



PAN-FRIED SEA BASS WITH SAGE BUTTER

And spicy potatoes



LAVILA BLANC

You will need a crisp, white wine to contrast the rich butter sauce in this fish dish to keep the meal light!



Nicola potatoes



Curry spices



Leek *



Red cherry tomatoes



Garlic



Fresh sage *



Fillet of sea bass *

Total: 35-40 min.

Original

Easy

Quick & Easy

Eat within 3 days

Family

Gluten-free

Of course, you can buy herb butter ready-to-eat, but making it yourself is surprisingly easy. All you need is some butter, a few fresh herbs and a little muscle power. In this dish, we will be flavouring the butter with sage: an herb that goes extremely well with sea bass. Take a look at our blog for some other great herb butter recipes!

A GOOD START

EQUIPMENT

A **baking tray lined with baking paper**, a **frying pan**, and a **small bowl**.
Let's start cooking the **pan-fried sea bass with sage butter**.



1 PREPARE THE POTATOES

Preheat the oven to 200 degrees and take the butter out of the refrigerator (see tip). Thoroughly scrub or peel the **potatoes** (Nicola) and cut into wedges. Transfer the **potatoes** to a baking tray lined with baking paper. Drizzle with half the olive oil, sprinkle with the **curry spices** and season with salt and pepper. Mix well. Roast the **potatoes** in the oven for 25 – 30 minutes or until they are crispy.



2 CHOP THE VEGETABLES

Thoroughly rinse the **leeks** and cut the white and light green parts into thin rings. Quarter the **cherry tomatoes**. Press or finely chop the **garlic** and chop the **sage** leaves as finely as possible.



3 BAKE THE TOMATOES

Transfer the **cherry tomatoes** to another baking tray lined with baking paper and sprinkle with salt and pepper and a little sugar. Put the baking tray with the **tomatoes** in the oven 10 minutes before the **potatoes** are done.



4 FRY THE LEEKS

In the meantime, heat the remaining olive oil in a frying pan at medium to high heat and fry the **leeks** for 5 – 7 minutes until soft. Season to taste with salt and pepper. Remove the **leeks** from the pan and set aside. In the meantime, transfer the butter, **sage** and **garlic** to a bowl and blend using a fork. Pat the **fillet of sea bass** dry with paper towels.



5 FRY THE SEA BASS

Heat ½ tbsp sage butter per person in the same frying pan. Fry the **sea bass** on the skin side (see tip) for 1 minute at medium to high heat and another minute on the other side. Sprinkle with salt and pepper. Add the remaining sage butter and 1 tbsp water per person to the frying pan and fry for another minute.

★ TIP

If possible, take the butter out of the refrigerator two hours before needed. It will be softer, which will make it easier to blend with the sage and garlic.



6 SERVE

Serve the **fillet of sea bass** with the spicy **potatoes, leeks and cherry tomatoes**. Drizzle with the butter sauce from the frying pan.

★ TIP

Make sure the fish stays in place while frying it on the skin side. Using a spatula, press it carefully against the bottom of the frying pan from time to time. This will make the skin nice and crispy!

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Curry spices (tsp)	1½	3	4½	6	7½	9
Leeks (g) *	100	200	300	400	500	600
Red cherry tomatoes (g)	125	250	375	500	625	750
Garlic (cloves)	½	1	1½	2	2½	3
Fresh sage (leaves) 23 *	3	6	9	12	15	18
Fillet of sea bass (unskinned) (100g) 4 *	1	2	3	4	5	6
Butter* (tbsp)	¾	1½	2¼	3	3¾	4½
Olive oil* (tbsp)	1	2	3	4	5	6
Sugar* (tsp)					to taste	
Salt & pepper*					to taste	

*Not included | * Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2590 / 619	428 / 102
Total fat (g)	26	4
Of which: saturated (g)	9.0	1.5
Carbohydrates (g)	60	10
Of which: sugars (g)	11.3	1.9
Fibre (g)	11	2
Protein (g)	32	5
Salt (g)	0.3	0.0

ALLERGENS

4) Fish

May contain traces of: 23) Celery

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QUICK BAMI WITH 5-SPICE CHICKEN

With stir-fried veggies and red chili peppers



MASAN ROUGE

This smooth, light aromatic wine is a match made in heaven with this seasoned chicken thighs and not too heavy to go with the Indonesian noodle dish.



Red chilli pepper



Garlic



5-spice chicken thigh pieces ✨



Vegetable mix ✨



Soy sauce



Noodles

Total: **20-25** min.

Original

Very simple

Quick & Easy

Eat within **3** days

Lactose-free

This Indonesian noodle dish – called bami in Indonesia – is perfect for when you’re in a rush, but want a healthy meal. Our poultry supplier has seasoned the chicken with Chinese 5-spice powder: a blend of cinnamon, cloves, star anise, fennel seed and Szechuan pepper. The veggies have been chopped for your convenience.

A GOOD START

EQUIPMENT

A **pan with a lid** and a **wok or deep saucepan with a lid**.
Let's start cooking the **quick bami with 5-spice chicken**.



1 CHOP THE INGREDIENTS

Bring 500 ml water per person to the boil in a pan with a lid to cook the noodles in. Remove the seed pods from the **red chilli pepper** and finely chop the **red chilli pepper**. Press or finely chop the **garlic**.



2 FRY THE CHICKEN

Heat the olive oil in a wok or deep saucepan and stir-fry the **chicken thigh pieces** for 5 minutes at medium to high heat.



3 SEASON

When the chicken is halfway done, add the **red chilli pepper, garlic** and **vegetable mix** (see tip). Add the **soy sauce** and the **ketjap** and simmer, covered, for 6 – 8 minutes. Season to taste with salt and pepper.



4 COOK THE NOODLES

In the meantime, break the **noodles** into pieces above the pan with a lid and boil, covered, for 3 – 4 minutes at low heat until dry. Drain and rinse under cold water.



5 STIR-FRY THE NOODLES

Add the **noodles** to the wok or deep saucepan and stir-fry for 1 minute at high heat.



6 SERVE

Transfer the dish to plates and season to taste with a little ketjap.

★ TIP

Do you like your bami extra spicy? Add ½ tsp sambal (Indonesian red pepper paste) per person while stir-frying the vegetable mix.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Red chilli peppers (pcs)	½	1	1½	2	2½	3
Garlic (cloves)	½	1	1½	2	2½	3
5-spice chicken thigh pieces (g) *	100	200	300	400	500	600
Vegetable mix (g 23) *	225	450	675	900	1125	1350
Soy sauce (ml 1) 6	10	20	30	40	50	60
Noodles (g 1) 20	75	150	225	300	375	450
Sunflower oil* (tbsp)	1	1½	2	2½	3	3½
Ketjap* (tbsp)	1	2	3	4	5	6
Salt & pepper*	to taste					

*Not included | * Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3151 / 753	619 / 148
Total fat (g)	37	7
Of which: saturated (g)	19.7	3.9
Carbohydrates (g)	72	14
Of which: sugars (g)	8.9	1.7
Fibre (g)	6	1
Protein (g)	30	6
Salt (g)	2.2	0.4

ALLERGENS

1) Glutens 6) Soy

May contain traces of: 20) Soy 23) Celery

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Orzo with home-made oregano pesto

With mushrooms and red sweet peppers



L'AURÉOLE ROUGE

This dish put us in a quandary: white or red? The mushrooms ended up being the deciding factor, so we selected this smooth red Auréole.



Pine nuts



Shallot



Garlic



Red sweet pepper



Mushrooms *



Orzo



Fresh oregano *



Parmigiano Reggiano

Total: **25-30** min.

Original

Easy

Quick & Easy

Eat within **5** days

Vegetarian

The pesto in this recipe is made with fresh oregano, also called wild marjoram. This herb has a peppery, savoury flavour, and is a key ingredient in Italian cuisine. Are you an oregano lover? Add half a sprig of oregano more per person (leaves only) when stir-frying the vegetables.

A GOOD START

EQUIPMENT

A **frying pan**, a **pan with a lid** and a **hand blender**.
Let's start cooking the **orzo with home-made oregano pesto**.



1 ROAST THE PINE NUTS

Prepare the stock. Heat a frying pan to high heat and roast the **pine nuts**, without any oil, until golden brown. Remove from the pan and set aside.



2 CHOP THE VEGETABLES

In the meantime, finely dice the **shallots**, and press or finely chop the **garlic**. Cut the **sweet pepper** into thin strips and slice the **mushrooms**.



3 COOK THE ORZO

Heat half olive oil in a pan with a lid and sauté the **shallots** for 2 – 3 minutes at medium to high heat. Stir in the **orzo** and fry, stirring constantly, for 1 minute. Add the stock and allow the **orzo** to simmer, covered, for 8 – 10 minutes. Stir occasionally, being sure to scrape the bottom of the pan to prevent the **orzo** from burning. Add a little extra water if the **orzo** becomes too dry.



4 FRY THE VEGETABLES

Heat the remaining olive oil in the same frying pan and fry the **red sweet pepper** and half the **garlic** for 3 minutes. Add the **mushrooms**, season to taste with salt and pepper and sauté for 5 – 6 minutes at medium to high heat.

★ TIP

Want to vary this recipe? You can also add pine nuts to the pesto. Grind them first using the hand blender before adding the other ingredients.



5 MAKE THE PESTO

In the meantime, strip the leaves from the sprigs of **oregano** and chop finely. Coarsely grate the **Parmigiano Reggiano**. Using a hand blender, purée the **oregano**, **Parmigiano Reggiano**, extra-virgin olive oil, the remaining **garlic** and 1½ tbsp water per person into a pesto (see tips).

★ TIP

Add a little more olive oil or water if the pesto is difficult to blend.



6 SERVE

Add the **orzo** to the **vegetables** and heat for another minute. Transfer the **orzo** to plates. Top with **oregano pesto** and garnish with the **pine nuts**.

★ TIP

Would you like to speed up this recipe? Don't make the pesto. Simply fry the oregano and the remaining garlic with the vegetables and garnish the dish with the Parmigiano Reggiano, pine nuts and a dash of extra-virgin olive oil.

SERVES 1 - 6 INGREDIENTS

	1P	2P	3P	4P	5P	6P
Pine nuts (g) ¹⁹ ²²	10	20	30	40	50	60
Shallots (pcs)	½	1	1½	2	2½	3
Garlic (cloves)	½	1	1½	2	2½	3
Red sweet peppers (pcs)	½	1	1½	2	2½	3
Mushrooms (g) *	125	250	375	500	625	750
Orzo (g) ¹	85	170	250	335	420	500
Fresh oregano (sprigs) ²³ *	1½	3	4½	6	7½	9
Parmigiano Reggiano (ungrated) (g) ⁷ *	25	50	75	100	125	150
Vegetable stock* (ml)	175	350	525	700	875	1050
Olive oil* (tbsp)	2	3	3	3	3	3
Extra-virgin olive oil* (tbsp)	1	2	3	4	5	6
Salt & pepper*	to taste					

*Not included | * Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3314 / 792	489 / 117
Total fat (g)	45	7
Of which: saturated (g)	10.1	1.5
Carbohydrates (g)	68	10
Of which: sugars (g)	6.2	0.9
Fibre (g)	7	1
Protein (g)	25	4
Salt (g)	2.3	0.3

ALLERGENS

¹) Glutens ⁷) Milk/lactose
May contain traces of: ¹⁹) Peanuts ²²) Nuts ²³) Celery

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Coconut soup with haddock and udon noodles

With string beans, bok choy and soy sauce



SYNERA BLANCO

Synera contains a small percentage of Moscato, a highly aromatic grape variety with enough power to hold its own against the sweet, creamy coconut in this dish.



Garlic



Runner beans *



Bok choy *



Coconut milk



Ground lemongrass



Soy sauce



Fillet of haddock *



Udon noodles

Total: **25-30** min.

Discovery

Easy

Calorie-conscious

Eat within **3** days

Lactose-free

Lemongrass is also called *sereh*. It is originally an Indian grass variety with the tangy scent and flavour of lemons: exactly what is needed to give this soup a tart, tangy edge. To make it more filling, you will be adding udon noodles. These are thick, soft Japanese noodles made from wheat flour, water and salt.

A GOOD START

EQUIPMENT

A wok or a soup pan with a lid.

Let's start cooking the **coconut soup with haddock and udon noodles**.



1 CUT THE STRING BEANS

Prepare the stock. Press or finely chop the **garlic**. Trim the ends off the **runner beans** and slice the **string beans** into strips.



2 CHOP THE BOK CHOY

Trim and discard the thick base of the **bok choy** and slice the **bok choy** leaves and stems into bite-sized pieces. Thoroughly stir the **coconut milk** to remove any lumps (see facts).



3 FRY THE FLAVOURINGS

Heat the sunflower oil in a wok or soup pan with a lid and fry the **garlic** for 1 – 2 minutes at medium to high heat. In the last 30 seconds, add the sambal and the **lemongrass**.



4 DICE THE FISH

Add the stock, **coconut milk**, **soy sauce** and **runner beans**. Cover and bring to the boil. Simmer the soup, covered, for 6 minutes at low heat. In the meantime, pat the **haddock** dry with paper towels and dice into cubes of approximately 2 cm.



5 ASSEMBLE

Add the **bok choy** and the **haddock** to the soup. Bring to the boil, cover and gently simmer for 2 minutes. Take the lid off the pan, add the **udon noodles** and simmer for another 2 minutes. Season to taste with salt and pepper.

★ TIP

Do you like your food more spicy? Add a little more sambal to taste.



6 SERVE

Ladle the coconut-fish soup into bowls.

✳️ FACTS

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

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Garlic (cloves)	1	2	2	3	3	4
Runner beans (g) ✳️	100	200	300	400	500	600
Bok choy (g) ✳️	75	150	225	300	375	450
Coconut milk (ml)	125	250	325	400	550	650
Ground lemongrass (tsp)	1	2	3	4	5	6
Soy sauce (ml) 1) 6)	10	20	30	40	50	60
Fillet of haddock (100 g) 4) ✳️	1	2	3	4	5	6
Udon noodles (g) 1)	100	200	300	400	500	600
Vegetable stock* (ml)	300	600	900	1200	1500	1800
Sunflower oil* (tbsp)	1	1	2	2	3	3
Sambal* (tsp)	1	2	3	4	5	6
Salt & pepper*	to taste					

*Not included | ✳️ Store in the refrigerator


NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2377 / 568	289 / 69
Total fat (g)	31	4
Of which: saturated (g)	21.5	2.6
Carbohydrates (g)	46	6
Of which: sugars (g)	5.8	0.7
Fibre (g)	7	1
Protein (g)	27	3
Salt (g)	6.0	0.7

ALLERGENS

1) Glutens 4) Fish 6) Soy

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Shakshuka with seasoned minced beef

With egg and aubergine



CABRIZ TINTO

Shakshuka goes best with a smooth red wine. Because of the seasoned minced beef in this recipe, we selected a red wine that was ripened in wooden casks. This process gives it a little more body.



Aubergine



Onion



Garlic



Red chilli pepper



Red sweet pepper



Plum tomato



Fresh curly parsley *



Free-range egg *



Sourdough bread



Seasoned minced beef *



Ground cumin



Paprika

- Total: 40-45 min.
- Original
- Easy
- Family
- Eat within 3 days
- Calorie-conscious
- Lactose-free

Tomatoes are savoury by nature - or what the Japanese call the fifth flavour: umami. Because the tomatoes in this dish will be stewed, their taste will become concentrated and even more savoury. A perfect combination with the spicy minced beef and soft aubergine.

A GOOD START

EQUIPMENT

A wok or deep saucepan with a lid and a frying pan.
Let's start cooking the **shakshuka with seasoned minced beef**.



1 PREPARATION

Pre-heat the oven to 190 degrees. Finely dice the **aubergines**. Mince the **onions**, and press or finely chop the **garlic**. Remove the seed pods from the **red chilli peppers** and the **red sweet peppers** and finely chop both ingredients. Dice the **tomatoes** and finely chop the **curly parsley**.



2 FRY THE VEGETABLES

Heat half the olive oil in a wok or deep saucepan with a lid and gently fry the **onion, garlic and red chilli pepper** for 2 minutes at medium to low heat. Add the diced **aubergine** and fry for around 10 minutes, until golden brown and soft. Add the **sweet pepper** and the diced **tomatoes** and stir-fry for another 2 minutes.



3 STEW THE VEGETABLES

Add 30 ml water per person and crumble in the stock cube. Bring to the boil, stirring, turn down the heat and allow to simmer, covered, for 15 minutes at medium to low heat. Season to taste with salt and pepper.



4 COOK THE EGGS

Make a little indentation in the vegetable mixture for each **egg**, and break an **egg** into each indentation. Sprinkle a little salt and pepper onto the **eggs**. Allow the **eggs** to set, covered, for 10 – 12 minutes (see tip). Take the lid off the pan after 4 minutes, turn up the heat a little and allow the excess moisture to evaporate. In the meantime, bake the **sourdough bread** in the oven for 8 – 10 minutes (see tip).



5 FRY THE SEASONED MINCED BEEF

In the meantime, heat the sunflower oil in a frying pan at medium to high heat and add the **seasoned minced beef**, the **ground cumin** and the **paprika**. Fry the **seasoned minced beef**, stirring, for 3 minutes at medium to high heat. Season to taste with salt and pepper.

★ TIP

You can also cook shakshuka in the oven. Use an oven-proof pan. After breaking the eggs into the vegetable mixture, place the pan in a 200-degree oven for 10 minutes.



6 SERVE

Transfer the vegetable stew and the **eggs** to plates and serve with the **seasoned minced beef**. Garnish with the **curly parsley** and serve with the **sourdough bread**.

★ TIP

No need to keep an eye on your calorie intake? Bake one sourdough loaf per person.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Aubergines (pcs)	½	1	1½	2	2½	3
Onions (pcs)	½	1	1½	2	2½	3
Garlic (cloves)	1	2	3	4	5	6
Red chilli peppers (pcs)	¼	½	¾	1	1¼	1½
Red sweet peppers (pcs)	½	1	1½	2	2½	3
Plum tomatoes (pcs)	2	4	6	8	10	12
Fresh curly parsley (sprigs) 23 *	3	6	8	10	13	16
Free-range eggs (pcs) 3) *	2	4	6	8	10	12
Sourdough bread (loaves) 1) 6) 11) 17) 21) 22) 27)	½	1	1½	2	2½	3
Seasoned minced beef (g) *	100	200	300	400	500	600
Ground cumin (tsp)	1	2	3	4	5	6
Paprika (tsp)	1	2	3	4	5	6
Olive oil* (tbsp)	½	1	1½	2	2½	3
Vegetable stock cubes* (pcs)	¼	½	¾	1	1½	1½
Sunflower oil* (tbsp)	¼	½	¾	1	1½	1½
Salt & pepper*	to taste					

*Not included | * Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2360 / 564	404 / 97
Total fat (g)	25	4
Of which: saturated (g)	5.6	1.0
Carbohydrates (g)	39	7
Of which: sugars (g)	10.3	1.8
Fibre (g)	6	1
Protein (g)	43	7
Salt (g)	2.5	0.4

ALLERGENS

1) Glutens 3) Eggs 6) Soy 11) Sesame
May contain traces of: 17) Eggs 21) Milk/lactose 22) Nuts
23) Sesame 28) Lupin

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Crispy fried rice with a fried egg

With stir-fried veggies and cashews



SYNERA TINTO

Synera is a fruity, mellow wine from Catalunya, made from Tempranillo grapes. It goes down smoothly and is not too heavy for this rice dish.



Brown rice



Sesame seeds



Salted cashews



Carrots *



Green beans *



Garlic



Fresh ginger



Spring onion *



Free-range egg *



Soy sauce

Total: 30-35 min.

Family

Easy

Vegetarian

Eat within 5 days

Lactose-free

You will be topping this vegetarian fried rice dish with lots of cashews, which not only give the dish a nice crunch but are also an excellent source of protein and healthy fats. The soy sauce, ginger and sesame seeds give this dish a typical Asian twist.

A GOOD START

EQUIPMENT

A pan with a lid, 2 woks or deep saucepans and a frying pan.
Let's start cooking the **crispy fried rice with fried eggs**.



1 BOIL THE RICE

Pre-heat the oven to 200 degrees. Bring 250 ml water per person to the boil in a pan with a lid and boil the **rice**, covered, for 12–15 minutes. Drain if needed, and allow to steam dry, uncovered.



2 ROAST THE SESAME SEEDS

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



3 CHOP THE VEGETABLES

Finely dice the **carrots**. Trim the ends off the **green beans** and cut them into 3 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 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). Don't worry if the vegetables turn a little brown, this will only enhance their flavour. In the meantime, heat the sunflower oil in a frying pan and fry one **egg**, sunny side up, per person.



5 FRY THE RICE

Heat the remaining olive oil in another wok or deep saucepan at medium to 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 (the tip). 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

Serve the spring onions on the side if anyone at your table doesn't like raw onions.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Brown rice (g)	85	170	250	335	420	500
Sesame seeds (g) 11) 19) 22)	10	20	30	40	50	60
Salted cashews (g) 5) 8) 9) 22) 25)	20	40	60	80	100	120
Carrots (g) *	½	1	1½	2	2½	3
Green beans (g) *	100	200	300	400	500	600
Garlic (cloves)	1	2	3	4	5	6
Ginger (cm)	1	2	3	4	5	6
Spring onions (pcs) *	2	4	6	8	10	12
Free-range eggs (pcs) f 3)	1	2	3	4	5	6
Soy sauce (ml) 1) 6)	10	20	30	40	50	60
Olive oil* (tbsp)	1	2	3	4	5	6
Sunflower oil* (tbsp)	½	1	1½	2	2½	3
Salt & pepper*	to taste					

*Not included | * Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3523 / 842	557 / 133
Total fat (g)	41	6
Of which: saturated (g)	7.3	1.2
Carbohydrates (g)	88	14
Of which: sugars (g)	6.3	1.0
Fibre (g)	12	2
Protein (g)	24	4
Salt (g)	0.6	0.1

ALLERGENS

1) Glutens 3) Eggs 5) Peanuts 6) Soy 8) Nuts 11) Sesame
May contain traces of: 19) Peanuts 22) (Other) nuts
25) Sesame

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Veggie burger with carrots and ravigote sauce

With capers and pickles



CABRIZ BRANCO

You need a full-bodied white wine to go with a dish that contains carrots. A dry wine would become too acidic. Cabriz is wonderfully smooth and tart at the same time.



Sweet potato



Red onion



Veggie burger dough *



Pre-cut carrots *



Burger buns



Lettuce *



Capers and pickles



Ravigote sauce *

Total: 30-35 min.

Original

Easy

Vegetarian

Eat within 5 days

Discovery

Making your own burgers is easy; particularly with the veggie dough we've included this week. Moisten your hands before shaping the burgers with cold tap water to keep the dough from sticking to your hands.

A GOOD START

EQUIPMENT

A **baking tray lined with baking paper**, a **mixing bowl**, a **frying pan**, and an **oven rack**.
Let's start cooking the **veggie burger with carrots and ravigote sauce**.



1 SLICE THE SWEET POTATOES

Pre-heat the oven to 220 degrees. Peel or scrub the **sweet potatoes** and slice into strips of 1 cm. Slice the **red onions** into half rings.



2 BAKE THE SWEET POTATOES

Transfer the **sweet potatoes** to a baking sheet lined with baking paper, drizzle with olive oil, sprinkle with salt and pepper and mix. Bake the **sweet potatoes** in the oven for 20 - 25 minutes, turning them halfway. Leave enough space in the oven for another tray (for the burger buns).



3 SHAPE THE BURGERS

Mix the **veggie burger dough** with ¼ of the **carrots** in a mixing bowl. Make 1 big burger per person (see tip). Heat a frying pan with half the butter and fry the burgers on both sides at high heat for 2 - 3 minutes. Turn down the heat, and fry them for another 3 - 4 minutes at medium to high heat, flipping them as needed.



4 FRY CARROTS AND ONIONS

In the meantime, heat the remaining butter in the other frying pan and sauté the **onions** and the remaining **carrots** for 3 - 4 minutes at medium to high heat. Season to taste with salt and pepper.



5 TOAST THE BUNS

Put the **burger buns** on an oven rack and bake in the oven together with the **sweet potatoes** for the last 5 minutes. In the meantime, pull the leaves off the head of **lettuce**, tear into bite-size pieces and mix with the fried **carrots** and **onions** and half the **ravigote sauce**.

★ TIP

Are keeping an eye on your calorie intake? Leave the sweet potatoes and the burger buns out. Instead of ravigote sauce, use a red sauce like ketchup which contains fewer calories.



6 SERVE

Put the **burgers** on the **buns** and transfer to plates, together with the **sweet potatoes** and the salad. Serve the **capers** and **pickles**, as well as the remaining **ravigote sauce**, on the side to allow everyone to add these ingredients to taste.

★ TIP

Will you be eating this dish with the whole family? Let the kids put together their own burgers. You could also make smaller burgers. In that case, put them on half a bun.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Sweet potatoes (g)	150	300	450	600	750	900
Red onions (pcs)	½	1	1½	2	2½	3
Veggie burger dough (g) 1) 6) 9) 19) 22) *	75	150	225	300	375	450
Pre-cut carrots (g) 23) *	50	100	150	200	250	300
Burger buns (pcs) 1) 3) 7) 11) 20) 22) 27)	1	2	3	4	5	6
Lettuce (heads) *	¼	½	¾	1	1¼	1½
Capers and pickles (g)	40	75	100	125	150	175
Ravigote sauce (g) 3) 10) 19) 22) *	40	80	120	160	200	240
Olive oil* (tbsp)	1	1½	2	2½	3	3½
Butter* (tbsp)	1	1½	2	2½	3	3½
Salt & pepper*	to taste					

*Not included | * Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3318 / 793	691 / 165
Total fat (g)	49	10
Of which: saturated (g)	10.9	2.3
Carbohydrates (g)	70	15
Of which: sugars (g)	18.1	3.8
Fibre (g)	12	3
Protein (g)	13	3
Salt (g)	4.4	0.9

ALLERGENS

1) Glutens 3) Eggs 6) Soy 7) Milk/lactose 9) Celery 10) Mustard
May contain traces of: 17) Eggs 19) Peanuts 20) Soy 22) Nuts
23) Celery 27) Lupins

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WEEK 30 | 2017





Fettuccine with baked cherry tomatoes

With Grana Padano and pumpkin seeds



VARAS ROSÉ

Preparing food in the oven intensifies its flavours. Therefore, you will also need a wine with a high flavour intensity to bring things into balance. This peppery Varas Rosé is a perfect match!



Garlic



Turkish chilli peppers ✨



Cherry tomatoes ✨



Fettuccine



Pumpkin seeds



Dried oregano



Grated Grana Padano ✨

Total: 25-30 min.

Vegetarian

Easy

Eat within 5 days

Did you know that fettuccine means 'little ribbons' in Italian? You will be using them in a quick Italian pasta dish with oven-baked tomatoes. Delicious in combination with savoury Grana Padano cheese and crunchy pumpkin seeds.

A GOOD START

EQUIPMENT

A pan with a lid, an oven-proof casserole dish and a wok or deep saucepan.
Let's start cooking the **fettuccine with baked cherry tomatoes**.



1 CHOP THE VEGETABLES

Preheat the oven to 200 degrees and bring 500 ml of water per person to the boil in a pan with a lid for the fettuccine. Press or finely chop the **garlic**. Remove the seed pods from the **Turkish red chilli peppers** and chop into thin 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. Bake the **cherry tomatoes** in the oven for 13 – 15 minutes.



3 COOK THE FETTUCCINE

In the meantime, boil the **fettuccine**, covered, in the pan with a lid for 10 – 12 minutes. Drain, reserving a little of the cooking liquid, and allow to steam dry uncovered.



4 ROAST THE PUMPKIN SEEDS

Heat a wok or deep saucepan to high heat and roast the **pumpkin seeds**, without any oil, until they start to pop. Remove from the pan and set aside.



5 ASSEMBLE THE FETTUCCINE

Heat the remaining olive oil in the same wok or deep saucepan at low heat. Fry the **garlic**, **red chilli pepper** and **oregano** for 4 – 5 minutes at medium to low heat. Add the **fettuccine**, half the **Grana Padano** and 2 tbsp cooking liquid reserved from the fettuccine per person. Mix well. Season to taste with salt and pepper, heat for another 1 – 2 minutes.



6 SERVE

Transfer the dish to the plates. Garnish the **fettuccine** with the **cherry tomatoes**, sprinkle the **pumpkin seeds**, add the remaining **Grana Padano** on top and drizzle with a little extra-virgin olive oil to taste.

*FACTS

Fettuccine is very popular in Rome, where the famous pasta dish 'Fettuccine Alfredo' originated. This is one of the simplest and oldest pasta dishes, with only butter and Parmesan cheese.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Garlic (cloves)	1	2	2	3	4	4
Turkish red chilli peppers (pcs) *	1	2	3	4	5	6
Cherry tomatoes (g) *	125	250	375	500	625	750
Fettuccine (g 1)	90	180	270	360	450	540
Pumpkin seeds (g 19) 22)	10	20	30	40	50	60
Dried oregano (tsp)	1	2	3	4	5	6
Grated Grana Padano (g 3) 7) *	40	75	100	125	150	175
Black balsamic vinegar* (tsp)	1	2	3	4	5	6
Olive oil* (tbsp)	1	2	2	3	3	4
Extra-virgin olive oil* (tbsp)	to taste					
Salt & pepper*	to taste					

*Not included | * Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2870 / 686	600 / 144
Total fat (g)	29	6
Of which: saturated (g)	9.9	2.1
Carbohydrates (g)	83	17
Of which: sugars (g)	10.4	2.2
Fibre (g)	6	1
Protein (g)	28	6
Salt (g)	0.7	0.1

ALLERGENS

1) Glutens 3) Eggs 7) Milk/lactose

May contain traces of: 19) Peanuts 22) Nuts

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SLOW-COOKED CHICKEN IN BEER

With red sweet peppers, leeks and potatoes



AMSTEL UNFILTERED

Amstel Unfiltered is a naturally cloudy beer that comes straight from the lager tank. As a result, the yeast is still visible. It is a Pilsner-style malt-based beer with a full-bodied, smooth taste and an alcohol content of 5.2%.



Onion



Leek ✨



Garlic



Potatoes



Diced bacon ✨



Bay leaf ✨



Chicken thighs ✨



Amstel unfiltered beer



Red sweet pepper ✨



Total: 45-50 min.



Discovery



Easy



Eat within 3 days

The beer in this recipe enhances the flavour of all the other ingredients, giving the sauce and the chicken a lovely, full-bodied taste. Because you will be using the entire chicken thigh, it will remain much juicier than boneless chicken.

A GOOD START

EQUIPMENT

A **deep saucepan with a lid** and a **skimmer**.

Let's start cooking the **slow-cooked chicken in beer**.



1 CHOP THE VEGETABLES

Mince the **onion**. Cut the **leeks** in half lengthwise and slice into thin half rings. Press or finely chop the **garlic**. Peel the **potatoes** (Nicola) and cut into wedges.



2 FRY

Heat half the butter in a deep saucepan with a lid and fry the **diced bacon** for 3 – 4 minutes at medium to high heat until crispy. Add the **onion** and the **leeks** and sauté for 3 – 4 minutes. Add the **garlic** and sauté for another minute. Remove from the pan using a skimmer and set aside.



3 FRY THE CHICKEN

Make two diagonal incisions in the **chicken thighs** until you reach the bone, and season with salt and pepper. Heat the remaining olive oil in the same deep saucepan and fry the **chicken thighs** at medium to high heat for 2 – 3 minutes on each side until brown all around.



4 SIMMER

Deglaze the **chicken** with the **beer** and crumble the stock cube into the pan. Add the **bacon-onion** mixture, the **potatoes** and the **bay leaves**. Cover and stew for 35 minutes at low heat (see tip). Season to taste with salt and pepper.



5 ADD THE SWEET PEPPERS

Remove the seed pods from the **sweet peppers** and cut the **sweet peppers** into thin strips. Add the **sweet peppers** to the other ingredients in the pan, turn up the heat to medium to high. Stew for the last 10 minutes without the lid on. Stir regularly to prevent the stew from burning.

★ TIP

Do you like your sauce thicker? After step 4, remove the chicken (when it is done) from the pan and reduce the sauce to half its original volume.



6 SERVE

Transfer the dish to deep plates.

★ TIP

Of course, we want you to fully enjoy the flavour of the beer in this dish. However, if you are cooking for children or mothers-to-be, or simply don't like the taste of beer, you can substitute the beer with a little more stock.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Onions (pcs)	½	1	1½	2	2½	3
Leeks (g) *	100	200	300	400	500	600
Garlic (cloves)	½	1	1½	2	2½	3
Nicola potatoes (g)	250	500	750	1000	1250	1500
Diced bacon (g) *	25	50	75	100	125	150
Bay leaves (pcs)	1	1	2	2	3	3
Chicken thighs (160 g) *	1	2	3	4	5	6
Amstel unfiltered beer (ml) 1)	100	200	300	400	500	600
Red sweet peppers (pcs) *	½	1	1½	2	2½	3
Butter* (tbsp)	1	2	3	4	5	6
Chicken stock cubes* (pcs)	¼	½	¾	1	1¼	1½
Salt & pepper*	to taste					

*Not included | * Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	3372 / 806	457 / 109
Total fat (g)	38	5
Of which: saturated (g)	16.0	2.2
Carbohydrates (g)	61	8
Of which: sugars (g)	10.2	1.4
Fibre (g)	10	1
Protein (g)	43	6
Salt (g)	2.2	0.3

ALLERGENS

1) Glutens

May contain traces of:

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PORTOBELLO STUFFED WITH GOAT'S CHEESE AND ONIONS

With a lukewarm baby potato, snow pea & lentil salad



ESPIGA BRANCO

This delicious full-bodied yet tart Portuguese wine has enough power for the portobellos and an aroma reminiscent of green herbs that is perfect with goat's cheese.



Green lentils



Baby potatoes



Portobello *



Goat's cheese *



Red onion



Snow peas *



Lemon



Fresh basil *

Total: **30-35** min.

Calorie-conscious

Easy

Vegetarian

Eat within **5** days

Gluten-free

Adding a little lemon juice and basil to the lukewarm salad in this lovely summer meal gives it a tangy edge: a perfect contrast to the creamy portobellos. As the proverbial cherry on top, you will be serving this with tasty caramelised red onions.

A GOOD START

EQUIPMENT

A pan with a lid, an oven-proof casserole dish, a baking tray lined with baking paper and 2 frying pans. Let's start cooking the **portobello stuffed with goat's cheese and onions**.



1 COOK THE LENTILS

Pre-heat the oven to 200 degrees. Put the **green lentils**, 200 ml water per person and a pinch of salt in a pan with a lid. Bring to the boil, covered, and simmer for 25 minutes at low heat. Drain and set aside, uncovered, to steam dry.



4 CARAMELISE THE ONION

In the meantime, slice the **red onions** into rings. Heat a frying pan to medium to high heat. Fry the **onion rings**, plus a pinch of salt, in a dry frying pan. As soon as the **onions** start to colour, add a little butter (this takes approximately 6 – 8 minutes, see tip). Reduce the heat, and fry the **onion rings** for 3 – 4 minutes until soft, stirring regularly. Just before serving, deglaze by adding 1 tbsp water per person.



2 BAKE

Scrub the **baby potatoes** and cut in half. Slice the larger ones into quarters, if necessary. Transfer the **baby potatoes** to an oven-proof casserole dish, drizzle with ½ tbsp olive oil per person and toss. Season to taste with salt and pepper. Put the **baby potatoes** in the oven, ensuring that there is enough space left for another baking tray. Bake for 25 – 30 minutes until crispy. Turn after 15 – 20 minutes.



5 STIR-FRY THE SNOW PEAS

In the meantime, stir-fry the **snow peas** in the rest of the olive oil in another frying pan for 4 – 5 minutes at medium to high heat until done. Squeeze the juice from the **lemon** and finely chop the **basil** leaves and stems.



3 BAKE THE PORTOBELLOS

Season the **portobellos** to taste with salt and pepper and stuff with the **goat's cheese**. Transfer the **portobellos** to a baking tray lined with baking paper. Put the baking tray in the oven, together with the baby potatoes, and bake for 15 minutes.



6 SERVE

Add the **snow peas** and **lentils** to the **baby potatoes** in the casserole dish. Toss. Sprinkle with **lemon juice** and season with salt and pepper. Serve the lukewarm salad with the **stuffed portobello** and the caramelised **red onions**. Garnish the salad with **basil**.

★ TIP

Are the onion rings going too fast? After adding the butter, cover the pan with a lid.

SERVES 1 - 6

INGREDIENTS

	1P	2P	3P	4P	5P	6P
Green lentils (g)	40	80	120	160	200	240
Baby potatoes (g)	200	400	600	800	1000	1200
Portobello mushrooms (pcs) *	1	2	3	4	5	6
Goat's cheese (g) 7) *	25	50	75	100	125	150
Red onions (pcs)	½	1	1½	2	2½	3
Snow peas (g) *	50	100	150	200	250	300
Lemon (pcs)	¼	½	¾	1	1¼	1½
Basil (leaves) 23) *	6	12	18	24	30	36
Olive oil* (tbsp)	½	1	1½	2	2½	3
Butter* (tbsp)	¼	½	¾	1	1¼	1½
Salt & pepper*	to taste					

*Not included | * Store in the refrigerator

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2222 / 531	416 / 99
Total fat (g)	16	3
Of which: saturated (g)	6.8	1.3
Carbohydrates (g)	67	13
Of which: sugars (g)	5.4	1.0
Fibre (g)	15	3
Protein (g)	23	4
Salt (g)	0.3	0.1

ALLERGENS

7) Milk/lactose

May contain traces of: 23) Celery

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WEEK 30 | 2017





BANANA-YOGHURT POPSICLES

With granola



Easy

Greek yoghurt, granola, bananas and honey: a delicious combination! Not just for breakfast, but also as an ice cream. Here is a delicious in-between-meals snack that both children and adults will love.

What's the difference between muesli and granola? Principally speaking, muesli is unsweetened and unroasted. Granola is a mixture of nuts and seeds, sweetened with honey or syrup and roasted in the oven. You can buy it in the supermarket, but you can also make it yourself. You will find a recipe for granola on our blog.



Bananas

A GOOD — START

EQUIPMENT

A **blender** or a **hand blender with a blender pitcher**, a **mixing bowl** and six **popsicle moulds**.

- 1** Peel the **bananas** and cut into pieces. Purée into a smooth mixture together with the Greek yoghurt in a blender or, if you are using a hand blender, a blender pitcher.
- 2** Put the granola and the honey in a bowl and toss. Scoop the mixture into the ice cream moulds and press into place firmly using the back of the spoon.
- 3** Next, pour the banana yoghurt onto the granola layer in the ice cream moulds (all the way up to the edge), insert a stick into each mould and place in the freezer for at least 4 hours.
- 4** Take the granola popsicles out of the freezer, briefly dip in hot water and carefully remove from the moulds.

★ TIP

Would you like to make this ice cream even more special? Blend 2 tbsp grated chocolate into the banana yoghurt.

INGREDIENTS

Bananas	2
Greek yoghurt* (ml)	200
Granola* (g)	50
Honey* (tsp)	1

*Not included | *Store in the refrigerator

ALLERGENS

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

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BREAKFAST BOX
GOOD MORNING!

1x

BREAKFAST 1

CROISSANT WITH AGED CHEESE

With a boiled egg and garden cress



1 CROISSANT WITH AGED CHEESE
With a boiled egg and garden cress

2 PAPAYA BOATS WITH GREEK YOGHURT
With kiwi and muesli

3 BANANA SMOOTHIE
With milk and date pieces

EXTRA

- Apple-pear-raspberry juice
- Mango & passion fruit smoothie

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

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INGREDIENTS FOR 1 BREAKFAST	2P	4P
Free-range eggs (pcs) 3) *	2	4
Multi-grain croissants 1) 3) 6) 7) 11) 19) 22) 23) 24) 26) 27)	2	4
Aged cheese (slices) 7) *	2	4
Garden cress (tbsp) *	1	2
Butter* (tbsp)	1	2

*Not included | *Store in the refrigerator

EQUIPMENT

Saucepan with a lid

NUTRIENT VALUE	PER SERVING	PER 100 G
Energy (kJ/kcal)	2155 / 515	1355 / 324
Fats (g)	37	23
Of which: saturated (g)	18.5	11.6
Carbohydrates (g)	24	15
Of which: sugars (g)	2.5	1.6
Fibre (g)	2	1
Protein (g)	20	13
Salt (g)	1.6	1.0

ALLERGENS

1) Glutens 3) Eggs 6) Soy 7) Milk/lactose 11) Sesame

Can contain traces of: 19) Peanuts 22) Nuts 23) Celery 24) Mustard 26) Sulphite 27) Lupins

1 Pre-heat the oven to 210 degrees.

2 Put the **eggs** in a pan with a lid, barely covered with water. Bring to the boil, covered, and cook for 6 minutes until the **eggs** are hard-boiled. Remove from the pan and rinse with cold water.

3 Bake the **croissants** in the oven for 8 minutes. Peel the **eggs** and slice.

4 Cut the **croissants** open and spread with butter. Top with the **aged cheese** and **egg** slices. Garnish with the **garden cress**.

PAPAYA BOATS WITH GREEK YOGHURT

With kiwis and muesli



1 Cut the **papaya** in half lengthwise and scoop out the seeds using a spoon. Next, scoop out part of the flesh, leaving it in the **papaya**.

2 Transfer half a papaya to each plate.

3 Fill the papaya with the **Greek yoghurt**. Slice the **kiwis**. Top the papaya halves with the **kiwi** slices and garnish with the **muesli**.

INGREDIENTS FOR 1 BREAKFAST

	2P	4P
Papayas (pcs)	1	2
Kiwis (pcs)	2	4
Greek yoghurt (g) 7) 19) 22) *	150	300
Muesli (g) 1) 8) 12) 19) 22)	40	80

*Not included | *Store in the refrigerator

NUTRIENT VALUE

	PER SERVING	PER 100 G
Energy (kJ/kcal)	887 / 212	403 / 96
Fats (g)	8	4
Of which: saturated (g)	3.8	1.7
Carbohydrates (g)	29	13
Of which: sugars (g)	20.3	9.2
Fibre (g)	4	2
Protein (g)	5	2
Salt (g)	0.1	0.0

ALLERGENS

1) Glutens 7) Milk/lactose 8) Nuts 12) Sulphite

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

BANANA SMOOTHIE

With milk and dates pieces



1 Slice the **bananas**. Blend into a thick smoothie together with the **milk**, **oatmeal** and half the **dates pieces** in a blender or blender pitcher (if you are using a hand blender).

2 Add the **yoghurt** to make it a little thinner, plus a little water, if necessary. Add half the **honey** and blend for another minute.

3 Pour the smoothie into glasses or bowls and garnish with the remaining **date pieces** and honey.

INGREDIENTS FOR 1 BREAKFAST

	2P	4P
Bananas (pcs)	2	4
Low-fat milk (ml) 7) 15) 20) *	75	150
Bulgarian yoghurt (ml) 7) 15) 20) *	150	300
Oatmeal (g) 15) 19) 22)	75	150
Date pieces (g) 19) 22)	25	50
Honey (jar)	1	2

*Not included | *Store in the refrigerator

EQUIPMENT

Blender or hand-held blender with a blender pitcher

NUTRIENT VALUE

	PER SERVING	PER 100 G
Energy (kJ/kcal)	1891 / 452	616 / 147
Fats (g)	14	5
Of which: saturated (g)	8.9	2.9
Carbohydrates (g)	68	22
Of which: sugars (g)	39.1	12.7
Fibre (g)	6	2
Protein (g)	10	3
Salt (g)	0.1	0.0

ALLERGENS

7) Milk/lactose

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