

 HELLO FRESH

Honey-Thyme Walnut & Goat Cheese Toast

with Chilli Flakes

SERVES
2



Grab your Kit



First up!

Wash your hands and any fresh foods before you start.

Ingredients	2 people
Thyme	1 bag
Walnuts	1 large bag
Butter*	30g
Honey*	1 tbs
Chilli Flakes  (optional)	pinch

Sliced Sourdough 4 slices

Marinated Goat Cheese 1 packet

*Pantry Items

Nutrition Information

AVG QTY	PER SERVING	PER 100g
Energy (kJ)	1935kJ (462Cal)	1424kJ (340Cal)
Protein (g)	15.7g	11.6g
Fat, total (g)	29.4g	21.6g
- saturated (g)	8.3g	6.1g
Carbohydrate (g)	31.6g	23.3g
- sugars (g)	2.4g	1.8g
Sodium (g)	756mg	556mg

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

Pick **thyme** leaves. Roughly chop **walnuts**. In a medium frying pan, melt the **butter** over medium heat. Add **thyme, walnuts**, the **honey** and **chilli flakes** (if using). Cook, stirring, until beginning to brown, **2-3 minutes**. Remove from heat. Season with **pepper**.

2. Toast the bread

Meanwhile, toast or grill **sliced sourdough** to your liking.

3. Serve up

Spread each slice with **marinated goat cheese**. Top with honey-thyme walnuts.

We're here to help!

If you have any questions or concerns, please contact us at hellofresh.com.au/contact 2023 | CW06



SEG

ON THE MENU

With delicious options for every occasion from breakfast to dinner, HelloFresh has you covered for every meal of the day.

Brekkie delights

Make breakfast extra delicious with one of our satisfying breakfast options, like granola, pancakes and bagels.

Combining a fresh bagel and delicious savoury toppings, our **Smoked Salmon & Cream Cheese Bagel with Spring Onion & Capers** is sure to be a hit!



Treat yourself

For a twist on a retro classic try our **Tropical Upside Down Pineapple Cake with Coconut Caramel & Toasted Coconut**. With a decadent coconut caramel sauce, you'll be lining up for seconds!



Shop the range!

Get more in your HelloFresh box with our delicious range of snacks, fruit, desserts and drinks.



Choc Chip Protein Cookie



Balsamic Vinegar & Sea Salt Vege Crackers



Raspberry Lemonade Kombucha



Sweetcorn & Spring Onion Fritter Bites

Plan your menu!

Scan the QR code below and add something special to your next box!

