



# 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](https://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](https://hellofresh.com.au/contact)

# 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