

Kalamata Olive & Hummus Toast

with Goat Cheese & Pepitas

HELLO FRESH



Grab your Kit



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 * <i>Pantry Items</i>	1 large packet	

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.

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.

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

SCY

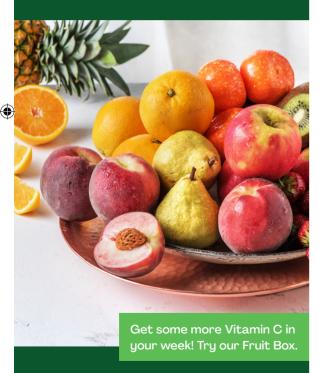




More meal occasions



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



Breakfast & Brunch

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



No Suga

Passionfruit Kombucha Remedy Four 250ml cans



Cafe fave

Caramelised Pear & Pecan
Pancakes with Syrup & Cream



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Prosciutto & Cheese Croissant with Diion 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 LasagneNo Prep | Ready in 5



Lunch bite

Oyster Sauce Chicken Bao Buns with Mayo & Pickled Cucumber

Sides & Desserts

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



Peadu 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

