



The HelloFresh Homemade Cookbook

Quick, Tasty, Healthy



CONTENTS

- | | |
|----|---|
| 3 | Baked Salmon with Pesto Potato Salad |
| 5 | Brown Rice & Haloumi Salad with Cherry Tomatoes |
| 7 | Butterflied Chicken with Leek, Fetta & Rosemary Potatoes |
| 9 | Carrot & Haloumi Fritters with Fresh Cucumber, Mint Salad |
| 11 | Classic Pan-Fried Salmon with Caper Butter Sauce |
| 13 | Crunchy Pork Schnitzel with Red Apple & Parmesan Salad |
| 15 | Dukkah Chicken with Rainbow Vegetables & Fetta Cheese |
| 17 | Fetta & Sundried Tomato Chicken with Roasted Sweet Potato |
| 19 | Garlic Chicken with Fattoush Salad & Dill Mayonnaise |
| 21 | Greek Chicken and Brown Rice Salad |
| 23 | Healthy Crumbed Hoki with Chips & Garden Salad |
| 25 | Hot Smoked Chilli Lime Salmon with Buttered Potatoes |
| 27 | Mexican Bean Salad with Chilli Lime Dressing |
| 29 | Mexican Beef Tacos with Skillet Veggies & Sour Cream |
| 31 | Mexican Chicken with Tomato & Fetta Cheese Salad |
| 33 | Parmesan Crusted Salmon with Sweet Potato Wedges |
| 35 | Pistachio Crumbed Chicken with Asparagus Salad |
| 37 | Smoked Chicken & Quinoa Salad with Carmelised Walnuts |
| 39 | Nourishing Spiced Chickpea & Tahini Bowl |
| 41 | Chicken Souvlaki with Minted Yoghurt Sauce |



Prep: 5 mins
Cook: 45 mins
Total: 50 mins

level 1

Baked Salmon with Pesto Potato Salad

There's nothing quite like fresh seafood for the warmer months. This bold salmon fillet is just the thing to support a big, bold, pesto-infused side. Simplicity never tasted quite so delicious.

Pantry Items



Olive Oil



Potatoes



Salmon



Baby Spinach Leaves



Traditional Pesto

2P	4P	Ingredients
400 g	800 g	potatoes, washed well & chopped into 3 cm chunks
2 tsp	1 tbs	olive oil *
2 fillets	4 fillets	salmon
70g	140g	baby spinach leaves, washed
50g	100g	traditional pesto (recommended amount)

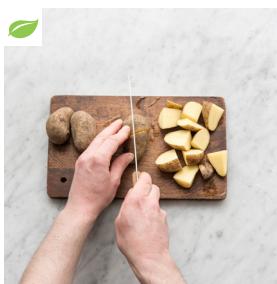
 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	2270	Kj
Protein	38.2	g
Fat, total	30.1	g
-saturated	4.5	g
Carbohydrate	27.7	g
-sugars	1.2	g
Sodium	208	mg

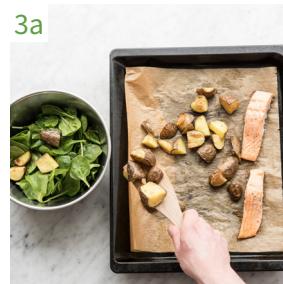


You will need: chef's knife, chopping board, two oven trays lined with baking paper, medium bowl and tongs.

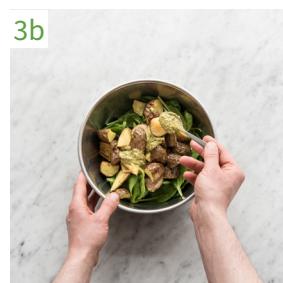


1 Preheat the oven to 200°C/180°C fan-forced.

2 Place the **potato** on one prepared oven tray and toss in the **olive oil**. Season with **salt** and **pepper** and roast in the oven for **40-45 minutes** or until tender and golden. Place the **salmon fillets** on the other prepared oven tray and season with salt and pepper. Add to the oven for the last **10-12 minutes** of the potato cooking time or until cooked to your liking. Please note cooking times may vary slightly depending on your oven.



3 Transfer the hot potato to a bowl and add the **baby spinach leaves**. Toss so that the hot potato begins to wilt the baby spinach slightly. Add the **traditional pesto** and toss to coat well. Season to taste with salt and pepper.



4 To serve, divide the pesto potato salad and baked salmon between plates.

Did you know? There are approximately 5,000 potato varieties worldwide.



Brown Rice & Haloumi Salad with Cherry Tomatoes

Save this meal up for a hump day when you're feeling low. It's ready in a little over 30 minutes and is so packed full of superfood nourishment you'll be feeling satisfied and rejuvenated in no time. To complete the satisfaction go ahead and Instagram your masterpiece with #HelloFreshAU. Talk about #blessed!

Prep: 10 mins
Cook: 35 mins
Total: 45 mins

level 1

Pantry Items



Water



Olive Oil



Balsamic
Vinegar



Brown Rice



Cherry Tomatoes



Red Onion



Baby Spinach



Roasted Almonds



Parsley



Haloumi

JOIN OUR PHOTO CONTEST



#HelloFreshAU

2P

4P

Ingredients

$\frac{3}{4}$ cup	1 $\frac{1}{2}$ cups	brown rice, rinsed well
3 cups	6 cups	water *
1 punnet	2 punnets	cherry tomatoes, halved
1 tbs	2 tbs	olive oil *
2 tsp	1 tbs	balsamic vinegar *
$\frac{1}{2}$	1	red onion, finely sliced
70g	140g	baby spinach, washed
$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	roasted almonds, roughly chopped
3 sprigs	6 sprigs	parsley, roughly chopped
60g	180g	haloumi, sliced (recommended amount)

 Ingredient features in another recipe

 Pantry Items

 Pre-preparation

Nutrition per serve

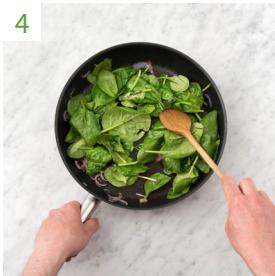
Energy	2710	Kj
Protein	23.1	g
Fat, total	30.3	g
-saturated	9.8	g
Carbohydrate	65.4	g
-sugars	7.2	g
Sodium	675	mg

3



You will need: chef's knife, chopping board, sieve, medium saucepan with lid, medium bowl, oven tray lined with baking paper, medium frying pan, wooden spoon and tongs

4



1 Preheat the oven to 200°C/180°C fan-forced.

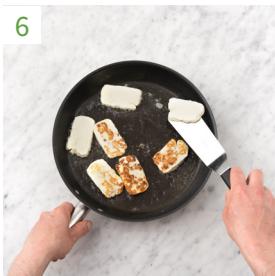
2 Place the **brown rice** and **water** in a medium saucepan and bring to the boil. Cover with a lid and reduce the heat to medium. Simmer, covered, for 25-30 minutes or until the rice is soft. Drain. Transfer to a medium bowl.

5



3 Meanwhile, place the **cherry tomatoes** on the prepared oven tray and toss in half of the **olive oil** and **balsamic vinegar**. Season with **salt** and **pepper**. Cook in the oven for 25-30 minutes, or until tender and roasted.

6



4 Meanwhile, heat the remaining olive oil in a medium frying pan over a medium heat. Add the **red onion** and cook, stirring, for 3 minutes, or until soft. Add the **baby spinach** and cook, stirring, for 1-2 minutes or until wilted. Transfer the contents of the pan to the bowl with the brown rice.

5 Toss the roasted cherry tomatoes through the brown rice mixture with the **roasted almonds** and **parsley**. Season to taste with salt and pepper.

6 Meanwhile, heat the same medium frying pan over a medium-high heat. Add the **haloumi** and cook for 1 minute on each side, or until golden.

7 To serve, divide brown rice between bowls and top with haloumi slices. Enjoy!



Butterflied Chicken with Leek, Fetta & Rosemary Potatoes

A few simple touches in this meal make it something really special. Finishing the butterflied chicken breast with sweet, sautéed leek and sharp, creamy fetta allows it to absorb all of those lovely flavours and stay nice and moist to boot. Meanwhile, rosemary (our fave!), gives the potatoes a rich, aromatic quality.

Prep: 15 mins
Cook: 25 mins
Total: 40 mins



level 1

Pantry Items



Butter



Olive Oil



Potatoes



Green Beans



Rosemary



Free Range
Chicken Breast



Leeks



Fetta Cheese



Lemon

JOIN OUR PHOTO CONTEST



#HelloFreshAU

QTY	Ingredients
800g	potatoes, chopped into 3 cm chunks
300g	green beans, trimmed & sliced in half
2 tbs	butter *
1 bunch	rosemary, leaves picked & finely chopped
4-5 fillets	free range chicken breast, sliced in half horizontally
1 tbs	olive oil *
2	leeks, finely sliced
100g	fetta cheese, crumbled
1	lemon, sliced into wedges

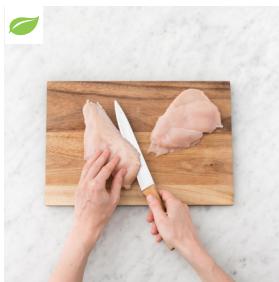
 Ingredient features in another recipe

 Pantry Items

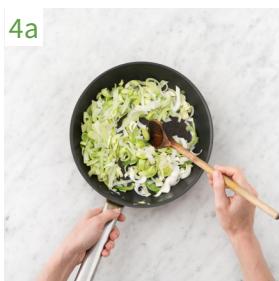
 Pre-preparation

Nutrition per serve

Energy	2430	Kj
Protein	49.5	g
Fat, total	25.6	g
-saturated	11.3	g
Carbohydrate	35.5	g
-sugars	2.7	g
Sodium	409	mg



You will need: chef's knife, chopping board, large saucepan, colander, grill tray lined with baking paper, tongs, medium frying pan and wooden spoon.



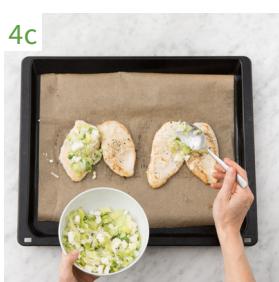
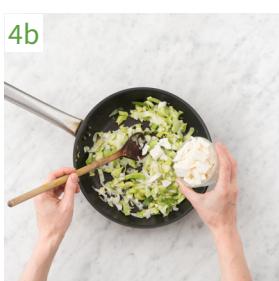
1 Preheat the grill to a high heat.

2 Place the **potato** in a large saucepan of cold, salted water. Bring the potato to the boil and cook for **15 minutes**, or until soft when pricked with a knife. Add the **green beans** in the last **2 minutes** of the potato cooking time. Drain and return the potato and beans back to the saucepan. Toss with the **butter** and **rosemary**, and season with **salt** and **pepper**. Set aside.

3 Meanwhile, lay the **chicken breast** on the prepared grill tray. Rub the chicken with half of the **olive oil**. Season with salt and pepper. Place the tray under the grill for **10 minutes** (ensure the chicken does not touch the open flame), turning halfway, until the chicken is just cooked through.

4 While the chicken is under the grill, heat the remaining olive oil in a medium frying pan. Add the **leek** and cook for **8-10 minutes**, or until soft and sweet. Remove from the heat. Add the crumbled **fetta cheese** to the leek and season to taste with pepper. Spoon the feta and leek mixture on top of the chicken breast and return to the grill for **1-2 minutes**, or until crispy.

5 To serve, divide the leek and feta chicken, rosemary potato and beans, and **lemon** wedges between plates. Enjoy!



Did you know? The Ancient Greeks believed that rosemary was magical and could strengthen memory.



Carrot & Haloumi Fritters with Fresh Cucumber, Mint Salad

They say love is the glue that holds a family together, but we've done extensive field research and have discovered that it is, in fact, cheese. Gather your loved ones and stack these fritters high, it's like a delicious game of Jenga that everyone will want to play.

Prep: 25 mins
Cook: 15 mins
Total: 40 mins

  level 2

Pantry Items



Olive Oil



Plain Flour



Eggs



Honey



Haloumi



Carrots



Lemon



Rocket Leaves



Cucumber



Hummus



Mint

JOIN OUR PHOTO CONTEST

f t g #HelloFreshAU

2P	4P	Ingredients
180g	360g	haloumi
2	4	carrots, peeled & grated
2 tbs	4 tbs	plain flour *
1	2	egg, lightly whisked *
1/4 cup	1/2 cup	olive oil *
1/2	1	lemon, juiced
1 tsp	2 tsp	honey *
70g	140g	rocket leaves, washed
1	2	cucumber, peeled into ribbons
3 sprigs	6 sprigs	mint, leaves picked
100g	200g	hummus

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	3220	Kj
Protein	28.4	g
Fat, total	61	g
-saturated	21.8	g
Carbohydrate	24.3	g
-sugars	137	g
Sodium	1510	mg



You will need: chef's knife, chopping board, vegetable peeler, box grater, whisk, medium bowl, small frying pan, large frying pan, tongs, oven tray lined with baking paper, small bowl and large bowl.

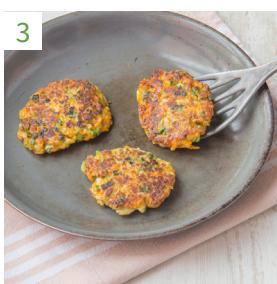
1 Preheat the oven to 160°C/140°C fan-forced.

2 Coarsely grate half of the **haloumi** using a box grater. Cut the remaining haloumi into 1 cm thick slices and set aside. Squeeze the excess moisture from the **carrot**, then combine with the grated haloumi, **plain flour** and egg in a medium bowl. Season with **pepper**. Form the mixture into round fritters, packing tightly with your hands.

3 Heat a little **olive oil** in a large frying pan over a medium-high heat. Carefully add the fritters and cook for **3-4 minutes** on each side, or until golden. Remove them carefully and place on the prepared oven tray. Place in the oven to keep warm. Heat a little olive oil in the same frying pan over a medium-high heat. Add the haloumi slices and cook for **1-2 minutes** on each side, or until golden.

4 Combine equal parts olive oil and **lemon juice** with the **honey** in a small bowl. Combine the **rocket**, **cucumber** and **mint** in a large bowl. Drizzle with the lemon dressing.

5 To serve, divide and stack the fritters and haloumi slices, and serve with the minted cucumber salad and **hummus**.



Did you know? Vitamins found in carrots can help promote overall eye health, but won't ever give you night vision!



Classic Pan-Fried Salmon with Caper Butter Sauce

God bless the clever clogs who first thought to try the budding fruit of the caper bush and found them to be delicious. Without them, we just don't know what on earth we'd put with salmon! Caper sauce with fresh dill brings this simple trio of salmon, creamy potatoes and green beans to life.

Prep: 10 mins
Cook: 30 mins
Total: 40 mins

level 1

Pantry Items



Olive Oil



Butter



Potatoes



Green Beans



Salmon



Dill



Capers

2P	4P	Ingredients
300 g	600 g	potatoes, washed thoroughly & chopped in 3 cm chunks
100g	200g	green beans, trimmed
2 fillets	4 fillets	salmon
2 tsp	1 tbs	olive oil *
1 tbs	2 tbs	butter *
3 sprigs	6 sprigs	dill, finely chopped
1 tbs	2 tbs	capers, drained & rinsed

 Ingredient features in another recipe

 Pantry Items

 Pre-preparation

Nutrition per serve

Energy	1560	Kj
Protein	28.3	g
Fat, total	18.3	g
-saturated	6.4	g
Carbohydrate	21.6	g
-sugars	1.9	g
Sodium	324	mg



You will need: chef's knife, chopping board, large saucepan, colander, medium frying pan, tongs and plate.

1 Place the **potato** in a large saucepan of water and bring to the boil. Cook for about **15 minutes**, or until tender when pierced with a knife. In the same pot, add the **green beans** and blanch them for **1 minute**, or until bright green and crunchy. Drain.

2 Meanwhile, season both sides of the **salmon fillets** with **salt** and **pepper**. Heat half of the **olive oil** in a medium frying pan over a medium-high heat. Place the salmon skin side down in the pan and cook for **2-3 minutes** on each side, or until almost cooked through. Stir through the **butter** and reduce to a low heat.

3 Once the butter has melted, spoon the pan juices over the salmon. Remove the salmon from the pan and rest on a plate. Take the pan off the heat and add the **dill**, **capers** and some pepper to the remaining butter sauce.

4 To serve, divide the potato and green beans between plates, drizzle with the remaining olive oil and season with salt and pepper. Serve your pan-fried salmon on the side with the caper butter sauce.



Did you know? The smaller the caper, the more expensive it will be! This is due to the intensive labour required to collect the delicious immature flower buds.



Crunchy Pork Schnitzel with Red Apple & Parmesan Salad

All the classic flavours in this German-inspired dish play off against each other in a most delightful way. The sweetness of the honey and apple against sharp Parmesan and crunchy pork is just lovely!



Prep: 15 mins
Cook: 30 mins
Total: 45 mins



level 2

Pantry Items



Plain Flour



Eggs



Vegetable Oil



Olive Oil



Honey



Apple Cider Vinegar



Panko
Breadcrumbs



Pork Schnitzel
Fillets



Rocket Leaves



Apple



Parmesan Cheese

2P	4P	Ingredients
2 tbs	4 tbs	plain flour *
1	2	egg, whisked *
1 cup	2 cups	panko breadcrumbs
300g	600g	pork schnitzel fillets
1/4 cup	1/2 cup	vegetable oil *
70g	140g	rocket leaves, washed
1	2	apple, thinly sliced into wedges
25g	50g	Parmesan cheese, shaved
1 tbs	2 tbs	olive oil *
1 tsp	2 tsp	honey *
2 tsp	1 tbs	apple cider vinegar *

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	2710	Kj
Protein	47.9	g
Fat, total	32.1	g
-saturated	7.3	g
Carbohydrate	39.5	g
-sugars	13.3	g
Sodium	320	mg



You will need: chef's knife, chopping board, sieve, three shallow bowls, two plates, large frying pan, tongs, paper towel, large bowl and small jug.

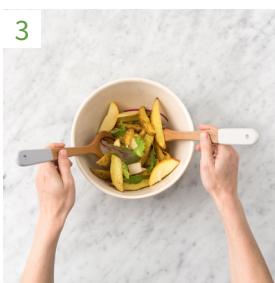
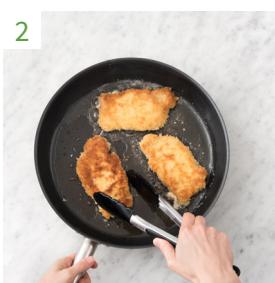
1 Set up the crumbing station. Prepare three shallow bowls. In the first, place the plain flour and a good grind of salt and pepper. In the second, the whisked egg with a dash of water. In the third, the panko breadcrumbs. Take each pork schnitzel fillet and dip it in the flour, then into the egg wash, and then into the breadcrumb mixture. Lay them out on a plate, ready to fry.

Tip: If you don't have an egg, replace it with 2 tbs milk.

2 Heat the vegetable oil in a large frying pan over a high heat. Fry half the crumbed pork for 3-4 minutes on each side, or until golden on the outside and cooked through. Set the pork aside on a plate with paper towel, to soak up any excess oil. Wipe the frying pan clean if needed and repeat the process with the remaining pork and some extra oil if needed.

3 Combine the rocket leaves, apple slices and shaved Parmesan cheese in a large bowl. In a small jug, combine the olive oil, honey and apple cider vinegar. Season with salt and pepper. Drizzle the dressing over the salad.

4 To serve, divide the pork and salad between plates. Enjoy!



Did you know? The term "schnitzel" comes from the German word "sniz" meaning slice.



(02) 8188 8722 | HelloFresh.com.au

VOL 1
2017



Dukkah Chicken with Rainbow Vegetables & Fetta Cheese

Eat like an Egyptian with this dukkah sensation (dance moves optional!). Keep it simple tonight with this golden dukkah crusted chicken paired perfectly with a roasted ratatouille. Set and forget the veggies as they roast. It ticks all the boxes: healthy, easy and delicious.

Prep: 10 mins
Cook: 30 mins
Total: 40 mins

level 1

Pantry Items



Olive Oil



Sweet Potato



Zucchini



Red Onion



Red Capsicum



Free Range Chicken Breast



Dukkah



Parsley



Fetta Cheese



Lemon

JOIN OUR PHOTO CONTEST



#HelloFreshAU

2P	4P	Ingredients
400 g	800 g	sweet potato, unpeeled & cut into 1 cm cubes
1	2	zucchini, cut into 2 cm chunks
½	1	red onion, cut into 1 cm thick wedges
1	2	red capsicum, cut into 2 cm chunks
1 tbs	2 tbs	olive oil *
2 fillets	4 fillets	free range chicken breast
2tbs	4tbs	dukkah
3 sprigs	6 sprigs	parsley, finely chopped
50g	100g	fetta cheese, crumbled
½	1	lemon, cut into wedges

 Ingredient features in another recipe

 Pantry Items

 Pre-preparation

Nutrition per serve

Energy	2730	Kj
Protein	52.7	g
Fat, total	29	g
-saturated	8.4	g
Carbohydrate	40.3	g
-sugars	20.9	g
Sodium	749	mg



You will need: chef's knife, chopping board, medium bowl, tongs, oven tray lined with baking paper and ovenproof frying pan,

1 Preheat the oven to 200°C/180°C fan-forced.

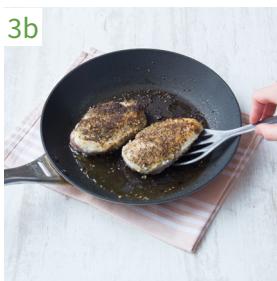
2 In a medium bowl, toss the **sweet potato**, **zucchini**, **red onion** and **red capsicum** in half of the **olive oil**, season with **salt** and **pepper** and place on the prepared oven tray. Cook in the oven for **30 minutes**, or until the vegetables are tender and golden.

3 Meanwhile, toss the **chicken breast fillets** with the **dukkah** until they are lightly coated in the mix. Heat the remaining olive oil in an ovenproof frying pan over a medium-high heat and cook the chicken for **2 minutes** on each side. Transfer the chicken to the oven for the last **10 minutes** of the vegetable cooking time.

Tip: If you don't have an ovenproof pan, simply transfer the chicken to a baking paper lined oven tray.

4 Remove the vegetables from the oven and toss through the **parsley** and **fetta cheese**.

5 To serve, divide the rainbow vegetables and dukkah chicken between plates and serve with the **lemon wedges**.



Did you know? Fetta is high in calcium and vitamin B12.



Fetta & Sundried Tomato Chicken with Roasted Sweet Potato

Sundried tomatoes are such a heavy hitter when it comes to dinner, giving you hours of slow marinated flavour in seconds. We think they beat out a packaged sauce any day! And just wait until you try roasted asparagus – its almost nutty flavour will leave you beyond impressed!



Prep: 15 mins
Cook: 40 mins
Total: 55 mins



level 1

Pantry Items



Olive Oil



Free Range
Chicken Breast



Sundried
Tomatoes



Fetta Cheese



Sweet Potato



Asparagus



Baby Spinach Leaves

QTY	Ingredients
4-5 fillets	free range chicken breast
1/4 cup	sundried tomatoes, roughly chopped
50g	fetta cheese, crumbled
800 g	sweet potato, unpeeled & diced into 2 cm cubes
2 tbs	olive oil *
1 bunch	asparagus, ends trimmed
100g	baby spinach leaves, washed

 Ingredient features in another recipe

 Pantry Items

 Pre-preparation

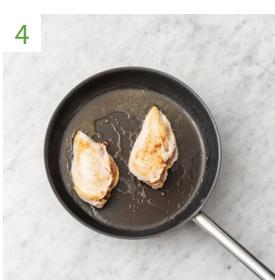
Nutrition per serve

Energy	2470	Kj
Protein	49.9	g
Fat, total	24.8	g
-saturated	8.1	g
Carbohydrate	37.6	g
-sugars	19.9	g
Sodium	426	mg



You will need: chef's knife, chopping board, paper towel, spoon, toothpicks, two oven trays lined with baking paper, large ovenproof frying pan, tongs and aluminium foil.

- 1 Preheat the oven to 200°C/180°C fan-forced.
- 2 Pat the **chicken breast** dry using paper towel. Use a sharp knife to cut a deep, horizontal slit into the side of each chicken breast (don't slice all the way through). Stuff the chicken with a small spoonful of the roughly chopped **sundried tomatoes** and crumbled **fetta cheese**. Secure it shut using two toothpicks (if you don't have toothpicks just be careful when you flip the chicken in the pan). Set aside.
- 3 Place the **sweet potato** on the prepared oven tray. Drizzle in half of the **olive oil** and season with **salt** and **pepper**. Place in the oven and cook for **20-25 minutes**, or until cooked through. Place the **asparagus** on the second lined tray, drizzle with the remaining olive oil and season with salt and pepper. Add to the oven in the last **10 minutes** of cooking time.
- 4 Meanwhile, heat a large, greased, ovenproof frying pan over a medium-high heat. Add the chicken and cook for **2 minutes** on each side, or until lightly browned. Transfer the pan to the oven and cook for a further **10-15 minutes** or until cooked through. Remove from the oven, pull out the toothpicks and cover with foil to keep warm. Set aside for **5 minutes**.
Tip: If you don't have an ovenproof frying pan, transfer the chicken to a baking dish or oven tray.
- 5 To serve, dress the **baby spinach leaves** in a dash of olive oil. Divide the baby spinach, asparagus, sweet potato and stuffed chicken between plates. Enjoy!



Did you know? The process of sun drying tomatoes was first used by the Aztecs around 700 BC. B12.



Garlic Chicken with Fattoush Salad & Dill Mayonnaise

We love fattoush; that Middle Eastern panzanella-style salad studded with crispy shards of Lebanese bread. There's nothing quite like it. Garlicky chicken is topped off with this incredible dill and parsley mayonnaise – you won't know which bit to eat first!

Prep: 15 mins
Cook: 20 mins
Total: 35 mins

  level 1

Pantry Items



Olive Oil



Red Wine
Vinegar



Wholemeal
Lebanese Bread



Free Range
Chicken Breast



Garlic



Cherry Tomatoes



Kalamata
Olives



Cucumber



Red Onion



Dill and Parsley
Mayonnaise

QTY	Ingredients	
2	wholemeal Lebanese bread, sliced into squares	
4-5 fillets	free range chicken breast, sliced in half horizontally	
2 tbs	olive oil *	
2 cloves	garlic, peeled & crushed	
1 punnet	cherry tomatoes, halved	
¼ cup	Kalamata olives (check for pits), halved	
2	cucumbers, sliced into half moons	leaf icon
¼	red onion, thinly sliced	
2 tsp	red wine vinegar *	
100g	dill & parsley mayonnaise	

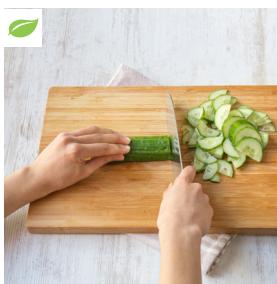
 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

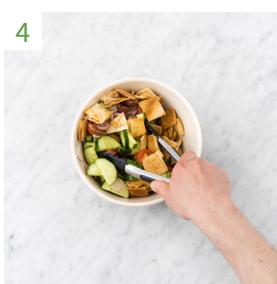
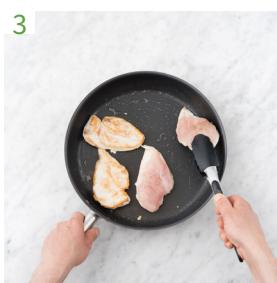
Nutrition per serve

Energy	2460	Kj
Protein	42.2	g
Fat, total	36.1	g
-saturated	6.2	g
Carbohydrate	24.2	g
-sugars	5.4	g
Sodium	473	mg



You will need: chef's knife, chopping board, garlic crusher, oven tray lined with baking paper, large frying pan, tongs, medium bowl, small jug, fork and small bowl.

- 1 Preheat the oven to 160/180°C fan-forced.
- 2 Place the **wholemeal Lebanese bread** on the prepared oven tray and spray or drizzle with a dash of olive oil. Cook in the oven for **5 minutes**, or until crispy. Set aside.
- 3 Meanwhile, in a large bowl, rub the **chicken breast** with 2 tsp of the **olive oil**, **garlic**, and some **salt** and **pepper** until well-coated. Heat a large frying pan over a medium-high heat. Add the chicken and cook for **4-5 minutes** on each side, or until cooked through. Set aside.
- 4 Combine the **cherry tomatoes**, **Kalamata olives**, **cucumber**, **red onion** and cooked Lebanese bread in a medium bowl. Whisk the **red wine vinegar** and the remaining olive oil in a small jug and season to taste with salt and pepper. Pour the dressing over the salad.
- 5 To serve, divide the salad between plates and top with the grilled chicken. Drizzle with the **dill & parsley mayonnaise**. Enjoy!



Did you know? Dill is a rich source of dietary fibres, vitamins C, B9 and B2 and minerals such as manganese, iron and calcium.



Greek Chicken and Brown Rice Salad

We've taken everything that's great about Greece to bring you this easy, nourishing bowl. There's a reason Greek culture has flourished through the ages - never has a combination been so right!

Prep: 10 mins
Cook: 30 mins
Total: 40 mins

level 1

Pantry Items



Water



Olive Oil


 Red Wine
Vinegar


Brown Rice


 Free Range
Chicken Breast


Dried Oregano



Garlic



Zucchini



Greek Yoghurt



Lemon



Roma Tomatoes



Mint



Kalamata Olives

QTY	Ingredients	
1 ½ cups	brown rice, rinsed well	
6 cups	water *	*
4-5 fillets	free range chicken breast	
2 tbs	olive oil *	
2 tsp	dried oregano	
2 cloves	garlic, peeled & crushed	
1	zucchini, sliced into 1 cm rounds	
170g	Greek yoghurt	
½	lemon, sliced into wedges	
2	roma tomatoes, diced	
3 sprigs	mint, leaves picked	
¼ cup	kalamata olives (check for pits)	
2 tbs	red wine vinegar *	

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	2790	Kj
Protein	47.7	g
Fat, total	24.1	g
-saturated	6.2	g
Carbohydrate	61.3	g
-sugars	6.1	g
Sodium	322	mg

3



You will need: chef's knife, chopping board, sieve, garlic crusher, medium saucepan with lid, medium bowl, medium frying pan, tongs, oven tray lined with baking paper, small bowl or jug and large bowl.

1 Preheat the oven to 200°C/180°C fan-forced.

2 Place the **brown rice** and **water** in a medium saucepan and bring to the boil. Cover with a lid and reduce the heat to medium. Simmer, covered, for **25-30 minutes**, or until rice is soft. Drain and return to the saucepan. Set aside.

3 Meanwhile, place the **chicken breast** fillets, half the **olive oil**, **dried oregano** and **garlic** in a medium bowl. Season with **salt** and **pepper**. Toss to combine.

4 Heat a medium frying pan over a medium-high heat. Cook the chicken breast for **2-3 minutes** on each side, or until golden brown. Transfer the chicken to the prepared oven tray. Place the **zucchini** alongside the chicken and drizzle with a little olive oil. Cook the zucchini and chicken in the oven for **12-15 minutes**, or until the chicken is cooked through and the zucchini is golden.

5 In a small bowl or jug, combine the **Greek yoghurt** and the juice from half the **lemon** wedges and season with salt and pepper. Set aside.

6 To assemble the rice salad, combine the brown rice, chicken, zucchini, fresh **tomato**, half of the **mint** and **kalamata olives** in a large bowl. Drizzle over the remaining olive oil and **red wine vinegar**.

4



5



6



7 To serve, divide the Greek chicken and the rice salad between plates. Top with Greek dressing and the remaining mint. Enjoy!



Healthy Crumbed Hoki with Chips & Garden Salad

Ah, crumbed fish with thick, chunky cut chips – is there anything better? Your oven-baked chips will take a little while in the oven, but the rest of this supper is whipped up in a matter of moments. After fixing a salad with a vinaigrette and cooking your crispy fish fillets, there's nothing left to do but sit back and relax!

Prep: 15 mins
Cook: 35 mins
Total: 50 mins

 level 2

Pantry Items



Olive Oil



Water



Dijon Mustard



Egg



Potatoes



Parsley



Lemon



Mixed Salad Leaves



Cucumber



Panko Breadcrumbs



Hoki



Aioli

QTY	Ingredients
1 kg	potatoes, unpeeled & cut into 1 cm thick wedges
2 tbs	olive oil *
3 sprigs	parsley, finely chopped
1	lemon, zested & juiced
2 tsp	Dijon mustard *
100g	mixed salad leaves, washed
1	cucumber, diced
1 cup	panko breadcrumbs
1	egg, lightly beaten *
1 tbs	water *
3 large fillets	hoki, sliced in half crossways
100g	aioli

 Ingredient features in another recipe

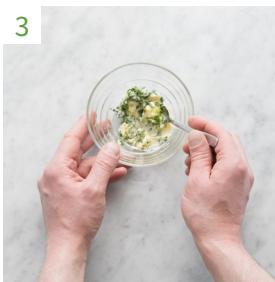
* Pantry Items

 Pre-preparation

Nutrition per serve

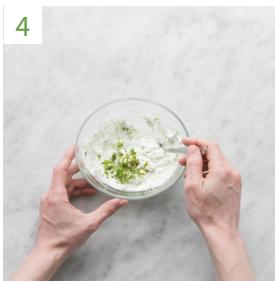
Energy	1730	Kj
Protein	32.7	g
Fat, total	11	g
-saturated	1.8	g
Carbohydrate	42.6	g
-sugars	2.5	g
Sodium	179	mg

3



You will need: chef's knife, chopping board, zester, two oven trays lined with baking paper, medium bowl, two shallow bowls and fish flip or spatula.

4



1 Preheat the oven to 220°C/200°C fan-forced.

2 Toss the **potato** in half of the **olive oil** and place in a single layer on one of the prepared oven trays. Season generously with **salt** and **pepper**. Cook in the oven for **30-35 minutes**, or until golden and tender. Remove from the oven and toss with half of the **parsley**.

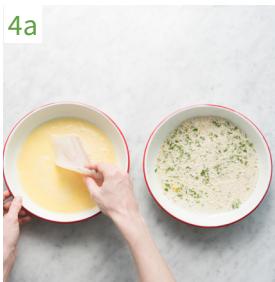
3 In a medium bowl, combine the remaining olive oil, **lemon juice** and **Dijon mustard**. Add the **mixed salad leaves** and **cucumber** and toss to coat well. Set aside.

4 Meanwhile, combine the **panko breadcrumbs**, **lemon zest** and the remaining parsley in a shallow bowl. Season with salt and pepper. Place the **egg** and **water** in a separate shallow bowl. Season the **hoki fillets** with salt and pepper and then dip into the egg, letting the excess egg drip back into the bowl. Transfer the fish to the breadcrumb mixture and coat well. Place on the remaining prepared oven tray.

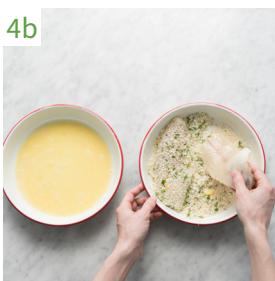
5 Brush or spray the crumbed fish fillets with a little olive oil. Add to the oven in the last **10 minutes** of the potato cooking time, or until golden.

6 To serve, divide the golden chips and crumbed fish between plates. Serve with the dressed garden salad and **aioli**.

4a



4b



Did you know? The term “cool as a cucumber” is actually derived from the cucumber’s ability to cool the temperature of the blood.



(02) 8188 8722 | HelloFresh.com.au

VOL 1
2017



Prep: 15 mins
Cook: 20 mins
Total: 35 mins

level 1

Hot Smoked Chilli Lime Salmon with Buttered Potatoes

Hot smoked salmon is a great centerpiece for any salad. It's rich and toothsome, and can absolutely handle the intense dressing with which we're pairing it. A good thing too, because this chilli lime infusion will leave your tastebuds tingling!

Pantry Items



Butter



Olive Oil



Sugar



Potatoes



Green Beans



Lime



Long Red Chilli



Mixed Salad Leaves



Hot Smoked Salmon

JOIN OUR PHOTO CONTEST



#HelloFreshAU

2P	4P	Ingredients
400 g	800 g	potatoes, washed & chopped into 2 cm chunks
100g	200g	green beans, trimmed & halved
1 tbs	2 tbs	butter, melted *
1 ½ tbs	3 tbs	olive oil *
½	1	lime, juiced
1	2	long red chilli, deseeded & finely sliced
pinch	pinch	sugar, to taste *
70g	140g	mixed salad leaves, washed
250g	500g	hot smoked salmon pieces

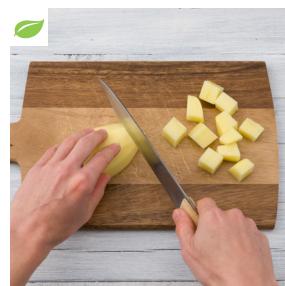
 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	2260	Kj
Protein	42.8	g
Fat, total	26.8	g
-saturated	7.9	g
Carbohydrate	30.1	g
-sugars	4.3	g
Sodium	955	mg



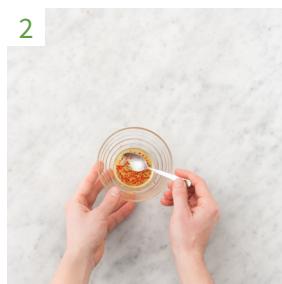
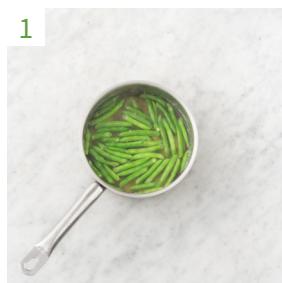
You will need: chef's knife, chopping board, sieve, large saucepan, colander, spoon, small bowl or jug, fork and large bowl.

1 Place the **potato** in a large saucepan and cover with water. Add a pinch of **salt** and bring to the boil. Cook for **8-10 minutes**, or until just soft. Add the **green beans** in the last **2 minutes**. Drain well. Return the potato to the saucepan. Stir through the **butter** and season with salt and pepper.

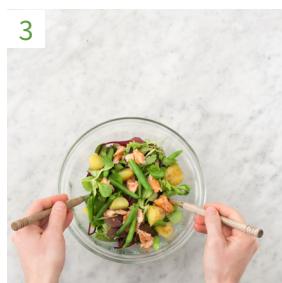
2 Meanwhile, in a small bowl or jug, combine the **olive oil**, **lime juice**, **long red chilli** and **sugar**. Whisk with a fork to combine well. Season to taste with salt and pepper.

3 Add the potato, green beans, **mixed salad leaves** and **hot smoked salmon pieces** to the large salad bowl and stir through the dressing.

4 To serve, divide the salad between bowls. Enjoy!



Did you know? Limes are one of our favourite citrus fruits - they even inspired the HelloFresh logo!





Mexican Bean Salad with a Chilli Lime Dressing

With so many fresh flavours and textures, every mouthful of this salad is different - so much so that we've been known to eat the leftovers three days running! Don't be afraid to add some hot sauce to get the flavour just right.



Prep: 15 mins
Cook: 15 mins
Total: 30 mins



level 1

Pantry Items



Water



Olive Oil



Quinoa



Corn



Garlic



Red Kidney Beans



Mexican Spice Mix



Coriander



Tomato



Avocado



Lime



Chilli

2P	4P	Ingredients
½ cup	1 cup	quinoa, rinsed well
1 ½ cups	3 cups	water *
2 tbs	4 tbs	olive oil *
1 cob	2 cobs	corn, husked & kernels sliced off cob
2 cloves	4 cloves	garlic, peeled & crushed
1 tin	2 tins	red kidney beans, drained & rinsed
2 tsp	4tsp	Mexican spice mix (recommended amount)
3 sprigs	6 sprigs	coriander, leaves picked
1	2	tomato, diced
1	2	avocado, cubed
1	2	lime, juiced
1	2	long red chilli, deseeded & finely sliced

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	2720	Kj
Protein	20.8	g
Fat, total	38.7	g
-saturated	6.4	g
Carbohydrate	56.3	g
-sugars	3.7	g
Sodium	480	mg

2a



You will need: chef's knife, chopping board, sieve, garlic crusher, medium saucepan with a lid, medium frying pan, large bowl, stirring spoon and a small jug or bowl.

1 Place the **quinoa** and **water** in a medium saucepan, cover with a lid and bring to the boil. Remove the lid and reduce to a medium heat. Simmer for **8-10 minutes**, or until the quinoa is tender and the water has absorbed (drain excess water).

2b



2 Meanwhile, heat a dash of **olive oil** in a medium frying pan over a medium-high heat. Add the **corn** kernels to the pan and cook for **2-3 minutes**, or until they start to sizzle and go golden. Add the **garlic**, **red kidney beans** and **Mexican spice mix** to the pan. Cook for a further **3 minutes**, or until fragrant. Transfer the mixture to a large bowl and stir through half the **coriander**, the cooked quinoa, fresh **tomato** and the **avocado** (reserving a few cubes for the garnish). Set aside.

2c



3 In a small jug or bowl, combine the remaining olive oil, **lime juice** and **long red chilli** (to taste). Season with **salt** and **pepper**. Pour over the salad and stir to coat the quinoa.

4 To serve, divide the Mexican quinoa salad between bowls. Top with the remaining avocado and coriander if you like. Enjoy!

3



Did you know? Quinoa isn't a grain, it's a seed that is related to beets and spinach.



Mexican Beef Tacos with Skillet Veggies & Sour Cream

This dish proves that Mexican food isn't always simple street food. With luxurious sour cream and skillet veggies perfect for the warmer months, one of our favourite cuisines is definitely sticking around. The key to tender beef strips is not to overcook them. They will be done in a flash!

Prep: 15 mins
Cook: 15 mins
Total: 30 mins

 level 1

Pantry Items



Olive Oil



Beef Strips



Mexican
Seasoning



Red Onion



Green Capsicum



Corn



Garlic



Mini Tortillas



Light Sour Cream



Coriander

2P	4P	Ingredients
1 tbs	2 tbs	olive oil *
300g	600g	beef strips
2 tsp	4 tsp	Mexican seasoning (recommended amount)
½	1	red onion, finely sliced
1	2	green capsicum, finely sliced
1 cob	2 cobs	corn, husked & kernels removed
1 clove	2 cloves	garlic, peeled & crushed
4	8	mini tortillas
100g	200g	light sour cream (recommended amount)
3 sprigs	6 sprigs	coriander, leaves picked

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	2580	Kj
Protein	42.6	g
Fat, total	29.1	g
-saturated	10.7	g
Carbohydrate	42.5	g
-sugars	7.6	g
Sodium	625	mg



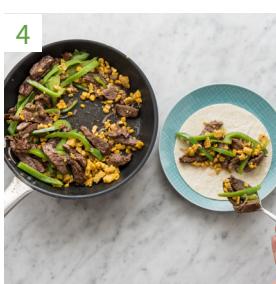
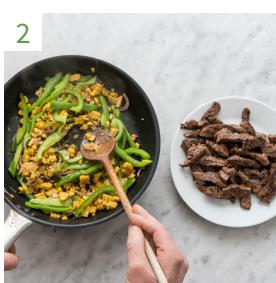
You will need: chef's knife, chopping board, garlic crusher, medium frying pan, tongs, plate, wooden spoon, heat-proof plate and aluminium foil.

1 Heat half of the **olive oil** in a medium frying pan over a medium heat. Add the **beef strips** and **Mexican seasoning** and cook for **1-2 minutes**, or until browned. Transfer to a plate and set aside.

2 Add the remaining olive oil, **red onion** and **green capsicum** and cook, stirring, for **3-5 minutes**, or until soft. Add the **corn kernels** and **garlic** and cook, stirring, for **2 minutes**, or until fragrant. Return the beef to the pan and cook, stirring, until heated through and coated in spice.

3 Meanwhile, heat the **mini tortillas** in the microwave on a heatproof plate for **30 seconds** or wrapped in foil in a **180°C/160°C** fan-forced oven for **5 minutes**.

4 To serve, fill the tortillas with the spicy beef and vegetable mix. Dollop with the **light sour cream** and top with **coriander**.



Did you know? “Taquería” is a Spanish word meaning taco shop.



Mexican Chicken with Tomato & Fetta Cheese Salad

This dish has all the fabulous flavours of Mexico, with a healthy kick to boot. Chicken is a great source of lean protein and sweet potato is chock full of vitamin A, vitamin C, potassium and dietary fibre. With these powerful superfoods in your corner, you'll be feeling as bright as this fiesta-worthy rainbow fetta salad.

 Prep: 10 mins
 Cook: 30 mins
 Total: 40 mins

 level 1

Pantry Items



Olive Oil



Balsamic
Vinegar



Sweet Potato



Free Range
Chicken Breast



Mexican Spice Mix



Roma Tomato



Fetta



Coriander

2P	4P	Ingredients
200 g	400 g	sweet potato, unpeeled & chopped into 1 cm cubes
1 tbs	2 tbs	olive oil *
2 fillets	4 fillets	free range chicken breast, sliced in half horizontally
2 tsp	4 tsp	Mexican spice mix
2	4	roma tomatoes, chopped
50g	100g	fetta cheese, crumbled
3 sprigs	6 sprigs	coriander, leaves picked
2 tsp	1 tbs	balsamic vinegar *

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

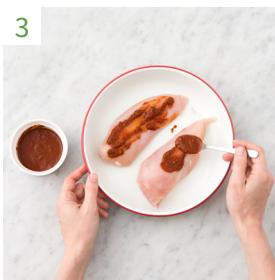
Energy	1840	Kj
Protein	40.6	g
Fat, total	21.7	g
-saturated	7.5	g
Carbohydrate	18.7	g
-sugars	9.6	g
Sodium	516	mg

2



You will need: chef's knife, chopping board, oven tray lined with baking paper, large bowl, medium frying pan and tongs.

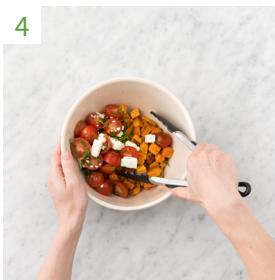
3



1 Preheat the oven to 220°C/200°C fan-forced.

2 Place the **sweet potato** on the prepared oven tray and toss in the **olive oil**. Season with **salt** and **pepper**. Place the sweet potato in the oven and cook for **30 minutes**, or until golden and tender.

4



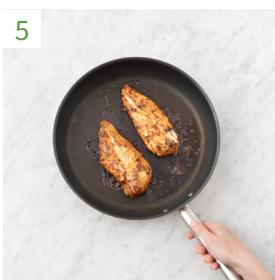
3 Meanwhile, place the **free range chicken breast** in a large bowl. Coat in the **Mexican spice mix**. Season with salt and pepper. Set aside to marinate while you make the salad.

4 Combine the **roma tomato**, **fetta cheese**, **coriander** and roasted sweet potato in a large bowl. Season to taste with salt and pepper. Pour over the **balsamic vinegar** and toss to coat. Set aside.

5 Heat a dash of olive oil in a medium frying pan over a medium-high heat. Cook the chicken for **4-5 minutes** each side, or until cooked through.

6 To serve, divide the Mexican-spiced chicken and rainbow salad between plates. Enjoy!

5



Did you know? Sweet potatoes are a good source of fibre when eaten with the skin on.



Parmesan Crusted Salmon with Sweet Potato Wedges

Salmon is a great, robust fish with good flavour, so these fillets can handle the decked-out crust we've given them. Crispy panko breadcrumbs, freshly grated Parmesan cheese, lemon zest and parsley take this simple combination of fish, sweet potato wedges and green beans to the next level.

Prep: 15 mins
Cook: 35 mins
Total: 50 mins



level 1

Pantry Items



Olive Oil



Sweet Potato



Parsley



Panko Breadcrumbs



Lemon



Parmesan Cheese



Salmon



Green Beans

QTY	Ingredients
800 g	sweet potato, unpeeled & sliced into 2 cm wedges
2 tbs	olive oil *
3 sprigs	parsley, finely chopped
1 cup	panko breadcrumbs
½	lemon, zested & cut into wedges
50g	Parmesan cheese, finely grated (recommended amount)
5 fillets	salmon
300g	green beans, trimmed

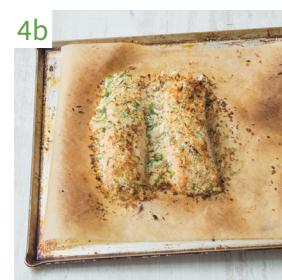
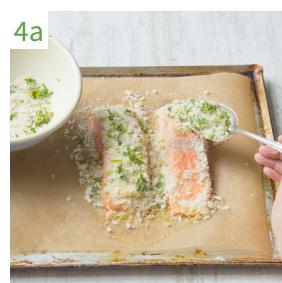
 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	2190	Kj
Protein	37.7	g
Fat, total	23	g
-saturated	6.5	g
Carbohydrate	38.3	g
-sugars	12.2	g
Sodium	193	mg



You will need: chef's knife, chopping board, zester, box grater, medium bowl, two oven trays lined with baking paper, spoon, small saucepan and sieve.

- 1 Preheat the oven to 220°C/200°C fan-forced.
- 2 Place the **sweet potato** on the prepared oven tray. Drizzle in half the **olive oil** and season with **salt** and **pepper**. Cook in the oven for 30-35 minutes, or until golden and crispy.
- 3 Meanwhile, combine the **parsley**, **panko breadcrumbs**, **lemon zest**, **Parmesan cheese** and remaining olive oil in a medium bowl. Season with **salt** and **pepper**.
- 4 Place the **salmon** on the second prepared oven tray, skin side up, and lightly coat or spray with olive oil. Spoon the crumb mixture onto the top side of the salmon and gently press down so the crumbs stick to the fish. Cook in the oven for the final **10-12 minutes** of the sweet potato cooking time, or until the crust is golden and the salmon is just cooked through.
- 5 Meanwhile, bring a small saucepan of water to the boil. Cook the **green beans** for **2-3 minutes**, or until slightly softened. Drain.
- 6 To serve, divide the sweet potato wedges, green beans and salmon fillets between plates. Serve with the **lemon wedges**.

Did you know? Panko is a Japanese-style breadcrumb and uses a different kind of bread compared to plain breadcrumbs.



Pistachio Crumbed Chicken with Asparagus Salad

At first glance, this dish might seem ordinary, but it's anything but. The pistachio crumb is really something, and asparagus is one of our favourite veggies to feature this time of the year, both fresh and nutty in equal measure.

Prep: 20 mins
Cook: 25 mins
Total: 45 mins

level 1

Pantry Items



Olive Oil



Balsamic
Vinegar



Pistachio & Peanut
Mix



Panko Breadcrumbs



Free Range
Chicken Breast



Asparagus



Cucumber



Red Onion



Baby Spinach
Leaves

2P	4P	Ingredients	
½ cup	1 cup	pistachio & peanut mix	
½ cup	1 cup	panko breadcrumbs	*
2 fillets	4 fillets	free range chicken breast, patted dry	
1 tbs	4 tbs	olive oil *	
1 bunch	2 bunches	asparagus, ends trimmed & sliced on the diagonal	
1	2	cucumber, peeled into ribbons	
70g	140g	baby spinach leaves, washed	
¼	½	red onion, finely sliced	
3 tsp	6 tsp	balsamic vinegar *	

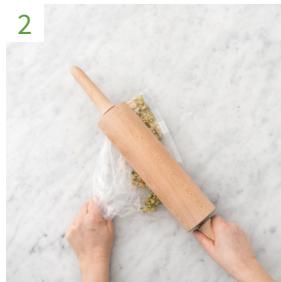
 Ingredient features in another recipe

 Pantry Items

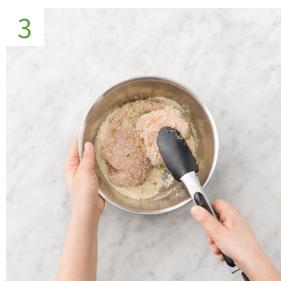
 Pre-preparation

Nutrition per serve

Energy	2140	Kj
Protein	46.4	g
Fat, total	27.2	g
-saturated	5.3	g
Carbohydrate	17.5	g
-sugars	5.5	g
Sodium	173	mg



You will need: chef's knife, chopping board, plastic bag or tea towel, rolling pin, two large bowls, oven tray lined with baking paper, tongs, small bowl, sieve and small jug or bowl.



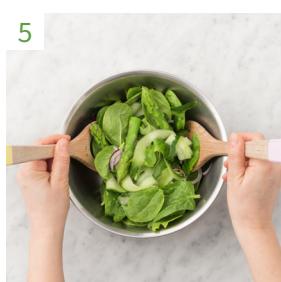
1 Preheat the oven to 200°C/180°C fan-forced. Bring a half-filled kettle of water to the boil.

2 Place the **pistachio & peanut mix** in a plastic bag (or wrap in the centre of a tea towel) and bash using a rolling pin until the nuts resemble fine breadcrumbs. Transfer the nuts and **panko breadcrumbs** to a large bowl. Season with **salt** and **pepper** and stir to combine.

Tip: you can do this in a small food processor if you prefer.



3 Drizzle the **chicken breast** with a dash of **olive oil**. Coat the chicken in the nut mixture, pressing firmly so it sticks. Lay the crumbed chicken breast on the prepared oven tray. Top each fillet with any remaining crumb. Drizzle or spray with olive oil (this will give it a nice, golden crust). Cook in the oven for **15-20 minutes**, turning halfway, or until cooked through and golden on top. Once cooked, remove from the oven and slice the chicken into pieces.



4 Meanwhile, place the **asparagus** pieces in a small bowl. Pour over the boiling water. Set aside for **5 minutes** to blanch and then drain.

5 To make the salad, combine the **cucumber** ribbons, **baby spinach leaves**, **red onion** and asparagus in a second large bowl. In a small jug or bowl, combine the remaining olive oil, the **balsamic vinegar** and a good seasoning of salt and pepper. Pour over the salad and toss to combine.

6 To serve, divide the dressed salad and pistachio chicken between plates. Enjoy!



Smoked Chicken & Quinoa Salad with Caramelised Walnuts

This sweet, rich salad is our favourite kind – one that doesn't feel like a salad at all. Really, it's just a greatest hits of some of our favourite ingredients: superfood quinoa, sweet apple and delicious caramelised walnuts. Is your mouth watering yet? The incredible flavour of smoked chicken is this dish's crowning glory.

Prep: 15 mins
Cook: 15 mins
Total: 30 mins

  level 1

Pantry Items



Boiling Water



Olive Oil



Butter



Honey



Apple Cider
Vinegar



Quinoa



Chicken Stock



Snow Peas



Red Onion



Walnuts



Smoked Chicken



Apple



Mint

JOIN OUR PHOTO CONTEST

f t g #HelloFreshAU

2P	4P	Ingredients	
½ cup	1 cup	quinoa, rinsed well	
1 cube	2 cubes	chicken stock, crumbled	
2 cups	4 cups	boiling water *	
100g	200g	snow peas, trimmed	
1 ½ tbs	3 tbs	olive oil *	
½	1	red onion, finely sliced	
2 tsp	1 tbs	butter *	
2 tsp	1 tbs	honey *	
¼ cup	½ cup	walnuts	
200g	400g	smoked chicken, thinly sliced	
1	2	apple, quartered & thinly sliced	leaf icon
3 sprigs	6 sprigs	mint, finely sliced	
2 tsp	1 tbs	apple cider vinegar *	

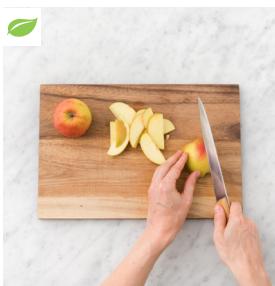
 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	3020	Kj
Protein	35.6	g
Fat, total	39.1	g
-saturated	8.4	g
Carbohydrate	57.5	g
-sugars	20.7	g
Sodium	116	mg



You will need: chef's knife, chopping board, sieve, medium saucepan, large bowl, medium frying pan, wooden spoon, small bowl, plate, baking paper and tongs.

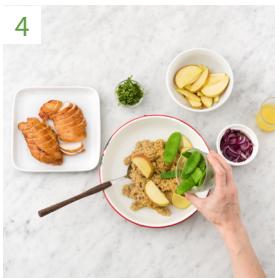
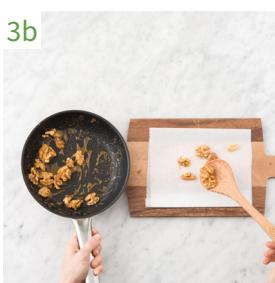
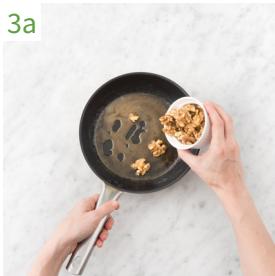
1 Place the rinsed **quinoa** in a medium saucepan with the **chicken stock** cube and the **boiling water**. Bring to the boil and then reduce to a simmer for **12-15 minutes**, or until the quinoa is tender. Add the **snow peas** in the last **2 minutes**. Drain well. Set aside in the sieve to cool slightly. Transfer the quinoa and snow peas to a large bowl.

2 Meanwhile, heat half of the **olive oil** in a medium frying pan. Add the **red onion** and cook, stirring, for **3 minutes**, or until soft. Transfer to a small bowl.

3 Return the same pan to a medium-high heat and melt the **butter**. Add the **honey** and cook for **30 seconds**, or until bubbling. Add the **walnuts**, toss to coat well and cook for a further **30 seconds**, or until golden. Season with **salt**. Remove from pan and transfer to a plate lined with baking paper. Cool.

4 Add the **smoked chicken**, cooked onion, **apple**, **mint** and caramelised walnuts to the quinoa and snow pea mixture. Drizzle with the olive oil and **apple cider vinegar** and toss to coat well.

5 To serve, divide salad between plates and season to taste with salt and pepper.





Nourishing Spiced Chickpea & Tahini Bowl

This bowl full of nourishment will leave you feeling satisfied and energised in equal measure. Between creamy avocado, sweet potato and tasty chickpeas, every bite is a delight. Our favourite flourish is the dressing of rich tahini, turmeric and zesty lemon juice. Yum!

 Prep: 10 mins
 Cook: 30 mins
 Total: 40 mins

 level 1

Pantry Items



Olive Oil



Warm Water



Sweet Potato



Red Onion



Chickpeas



Garam Masala



Tahini



Lemon



Turmeric



Kale



Avocado

JOIN OUR PHOTO CONTEST

#HelloFreshAU

2P	4P	Ingredients
400 g ½	800 g 1	sweet potato, sliced into 0.5 cm thick discs red onion, sliced into thin wedges
1 tbs	2 tbs	olive oil *
1 tin	2 tins	chickpeas, drained, rinsed & patted dry
2 tsp	4 tsp	garam masala
1 tsp	2 tsp	tahini
1	2	lemon, juiced
½ tsp	1 tsp	turmeric (recommended amount)
1 tbs	2 tbs	warm water *
200g ½	400g 1	kale, destemmed & leaves roughly chopped avocado, sliced (recommended amount)

⊕ Ingredient features in another recipe

* Pantry Items

leaf Pre-preparation

Nutrition per serve

Energy	2700	Kj
Protein	17.9	g
Fat, total	39.5	g
-saturated	7.2	g
Carbohydrate	47.7	g
-sugars	15.3	g
Sodium	39	mg



You will need: chef's knife chopping board, sieve, two oven trays lined with baking paper, small jug or bowl and medium frying pan.

1 Preheat the oven to 200°C/180°C fan-forced.

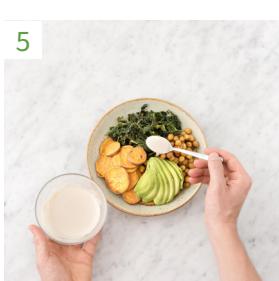
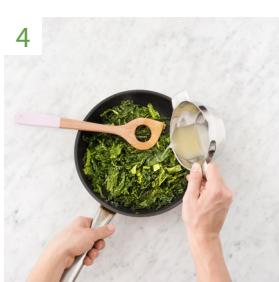
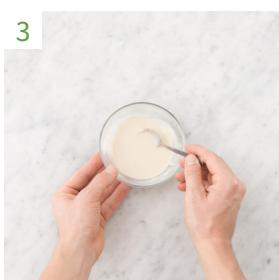
2 Place the **sweet potato** and **red onion** on one of the prepared oven trays. Toss in half the **olive oil**. Season with **salt** and **pepper**. Place the drained **chickpeas** on the second oven tray. Sprinkle over the **garam masala** and the remaining olive oil. Season with salt and pepper. Place both trays in the oven to cook for **25 minutes**, or until golden. Remove from the oven and set aside.

3 Meanwhile, in a small jug or bowl, combine the **tahini**, half the **lemon juice**, salt and pepper, **turmeric** and **warm water**.

Tip: the mixture may split but continue stirring until it comes together again.

4 Heat a medium frying pan with a dash of olive oil over a medium-high heat. Cook the chopped **kale** for **2-3 minutes**, or until slightly wilted. Pour over the remaining lemon juice. Set aside.

5 To serve, divide the kale, sweet potato, red onion and chickpeas between bowls. Top with the fresh **avocado** and drizzle with the tahini dressing. Enjoy!



Did you know? Turmeric is regarded as the golden spice of India.



Chicken Souvlaki with Minted Yoghurt Sauce

Thank goodness the Ancient Greeks took time in between perfecting wrestling and athletics to come up with this tasty number. Soft pita, refreshing mint and creamy yoghurt have been putting smiles on Greek faces forever, so it's no surprise these souvlaki wraps will do the same for you.

Prep: 15 mins
Cook: 15 mins
Total: 30 mins

 level 1

Pantry Items



Olive Oil



Sugar



Apple Cider
Vinegar



Garlic



Free Range
Chicken Thighs



Red Onion



Greek Yoghurt



Cucumber



Mint Leaves



Wholemeal Pita
Bread



Baby Spinach
Leaves



Tomato

2P	4P	Ingredients
1 tbs	2 tbs	olive oil *
1 clove	2 cloves	garlic, peeled & crushed
350g	700g	free range chicken thighs, sliced into 1 cm pieces
½	1	red onion, thinly sliced
1 tsp	2 tsp	sugar *
2 tbs	4 tbs	apple cider vinegar *
100g	200g	Greek yoghurt
1	2	cucumber, grated & excess water squeezed out
3 sprigs	6 sprigs	mint leaves, picked & roughly chopped
4	8	wholemeal pita breads
70g	140g	baby spinach leaves, washed
1	2	tomato, diced

 Ingredient features in another recipe

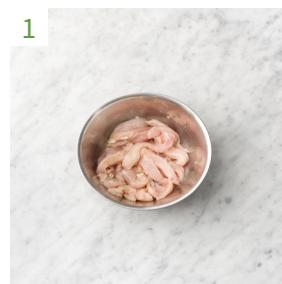
* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	2760	Kj
Protein	45.8	g
Fat, total	30.5	g
-saturated	7.7	g
Carbohydrate	46.4	g
-sugars	11.9	g
Sodium	367	mg

1



You will need: chef's knife, chopping board, garlic crusher, box grater, sieve, medium bowl, two small bowls, large frying pan and tongs.

1 In a medium bowl, combine the **olive oil**, the **garlic**, **chicken thighs** and **salt** and **pepper**. Set aside.

2 Meanwhile, in a small bowl, mix together the **red onion**, **sugar** and **apple cider vinegar**. Leave to pickle until you are ready to serve. Drain before serving.

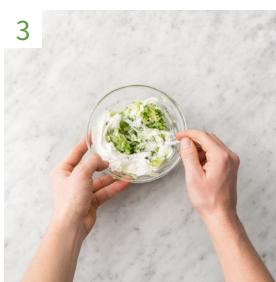
2



3 In a second small bowl, combine the **Greek yoghurt**, **cucumber** and half of the **mint**, and season with salt and pepper. Set aside.

4 Heat a large frying pan over a medium-high heat with the remaining olive oil. Cook the chicken thighs for **5-7 minutes**, or until crispy.

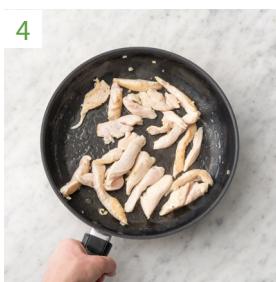
3



5 Sprinkle the **wholemeal pita breads** lightly with water to stop them from drying out and heat in the microwave for 10 seconds.

6 To serve, top the pita breads with the herby yoghurt, **baby spinach leaves**, **tomato**, remaining mint, pickled onion and souvlaki chicken. Enjoy!

4



Did you know? The plural of souvlaki is souvlakia.

WE THINK
FOOD
BRINGS
PEOPLE
TOGETHER

SHARE YOUR CREATIONS WITH US!



HelloFresh.com.au
#HelloFreshAU

