



# 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

**Butter\***  
(softened) 15g

### \*Pantry Items

### Nutrition Information

AVG QTY	PER SERVING	PER 100g
Energy (kJ)	2033kJ (486Cal)	912kJ (218Cal)
Protein (g)	18.2g	8.2g
Fat, total (g)	30.8g	13.8g
- saturated (g)	16.1g	7.2g
Carbohydrate (g)	32.2g	14.4g
- sugars (g)	3.1g	1.4g
Sodium (g)	1241mg	557mg

*The quantities provided above are averages only.*

## 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**. 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.

## Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](http://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](http://hellofresh.com.au/contact-us)

# 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