



Olive, Rocket & Goat Cheese Toastie

SERVES
2



First up!

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 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 quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://www.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 **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 **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.

We're here to help!

If you have any questions or concerns, please contact us at [hellofresh.com.au/contact-us](https://www.hellofresh.com.au/contact-us)

SCP

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