



Olive, Spinach & Goat Cheese Toastie

SERVES
2



Grab your Kit



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
Baby Spinach Leaves	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.

1. Get prepped

Roughly chop **kalamata olives**. Thinly slice **tomato**. Spread half the **sourdough slices** with **marinated goat cheese**. Top with **olives, tomato, baby spinach leaves** and **cheddar cheese**. Sprinkle over **chilli flakes** (if using). 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, spinach 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)

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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