# HELLO FRESH

# Proscuitto & Semi-Dried 2 Tomato Cheese Toastie

with Basil Pesto



Wash your hands and any fresh foods before you start.

Ingredients	2 people	
Semi-Dried Tomatoes	1 packet	
Sliced Sourdough	4 slices	
Basil Pesto	1 packet	
Cheddar Cheese	1 medium packet	
Prosciutto	1 packet	
Butter* (softened)	15g	
*Pantry Items		

Nutrition Information		
AVG QTY	PER SERVING	PER 100g
Energy (kJ)	2300kJ (549Cal)	1278kJ (305Cal)
Protein (g)	27.9g	15.5g
Fat, total (g) - saturated (g)	31.9g 8.1g	17.7g 4.5g
Carbohydrate (g)	36.1g	20.1g
- sugars (g) Sodium (g)	4.2g 1586mg	2.3g 881mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed. 1. Get prepped

Roughly chop **semi-dried tomatoes**.

# 2. Assemble the toastie

Spread half the **sourdough** slices with basil pesto. Top with Cheddar cheese, proscuitto and tomatoes. Season with pepper. Top with remaining slices of sourdough. Spread the outside slices of sourdough with butter. Toast each sandwich in a sandwich press or frying pan until golden on each side.

## 3. Serve up

Slice sandwiches in half. Divide proscuitto, semi-dried tomato and cheese toasties between plates to serve.

#### 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!



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.



Youjuice Getcha Greens 2 x 350mL



Prosciutto & Cheese Croissant with Dijon Mustard



**Choc Chip Protein Cookie** Youfoodz

### Quick Lunches

Short on time? Whip up these delicious dishes in a flash!



Cosy lunch Basil & Vine Ripened Tomato Soup Ready in 5 | Serves 1



Turn dinner into a feast that the whole family will love.



Ready to bake

Garlic Bread Serves 4+



Nonna's Beef Bolognese

No Prep | Ready in 5

The perfect sid

Roasted Potatoes & Creamy Fetta with Lemon Zest



Lunch bites

**Oyster Sauce Chicken Bao Buns** with Mayo & Pickled Cucumber



Four easy steps

Spiced Apple & Pear Crumble with Vanilla Custard