — DESSERT

CHOCOLATE CUSTARD WITH MANGO



1 Peel the **mango** and cut in half lengthwise, along the pit. Dice the flesh ★.

2 Pour the **chocolate custard** ('vla' is a thinner version of custard) into bowls. Garnish the **chocolate custard** with the diced **mango** and sprinkle with the **cashews** ★★.

★ TIP

You can also not peel the **mango**: use a knife to cut the **mango** into 3 sections along the pit. Next, use a spoon to scoop the flesh out of the two big **mango** sections and use a knife to peel the middle section and remove the flesh from around the pit.

★★ TIP

You can also roast the cashews and mix them with a little sugar. Heat a frying pan to high heat and roast the cashews, without any oil, until they start to darken. Next, add $\frac{1}{4}$ tsp sugar per person and $\frac{1}{2}$ tsp butter to the cashews in the frying pan. Stir well to coat the cashews in the caramelised sugar and butter **mixture**.

INGREDIENTS

	2P	4P
Mangos (pcs)	1	2
Chocolate vla (ml) 7) 15) 20) *	400	800
Roasted cashews (g) 5) 8) 22) 25) *	15	30

*Not included | * Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	1071 / 256	415 / 99
Fats (g)	6	2
Of which: saturated (g)	2.4	0.9
Carbohydrates (g)	42	16
Of which: sugars (g)	39.8	15.4
Fibre (g)	1	0
Protein (g)	8	3
Salt (g)	0.4	0.2

ALLERGENS

5) Peanuts 7) Milk/lactose 8) Nuts

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

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MINI TRIFLE WITH VANILLA MUFFINS

With vanilla yoghurt and fried apple



Very simple

Total: **18 - 22** min.

Eat within **5** days

A trifle is a festive British dessert, traditionally made with custard, jam and whipped cream. Today, you will be making a lighter version with fried apple and vanilla yoghurt. Still, we simple *had* to add whipped cream!



Golden Reinette apple



Ground cinnamon



Slivered almonds



Whipping cream ✨



Low-fat vanilla yoghurt ✨



Vanilla muffins

DELICIOUS — DESSERT

MINIATURE TRIFLE WITH VANILLA MUFFINS

EQUIPMENT

A **frying pan**, a **mixing bowl** and a **mixer**



1 Peel the **apples** (Golden Reinette) and cut into quarters. Remove the cores and dice the **apples**.



2 Heat the butter in a frying pan to medium-high heat. Add the diced **apple**, sprinkle with the brown sugar and **cinnamon** and fry for 6 – 9 minutes until soft and brown. Remove the **apples** from the pan, including the juices, and set aside.



3 In the meantime, use a mixer to whip the **whipping cream** in a bowl, together with the white sugar. Stop before it starts to form peaks. Heat the same frying pan and roast the **almonds**, without any oil, for 2 – 3 minutes until golden brown. Turn regularly.



4 Pour the **vanilla yoghurt** into bowls or tall glasses. Crumble the muffin over the **yoghurt** and top with the diced **apple**. Pour the juices from the fried **apple** over the dessert. Garish with the **whipped cream** and sprinkle with the **almonds**.

INGREDIENTS

	2P	4P
Golden Reinette apples (pcs)	2	4
Ground cinnamon (tsp)	½	1
Whipping cream (ml) 7) 15) 20) *	50	100
Slivered almonds (g) 8) 19) 22) 25)	10	20
Low-fat vanilla yoghurt (ml) 7) 15) 20) *	300	600
Vanilla muffins (pcs) 1) 3) 7) 20) 22) 25) 27)	1	2
Butter* (tbsp)	1	2
Brown sugar* (tbsp)	1½	3
White sugar* (tsp)	1	2

*Not included | *Store in the refrigerator

NUTRIENT VALUE

	PER SERVING	PER 100 G
Energy (kJ/kcal)	1887 / 451	555 / 133
Fats (g)	23	7
Of which: saturated (g)	8,5	2,5
Carbohydrates (g)	52	15
Of which: sugars (g)	30,2	8,9
Fibre (g)	3	1
Protein (g)	29	9
Salt (g)	0,1	0,0

ALLERGENS

1) Gluten 3) Eggs 7) Milk/lactose 8) Nuts
Can contain traces of: 15) Glutens 19) Peanuts 20) Soy
22) (Other) nuts 25) Sesame 27) Lupin

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BREAKFAST BOX

GOOD MORNING!

1x

BREAKFAST 1

SCRAMBLED EGGS WITH TOMATO

With a rose roll



1 SCRAMBLED EGGS WITH TOMATO
With a rose roll

2 OATMEAL WITH CHOCOLATE
With dates and walnuts

3 QUARK WITH PASSION FRUIT
With pear and nuts

EXTRA

- Apple-pear-raspberry juice

The nutrient values as stated here have been calculated per person, per serving. Rinse or otherwise clean the ingredients as necessary before using them in a recipe. Would you like to take a break next week, or make some changes to your box? Please let us know no later than the Wednesday before the 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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INGREDIENTS

FOR 1 BREAKFAST

	2P	4P
Free-range eggs (pcs) 3) *	4	8
Milk 7) 15) 20) *	splash	
Plum tomatoes (pcs) *	1	2
Fresh parsley (sprigs) 23) *	3	6
Whole-wheat 'rose' roll (pcs) 1) 17) 20) 21) 22) 25) 27	2	4
Olive oil* (tbsp)	1	1
Salt & pepper*	to taste	

*Not included | *Store in the refrigerator

EQUIPMENT

A mixing bowl and a frying pan

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	1686 / 403	641 / 153
Fats (g)	16	6
Of which: saturated (g)	4.3	1.6
Carbohydrates (g)	43	16
Of which: sugars (g)	2.8	1.1
Fibre (g)	2	1
Protein (g)	20	8
Salt (g)	1.2	0.5

ALLERGENS

1) Glutens 3) Eggs 7) Milk/lactose
 May contain traces of: 15) Glutens 17) Eggs 20) Soy
 21) Milk/lactose 22) Nuts 23) Celery 25) Sesame 27) Lupin

1 Pre-heat the oven to 180 degrees.

2 In a bowl, beat the **eggs** with a splash of **milk** and some salt and pepper. Dice the **tomato** and finely chop the **curly parsley**. Add the **tomato** and the **parsley** to the egg mixture.

3 Bake the **rolls** in the oven for 8 –10 minutes.

4 In the meantime, pour the olive oil into a frying pan and heat to medium-high heat. Pour in the **egg mixture** and fry, stirring, for 2 – 3 minutes until the **egg** has set.

5 Transfer the **scrambled eggs** to plates and serve with the **roll**.

OATMEAL WITH CHOCOLATE

With dates and walnuts



1 Put the **oatmeal**, **low-fat milk**, most of the **date pieces** and 50 ml water per person in a saucepan.

2 Heat the **oatmeal** for 5 minutes, covered, at medium-low heat. Turn down the heat as soon as the **oatmeal** starts to boil. Stir regularly, being sure to scrape the bottom of the pan to prevent the oatmeal from burning. Turn off the cooker and set aside for 1 minute, covered.

3 Stir in half the **chocolate flakes** and transfer the **oatmeal** to bowls.

4 Garnish the **oatmeal** with the **walnuts** and the remaining **chocolate flakes** and **date pieces**.

INGREDIENTS

FOR 1 BREAKFAST

	2P	4P
Oatmeal (g) 1) 19) 22) 25)	100	200
Low-fat milk (ml) 7) 15) 20) *	400	800
Dried date pieces (g) 19) 20)	25	50
Chocolate flakes (g) 6) 7) 19) 22) 25)	30	60
Walnuts (g) 8) 19) 22) 25)	40	80

*Not included | *Store in the refrigerator

EQUIPMENT

A saucepan with a lid

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2356 / 563	677 / 162
Fats (g)	26	7
Of which: saturated (g)	7.4	2.1
Carbohydrates (g)	60	17
Of which: sugars (g)	27.9	8.0
Fibre (g)	6	2
Protein (g)	20	6
Salt (g)	0.3	0.1

ALLERGENS

1) Glutens 6) Soy 7) Milk/lactose 8) Nuts

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

QUARK WITH PASSION FRUIT

With pear and nuts



1 Pour the **quark** into bowls. Cut the **pears** into quarters, remove the cores and finely dice the **pear**. Stir the **pear** into the **quark**.

2 Cut the **passion fruit** in half, scoop out the flesh and spoon it into the bowls.

3 Coarsely chop the nut mix (optional) and use it as a garnish.

INGREDIENTS

FOR 1 BREAKFAST

	2P	4P
Low-fat quark (g) 7) 15) 20) *	500	1000
Conference pears (pcs)	1	2
Passion fruit (pcs)	1	2
Mixed raw nuts (g) 8) 19) 22) 25)	50	100

*Not included | *Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	1535 / 367	429 / 102
Fats (g)	15	4
Of which: saturated (g)	2.6	0.7
Carbohydrates (g)	25	7
Of which: sugars (g)	20.4	5.7
Fibre (g)	3	1
Protein (g)	31	9
Salt (g)	0.3	0.1

ALLERGENS

7) Milk/lactose 8) Nuts

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