The white Albacore tuna from Fish Tales is caught off the coast of San Diego with a rod and line, the most sustainable and environmentally friendly way of catching fish.

Opperdoozer Ronde potatoes are waxy and grown exclusively in the vicinity of the village of Opperdoes. These potatoes have a thin skin, which means they need to be harvested by hand for the most part. Their mild flavour makes them suitable for this salad, which is made up of pretty outspoken flavours such as capers, apple and sautéed fennel.
1 **PREPARE THE POTATOES**

Thoroughly scrub the potatoes and cut into quarters. Cut any large potatoes into smaller sections. Put the potatoes barely covered with water in the pan with the lid. Bring to the boil and cook the potatoes for 12 – 15 minutes until done. Drain and set aside, uncovered, to steam dry.

2 **CUT AND DRAIN**

In the meantime, cut the red onion into half rings. Halve the fennel, cut into quarters and remove the tough core. Cut the fennel into cubes of around 1 cm. Drain the tuna and set aside the oil.

3 **FRY**

Heat ½ tbsp oil from the tin of tuna in a wok or deep saucepan with a lid and sauté the red onion and the fennel, covered, for 8 – 9 minutes at medium to high heat.

4 **PREPARE THE DRESSING**

In the meantime, whisk together a dressing of balsamic vinegar and extra-virgin olive oil. Season to taste with salt and pepper. Cut the apples into quarters, remove the cores and dice the apples. Tear the spinach into bite-sized pieces and drain the capers.

5 **MIX**

Add half the spinach to the wok or deep saucepan and allow to wilt for 1 minute, uncovered, while stirring. Mix the fried vegetables with the remaining raw spinach, apple, capers, potatoes and tuna in a salad bowl.

6 **SERVE**

Stir the dressing into the salad and transfer to plates. Drizzle to taste with the remaining olive oil from the tuna.

**TIP:** Want to vary this recipe? This salad is also delicious with smoked mackerel (in oil). Substitute the tuna with mackerel. The rest of the recipe remains the same.
‘Kapsalon’ means hairdresser in Dutch, and the dish owes its name to the hairdresser who always ordered the dish at a shawarma restaurant in Rotterdam. This variety contains a little less fat than the original. For example, you’ll replace the garlic sauce with a buttermilk-based dressing. Don’t have any buttermilk? Check our tip for a delicious alternative.
A GOOD START

Let’s start cooking the kapsalon with chicken gyros.

EQUIPMENT
A baking sheet lined with baking paper, a salad bowl, a small bowl and a frying pan.

SERVES 1 - 6

INGREDIENTS

<table>
<thead>
<tr>
<th></th>
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<tr>
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*Not included

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<th>4</th>
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<td>Salt &amp; pepper</td>
<td>to taste</td>
<td></td>
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</table>

Let’s start cooking the kapsalon with chicken gyros.

1 OVEN-ROAST THE FRIES
Pre-heat the oven to 220 degrees. Peel the potatoes and cut into strips of ½ – 1 cm thick (like French fries). Tap the fries dry with a paper towel and transfer them to a baking sheet lined with baking paper. Mix the fries with half the olive oil and season with salt and pepper. Roast for 25 – 35 minutes in the oven, or longer if you want them extra crisp. Turn when halfway done.

2 CHOP THE INGREDIENTS
In the meantime, press or finely chop the garlic. Halve the mini Roma tomatoes and finely chop or cut the chives.

3 MAKE THE DRESSING AND MAYO
For the dressing, mix 1 ½ tbsp mayonnaise per person in a bowl with the buttermilk and chives (don’t have any buttermilk? see the tip ⭐). Season to taste with salt and pepper. Use a small bowl to mix the remaining mayonnaise with the garlic. Received a large garlic clove or are you sensitive to raw garlic? Use half.

4 FRY THE CHICKEN GYROS
Heat the remaining olive oil in a frying pan at medium to high heat and fry the chicken gyros for 5 – 7 minutes until done.

5 MIX THE SALAD
In the meantime, mix the radicchio & iceberg lettuce in a bowl with the Roma tomatoes and the dressing.

6 SERVE
A kapsalon means that you stack everything on top of each other: transfer the fries to plates. Top with the salad and top that with the chicken gyros. Scoop the garlic mayonnaise on top. Prefer to keep the fries crunchy? Serve the salad and chicken gyros next to the fries. Serve with the garlic mayonnaise ⭐️.

⭐️ TIP: You can substitute the buttermilk with yoghurt or milk. This will make the dressing either a bit thicker or thinner, but the flavour will go well with this dish. Don’t have those either? You can also use mayonnaise only, we opted for a mixture to make this kapsalon variety a bit healthier.

⭐️⭐️ TIP: Do you have any sambal? It goes great with kapsalon.

A kapsalon means that you stack everything on top of each other: transfer the fries to plates. Top with the salad and top that with the chicken gyros. Scoop the garlic mayonnaise on top. Prefer to keep the fries crunchy? Serve the salad and chicken gyros next to the fries. Serve with the garlic mayonnaise ⭐️.

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#HelloFresh

Running into a problem while cooking? Send a free WhatsApp to +31 (0) 6 2727 3232 between 4 and 9pm.
**Italian flatbread pizzas with buffalo mozzarella**

With courgette and yellow sweet pepper

---

Flatbread makes for a quick and easy pizza base. This bread is made all over the world in many different shapes and sizes. From tortilla in Mexico to naan in India and roti in Surinam. Today you’ll be generously topping the flatbread pizza with tomato sauce and fresh, summery vegetables. Not quite your average pizza salami!
A GOOD START

SERVES 1 - 6

INGREDIENTS

<table>
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<tr>
<th></th>
<th>1P</th>
<th>2P</th>
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<td>Salt &amp; pepper*</td>
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*Not included

NUTRIENT VALUE

PER SERVING PER 100 G

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<tr>
<td></td>
<td>Salt (g)</td>
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ALLERGENS

1) Glutens 7) Milk/lactose

EQUIPMENT

A frying pan, a bowl and a baking sheet lined with baking paper.

Let’s start cooking the Italian flatbread pizzas with buffalo mozzarella.

PREPARATION

Pre-heat the oven to 200 degrees. Press or finely chop the garlic.

CUT AND TEAR

Cut the courgette into thin slices and the yellow sweet pepper into narrow strips. Tear the buffalo mozzarella into bite-size pieces.

FRY THE COURGETTE

Heat the olive oil in a frying pan at high heat and stir-fry the courgette for 3 – 4 minutes.

TOP THE PIZZAS

In the meantime, put the tomato passata, the garlic and the paprika in a bowl and mix thoroughly. Season to taste with salt and pepper. Spread the tomato sauce onto the flatbread. Top with the courgette and sweet pepper, and sprinkle with the dried oregano and grated matured cheese.

BAKE THE PIZZAS

Bake the flatbread pizzas on a baking sheet lined with baking paper in the oven for approximately 7 – 8 minutes ★. After you have taken the pizza out of the oven, garnish it with the buffalo mozzarella and allow it to melt for a few seconds ★★.

TIP: Can’t fit all the pizzas in the oven at the same time? Just top the next batch of flatbread pizzas once the current batch is in the oven, this prevents the base from getting moist.

SERVE

Transfer the flatbread pizza to plates and drizzle with a little extra-virgin olive oil to taste.

TIP: Do you prefer buffalo mozzarella to be completely melted? Top the pizzas with the buffalo mozzarella when they are halfway done and return them to the oven.

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WEEK 33 | 2018
Haddock is a white fish and part of the cod family. The flavour is mild and soft and fits the classic combination of chives and full-fat dairy like a glove. Tip: The potatoes and carrots may require more time in the oven if you’re using a microwave oven or an electric oven. Stick a fork in the vegetables to test whether they are done, if it slides in easily, they are.
Serves 1 - 6

Ingredients

A Good Start

SERVES 1 - 6
INGREDIENTS

**Equipment**

A pan with a lid, a baking sheet lined with baking paper, a small bowl and a frying pan.

Let’s start cooking the haddock fillet with chives sauce.

1 PREPARATION

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

2 BOIL

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

3 IN THE OVEN

Transfer the carrots and potatoes to a baking sheet lined with baking paper, tap them dry with a piece of paper towel and drizzle with olive oil. Roast in the oven for 15 – 25 minutes. Season to taste with salt and pepper.

4 MAKE THE CHIVES SAUCE

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

5 FRY THE FISH

By the end of the oven-roasting time, tap the haddock fillet dry with a piece of paper towel. Melt the butter in a frying pan and fry the haddock fillet at medium to high heat for 2 – 3 minutes on each side. Remove the fish from the frying pan and stir the chives sauce into the reduction in the pan.

6 SERVE

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

Nutrient Value

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<tr>
<td>Salt (g)</td>
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Allergens

4 Fish *7 Milk/lactose
May contain traces of: 19 Peanuts 22 Nuts 23 Celery

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Ricotta means ‘cooked twice’ in Italian. This soft cheese is made of the whey left over from the process of making hard cheeses, such as Parmigiano. The whey is boiled again once separated in the process.

Summery gnocchi with merguez sausage
With lemon-ricotta sauce, courgette and mini-Roma tomatoes

Traditionally, gnocchi is consumed in Rome on Thursdays in preparation of Friday, which is when they eat a light meal with fish. We believe any day of the week is perfect for eating these hearty dough pillows. Gnocchi are usually boiled but in this recipe you’ll be frying them which gives them a crunchy crust while they remain soft and fluffy on the inside.
SERVES 1 - 6

INGREDIENTS

A GOOD START
A grater, a deep saucepan with a lid, a frying pan and a bowl. Let’s start cooking the summery gnocchi with merguez sausages.

1 PREPARATION
Press or finely chop the garlic. Cut each courgette in half lengthwise and then into half moons. Halve the Roma tomatoes and finely chop the curly parsley. Zest the lemon (grate the yellow part of the rind) and juice the lemon.

2 FRY THE MERGUEZ SAUSAGES
Heat half the olive oil in a deep saucepan with a lid and fry the merguez sausages for 2 – 3 minutes at high heat until brown on all sides. Turn down the heat to medium-low, add the garlic, cover the pan and fry for 7 – 10 minutes or until the merguez sausages are done. Stir regularly.

3 FRY THE GNOCCHI
In the meantime, heat the remaining olive oil in a frying pan at medium-high heat and add the gnocchi. Toss to make sure all gnocchi are covered in a layer of oil. Fry the gnocchi with the caraway seed for 6 – 8 minutes or until the gnocchi are light brown.

4 MAKE THE RICOTTA SAUCE
In the meantime, mix 1 tsp lemon juice per person with the parsley and the ricotta in a bowl. Season to taste with salt and pepper.

5 SEASON
Take the merguez sausages out of the deep saucepan and add the lemon-ricotta sauce and tomatoes. Stir well and season to taste with salt and pepper. Carefully mix in the fried gnocchi.

6 SERVE
Transfer the gnocchi to plates and serve with the merguez sausages. Sprinkle with the lemon zest and drizzle with the remaining lemon juice to taste.

★ TIP: Got any lemon left over? Fill a jug with water and add some lemon wedges for an extra summery touch.

★ TIP: Prefer your gnocchi softer? First boil the gnocchi in a pan with water until they float to the surface and fry them for 2 – 3 minutes together with the garlic and courgette.

SERVES 1 - 6

INGREDIENTS

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<tr>
<td>Salt (g)</td>
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ALLERGENS
1) Gluten 7) Milk/lactose
May contain traces of: 23) Celery

EQUIPMENT
A grater, a deep saucepan with a lid, a frying pan and a bowl.

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#HelloFresh
Running into a problem while cooking? Send a free WhatsApp to +31 (0) 6 2727 3232 between 4 and 9pm.
Linguine with oven-roasted cherry tomatoes
With grana padano and pumpkin seeds

Linguine resembles spaghetti except it is a bit wider and more flat. If you want to prepare your pasta just like they do in Italy, boil it ‘al dente’ so it keeps a nice bite. The only way to find out if your pasta is al dente? Taste it!
SERVES 1 - 6

INGREDIENTS

**A GOOD START**

Let's start cooking the **fettuccine with oven-roasted cherry tomatoes.**

**EQUIPMENT**

A pan with a lid, an oven-proof casserole dish and a wok or deep saucepan.

**INGREDIENTS**

- **Garlic (cloves)**
  - 1P: 1
  - 2P: 2
  - 3P: 3
  - 4P: 4
  - 5P: 4
  - 6P: 4

- **Turkish red chilli peppers (pcs)**
  - 1P: 1
  - 2P: 2
  - 3P: 3
  - 4P: 4
  - 5P: 5
  - 6P: 6

- **Red cherry tomatoes (g)**
  - 1P: 125
  - 2P: 250
  - 3P: 375
  - 4P: 500
  - 5P: 625
  - 6P: 750

- **Linguine (g)**
  - 1P: 40
  - 2P: 75
  - 3P: 100
  - 4P: 125
  - 5P: 150
  - 6P: 175

- **Pumpkin seeds (g)**
  - 1P: 19
  - 2P: 22
  - 3P: 25
  - 4P: 10
  - 5P: 20
  - 6P: 30

- **Dried oregano (tsp)**
  - 1P: 1
  - 2P: 2
  - 3P: 3
  - 4P: 4
  - 5P: 5
  - 6P: 6

- **Grana Padano, grated (g)**
  - 1P: 4
  - 2P: 7
  - 3P: 12
  - 4P: 15
  - 5P: 18
  - 6P: 21

- **Rocket lettuce (g)**
  - 1P: 23
  - 2P: 40
  - 3P: 60
  - 4P: 80
  - 5P: 100
  - 6P: 120

- **Black balsamic vinegar* (tsp)**
  - 1P: 1
  - 2P: 2
  - 3P: 3
  - 4P: 4
  - 5P: 5
  - 6P: 6

- **Olive oil* (tbsp)**
  - 1P: 1
  - 2P: 2
  - 3P: 3
  - 4P: 4
  - 5P: 5
  - 6P: 6

- **Extra-virgin olive oil* (tbsp)**
  - 1P: to taste
  - 2P: to taste
  - 3P: to taste
  - 4P: to taste
  - 5P: to taste
  - 6P: to taste

- **Salt & pepper* to taste**

- **Keep in the refrigerator**

**NUTRIENT VALUE**

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**ALLERGENS**

- Glutens
- Eggs
- Milk/lactose

May contain traces of:
- Eggs
- Peanuts
- Soy
- Nuts
- Celery
- Sesame

**TIP:** Are you keeping an eye on your calorie intake? Use 70 g linguine and 25 g grana padano per person. Then the dish contains 582 kcal, 26 g fat, 68 g carbohydrates, 7 g fibre, 22 g protein and 0.5 g salt.

We would be happy to hear your opinion of HelloFresh. Don’t hesitate to call, email or contact us through our social media channels.

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**EMAIL:** info@hellofresh.com

**TWITTER:** @HelloFresh

**FACEBOOK:** HelloFresh

**INSTAGRAM:** HelloFresh

**WHATSAPP:** +31 (0) 6 2727 3232 between 4 and 9pm.

**SERVES 1 - 6**

**1 CHOP THE VEGGIES**

Pre-heat the oven to 200 degrees and bring ample water to the boil in a pan with a lid for the linguine. Press or finely chop the garlic. Remove the seed pods from the Turkish red chilli peppers and cut into rings.

**2 MIX THE CHERRY TOMATOES**

Transfer the cherry tomatoes to an oven-proof casserole dish, drizzle with the black balsamic vinegar and half the olive oil and season with salt and pepper. Roast the cherry tomatoes in the oven for 13–15 minutes.

**3 BOIL THE LINGUINE**

In the meantime, boil the linguine, covered, in the pan with a lid for 8–10 minutes. Drain, reserving a little of the cooking liquid, and allow to steam dry, uncovered.

**4 ROAST THE PUMPKIN SEEDS**

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

**5 MIX THE LINGUINE**

Heat the remaining olive oil in a wok or deep saucepan at medium-low heat. Fry the garlic, Turkish red chilli pepper and oregano for 6–8 minutes. Add the linguine, half the grana padano and 2 tbsp cooking liquid reserved from the linguine per person. Mix well. Season to taste with salt and pepper, heat for another 1–2 minutes.

**6 SERVE**

Transfer the rocket lettuce to plates and top with the linguine. Garnish the linguine with the cherry tomatoes, the pumpkin seeds and the remaining grana padano and drizzle with extra-virgin olive oil to taste.

★ **TIP:** For extra flavour, mix the balsamic vinegar and olive oil left over in the casserole dish from the tomatoes, into the pasta.
Lime zest and the refreshingly acidic juice are very suitable for bringing out the flavours in a dish. They enhance the flavour just like a pinch of salt in sweet dishes.

In Asia, the wok is a favourite item in the kitchen. Due to the high temperatures, a wok dish isn’t just done quickly, but the short cooking time also preserves the vitamins. Fast and healthy!

An egg isn’t exactly a surprising ingredient in an Asian dish, but have you ever tried it with scrambled eggs?
**SERVES 1 - 6**

**INGREDIENTS**

<table>
<thead>
<tr>
<th></th>
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<th>2P</th>
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<td>to taste</td>
<td>to taste</td>
<td>to taste</td>
<td>to taste</td>
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</tbody>
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*Not included

**EQUIPMENT**

- A pan with a lid, a fine grater, a wok or deep saucepan and a frying pan.

Let’s start cooking the Asian noodles with scrambled eggs and peanuts.

**1 PREPARATION**

Bring ample water to the boil in a pan with a lid for the noodles. Press or finely chop the garlic and mince the onion. Remove the seed pods from the red chilli pepper and finely chop the red chilli pepper. Slice the spring onions into thin rings. Grate the rind of the lime (zest) with a fine grater and cut the lime into wedges. Peel and finely chop or grate the ginger.

**2 FRY THE FLAVOURINGS**

Heat half the sunflower oil in a wok or a deep saucepan and stir-fry the garlic, red chilli pepper, onion, ginger and lime zest at high heat for 3 – 4 minutes.

**3 STIR-FRY THE VEGETABLES**

Add the vegetable mix and half the spring onion and stir-fry for another 4 – 5 minutes at medium-high heat. Add the soy sauce, ketjap and 2 tbsp water per person and stir-fry for another 2 – 3 minutes.

**4 ADD THE NOODLES**

In the meantime, weigh and boil the noodles, covered, in the pan with a lid for 3 – 4 minutes. Drain and transfer the noodles to the wok or deep saucepan. Heat for another minute at high heat. Season to taste with pepper.

**5 MAKE THE SCRAMBLED EGGS**

In the meantime, heat the remaining sunflower oil in a frying pan. Add the eggs and the remaining spring onion and stir-fry until the egg has set but is still creamy. Season to taste with salt and pepper.

**6 SERVE**

Transfer the dish to plates. Serve the scrambled eggs and garnish with the peanuts and lime wedges.

📍 TIP: Not a fan of spicy food? Don’t use the red chilli pepper in this dish. Prefer your food spicy? Add ½ tsp sambal per person or some of the remaining red chilli pepper to the scrambled eggs for some extra spice.

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**NUTRIENT VALUE**

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<tr>
<th>PER SERVING</th>
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**ALLERGENS**

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

Orzo with roasted cauliflower and bimi
With fresh lemon thyme and shaved almonds

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

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

*Eat within 5 days*
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SERVES 1 - 6

INGREDIENTS

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*Not included

NUTRIENT VALUE

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ALLERGENS

1) Gluten 7) Milk/lactose 8) Nuts
May contain traces of: 19) Peanuts 22) (Other) nuts 23) Celery 25) Sesame

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A GOOD START

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

PREPARATION

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

PREPARE THE VEGETABLES

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

ROAST THE ALMONDS

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

MAKE THE ORZO

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

SEASON

Add half the Parmigiano Reggiano to the orzo and allow to melt while stirring. Season to taste with salt and pepper. You can also roast the vegetables in the oven. Pre-heat the oven to 200 degrees and transfer the cauliflower, bimi, garlic and lemon thyme to a baking sheet lined with baking paper. Mix with 1 tbsp olive oil per person, salt and pepper. Roast in the oven for 18 – 22 minutes or until the vegetables are crispy and done.

SERVE

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

TIP: Do you like freshness and acidity in your dish? Taste it after seasoning it and add 1/2 to 1 tsp white wine vinegar per person to taste.
Make your own barbecue sauce? It’s done before you know it! The smoked paprika takes care of the smoky flavour we expect from a barbecue. Once seared, you’ll put the meatballs back in the sauce. This doesn’t just make the meatballs soak up the flavours but it is also the best way of making sure they cook evenly, making them deliciously tender.
BAKE THE FRIES AND BURGER BUN
Pre-heat the oven to 210 degrees. Thoroughly rinse or peel the potatoes and cut into ½ to 1 cm fries. Transfer the fries to a baking tray lined with baking paper, drizzle with olive oil and season to taste with salt and pepper. Bake in the oven for 30 – 40 minutes*. Turn when halfway done. For the final 5 – 7 minutes, add the hamburger buns to the oven.

FRY THE MEATBALLS
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. Heat half the sunflower oil in a deep saucepan with a lid and fry the seasoned meatballs for 5 – 6 minutes at medium to high heat until brown all around. Don’t cook them all the way. Remove from the pan and set aside.

MAKE THE SAUCE
Turn the heat to medium-low, add the remaining sunflower oil to the same deep saucepan and fry the onion, garlic, red chilli pepper, ½ tsp smoked paprika per person and 1 tsp ground cumin per person for 2 minutes in the deep saucepan. Pour the tomato passata, black balsamic vinegar, honey and 10 ml soy sauce per person into the deep saucepan and carefully bring to the boil.

FINISH COOKING THE MEATBALLS
Cover, for another 7 – 9 minutes or until the meatballs are done. Season to taste with salt and pepper. Shave the cucumber into thin ribbons with a cheese slicer or potato peeler or cut into thin slices. Cut the tomato into thin wedges and finely chop the fresh chives. Add to the salad bowl and toss well.

MIX THE SALAD
In the meantime, mix the white balsamic vinegar with the sugar in a salad bowl. In the meantime, mince the onion, 1/2 tsp garlic, 3/2 tsp smoked paprika, ground cumin (tsp) 1 2 3 4 5 6 smoked paprika (tsp) 1/2 1 1 1/2 2 2 1/2 3 ground cumin (tsp) 1 2 3 4 5 6 tomato passata (g) 100 200 300 400 500 600 soy sauce (ml) (1 6) 10 20 30 40 50 60 cucumber (pcs) 1 2 3 4 5 6 fresh chives (sprigs) 5 10 15 20 25 30 mayonnaise (tbsp) (2) 1/2 1 1 1/2 2 2 1/2 3 salt & pepper* to taste keep in the refrigerator

SERVE
Top the hamburger buns with the meatballs in barbecue sauce. Serve the buns with the cucumber salad, the oven-roasted fries and ½ tbsp mayonnaise per person.

**TIP:** Do you use a combination microwave? It may take a little longer for the fries to cook.

**TIP:** This week’s box contains more potatoes and mayonnaise than you will need today. Not keeping an eye on your calorie-intake or like to eat a bit more? Use all the potatoes and mayonnaise.
Farfalle with wild mushroom pesto
With chestnut mushrooms, lamb's lettuce and Pecorino

Wild mushrooms are the king of this pesto dish. They are full of vitamin B which makes them perfect for boosting your immune system. When preparing mushrooms and you want to season them with salt, it is best to wait until after they are fried. This prevents them from losing too much moisture while frying. This changes the flavour and texture.

This pesto is made of dried wild mushrooms combined with typical ingredients for an Italian pesto, like pine nuts and fresh basil.
A GOOD START
Let’s start cooking the farfalle with wild mushroom pesto.

1 PREPARATION
• Bring plenty of water per person to the boil in a pan with a lid to cook the farfalle in.
• Boil the farfalle, covered, for 11 – 13 minutes. Drain and set aside, uncovered, to steam dry.
• Mince the shallots.
• Clean the chestnut mushrooms with paper towel and cut them into quarters.

2 FRY
• Heat the olive oil in a wok or deep saucepan at medium-high heat and fry the shallots for 1 – 2 minutes.
• Add the chestnut mushrooms and fry for 5 – 7 minutes.
• Add the wild mushroom pesto and heat for 1 minute.

3 SEASON
• Tear the lamb’s lettuce into coarse pieces.
• Coarsely chop the curly parsley.
• Stir the farfalle into the chestnut mushrooms in the wok or deep saucepan and season with salt and pepper.

4 SERVE
• Transfer the lamb’s lettuce to plates.
• Top with the pasta.
• Garnish with the grated pecorino and curly parsley.

R FACTS: Farfalle is a pasta variety shaped like a bow tie. The literal Italian translation means ‘butterflies’.

SERVES 1 - 6

INGREDIENTS

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Olive oil* (tbsp) | 1 | 2 | 3 | 4 | 5 | 6
Salt & pepper* to taste

* Not included

EQUIPMENT: A pan with a lid and a wok or deep saucepan.

FACTS: Did you know that mushrooms are all varieties of fungus? However, they contain just as many nutrients as vegetables. They are rich in vitamin B2, folic acid, potassium and fibres, making them beneficial to your energy levels, blood-pressure, digestion and sense of satiation.

ALLERGENS
Glutens | Milk/lactose | Nuts
Can contain traces of: Eggs | Soy | Celery

NUTRIENT VALUE PER SERVING PER 100 G

| Energy (kJ/kcal) | 3247 / 776 | 674 / 161 |
| Fats (g) | 45 | 9 |
| Of which: saturated (g) | 9.5 | 2.0 |
| Carbohydrates (g) | 69 | 14 |
| Of which: sugars (g) | 3.6 | 0.7 |
| Fibre (g) | 6 | 1 |
| Protein (g) | 22 | 5 |
| Salt (g) | 0.9 | 0.2 |

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WEEK 33 | 2018
With this dish, you’ll make a culinary trip from India to the Middle-East. The specialties of these two cuisines, curry and couscous, make for a surprising combination. This meal is done before you know it, so you’ve got even more time to enjoy the warm summery night.
A GOOD START

Let’s start cooking the curry with chicken and green beans.

PREPARATION

• Prepare the stock for the couscous.
• Trim the ends off the green beans and cut the green beans into 3 equal parts.
• Heat the olive oil to high heat in a wok or deep saucepan with a lid.
• Stir-fry the chicken thigh pieces and green beans for 3 – 4 minutes.

PREPARE THE CURRY

• Add 60 ml coconut milk per person and the curry paste to the wok or deep saucepan.
• Stir well and turn the heat to medium-high. Boil the curry, covered, for 6 – 10 minutes or until the green beans are al dente.

SOAK THE COUSCOUS

• Transfer the couscous to a bowl★ and add the stock.
• Allow to rest for 10 minutes, covered, and loosen with a fork.
• Coarsely cut the mint leaves.
• Coarsely chop the salted almonds.

SERVE

• Transfer the couscous to plates.
• Scoop the curry on top of the couscous.
• Garnish with the mint, almonds and yoghurt.
• Season to taste with extra-virgin olive oil.

★ TIP: You will not be using all the couscous in this week’s box for this recipe. Like to eat a bit more? Use all the couscous and 175 ml stock per person for soaking the couscous.

NUTRIENT VALUE

[Table]

ALLERGENS

1) Glutens 5) Peanuts 6) Soy 7) Milk/lactose 8) Nuts
Can contain traces of: 19) Peanuts 22) (other) nuts 23) Celery 25) Sesame
26) Sulphite

TIP: Are you keeping an eye on your calorie intake? Use 50 g couscous per person with 100 ml stock, 50 ml coconut milk and leave out the almonds. Then the dish contains 593 kcal, 31 g fat, 45 g carbohydrates, 11 g fibre, 31 g protein and 1.6 g salt.

SERVES 1 - 6

INGREDIENTS

[Table]
PORK TENDERLOIN WITH ORECCHIETTE
WITH MUSHROOM-CREAM SAUCE AND ROCKET

Make your own sauce? Not a problem! Once the pork tenderloin is fried, you'll add the mustard, honey and garlic to the pan and voila: you've got the foundation for a tasty sauce which you'll finish with mushrooms and creamy creme fraiche. You'll finish the pork tenderloin in the oven, which will cook it more evenly without the risk of dehydration.

ROCKET LETTUCE
Rocket lettuce is not really lettuce but rather a cabbage variety related to the radish. Hence its punchy flavour.

Onions
Garlic
Mushroom mix
Pork tenderloin
Dried rosemary
Orecchiette
Creme fraiche
Rocket salad
Let’s start cooking the pork tenderloin with orecchiette.

1 PREPARATION
Pre-heat the oven to 200 degrees. Mince the onion and press finely chop the garlic. Clean the mushrooms with paper towel and separate the beech mushrooms. Quarter the larger mushrooms and leave the smaller ones whole. Sprinkle ample salt and pepper onto the pork tenderloin.

2 FRY THE PORK TENDERLOIN
Heat the olive oil in a large frying pan to medium-high heat. Fry the pork tenderloin in hot oil for 4 minutes until brown all around. Take the pan off the heat, add the mustard, honey, dried rosemary, garlic and half the butter and mix well. Place the pork tenderloin including its sauce in an oven dish and roast in the oven for 10 – 11 minutes. Remove from the oven and allow to rest covered by tin foil. Set aside the sauce for step 5.

3 BOIL THE ORECCHIETTE
In the meantime, boil the orecchiette in the pan with a lid, covered, for 12 – 14 minutes. Drain and set aside, uncovered, to steam dry.

4 FRY THE MUSHROOMS
In the meantime, clean the same frying pan with a piece of paper towel. Heat the remaining butter at medium to high heat and fry the onion for 2 minutes. Turn up the heat to high, add the mushrooms and stir-fry for 4 – 5 minutes. Pour the black balsamic vinegar into the pan, turn the heat to medium-low and heat until all the moisture has evaporated.

5 ASSEMBLE THE PASTA
Crumble ¼ stock cube per person over the frying pan with mushrooms and add the creme fraiche, 2 tbsp water per person, mustard sauce from the oven dish and salt and pepper. Gently simmer for 1 minute. Add the orecchiette, stir well and heat for another minute. Cut the pork tenderloin into slices.

6 SERVE
Make a bed of rocket lettuce on each plate and scoop the orecchiette on top. Top the pasta with the pork tenderloin slices and sprinkle with some salt and pepper.

★ TIP: Don’t worry if the pork tenderloin is still a little pink on the inside. It’s OK to consume pork tenderloin while still pink.
**FRENCH TOAST OF SUGAR ROLLS**

With creme fraiche and lemon balm

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We think French toast is always a good idea! So feel free to make this dish on a weekend morning. The creme fraiche and lemon balm take care of the freshness, which does these rolls well.

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<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frisian giant sugar rolls</td>
<td></td>
</tr>
<tr>
<td>Lemon balm</td>
<td></td>
</tr>
<tr>
<td>Ground cinnamon</td>
<td></td>
</tr>
<tr>
<td>Semi-skimmed milk</td>
<td></td>
</tr>
<tr>
<td>Free-range egg</td>
<td></td>
</tr>
<tr>
<td>Creme fraiche</td>
<td></td>
</tr>
</tbody>
</table>

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- Very simple
- Total: **15 – 20 min.**
- Eat within **5 days**
FRENCH TOAST OF SUGAR ROLLS

EQUIPMENT:
2 plates, a whisk and a frying pan.

1 Cut the top and bottom from the Frisian giant rolls ★. Cut the lemon balm into strips.

2 Mix the sugar and cinnamon in a plate. Whisk the milk and egg in another plate with a whisk.

3 Heat the butter in a frying pan to medium-high heat. In the meantime, soak the sugar rolls in the egg mixture and then in the sugar mixture. Place the sugar rolls in the pan and fry for about 4 minutes on each side, or until they become firm.

4 Transfer the French toast to the plates. Serve with the creme fraîche and garnish with the lemon balm.

★ TIP: In this dish you cut the top and bottom from the roll so it can soak up the milk. You won’t be using the remaining bits in this recipe, but you can of course soak and fry them with the rest.

INGREDIENTS

| Frisian giant sugar rolls (st) | 2P | 4P |
| Lemon verbena (leaves) | 23 | ♦ |
| Ground cinnamon (tsp) | 3 | 6 |
| Semi-skimmed milk (ml) | 7 15 20 | ♦ |
| Free-range eggs (pcs) | 3 | ♦ |
| Creme fraîche (tbsp) | 7 15 20 | ♦ |
| Granulated sugar* (tbsp) | 3 | 6 |
| Butter* (tbsp) | 1 | 2 |

NUTRIENT VALUE

| PER SERVING | PER 100 G |
| Energy (kJ/kcal) | 2469 / 590 | 983 / 235 |
| Fats (g) | 24 | 10 |
| Of which: saturated (g) | 14.4 | 5.7 |
| Carbohydrates (g) | 78 | 31 |
| Of which: sugars (g) | 51.9 | 20.7 |
| Fibre (g) | 1 | 0 |
| Protein (g) | 13 | 5 |
| Salt (g) | 0.9 | 0.4 |

ALLERGENS

1) Glutens 3) Eggs 7) Milk/lactose 13) Lupins

HelloFresh

We would be happy to hear your opinion of HelloFresh. Don’t hesitate to call us, email us or contact us through our social media channels.

WEEK 33 | 2018
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.

We would be happy to hear your opinion of HelloFresh. Don’t hesitate to call, email or contact us through our social media channels.

**BREAKFAST BOX**

**GOOD MORNING!**

**1 SOURDOUGH ROLL**

With bacon omelette and chives

**2 SEMI-SKIMMED QUARK WITH FRUIT**

With muesli and grated coconut

**3 RUSK WITH CHEESE**

With ham and radish

**EXTRA**

- Strawberries

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**SOURDOUGH ROLL**

With bacon omelette and chives

**INGREDIENTS**

**FOR 1 BREAKFAST**

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<tr>
<th>INGREDIENTS</th>
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<tr>
<td>Sourdough bread (pcs)</td>
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<td>4</td>
</tr>
<tr>
<td>1) 6) 11) 17) 21) 22) 27)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fresh chives (sprigs) 23)</td>
<td>4</td>
<td>8</td>
</tr>
<tr>
<td>Free-range eggs (pcs) 3)</td>
<td>4</td>
<td>8</td>
</tr>
<tr>
<td>Diced bacon (g)</td>
<td>40</td>
<td>80</td>
</tr>
<tr>
<td>Milk (7) 15) 20)</td>
<td>splash</td>
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</tr>
<tr>
<td><em>Not included</em> Butter* (tbsp)</td>
<td>½</td>
<td>1</td>
</tr>
<tr>
<td>Salt &amp; pepper*</td>
<td>To taste</td>
<td></td>
</tr>
<tr>
<td><em>keep in the refrigerator</em></td>
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**EQUIPMENT**

A bowl and a frying pan.

**NUTRIENT VALUE**

**PER SERVING**

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<th>2857 / 205</th>
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<tbody>
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<td>22</td>
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<td>Of which: sugars (g)</td>
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<tr>
<td>Fibre (g)</td>
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<td>1</td>
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<tr>
<td>Protein (g)</td>
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<td>10</td>
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<tr>
<td>Salt (g)</td>
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**ALLERGENS**


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1. Pre-heat the oven to 210 degrees. Bake the sourdough bread in the oven for 6 – 8 minutes.

2. In the meantime, finely chop the chives. Use a bowl to whisk the eggs, together with a splash of milk and the chives. Season to taste with salt and pepper.

3. Melt the butter in a frying pan and fry the bacon cubes at medium-high heat for 2 minutes until brown on all sides. Mix in the egg mixture and fry 1 omelette for every 2 servings.

4. Cut the ciabatta rolls in half and top with the omelette. Serve with a glass of milk.
**BREAKFAST 2**

**SEMI-SKIMMED QUARK WITH FRUIT**
With muesli and grated coconut

1. Slice the bananas. Peel the tangerine and separate the wedges.
2. Transfer the semi-skimmed quark to bowls.
3. Add the banana and tangerine and garnish with the grated coconut and muesli.

**INGREDIENTS**
FOR 1 BREAKFAST 2P 4P

<table>
<thead>
<tr>
<th>Ingredient</th>
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<tbody>
<tr>
<td>Bananas (pcs)</td>
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<td>2</td>
</tr>
<tr>
<td>Tangerine (pcs)</td>
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<td>4</td>
</tr>
<tr>
<td>Semi-skimmed quark (g)</td>
<td>250</td>
<td>500</td>
</tr>
<tr>
<td>Grated coconut (g)</td>
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<td>40</td>
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<tr>
<td>Muesli (g)</td>
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<td>100</td>
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*Not included | Store in the refrigerator

**NUTRIENT VALUE**
PER SERVING PER 100 G

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<th>Nutrient</th>
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<td>Energy (kJ/kcal)</td>
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<td>371</td>
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<tr>
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<td>2</td>
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<td>Protein (g)</td>
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</tr>
<tr>
<td>Salt (g)</td>
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<td>0.0</td>
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</table>

**ALLERGENS**
1) Glutens 7) Milk/lactose 8) Nuts 12) Sulphite
Can contain traces of: 15) Glutens 19) Peanuts 20) Soy
22) Nuts 25) Sesame

**BREAKFAST 3**

**MULTI-GRAIN RUSK WITH CHEESE**
With ham and radish

1. Top 2 rusk per person with the fresh matured cheese. Top 1 rusk with the ham.
2. Slice the radish and place on top of the rusk.

**INGREDIENTS**
FOR 1 BREAKFAST 2P 4P

<table>
<thead>
<tr>
<th>Ingredient</th>
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<th>4P</th>
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<tbody>
<tr>
<td>Multi-grain rusks (pcs)</td>
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</tr>
<tr>
<td>Young matured cheese (slices)</td>
<td>7</td>
<td>2</td>
</tr>
<tr>
<td>Ham (slices)</td>
<td>2</td>
<td>4</td>
</tr>
<tr>
<td>Radishes (pcs)</td>
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<td>12</td>
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</tbody>
</table>

*Not included | Store in the refrigerator

**NUTRIENT VALUE**
PER SERVING PER 100 G

<table>
<thead>
<tr>
<th>Nutrient</th>
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<tbody>
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<td>Carbohydrates (g)</td>
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<tr>
<td>Protein (g)</td>
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<tr>
<td>Salt (g)</td>
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**ALLERGENS**
Can contain traces of: 15) Glutens