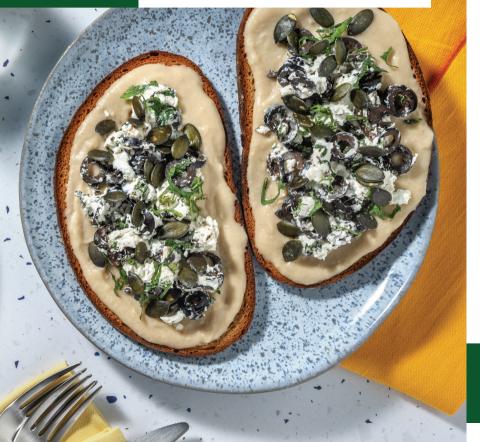


### HELLO FRESH

## Kalamata Olive & Hummus Toast

with Goat Cheese & Pepitas





#### First up!

Wash your hands and any fresh foods before you start.

ngredients	2 people
arsley	1 bag
alamata Olives	2 packets
arinated Goat heese	1 packet (100g)

Sliced Sourdough 4

*Pantry Items	
Pepitas	1 large packet
Hummus	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

# 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 Dijon Mustard



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



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.



**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