



Olive, Spinach & Goat 2 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, baby spinach leaves and cheddar cheese. Sprinkle over chilli flakes (if using). Top with remaining slices of sourdough.



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 auantities provided above are averages only.

First up!

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.

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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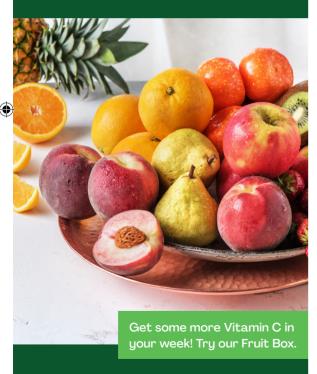




More meal occasions



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.



Lemon Sugar Pancakes with Lemon Curd & Almonds



Prosciutto & Cheese Croissant with Diion Mustard



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 CarbonaraNo 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 side

Pear & Parmesan Green Salad with Parsley & Pine Nuts



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



Chocolate Almond Cookies with White Chocolate Drizzle & Toasted Coconut

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