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WEEK 15
2016

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Hot smoked mackerel with fusilli and fresh dill

Sour cream makes it a soft and creamy pasta

Mackerel is an oily fish which is caught in Dutch waters. The fish contains a lot of good nutrients such as essential fats, minerals and vitamins. Mackerel fits perfectly within a healthy diet. Delicious with fresh dill and sour cream!



20-25 min



super easy



La Vieille (white)



Shallot



Leek



Carrot



Fusilli integrale



Fresh dill



Hot smoked mackerel



Sour cream

Ingredients	1P	2P	3P	4P	5P	6P
Shallot	½	1	1	1½	2	2
Leek	½	1	1½	2	2½	3
Carrot	½	1	1½	2	2½	3
Fusilli integrale (g) 1)	90	180	270	360	450	540
Fresh dill (stems) 15)	2	3	4	5	6	7
Hot smoked mackerel (g) 4)	75	150	225	300	375	450
Sour cream (tbsp.) 7) 15)	2	4	6	8	10	12
Real butter (tbsp.) [*]	½	1	1	1½	1½	2
Pepper and salt [*]	To Taste					

^{*} Add yourself

Allergens

1) Gluten **4)** Fish **7)** Milk/lactose **15)** May contain traces of gluten, soy and celery

Utensils

Pot with lid, stir-fry or sauté pan

Nutrition Facts 790 kcal | 31 g protein | 76 g carbs | 37 g fat, of which 14 g saturated | 14 g fibres



1 Boil 500 ml of water per person in a pot with a lid for the fusilli.

2 Finely chop the shallot. Cut the leeks into rings and carrots into slices of 1 cm.

3 Cook fusilli, covered, for 9 minutes and then drain.

4 Heat the butter in a stir-fry or sauté pan and fry the shallots for 2 minutes on low heat. Add the leeks and carrots, sprinkle with salt and pepper and cook for 6 - 8 minutes.

5 Meanwhile, chop the dill finely and break the mackerel with a fork into small pieces.

6 Add the sour cream and 1 - 2 tbsp. water per person to the vegetables and let cook for 1 minute. Then stir the fusilli, the largest part of the mackerel, and the majority of the dill in as well.

7 Divide the dish on the plates. Divide the remaining mackerel over the pasta and garnish with the remaining dill.



Tip! You can also grate the carrots. This adds more flavor to the pasta.

Do you want to make this meal less calorie rich? Use less fusilli per person.



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Sweet potato-celeriac soup with pumpkin seeds and a baguette

With homemade garlic butter

The combination of sweet potato with celeriac makes this soup soft and sweet. The salty grana padano brings the soup into balance. The roasted pumpkin seeds provide an exciting crunch. Useful tips on how to peel the celeriac can be found on our blog.



25-30 min



super easy



kid
friendly



vegetarian



Espiga (red)



Pumpkin seeds



Garlic clove



Sweet potato



Celeriac



Thyme



Grana padano



Brown baguette

Ingredients	1P	2P	3P	4P	5P	6P
Pumpkin seeds (g) 15)	10	15	20	25	30	35
Garlic clove	1	2	3	4	5	6
Sweet potato (g)	150	300	450	600	750	900
Celariac	¼	½	¾	1	1¼	1½
Thyme (tsp.)	½	1	1½	2	2½	3
Grana padano (g) 3) 7)	25	50	75	100	125	150
Brown baguette 1) 3) 6) 7) 15)	1	2	3	4	5	6
Olive oil (tbsp.)*	½	1	1	1½	1½	2
Vegetable bouillon cube*	¾	1½	2¼	3	3¾	4½
Real butter (tbsp.)*	1	2	3	4	5	6
Pepper and salt*	To Taste					

* Add yourself

Allergens

1) Gluten **3)** Eggs **6)** Soy **7)** Milk/lactose **15)** May contain traces of peanuts, tree nuts, sesame and lupine

Utensils

Soup pot with lid, bowl, stick blender

Nutrition Facts 692 kcal | 18 g protein | 52 g carbs | 26 g fat, of which 12 g saturated | 15 g fibres



1 Preheat the oven to 190 degrees and cook 500 ml of water per person. Heat a soup pot with lid over medium heat and fry the pumpkin seeds without oil until they begin to pop. Then remove from the pan and keep aside.



2 Meanwhile cut or press the garlic. Peel the sweet potato and celariac and cut into cubes of about 1 cm.

3 Heat the olive oil in soup pot with lid and fry half the garlic clove for 1 minute on low heat. Add the sweet potato and celeriac and cook for 1 minute over medium heat. Add 400 ml of water per person, and crumble the bouillon cube over the pot. Cover the pot and cook gently for 15 minutes.



4 Meanwhile, in a bowl, mix the butter with the thyme, remaining garlic and a small portion of grana padano, salt and pepper. Slice the baguette for 2 cm lengthwise and fill it with the garlic butter. Bake the baguette for 3 - 4 minutes until golden brown in the oven.

5 Remove the soup from the heat and puree with a stick blender. Season with salt and pepper. If needed, add boiling water to thin the soup.

6 Divide the soup into bowls and garnish with pumpkin seeds and the remaining grana padano. Serve with herb baguette.



Fact! Did you know that celariac is one of the most fiber-rich vegetables that exists? 200 g celeriac contains 30% of the recommended daily amount of dietary fiber. With this meal you will already have half of it!



JAMIE'S SOUTH ASIAN CHICKEN CURRY WITH FLUFFY RICE



with **Jamie Oliver**

Cooking made easy by [HelloFresh.co.uk](https://www.hellofresh.co.uk)

This curry really over-delivers on big, bold flavour, and will fill your kitchen with all kinds of beautiful smells – but what's really great is that it can be on the table in little over half an hour. Served with perfectly fluffy rice to soak up the lovely perfumed creamy coconut base, I challenge you not to love this one. The tender chicken adds heartiness and a good hit of protein, just don't skimp on the cooking time for the base, as cooking the onions properly is the key to avoiding the sauce splitting later on. Enjoy!



35 mins



healthy



Serves 2

- 1 small onion
- 2 cloves of garlic
- 1 thumb-sized piece of ginger
- a few sprigs of fresh coriander
- 1 red pepper, 1 yellow pepper
- 100 g cherry tomatoes
- 2 higher-welfare skinless, boneless chicken thighs
- vegetable oil
- 2 heaped teaspoons curry powder
- ½ teaspoon turmeric
- 100 ml light coconut milk
- ½ vegetable stock pot
- 160 g basmati rice
- 1 lime
- optional: 1 tablespoon mango chutney

Nutrition per serving:

CALORIES	FAT	SAT FAT	PROTEIN	CARBS	SUGAR	SALT	FIBRE
644.6 kcal	23.4 g	5.9 g	25.3 g	83.2 g	15.7 g	0.3 g	4.9 g

Allergens: mustard, celery

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1. Peel and finely chop the **onion**, **garlic** and **ginger**. Pick the **coriander leaves** and finely chop the stalks. Deseed and roughly chop the **peppers**, then halve the **cherry tomatoes**. Cut the **chicken thighs** into 3 cm chunks.



2. Heat 1 tablespoon of **oil** in a medium frying pan over a medium heat, add the **onion** and **pepper**, then fry for around 10 minutes, or until softened.

3. Add the **garlic**, **ginger** and **coriander stalks**, then fry for a further 3 minutes, or until softened. Next, add the **curry powder** and **turmeric** and cook for a further 2 to 3 minutes.

4. Throw in the **chicken** and cook for 2 minutes, stirring regularly to coat it in the **spices**.



5. Pour in the **coconut milk**, half the **stock pot** and 100 ml of water, bring everything to the boil, then reduce to a simmer for 12 to 15 minutes, or until thickened, adding the **cherry tomatoes** for the last 5 minutes.

6. While the curry is ticking away, boil a pot of exactly 350 ml water, together with ¼ tsp of **sea salt**. Once boiling, add the **rice** and simmer with a lid on the pot on low heat for 10 minutes. Once finished, take the pot off the heat and leave to rest for a further 10 minutes.



7. Squeeze half the **lime juice** into the curry, add the **mango chutney**

(if you have some at home) and season with a pinch of **black pepper** – have a taste and decide whether you think it needs a little more **lime juice**, **mango chutney** or seasoning and adjust to your taste.

8. Scatter over the reserved **coriander leaves**, cut the remaining **lime** into wedges for squeezing over, then serve with the fluffy **rice**.

Jamie



Well done, enjoy and don't forget to snap it and share it!

#hellojamie



For more inspiration visit jamieoliver.com & HelloFresh.co.uk