This wine from Catalonia is a blend of Macabeo and Chardonnay grapes. The Macabeo adds a hint of spices such as anise to this crisp wine with distinct fruit notes, ranging from apple and pear to banana and orange, and the fragrance of white flowers like jasmine.

SYNERA BLANCO

Base ingredients:
- Basmati rice
- Ground coriander
- Ground turmeric
- Onion
- Garlic
- Red sweet pepper
- Carrot
- Tomato paste
- Leccino olives
- Jumbo shrimp
- Lemon
- Red sweet pepper

This recipe derives its inspiration from paella, a rice dish originally from Valencia, where it is prepared mainly with rabbit and chicken. Paella is traditionally cooked over an open fire of orange tree branches. This variant, with shrimp and olives, is prepared in the oven: fast, easy and, above all, delicious!
SERVES 1 - 6

INGREDIENTS

SERVES 1 - 6
INGREDIENTS

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NUTRIENT VALUE

PER SERVING

PER 100 G

Energy (kJ/kcal)
2657 / 635
304 / 73

Total fat (g)
19
2

Of which: saturated (g)
3.5
0.4

Carbohydrates (g)
88
10

Of which: sugars (g)
16.4
1.9

Fibre (g)
9
1

Protein (g)
21
2

Salt (g)
5.3
0.6

ALLERGENS

Crustaceans

TIP: Are you keeping an eye on your calorie intake? Use only 70 g rice per person and 350 ml stock instead of 375 ml. In this case, the dish will contain 583 kcal, 19 g fat, 77 g carbohydrates, 20 g protein and 5 g fibre per serving. You could also use all the rice and put some in a salad to enjoy for lunch the next day.

EQUIPMENT

A wok or deep frying pan, an oven dish, some tin foil and a frying pan.

Let’s start cooking the Spanish rice dish with shrimp and olives.

A GOOD START

EQUIPMENT

A wok or deep frying pan, an oven dish, some tin foil and a frying pan.

Let’s start cooking the Spanish rice dish with shrimp and olives.

PREPARATION

Pre-heat the oven to 200 degrees and prepare the stock. In the meantime, press or finely chop the garlic and mince the onion.

CHOP THE VEGGIES

Remove the seed pods from the red sweet pepper and cut the red sweet pepper into thin strips. Slice the carrot into thin half rings.

STIR-FRY

Heat half the olive oil in a wok or deep frying pan and fry the onion and the garlic for 2 minutes at medium-low heat. Add the sweet pepper, carrot, turmeric and coriander and stir-fry for another 4 – 6 minutes.

IN THE OVEN

Stir the rice, stock and tomato paste into the wok or deep frying pan and bring to the boil. Turn down the heat and simmer gently for 3 – 4 minutes. Season to taste with salt and pepper. Pour the mixture into an oven dish and cover tightly with tin foil. Bake the rice dish in the oven for 25 minutes. If the rice is still too moist, remove the tin foil and return to the oven for another 5 minutes.

CHOP AND FRY

While the dish is in the oven, thinly slice the olives and the lemon. Pat the shrimp dry with paper towels. Heat the remaining olive oil in a frying pan at medium-high heat and fry the shrimp for 3 – 4 minutes, turning regularly.

TIP: It is imperative that the dish is tightly covered with tin foil to enable all the moisture to be absorbed into the rice! Otherwise, some of the moisture will escape, and the rice will not be soft enough.

TIP: Do you happen to have any chorizo or other spicy sausage on hand? Fry it along with the ingredients in Step 3.

TIP: Are you keeping an eye on your calorie intake? Use only 70 g rice per person and 350 ml stock instead of 375 ml. In this case, the dish will contain 583 kcal, 19 g fat, 77 g carbohydrates, 20 g protein and 5 g fibre per serving. You could also use all the rice and put some in a salad to enjoy for lunch the next day.

SERVE

Garnish the dish with the olives and the shrimp. Serve at the table with the lemon slices on the side (caution: the oven dish will be very hot!).

TIP: Do you happen to have any chorizo or other spicy sausage on hand? Fry it along with the ingredients in Step 3.
In this recipe, you will be enhancing the flavour of chicken thigh pieces by wrapping them in Coppa di Parma. This Italian ham is made from the pork shoulder and neck. It owes its unique, savoury flavour to the humid climate in northern Italy, to which it is exposed for at least 60 days while ripening.
SERVES 1 - 6

INGREDIENTS

- Annabelle 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 3 4
- Butter* (tbsp) | ½ 1 1½ 2 2½ 3
- Olive oil* (tbsp) | 1 2 3 4
- Salt & pepper* | to taste

*Not included | Store in the refrigerator

NUTRIENT VALUE

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

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

A GOOD START

Let’s start cooking the chicken with Coppa di Parma and green beans.

1 FRY THE POTATOES

Thoroughly scrub or peel the potatoes (Annabelle) and cut into wedges. Heat the butter in a wok or deep frying pan 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 in place with a wooden skewer. Cut the remaining Coppa di Parma into 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 fry 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 to 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.

★ TIP Coppa di Parma is rather salty, so be careful not to put too much salt in this dish!

SERVES 1 - 6

INGREDIENTS

- Annabelle 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 3 4
- Butter* (tbsp) | ½ 1 1½ 2 2½ 3
- Olive oil* (tbsp) | 1 2 3 4
- Salt & pepper* | to taste

*Not included | Store in the refrigerator

NUTRIENT VALUE

<table>
<thead>
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<th>PER SERVING</th>
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<tbody>
<tr>
<td>Energy (kJ/kcal)</td>
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<td>Of which: saturated (g)</td>
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<td>Carbohydrates (g)</td>
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<td>Of which: sugars (g)</td>
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<td>35</td>
</tr>
<tr>
<td>Salt (g)</td>
<td>1.3</td>
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</table>

ALLERGENS

None of the products in this box which you will need for this recipe contain allergens.
**ORZO RISOTTO WITH MUSHROOMS**

With walnuts and Parmesan cheese

---

**VARAS ROUGE**

This wine from the region surrounding Lisbon is made from indigenous grape varieties and Pinot Noir. It has ripened in oak casks for at least 3 to 4 months. The result is a complex wine that lingers on the palate, with the aromas of cherries and forest fruits.

---

Orzo is a pasta variety that resembles rice on account of its oval, grain-like shape. This makes it a perfect ingredient for a creamy risotto. You will be flavouring this dish with savoury, pungent Parmigiano Reggiano, better known as Parmesan cheese. Keep a close eye on the orzo when cooking – the amount of liquid you need depends on the dimensions of the pan you are using.
SERVES 1 - 6

INGREDIENTS

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<th>3P</th>
<th>4P</th>
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<td>1½</td>
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<td>2½</td>
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<td>250</td>
<td>375</td>
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<td>625</td>
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<td>170</td>
<td>250</td>
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<tr>
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<td>350</td>
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<td>1½</td>
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<tr>
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<td>1½</td>
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<td>Salt &amp; pepper*</td>
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<td></td>
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*Nutrients not included | Store in the refrigerator

EQUIPMENT

A pan with a lid, a grater and a frying pan.

Let’s start cooking the orzo risotto with mushrooms.

PREPARATION

1. Prepare the stock for the orzo. Mince the onion and slice the spring onion into thin half-rings. Clean the chestnut mushrooms with a paper towel and cut them into quarters.

2. Chop and grate Coarsely chop the walnuts and coarsely grate the Parmigiano Reggiano.

**TIP:** You can also toast the walnuts, if you prefer, for an intense flavour. Toast the walnuts in a frying pan, without any oil, until golden brown in Step 4. Use the same pan you will be using in Step 4.

PREPARE THE ORZO

3. Heat the butter in a pan with a lid and fry the onion for 2 minutes at medium-low heat. Add the orzo and fry for another minute. Stir in the stock and simmer for 10–12 minutes, covered, at low heat until all the stock has been absorbed. Stir regularly. Add a little extra water if the orzo is too dry.

FRY

4. In the meantime, heat the olive oil in a frying pan to medium-high heat and fry the chestnut mushrooms for 4–6 minutes. Add the spring onion and fry for another minute. Season to taste with salt and pepper.

**TIP:** The spring onions are added to the chestnut mushrooms at a rather late stage in the cooking process to retain their sharp taste. Do you prefer the softer taste of braised spring onion? Add them to the chestnut mushrooms immediately.

ASSEMBLE

5. Stir the mushrooms, the spring onions and half the Parmigiano Reggiano into the orzo and heat, while stirring, for 2 minutes.

SERVE

6. Transfer the dish to plates. Garnish with the walnuts and the remaining Parmigiano Reggiano.
Sea bream is a white fish that is quite easy to prepare. The salad, made with spinach and cherry tomatoes, is spicy because of the dressing which contains fruity yellow chilli peppers. Not such a big fan of spicy food? Be sure to remove all the seed pods from the chilli peppers and use a little less than indicated in this recipe.
A GOOD START

Let’s start cooking the sea bream in caper-butter sauce.

PREPARE THE POTATOES

Thoroughly scrub the potatoes (Frieslander) and cut into wedges. Heat the olive oil in a deep frying pan with a lid and fry the potatoes for 25 - 30 minutes, covered, at medium-high heat. Take the lid off the pan after 20 minutes. Turn regularly and season to taste with salt and pepper.

CHOP

In the meantime, mince the shallots. Press or finely chop the garlic. Remove the seed pods from the yellow chilli pepper and finely chop. Halve the cherry tomatoes and tear the spinach into bite-size pieces (you will be eating it raw).

PREPARE THE DRESSING

In a small bowl, whisk together a dressing of extra-virgin olive oil, white balsamic vinegar, honey, and half the yellow chilli pepper. Season to taste with salt and pepper.

MAKE THE SALAD

Transfer the cherry tomatoes and spinach to a salad bowl, together with half the shallot and the dressing. Toss to coat with the dressing. Set aside. Pat the sea bream dry with paper towels and rub with salt and pepper.

PREPARE THE FISH AND THE SAUCE

Heat the butter in a frying pan and fry the remaining shallot, the garlic and the remaining yellow chilli pepper for 2 – 3 minutes at medium heat. Turn the heat up to medium-high and add the sea bream. Fry for 2 minutes on the skin side. Turn and fry for another 1 – 2 minutes. Lastly, add the capers and heat briefly.

SERVE

Transfer the potatoes, salad and sea bream to plates. Pour the caper-butter sauce over the sea bream.

SERVES 1 - 6

INGREDIENTS

Frieslander potatoes (g) 300 600 900 1200 1500 1800
Shallots (pcs) 1 2 3 4 5 6
Garlic (c) 1 2 2 3 3 4
Yellow chilli peppers (pcs) ¼ ½ ¼ 1 1¼ 1½
Red cherry tomatoes (g) 125 250 375 500 625 750
Spinach (g) 50 100 150 200 250 300
Fillet of sea bream (unskinned) (100 g) 1 2 3 4 5 6
Capers (g) 10 20 30 40 50 60
Olive oil* (tbsp) 1 1 2 3 3
Extra-virgin olive oil* (tbsp) ½ 1 1½ 2 2½ 3
White balsamic vinegar* (tsp) ½ 1 1½ 2 2½ 3
Honey* (tsp) ½ 1 1½ 2 2½ 3
Butter* (tbsp) 1½ 3 4½ 6 7½ 9
Salt & pepper* to taste

*Not included

EQUIPMENT

A wok or deep frying pan with a lid, a salad bowl and a frying pan.

NUTRIENT VALUE

PER SERVING PER 100 G
Energy (kJ/kcal) 3146 / 752 483 / 116
Total fat (g) 40 6
Of which: saturated (g) 15.5 2.4
Carbohydrates (g) 68 10
Of which: sugars (g) 7.4 1.1
Fibre (g) 10 2
Protein (g) 24 4
Salt (g) 1.3 0.2

ALLERGENS

4 Fish
May contain traces of: 23 Celery

TIP: The cooking time of the fillet of sea bream depends largely on its thickness. Don’t fry it too long or it will dry out!

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WEEK 06 | 2018
Endive hotchpotch with meatballs
With sun-dried tomatoes and aged cheese

The meatballs you will be eating today have already been shaped for your convenience. This means that you will be ready in no time at all! In combination with the intense taste of the sun-dried tomatoes, the Italian-style meatballs will give the endive hotchpotch a distinct Mediterranean twist, while the aged cheese cubes make it wonderfully creamy.
A GOOD START
A pan with a lid, a frying pan with a lid, a wok or deep frying pan and a potato masher. Let’s start cooking the endive hotchpotch with meatballs.

SERVES 1 - 6
INGREDIENTS

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<th>2P</th>
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*Not included | Store in the refrigerator

NUTRIENT VALUE

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ALLERGENS

| 7 | Milk/lactose |
| 23 | Celery |

ALLERGENS

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WEEK 06 | 2018

1 BOIL THE POTATOES
Bring plenty of water to the boil in a pan with a lid to cook the potatoes in. Thoroughly scrub or peel the potatoes (Agria), cut into coarse pieces and boil, covered, for 15 minutes. Drain, reserving a little of the cooking liquid, and allow to steam dry, uncovered.

2 CHOP
In the meantime, slice the red onion into half rings and cut the sun-dried tomatoes into little pieces.

3 FRY THE MEATBALLS
Heat half the butter in a frying pan with a lid and fry the meatballs for 3 – 4 minutes at medium to high heat until brown all around. Add the red onion and the black balsamic vinegar and stir-fry for 1 minute. Turn down the heat, cover the pan and simmer for 10 minutes or until the meatballs are done.

4 STIR-FRY THE ENDIVE
In the meantime, heat the remaining butter in a wok or deep frying pan and stir-fry most of the endive for 5 minutes at medium-high heat ★.

5 SEASON
Mash the potatoes into a coarse purée using a potato masher. Add a splash of milk or cooking liquid to give it a velvety texture. Fold the stir-fried and the remaining raw endive into the hotchpotch and add the aged cheese and sun-dried tomatoes. Season to taste with salt and pepper.

6 SERVE
Transfer the endive hotchpotch to plates and garnish with the remaining fried red onion. Serve with the meatballs, pouring a little of the jus from the pan over them.

★TIP: Don’t like the bitter taste of raw endive? Stir-fry all the endive in Step 4.

★TIP: Want to try something new? Make meatballs with a twist! Before frying, stuff them with a few cubes of cheese. Close carefully and continue with Step 3.
This fruity wine from the French Languedoc is a blend of Grenache and Merlot grapes. The result is an easy-going, ruby-red wine with the aroma of red fruit like raspberries and black currants and a hint of spices.

Instead of minced meat, this Bolognese sauce is made with lentils whose earthy flavour is perfectly complemented by the slightly acidic taste of feta. Only sheep’s cheese produced in the traditional manner and in specific parts of Greece is allowed to be called feta. The Greeks simply adore their national pride – they eat at least 10 kg feta per person, every year!
A GOOD START
Let’s start cooking the penne with lentil-Bolognese sauce and feta.

**EQUIPMENT**
A pan with a lid, a colander, a wok or deep frying pan with a lid and a bowl.

1 CHOP THE VEGGIES
Bring plenty of water to the boil in a pan with a lid to cook the whole-wheat penne in. Mince the onion and press or finely chop the garlic. Halve the red cherry tomatoes. Drain the lentils into a colander.

2 TOAST THE PUMPKIN SEEDS
Heat a wok or deep frying pan 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.

3 MAKE THE SAUCE
Heat the olive oil in the same wok or deep frying pan and fry the onion and the garlic for 2 minutes at low heat. Add the oregano and the tomato paste and fry for another 5 minutes. Next, add 100 ml water per person, crumble in ¼ stock cube per person and stir in the brown sugar and half the black balsamic vinegar. Cover the pan and gently simmer for 10 minutes. Add the cherry tomatoes after about 5 minutes.

4 COOK
In the meantime, boil the penne, covered, in the pan with a lid for 10 – 12 minutes. Drain. Add the lentils to the sauce in the wok or deep frying pan, stir well and simmer gently for another minute.

5 ASSEMBLE
In a bowl, whisk the extra-virgin olive oil and the remaining black balsamic vinegar into a dressing. Season to taste with salt and pepper, add the rocket salad and toss. Crumble half the feta into the wok or deep frying pan and allow to melt. Finish by stirring the penne into the sauce and seasoning the dish to taste with salt and pepper.

6 SERVE
Transfer the dish to plates, crumble the remaining feta on top and garnish with the pumpkin seeds. Serve with the rocket salad.

**FACTS:** Whole-wheat products are part of a healthy diet. Whole-wheat penne are a good example of this. This pasta is relatively rich in dietary fibre. Dietary fibre is a great hunger-quencher as it will quickly give you a feeling of satiety.

**SERVES 1 - 6**

**INGREDIENTS**

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<th>2P</th>
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<td>to taste</td>
<td>to taste</td>
<td>to taste</td>
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*Not included | ✴ Store in the refrigerator

**NUTRIENT VALUE**

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**ALLERGENS**

1) Glutens 7) Milk/Lactose

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WEEK 06 | 2018
The starring ingredient in this recipe is the courgette. Its mild, slightly sweet flavour makes it one of the most versatile vegetables around. It provides a nice, fresh touch to this soup. Grilling courgette ribbons intensifies their flavour – the perfect garnish for this meal-time soup.
A GOOD START

Let's start cooking the courgette-pesto soup.

1 PREPARATION
Pre-heat the oven to 180 degrees and bring 400 ml water per person to the boil. Mince the onion. Peel and dice the potato (Melody). Use a sharp knife or vegetable peeler to slice 3 courgette ribbons per person. Dice the remaining courgette.

2 TOAST AND FRY
In the meantime heat the frying pan at 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 with a lid and sauté the onion for 2 minutes at low heat. Add the diced courgette, turn the heat down to medium-low and stir-fry for 3 minutes.

3 FRY AND COOK
Add the potato and 300 ml boiling water per person. Reserve the remaining water to dilute the soup later on, if needed. Crumble in the stock cube and simmer for 10 minutes at low heat. Next, heat the remaining olive oil in the same frying pan and fry the courgette ribbons for 5 minutes at medium to low heat. Turn 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 mature 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 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

SERVES 1 - 6

INGREDIENTS

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WEEK 06 | 2018

Onions (pcs)
½ 1 1½ 2 2½
Melody potatoes (g)
100 200 300 400 500 600
Courgettes (pcs)
¾ 1 1½ 2 2½
Pumpkin seeds (g)
10 15 20 25 30 35
Green pesto Genovese (g)
40 80 120 160 200 240
Spelt baguettes (pcs)
½ 1 1½ 2 2½ 3
Grated mature cheese (g)
25 50 75 100 125 150
Olive oil* (tbsp)
1 2 2 3 3 4
Vegetable stock cubes* (pcs)
¾ 1½ 2½ 3 3½ 4½
Salt & pepper* to taste

*Not included | *Store in the refrigerator

NUTRIENT VALUE

PER SERVING
PER 100 G

Energy (kJ/kcal)
3155 / 754
389 / 93
Total fat (g)
48
6
Of which: saturated (g)
11.6
1.4
Carbohydrates (g)
62
8
Of which: sugars (g)
14.3
1.8
Fibre (g)
6
1
Protein (g)
22
3
Salt (g)
5.8
0.7

ALLERGENS

1) Glutens 7) Milk/Lactose 8) Nuts
Fried rice with a fried egg and cashews
With stir-fried veggies and spring onion

Soy sauce, ginger and sesame seeds: three ingredients typical to Oriental cuisine that will transform this rice dish into an explosion of flavour. The cashews used to garnish this dish not only give it a nice bite; they are chock-full of protein and healthy fats.
**SERVES 1 - 6**

**INGREDIENTS**

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<tr>
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<td>1 1/2</td>
<td>2</td>
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<td>3</td>
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*Not included | ✫ Store in the refrigerator

**EQUIPMENT**

A pan with a lid, a wok or deep-frying pan, a bowl and a frying pan.

Let’s start cooking the fried rice with a fried egg and cashews.

**A GOOD START**

**1 BOIL THE RICE**

Bring 250 ml water per person to the boil in a pan with a lid and pour in the rice. Simmer, covered, for 12 – 15 minutes. Drain if needed, and allow to steam dry, uncovered.

**2 TOAST THE SESAME SEEDS**

Heat a wok or deep-frying pan at high heat and toast the sesame seeds, without any oil, until golden brown. Remove from the pan and set aside. Coarsely chop the cashews.

**3 CHOP THE INGREDIENTS**

Finely dice the carrots. In the meantime, trim the ends off the green beans and cut them into 2 equal parts. Press or finely chop the garlic. Peel and finely chop the ginger. Cut the spring onions into thin rings, setting aside the white and green parts separately.

**4 FRY THE VEGETABLES**

Heat half the olive oil in the same wok or deep saucepan and stir-fry the carrots for 5 minutes at medium to high heat. Season to taste with salt and pepper. Add the green beans and stir-fry for another 8 – 10 minutes, or until the beans are done (but still a little crunchy) ✫. Remove from the pan and set aside. In the meantime, heat the sunflower oil in a frying pan and fry one egg, sunny side up, per person.

**5 FRY THE RICE**

Wipe the wok or deep saucepan clean with a paper towel. Heat the remaining olive oil in the wok or deep saucepan to medium-high heat. Add the garlic and the ginger and fry for another minute. Add the rice and stir-fry for another 1 – 2 minutes, or until the rice is crispy and brown. Add the stir-fried vegetables, half the soy sauce and the white part of the spring onions and fry for another minute. Taste and add a little more soy sauce if necessary.

**6 SERVE**

Scoop the rice into bowls. Serve with the fried egg on top and garnish with the cashews, sesame seeds and the green part of the spring onions.

**★ TIP:** Don’t worry if the vegetables turn a little brown, this will only enhance their flavour. A little dark spot here or there is no problem!
Buffalo mozzarella and spinach bake
With pearl couscous, tomato, dill and pine nuts

The tomato, dill and pine nuts give the pearl couscous a fresh, Mediterranean twist. The creamy buffalo mozzarella is melted briefly in the oven, together with the stir-fried spinach, and served on top of the pearl couscous. This brings the rich taste of mozzarella to the foreground.
A GOOD START

Let’s start cooking the buffalo mozzarella and spinach bake.

PREPARATION

Pre-heat the oven to 200 degrees and prepare the stock for the pearl couscous. Heat a wok or deep frying pan to medium-high heat and toast the pine nuts until golden brown. Remove from the pan and set aside.

CHOP

In the meantime, press or finely chop the garlic and mince the shallot. Tear the spinach into bite-size pieces. Grate the green rind of the lime ( zest) with a fine grater and cut the lime into wedges. Cut the tomato into dice of approximately 1 cm and finely chop the fresh dill.

STIR-FRY

In the meantime, heat the olive oil in the same wok or deep frying pan and fry the garlic and shallot for 1 – 2 minutes at medium-high heat. Add the spinach and allow to wilt, stirring constantly. Season to taste with salt and pepper.

TIP: The spinach and mozzarella is a side dish. Do you have a small oven dish? Transfer the spinach to this oven dish. If you have a large oven dish, it is more difficult to create small indentations for the mozzarella.

COOK THE PEARL COUSCOUS

Heat the butter in a pan with a lid. Add the pearl couscous and fry, stirring constantly, for 1 – 2 minutes at medium heat. Stir in the stock, turn down the heat and simmer, covered, for 12 – 14 minutes until dry. Add a little extra water if the couscous is too dry. Fluff the pearl couscous using a fork and set aside, uncovered, to steam dry.

BAKE

Using a skimmer, transfer the spinach from the wok or deep frying pan to a small oven dish and spread out over the bottom ★ ★. Create a small indentation in the spinach for each person and put some buffalo mozzarella into each indentation. Season once more with salt and pepper and bake the spinach & mozzarella in the oven for 5 – 6 minutes or until the mozzarella starts to melt.

TIP: Serve the mozzarella hot. It tends to become a little tough when it cools down!

SERVE

Blend the tomato, dill and ¼ tsp lime zest per person into the pearl couscous and season to taste with pepper. Transfer the pearl couscous to plates and top with the spinach and mozzarella mixture, using a skimmer ★ ★. Garnish with the toasted pine nuts and serve with a wedge of lime on the side.

ALLERGENS

Gluten | Milk / lactose

NUTRIENT VALUE

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</table>

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WEEK 06 | 2018
Couscous, almonds and mint are ingredients that you come across in numerous Middle Eastern dishes. This quick recipe pairs couscous with a classic Indian red curry – a unique combination and a genuine treat for your taste buds!

**CHICKEN & GREEN BEAN CURRY**

With couscous, mint and almonds

---

**ESPIGA BRANCO**

This wine from Alenquer is a blend of indigenous grape varieties that are typical to this Portuguese region. It is a full-bodied, ruby-coloured wine with smooth tannins and pleasant spice notes: the result of having been ripened partially in oak casks.

---

Eat within 3 days

Very simple

Quick & Easy

Total: 20 min.

Salted almonds

Fresh mint

Whole-wheat couscous

Chicken thigh pieces

Green beans

Coconut milk

Red curry paste

Yoghurt

**CHICKEN & GREEN BEAN CURRY**

With couscous, mint and almonds

---

Couscous, almonds and mint are ingredients that you come across in numerous Middle Eastern dishes. This quick recipe pairs couscous with a classic Indian red curry – a unique combination and a genuine treat for your taste buds!
**1 PREPARE, CHOP, FRY**
- Prepare the stock for the couscous.
- In the meantime, trim the ends off the **green beans** and cut them into 3 equal parts.
- Heat the olive oil in a wok or deep frying pan with a lid to high heat.
- Stir-fry the **chicken thigh pieces**, together with the **green beans**, for 3 – 4 minutes.

**2 PREPARE THE CURRY**
- Add the **coconut milk** ★ and the **curry paste** to the ingredients in the wok or deep frying pan.
- Stir well, turn the heat down to low and simmer for 6 – 8 minutes.
  
  ★★TIP: Coconut milk can form lumps. If it is lumpy, stir it thoroughly until smooth.

**3 SOAK THE COUSCOUS**
- Put the **couscous** in a bowl ★★ and pour in the stock.
- Set aside to absorb the stock for 6 – 8 minutes, covered.
- Fluff using a fork.

**4 SERVE**
- Coarsely chop the **mint leaves** and the salted **almonds**.
- Transfer the **couscous** to plates, top with the **curry** and garnish with the **mint, almonds** and **yoghurt**.

★★TIP: You will not need all the couscous for this recipe. Are you cooking for people with a large appetite? Use all the couscous and add 175 ml stock per person.

---

**INGREDIENTS**

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<td>to taste</td>
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*Not included | ★ Store in the refrigerator

**NUTRIENT VALUE**

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<tr>
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**ALLERGENS**

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

---

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WEEK 06 | 2018
Conchiglie with red pesto and feta
With mini Roma tomatoes, lamb’s lettuce and basil

Not as well-known as the green variety, but at least as delicious: red pesto. If you don’t have a lot of time, pesto is an excellent basic ingredient for a tasty dish on account of its strong taste. You only need a few other ingredients to make a delicious sauce. Red pesto is made from sun-dried tomatoes and gives this pasta dish an intense, Mediterranean flavour. The savoury feta is a perfect finishing touch.
A GOOD START

EQUIPMENT
A pan with a lid, a wok or deep frying pan and a salad bowl.
Let’s start cooking the conchiglie with red pesto and feta.

1 CHOP AND COOK
- Bring plenty of water per person to the boil in a pan with a lid to cook the conchiglie in.
- Mince the shallot and dice the tomato and sweet pepper.
- Boil the conchiglie, covered, in the pan with a lid for 8 – 10 minutes. Drain and set aside, uncovered, to steam dry.

2 FRY THE VEGETABLES
- In the meantime, heat the olive oil in a wok or deep frying pan and gently fry the shallot for 2 minutes at medium-low heat.
- Add the sweet pepper and the tomato and stir-fry for 5 – 6 minutes. Season to taste with salt and pepper.
- In the meantime, cut the feta into ½ cm cubes and tear the basil into bite-sized pieces.

3 MAKE THE SALAD
- Add the conchiglie and the red pesto to the ingredients in the wok or deep frying pan and heat for 1 minute.
- In a salad bowl, whisk together a dressing of black balsamic vinegar and extra-virgin olive oil. Season to taste with salt and pepper. Transfer the lamb’s lettuce to the salad bowl and toss to coat with the dressing.

4 SERVE
- Transfer the lamb’s lettuce and the conchiglie to plates. Garnish with feta and basil.

SERVES 1 - 6

INGREDIENTS

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<td>Red sweet peppers (pcs)</td>
<td>½</td>
<td>1</td>
<td>1½</td>
<td>2</td>
<td>2½</td>
<td>3</td>
</tr>
<tr>
<td>Tomatoes (pcs)</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>Conchiglie (g)</td>
<td>90</td>
<td>180</td>
<td>270</td>
<td>360</td>
<td>450</td>
<td>540</td>
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<tr>
<td>Feta (g)</td>
<td>50</td>
<td>100</td>
<td>150</td>
<td>200</td>
<td>250</td>
<td>300</td>
</tr>
<tr>
<td>Fresh basil (leaves)</td>
<td>3</td>
<td>6</td>
<td>9</td>
<td>12</td>
<td>15</td>
<td>18</td>
</tr>
<tr>
<td>Red pesto (g)</td>
<td>40</td>
<td>80</td>
<td>120</td>
<td>160</td>
<td>200</td>
<td>240</td>
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<tr>
<td>Lamb’s lettuce (g)</td>
<td>40</td>
<td>60</td>
<td>80</td>
<td>100</td>
<td>120</td>
<td>140</td>
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<tr>
<td>Olive oil* (tbsp)</td>
<td>½</td>
<td>1</td>
<td>1½</td>
<td>2</td>
<td>2½</td>
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<tr>
<td>Black balsamic vinegar* (tsp)</td>
<td>½</td>
<td>1</td>
<td>1½</td>
<td>2</td>
<td>2½</td>
<td>3</td>
</tr>
<tr>
<td>Extra-virgin olive oil* (tbsp)</td>
<td>½</td>
<td>1</td>
<td>1½</td>
<td>2</td>
<td>2½</td>
<td>3</td>
</tr>
<tr>
<td>Salt &amp; pepper* to taste</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Nutritional information per serving (energy: 3410 kJ/815 kcal; fat: 44 g; carbohydrates: 79 g; protein: 21 g; salt: 0.7 g) | Store in the refrigerator

NUTRIENT VALUE

| Energy (kJ/kcal) | 3410 / 815 | 551 / 132 |
| Fats (g) | 44 | 7 |
| Of which: saturated (g) | 11.0 | 1.8 |
| Carbohydrates (g) | 79 | 13 |
| Of which: sugars (g) | 15.9 | 2.6 |
| Fibre (g) | 9 | 1 |
| Protein (g) | 21 | 3 |
| Salt (g) | 0.7 | 0.1 |

ALLERGENS

1) Glutens | 2) Milk/lactose | 3) Nuts
May contain traces of: 17) Eggs | 20) Soy | 23) Celery

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WEEK 06 | 2018
Guinea fowl are only available when in season, which is primarily in autumn. With a slightly gamy taste, the lean meat of this bird remains juicy when fried slowly in fat (this is called confit). You will be making the sauce in the pan you used to fry the guinea fowl in to give it more depth of flavour. The Romaine lettuce adds an unexpected note to this meal: halved and braised in butter, these little heads of lettuce make for a surprising side dish.
A GOOD START

SERVES 1 - 6

INGREDIENTS

<table>
<thead>
<tr>
<th></th>
<th>1P</th>
<th>2P</th>
<th>3P</th>
<th>4P</th>
<th>5P</th>
<th>6P</th>
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<tr>
<td>Roasted hazelnuts (g)</td>
<td>19</td>
<td></td>
<td>22</td>
<td></td>
<td>25</td>
<td></td>
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<tr>
<td>Agria potatoes (g)</td>
<td>200</td>
<td>400</td>
<td>600</td>
<td>800</td>
<td>1000</td>
<td>1200</td>
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<tr>
<td>Shallots (pcs)</td>
<td>½</td>
<td>1</td>
<td>1½</td>
<td>2</td>
<td>2½</td>
<td>3</td>
</tr>
<tr>
<td>Mini Romaine lettuce (heads)</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>Fresh chives (sprigs)</td>
<td>20</td>
<td>10</td>
<td>30</td>
<td>40</td>
<td>50</td>
<td>60</td>
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<tr>
<td>Fresh tarragon (sprigs)</td>
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<td>4</td>
<td>6</td>
<td>8</td>
<td>10</td>
<td>12</td>
</tr>
<tr>
<td>Confit of guinea fowl (legs)</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
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<td>6</td>
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<td>Creme fraiche (container)</td>
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<tr>
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<td>6</td>
</tr>
<tr>
<td>Salt &amp; pepper*</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>to taste</td>
</tr>
</tbody>
</table>

* Not included  | ★ Store in the refrigerator

NUTRIENT VALUE

<table>
<thead>
<tr>
<th></th>
<th>PER SERVING</th>
<th>PER 100 G</th>
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</thead>
<tbody>
<tr>
<td>Energy (kJ/kcal)</td>
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<td>12</td>
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<tr>
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<tr>
<td>Carbohydrates (g)</td>
<td>47</td>
<td>8</td>
</tr>
<tr>
<td>Of which: sugars (g)</td>
<td>9.4</td>
<td>1.6</td>
</tr>
<tr>
<td>Fibre (g)</td>
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<td>1</td>
</tr>
<tr>
<td>Protein (g)</td>
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<td>7</td>
</tr>
<tr>
<td>Salt (g)</td>
<td>0.7</td>
<td>0.1</td>
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</table>

ALLERGENS

7) Milk [(lactose) 8] Nuts

TOAST THE HAZELNUTS
Pre-heat the oven to 200 degrees. For the potatoes, bring plenty of water to the boil in a pan with a lid. Coarsely chop the hazelnuts. Heat ½ tbsp butter per person in a large frying pan to medium-high heat. Add the hazelnuts, sprinkle with salt and stir fry for 2 – 4 minutes, or until the butter starts to turn brown. Remove the hazelnuts and about half the butter from the pan and set aside.

COOK AND CHOP
Peel the potatoes (Agria) and cut into coarse pieces. Transfer to the pan with the lid and cook, covered, for 15 – 17 minutes until done. Drain and set aside, uncovered, to steam dry. In the meantime, mince the shallot and cut the mini Romaine lettuce heads in half lengthwise. Leave the hard ends. Finely chop the chives and the tarragon leaves.

FRY THE GUINEA FOWL
Heat the same frying pan you used in Step 1 to medium heat. Put the confit of guinea fowl in the pan and fry for 2 minutes on each side until golden brown. Transfer to a baking tray lined with baking paper and roast in the oven for 10 minutes or until crispy and brown. Set the frying pan, with 1 tbsp frying fat per person, aside for later use. You will not need the rest of the frying fat ★.

MAKE THE SAUCE
Melt ½ tbsp butter per person in the frying pan with the fat from the guinea fowl and fry the shallot and for 3 minutes at medium-high heat. Add the white balsamic vinegar and heat until evaporated. Turn down the heat and stir in the creme fraîche, 1 tbsp water per person and half the chives and tarragon. Season to taste with salt and pepper and stir well. Remove the pan from the heat.

BRAISE THE LETTUCE
Heat ¾ tbsp butter per person in a deep frying pan with a lid to medium-high heat. Place the halved mini Romaine lettuce heads, cut side down, in the pan. Turn the heat down to medium and sprinkle the lettuce with salt and pepper. Fry for 2 minutes, cover and braise for 7 – 10 minutes, or until the lettuce starts to wilt. In the meantime, mash the potatoes, together with ¾ tbsp butter per person, the mustard, a generous splash of milk and some salt and pepper, into a fine purée.

SERVE
Trim the hard ends off the mini Romaine lettuce. Discard. Ladle the sauce onto plates and scoop the mashed potatoes onto the sauce. Arrange the guinea fowl on top and serve with the braised lettuce. Garnish with the hazelnuts and the remaining fresh herbs.

★ TIP: The guinea fowl has been slowly cooked in fat, a preparation method also called confit. The exact amount of fat can vary from leg to leg. Make sure you use the right amount of fat.

TIP:

PRE-HEAT THE OVEN TO 200 DEGREES

DRESSING

TOAST THE HAZELNUTS

PREPARE THE SALAD

FRY THE GUINEA FOWL

MAKE THE SAUCE

BAKE THE LETTUCE

SERVE

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WEEK 06 | 2018

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We would be happy to hear your opinion of HelloFresh. Don’t hesitate to call, email or contact us through our social media channels.
Bring a ray of summer sunlight into your home during these cold winter days with tropical grilled pineapple. This recipe can be varied in numerous ways. Do you happen to have any fresh mint? Chop a few leaves and use them to garnish the grilled pineapple. Having a party? Marinate the pineapple in rum before grilling it for an exotic treat.
A GOOD START

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

EQUIPMENT

A grill or frying pan and some wooden skewers

INGREDIENTS

<table>
<thead>
<tr>
<th></th>
<th>2P</th>
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<tbody>
<tr>
<td>Pineapples (pcs) ♦</td>
<td>1</td>
</tr>
<tr>
<td>Vanilla sugar (tbsp)</td>
<td>4</td>
</tr>
<tr>
<td>Butter (tbsp)</td>
<td>1</td>
</tr>
<tr>
<td>Vanilla ice cream or Greek yoghurt</td>
<td></td>
</tr>
<tr>
<td>Honey</td>
<td></td>
</tr>
</tbody>
</table>

*Not included | ♦ Store in the refrigerator

ALLERGENS

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

1 Peel the pineapple, remove the hard core and slice lengthwise into 8 – 10 wedges. Insert a skewer into each wedge.

2 Sprinkle the vanilla sugar on a plate and coat the pineapple with the vanilla sugar. Set aside the remaining vanilla sugar.

3 Heat the butter in a grill or frying pan to medium-high heat. Grill or fry the pineapple until brown on all sides. After frying, coat the pineapple once more with the remaining vanilla sugar and transfer the pineapple skewers to dessert plates.

4 Serve with a scoop of vanilla ice cream or Greek yoghurt and drizzle with honey.
**BREAKFAST BOX**

**GOOD MORNING!**

1. **WALNUT ROLLS**  
   With goat’s cheese, honey and fresh orange juice

2. **GREEK YOGHURT WITH PASSION FRUIT**  
   With figs and pumpkin seeds

3. **RUSKS WITH PEANUT BUTTER**  
   With banana and coconut

---

**EXTRA**

- Orange-kiwi juice

---

**BREAKFAST 1**

**WALNUT ROLLS**  
**With goat’s cheese, honey and fresh orange juice**

---

**INGREDIENTS**

<table>
<thead>
<tr>
<th>FOR 1 BREAKFAST</th>
<th>2P</th>
<th>4P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oranges (pcs)</td>
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<td>8</td>
</tr>
<tr>
<td>Whole-wheat walnut rolls (pcs)</td>
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<td>8</td>
</tr>
<tr>
<td>Goat's cheese (g)</td>
<td>7</td>
<td>100</td>
</tr>
<tr>
<td>Honey (jar)</td>
<td>1</td>
<td>2</td>
</tr>
</tbody>
</table>

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

---

**NUTRIENT VALUE**

<table>
<thead>
<tr>
<th>PER SERVING</th>
<th>PER 100 G</th>
</tr>
</thead>
<tbody>
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<td>Energy (kJ/kcal)</td>
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</tr>
<tr>
<td>Of which: saturated (g)</td>
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</tr>
<tr>
<td>Carbohydrates (g)</td>
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</tr>
<tr>
<td>Of which: sugars (g)</td>
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<tr>
<td>Fibre (g)</td>
<td>5</td>
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<tr>
<td>Protein (g)</td>
<td>14</td>
</tr>
<tr>
<td>Salt (g)</td>
<td>1.1</td>
</tr>
</tbody>
</table>

---

**ALLERGENS**

1) Glutens  
7) Milk/lactose  
8) Nuts  

Can contain traces of:  
17) Eggs  
20) Soy  
21) Milk/lactose  
(Other) Nuts  
25) Sesame  
27) Lupin

---

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

2. Bake the **walnut rolls** in the oven for 6 – 8 minutes.

3. Cut the **rolls** open and top with the **goat’s cheese**. Drizzle with the **honey** to taste.

4. Serve with the freshly squeezed **orange juice**.
**BREAKFAST 2**

**GREEK YOGHURT WITH PASSION FRUIT**
With figs and pumpkin seeds

1. Pour the yoghurt into bowls. Stir the multi-grain flakes into the yoghurt.
2. Cut the passion fruit in half, scoop out the flesh and spoon on top of the yoghurt.
3. Lastly, garnish with the fig pieces and pumpkin seeds.

**INGREDIENTS**

- **FOR 1 BREAKFAST**
  - Greek yoghurt (ml) 7 10 15 20
  - Multi-grain flakes (g) 1 1.5 2 2.5
  - Passion fruit (pcs)
  - Fig pieces (g)
  - Pumpkin seeds (g) 19 22 25

- **PER 2P** 250 500
- **PER 4P**

**NUTRIENT VALUE**

- **PER SERVING**
  - Energy (kJ/kcal) 1414 / 338 786 / 188
  - Fats (g) 17 9
  - Of which: saturated (g) 9.3 5.2
  - Carbohydrates (g) 28 16
  - Of which: sugars (g) 11.6 6.4
  - Fibre (g) 4 2
  - Protein (g) 12 7
  - Salt (g) 0.2 0.1

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

**BREAKFAST 3**

**RUSKS WITH PEANUT BUTTER**
With banana and coconut

1. Spread the multi-grain rusks with peanut butter.
2. Slice the bananas and use to garnish the rusks.
3. Sprinkle the rusks with the grated coconut.

**INGREDIENTS**

- **FOR 1 BREAKFAST**
  - Multi-grain rusks (pcs) 1 3 6 11
  - Peanut butter (container) 5 22
  - Bananas (pcs)
  - Grated coconut (g) 19 22 25

- **PER 2P** 4 8
- **PER 4P**

**NUTRIENT VALUE**

- **PER SERVING**
  - Energy (kJ/kcal) 1795 / 429 920 / 220
  - Fats (g) 20 10
  - Of which: saturated (g) 5.0 2.6
  - Carbohydrates (g) 48 25
  - Of which: sugars (g) 26.0 13.3
  - Fibre (g) 5 3
  - Protein (g) 12 6
  - Salt (g) 0.3 0.2

**ALLERGENS**
   Can contain traces of: 19) Peanuts 22) Nuts 25) Sesame
This simple dessert is perfect for a cold winter evening. You will be frying the apple together with cinnamon and raisins in butter to create a moist dessert that resembles apple pie filling. Add a good dollop of sour cream for a tart contrast and enjoy!
FRIED APPLE WITH RAISINS

EQUIPMENT
2 frying pans

1 Peel the apple (Elstar), core and cut into small dice. Melt the butter in a frying pan at medium-high heat and fry the apple, together with the raisins, cinnamon and sugar, for 6 – 8 minutes.

2 In the meantime, heat another frying pan to medium-high heat, without any oil, and roast the slivered almonds until golden brown. Remove from the pan and set aside.

3 Transfer the apple-raisin mixture to plates and serve with a dollop of sour cream. Garnish with the slivered almonds.

INGREDIENTS

<table>
<thead>
<tr>
<th></th>
<th>2P</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Elstar apples (pcs)</td>
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</tr>
<tr>
<td>Raisins (g)</td>
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</tr>
<tr>
<td>Ground cinnamon (tbsp)</td>
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</tr>
<tr>
<td>Slivered almonds (g)</td>
<td>20</td>
<td>40</td>
</tr>
<tr>
<td>Sour cream (g)</td>
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<td>200</td>
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<tr>
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<td>4</td>
</tr>
<tr>
<td>Sugar* (tsp)</td>
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<td>2</td>
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NUTRIENT VALUE

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<tr>
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<td>2</td>
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<tr>
<td>Protein (g)</td>
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<td>2</td>
</tr>
<tr>
<td>Salt (g)</td>
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<td>0.0</td>
</tr>
</tbody>
</table>

ALLERGENS

7) Milk/lactose 8) Nuts
Can contain traces of: 19) Peanuts 22) (Other) nuts 25) Sesame

---

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WEEK 06 | 2018
ROASTED RED GRAPES WITH LEMON THYME
With crispy raisin bread and Greek yoghurt

Lemon thyme has a subtle thyme taste with a touch of – you guessed it – lemon. Roasting the red grapes in this dessert gives them a rich, sweet taste that is perfectly balanced out by the tart Greek yoghurt and lemon thyme.

Very simple
Total: 15 – 20 min.
Eat within 5 days

Fresh lemon thyme
Red grapes
Honey
Raisin bread
Greek yoghurt
**DELICIOUS DESSERT**

**ROASTED RED GRAPES WITH LEMON THYME**

**EQUIPMENT**

An oven dish and a frying pan

---

1. Pre-heat the oven to 200 degrees. Strip the leaves from the sprigs of lemon thyme. In an oven dish, mix together the red grapes, the honey and the lemon thyme. Roast the grapes in the oven for 15 minutes.

2. In the meantime, melt the butter in a frying pan and heat to medium-high heat. Cut the raisin bread in half lengthwise and then into small cubes. Fry the raisin bread cubes for 10 – 12 minutes until crispy.

3. Transfer the Greek yoghurt to bowls or glasses and top with the raisin bread. Garnish with the roasted red grapes.

---

**INGREDIENTS**

<table>
<thead>
<tr>
<th>Fresh lemon thyme (sprigs) 23)</th>
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<th>4P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Red grapes (g)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Honey (tsp)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Raisin bread (pcs 1) 8 17 20 21 22 25 27)</td>
<td>1 2</td>
<td></td>
</tr>
<tr>
<td>Greek yoghurt (ml 7) 15 20)</td>
<td>250 500</td>
<td></td>
</tr>
<tr>
<td>Butter* (tbsp)</td>
<td>2</td>
<td>4</td>
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</tbody>
</table>

*Not included | f Store in the refrigerator

**NUTRIENT VALUE**

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<td>Salt (g)</td>
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<td>0.2</td>
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</tbody>
</table>

**ALLERGENS**

1) Glutens 7) Milk/lactose 8) Nuts


---

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