



Kalamata Olive & Hummus Toast

with Goat Cheese & Pepitas

SERVES
2



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 | 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.

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!



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.



Cafe fave

Lemon Sugar Pancakes
with Lemon Curd & Almonds



Quick brunch

Prosciutto & Cheese Croissant
with Dijon Mustard



Snack on the go

Choc Chip Protein Cookie
Youfoodz

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



Ready to heat

Creamy Chicken Carbonara
No Prep | Ready in 5



Yum cha at home

Chicken Gyoza
Chan's Yum Cha at Home

Sides & Desserts

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



The perfect side

Pear & Parmesan Green Salad
with Parsley & Pine Nuts



Crowd favourite

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



Bake with kids

Chocolate Almond Cookies
with White Chocolate Drizzle & Toasted Coconut