



# Olive, Rocket & Goat Cheese Toastie



## Grab your Kit

Roughly chop kalamata

olives. Thinly slice tomato. Spread half the sourdough slices with marinated goat cheese. Top with olives, tomato, spinach & rocket mix and cheddar cheese. Sprinkle over chilli flakes (optional). Top with remaining slices of



Wash your hands and any fresh foods before you start.

Ingredients	2 people
Kalamata Olives	1 packet
Tomato	1
Sliced Sourdough	4 slices
Marinated Goat Cheese	1 packet
Spinach & Rocket Mix	1 small bag
Cheddar Cheese	1 medium packet
Chilli Flakes (optional) ✓	pinch
Butter* (softened)	15g

#### \*Pantry Items

Nutrition In	trition Information			
AVG QTY	PER SERVING	PER 100g		
Energy (kJ)	1805kJ (431Cal)	838kJ (200Cal)		
Protein (g)	18.1g	8.4g		
Fat, total (g)	24.6g	11.4g		
- saturated (g)	12g	5.6g		
Carbohydrate (g)	32.2g	14.9g		
- sugars (g)	3.1g	1.4g		
Sodium (g)	1204mg	559mg		

The auantities provided above are averages only.

#### First up!

# sourdough. 2. Toast

Spread the outside slices of sourdough with the butter. Toast each sandwich in a sandwich press or frying pan until golden on each side.

### 3. Serve up

Slice sandwiches in half. Divide olive, rocket and goat cheese toasties between plates.

#### 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-us

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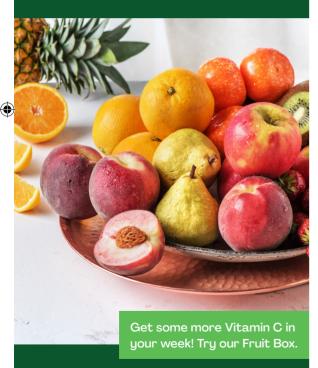
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# More meal occasions



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



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#### Breakfast & Brunch

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



**Passionfruit Kombucha Remedy** Four 250ml cans



Caramelised Pear & Pecan Pancakes with Svrup & Cream



**Prosciutto & Cheese Croissant** with Diion Mustard

#### **Ouick Lunches**

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



Kid-friendly

**Cheesy Aussie Chicken Burger** with Fries & Garlic Aioli



**Beef Lasagne** No Prep | Ready in 5



**Oyster Sauce Chicken Bao Buns** with Mayo & Pickled Cucumber

#### Sides & Desserts

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



**Garlic Bread** Serves 4+



**Roasted Potatoes & Creamy Fetta** with Lemon Zest



Four easy steps

**Chocolate Self-Saucing Pudding** with Mixed Berry Compote

