

Kalamata Olive & Hummus Toast

HELLO FRESH

with Goat Cheese & Pepitas



Grab your Kit



First up!

*Pantry Items

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

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

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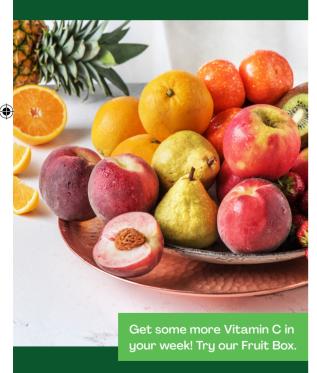




More meal occasions



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.



Care rave

Lemon Sugar Pancakeswith Lemon Curd & Almonds



Quick brunc

Prosciutto & Cheese Croissant with Diion Mustard



Snack on the

Choc Chip Protein Cookie

Quick Lunches

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



Lunch bites

Sweet Chilli Tofu Bao Buns with Creamy Pea Pod Slaw & Crispy Shallots



Creamy Chicken Carbonara

No Prep | Ready in 5



Chicken Gyoza Chan's Yum Cha at Home

Sides & Desserts

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



The perfect si

Pear & Parmesan Green Salad with Parsley & Pine Nuts



Crowd favourit

Lemon Drizzle Cake & Lemon Curd with White Chocolate Ganache & Passionfruit



Bake with kid

Chocolate Almond Cookies with White Chocolate Drizzle & Toasted Coconut

