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WEEK 19  
2016

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## Whiting fillet with spicy beans and rice sajur

With oriental seasonings and creamy coconut milk

Sajur is a spicy vegetable dish from the Indonesian cuisine. A vegetable, in this case the string bean, plays the lead and is flavored with onion, spices and bouillon. The whiting, which you serve it with, comes from our supplier Meines and is caught in the cold waters north-east of Scotland.

- 30-35 min
- spicy
- easy
- lactose free
- gluten free
- Sedosa (white)



Onion



Garlic clove



Ginger



Red chilli



Surinamese rice



Tomato puree



String beans



Coconut milk



Whiting fillet

Ingredients	1P	2P	3P	4P	5P	6P
Onion	½	1	1½	2	2½	3
Garlic clove	1	2	2	3	3	4
Ginger (cm)	1	2	3	4	5	6
Red chilli	¼	½	¾	1	1¼	1½
Surinamese rice (g)	85	170	250	335	420	500
Tomato puree (can)	⅓	⅔	1	1⅓	1⅔	2
String beans (g)	200	400	600	800	1000	1200
Coconut milk (ml)	50	100	150	200	250	300
Whiting fillet 4)	1	2	3	4	5	6
Vegetable bouillon (ml)*	250	500	750	1000	1250	1500
Sunflower oil (tbsp.)*	1½	3	3	4½	4½	6
Ketjap manis (tbsp.)*	2	4	6	8	10	12
Brown sugar (tbsp.)*	½	1	1½	2	2½	3
White wine vinegar (tsp.)*	½	1	1½	2	2½	3
Pepper and salt*	To Taste					

**Nutrition Facts** 766 kcal | 32 g protein | 99 g carbs | 25 g fat, of which 10 g saturated | 10 g fibres

\* Add yourself

## Allergens

4) Fish

## Utensils

Pot with lid, stir-fry or sauté pan with lid, frying pan



**1** Prepare the bouillon. Chop the onion and cut or press the garlic. Peel the ginger and chop finely. Remove the seeds from the red chilli and chop finely.



**2** Heat 1/3 of the sunflower oil in a pot with a lid and fry half of the onion, half the garlic and half of the red chilli for 2 minutes on low heat. Add the rice, tomato puree and half of the ketjap manis and cook, stirring for 1 minute. Add 225 ml bouillon per person, sprinkle with pepper and cook the rice, covered, for 15 - 20 minutes. Then let steam without a lid.



**3** Meanwhile, cut the stalk off the green beans and cut into pieces of about 3 cm.



**4** Heat 1/3 of the sunflower oil in a stir-fry or sauté pan with a lid and fry the ginger, remaining onion, remaining garlic and red chilli for 2 minutes on low heat. Add the brown sugar, white wine vinegar, coconut milk, remaining bouillon, remaining soy sauce and green beans and cook for 12 - 15 minutes, covered and let simmer. Halfway through remove the lid of the pan and let the sauce cook a little. Season with salt and pepper.

**5** Meanwhile, heat the remaining sunflower oil in a frying pan and fry the whiting fillet 2 - 3 minutes on each side. Season with salt and pepper.

**6** Divide the rice and beans on plates and serve with the whiting fillet on top.

**Tip!** Whiting fillet is a long thin fillet. That's why it's folded double in the package. In order to prevent the fillet from falling apart, you can best fry it folded double as well.



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## Chicken merguez with oven baked vegetables and potatoes

Perfect for a busy day

This recipe is very tasty without having to do a lot of work. Because almost everything is prepared in the oven, you also have few dishes to wash afterwards. Perfect right? Because you bake the chicken merguez in the oven along with the vegetables, this dish is very tasty.

- 35-40 min
- easy
- kid friendly
- lactose free
- gluten free
- Masan (rosé)



Anabelle potatoes



Garlic clove



Red onion



Fennel



Red bell pepper



Rosemary



Chicken merguez

Ingredients	1P	2P	3P	4P	5P	6P
Anabelle potatoes (g)	300	600	900	1200	1500	1800
Garlic clove	1	2	2	3	3	4
Red onion	½	1	1½	2	2½	3
Fennel	½	1	1½	2	2½	3
Red bell pepper	½	1	1½	2	2½	3
Rosemary (tsp.)	½	1	1½	2	2½	3
Chicken merguez	2	4	6	8	10	12
Olive oil (tbsp.)*	2	3	4	5	6	7
Pepper and salt*	To Taste					

\* Add yourself

### Allergens

The products from the Hello Fresh box that you use for this dish are no allergens.

### Utensils

Stir-fry or sauté pan with lid, baking sheet with baking paper

**Nutrition Facts** 603 kcal | 24 g protein | 68 g carbs | 23 g fat, of which 4 g saturated | 12 g fibres



**1** Preheat the oven to 200 degrees. Wash or peel the potatoes (anabelle) and cut into pieces. Cut or press the garlic. Heat half the oil in a stir-fry or sauté pan and fry the potatoes and half of the garlic 25 - 30 minutes, covered, over medium heat. Stir frequently. After 20 minutes remove the lid from the pan and season with salt and pepper.



**2** Cut the red onion into rings. Cut the fennel into quarters, remove the hard core and cut into thin wedges. Cut the peppers into strips. Mix the vegetables with rosemary, the remaining garlic, the remaining olive oil, pepper and salt on a baking sheet with baking paper. Place the chicken merguez with the vegetables and bake for 20 minutes in the oven. Mix once during baking.



**3** Divide the potatoes, vegetables and chicken merguez on the plates.



**Tip!** Do you want to make it even easier for yourself? Bake the potatoes for 35 minutes in a baking dish in the oven at 200 degrees. After 15 minutes add the baking sheet with the vegetables and chicken merguez to the oven.





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## Pearl barley salad with ricotta, cranberries and little gem

Colorful because of the radishes and fresh because of the mint

Ricotta is a fresh Italian cheese with a grainy texture. This week you use it in a salad, but in Italy ricotta is also used in pasta dishes or even in desserts. The dried cranberries give the salad a sweet twist, the radishes provide color and the mint keeps everything nice and fresh.



30-35 min



super easy



kid friendly



vegetarian



Pearl barley



Oregano



Little gem



Radish



Spring onion



Fresh mint



Dried cranberries



Ricotta

Ingredients	1P	2P	3P	4P	5P	6P
Preal barley (g) <b>1</b> <b>15</b>	85	170	250	335	420	500
Oregano (tsp.)	1	2	3	4	5	6
Little gem	1	2	3	4	5	6
Radish	5	10	14	19	24	28
Spring onion	1	2	3	4	5	6
Fresh mint (leaves) <b>15</b>	6	12	18	24	30	36
Dried cranberries (g) <b>12</b> <b>15</b>	25	50	75	100	125	150
Ricotta (g) <b>7</b>	40	80	120	160	200	240
Extra virgin olive oil (tbsp.)*	1½	3	4½	6	7½	9
Honey (tsp.)*	½	1	1½	2	2½	3
White balsamic vinegar (tsp.)*	1½	3	4½	6	7½	9
Pepper and salt*	To Taste					

\* Add yourself

#### Allergens

**1**) Gluten **7**) Milk/lactose  
**12**) Sulfur **15**) May contain traces of peanuts, nuts, celery and sesame

#### Utensils

Pot with lid, salad bowl

**Nutritoin Facts** 639 kcal | 15 g protein | 94 g carbs | 25 g fat, of which 7 g saturated | 17 g fibres



**1** Boil 225 ml salted water per person in a pot with lid for the pearl barley. Add the pearl barley and oregano and cook, covered, for 25 minutes. Drain if necessary and let stand with the lid on.

**2** Cut the little gem small. Meanwhile cut or scrape radish into slices. Cut half of the radish leaf small. Cut the spring onions into fine rings.

**3** Chop the mint leaves finely. Make a dressing of extra virgin olive oil, honey, white balsamic vinegar, half of the mint, 1 tsp. water per person and salt and pepper to taste. Mix it with the vegetables and half of the dried cranberries in a salad bowl.

**4** Stir in the ricotta. Add the pearl barley and ricotta to the salad bowl and season with salt and pepper. Mix well.

**5** Divide the salad on plates and garnish with the remaining cranberries, remaining mint and extra virgin olive oil to taste.



**Tip!** Do you have a mortar and pestle in the house? Then make the dressing in here. This way the mint gives off more flavor.

Do you like a little more spice? Then add an extra ½ spring onion to the dish. There is more than enough in your box!