



Honey-Thyme Walnut & Goat Cheese Toast

with Chilli Flakes

SERVES
2



Grab your Kit



First up!

Wash your hands and any fresh foods before you start.

Ingredients	2 people
Thyme	1 medium bag
Walnuts	1 large packet
Butter*	30g
Honey*	1 tbs
Chilli Flakes  (Optional)	pinch

Sliced Sourdough 4

Marinated Goat Cheese	1 packet
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*Pantry Items

Nutrition Information		
AVG QTY	PER SERVING	PER 100g
Energy (kJ)	1935kJ (462Cal)	1424kJ (340Cal)
Protein (g)	15.7g	11.6g
Fat, total (g)	29.4g	21.6g
- saturated (g)	8.3g	6.1g
Carbohydrate (g)	31.6g	23.3g
- sugars (g)	2.4g	1.8g
Sodium (g)	756mg	556mg

The quantities provided above are averages only.

1. Get prepped

Pick **thyme** leaves. Roughly chop **walnuts**. In a medium frying pan, melt the **butter** over medium heat. Add **thyme, walnuts, the honey and chilli flakes** (if using). Cook, stirring, until beginning to brown, **2-3 mins**. Remove from heat. Season with **pepper**.

2. Toast the bread

Meanwhile, toast or grill **sliced sourdough** to your liking.

3. Serve up

Spread each toast slice with **marinated goat cheese**. Top with honey-thyme walnuts to serve.

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

If you have any questions or concerns, please contact us at hellofresh.com.au/contact



SBM



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Treat yourself

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