



Kalamata Olive & Hummus Toast

with Goat Cheese & Pepitas

SERVES
2



First up!

Wash your hands and any fresh foods before you start.

Ingredients 2 people

Parsley	1 bag
Kalamata Olives	2 packets
Marinated Goat Cheese	1 packet (100g)
Sliced Sourdough	4
Hummus	1 large packet
Pepitas	1 large packet

*Pantry Items

Nutrition Information

AVG QTY	PER SERVING	PER 100g
Energy (kJ)	2674kJ (639Cal)	1244kJ (297Cal)
Protein (g)	22.2g	10.3g
Fat, total (g)	41.8g	19.4g
- saturated (g)	10.6g	4.9g
Carbohydrate (g)	40.1g	18.7g
- sugars (g)	3.5g	1.6g
Sodium (g)	1293mg	601mg

The quantities provided above are averages only.

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.

Grab your Kit



1. Get prepped

Roughly chop **parsley** leaves and **kalamata olives**. Drain **marinated goat cheese**. Toast or grill **sliced sourdough** to your liking.

2. Make the topping

Meanwhile, combine **parsley** and **olives** in a small bowl. Crumble in **marinated goat cheese** and gently stir to combine. Season with **pepper**.

3. Serve up

Spread each slice with **hummus**. Top with some of the goat cheese and parsley-olive mixture. Sprinkle with **pepitas** to serve.

We're here to help!

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

SCY

More meal occasions



Scan the QR code to add these to next week's box!



Get some more Vitamin C in your week! Try our Fruit Box.

Breakfast & Brunch

Tuck in to a sweet or savoury delight to start your day out right.



No Sugar

Passionfruit Kombucha Remedy
Four 250ml cans



Cafe fave

Caramelised Pear & Pecan Pancakes with Syrup & Cream



Quick brunch

Prosciutto & Cheese Croissant with Dijon Mustard

Quick Lunches

Short on time? Whip up these delicious dishes in a flash!



Kid-friendly

Cheesy Aussie Chicken Burger with Fries & Garlic Aioli



Ready to heat

Beef Lasagne
No Prep | Ready in 5



Lunch bites

Oyster Sauce Chicken Bao Buns with Mayo & Pickled Cucumber

Sides & Desserts

Turn dinner into a feast that the whole family will love.



Ready to bake

Garlic Bread
Serves 4+



The perfect side

Roasted Potatoes & Creamy Fetta with Lemon Zest



Four easy steps

Chocolate Self-Saucing Pudding with Mixed Berry Compote