



# 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 packet
<b>Butter*</b>	30g
<b>Honey*</b>	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](https://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 mins**. 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](https://hellofresh.com.au/contact)



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# 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 **Pineapple Upside Down Cake with Coconut Caramel & Toasted Coconut**. With a decadent coconut caramel sauce, you'll be lining up for seconds!



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Choc Chip Protein Cookie



Balsamic Vinegar & Sea Salt Vege Crackers



Raspberry Lemonade Kombucha



Sweetcorn & Spring Onion Fritter Bites

## Plan your menu!

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