



# KIDS' BEEF & VEGGIE EMPANADAS

+ Snack: Apple "Nachos" with PB Chocolate Sauce



## INGREDIENTS

3 PERSON | 6 PERSON



1 | 2  
Orange



6 oz | 12 oz  
Carrots



1 | 2  
Beef and Vegetable  
Empanadas  
Contains: Wheat



1.5 oz | 3 oz  
Blue Corn  
Tortilla Chips  
Contains: Sesame



12 oz | 24 oz  
Pico de Gallo



1 | 2  
Apple



1 | 2  
Granny Smith  
Apple



1.15 oz | 2.3 oz  
Peanut Butter  
Contains: Peanuts



2 tsp | 4 tsp  
Honey



3 oz | 6 oz  
Semisweet  
Chocolate Chips  
Contains: Soy

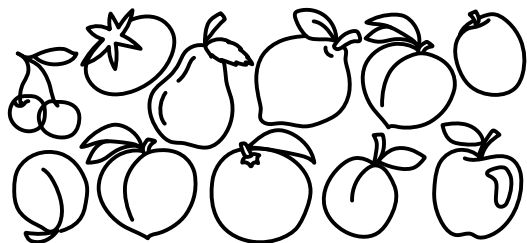


2 TBSP | 4 TBSP  
Yogurt  
Contains: Milk



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP!

## FIND THE MATCH



## LUNCH



## SNACK



LUNCH PREP: 5 MIN COOK: 10 MIN | CALORIES: 300 + SNACK COOK: 10 MIN | CALORIES: 350





# HELLO FRESH



## HELLO

### LUNCH + SNACK

Whip up this time-saving, kid-pleasing meal (plus a little something extra!).

### LEMON SQUEEZY

Got lemon? Squeeze it over the apple slices to add flavor and keep them from browning.

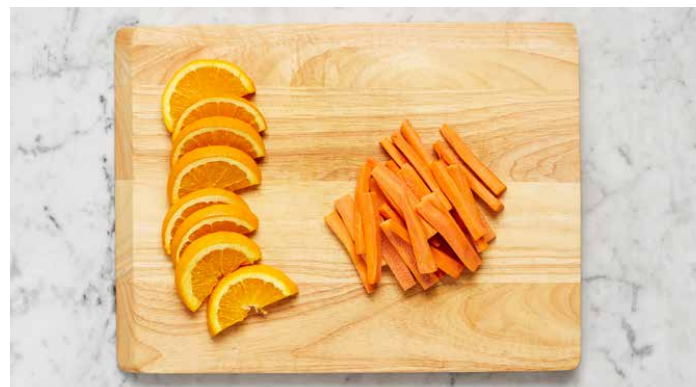
### BUST OUT

- Peeler
- Paper towels
- Medium bowl
- Plastic wrap
- Kosher salt
- Butter (1 TBSP | 2 TBSP)  
Contains: Milk
- Whisk
- Small bowl
- Parchment paper

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### 1 PREP

- Wash and dry produce.
- Halve **orange**; slice widthwise into ½-inch-thick half-moons. Trim, peel, and cut **carrots** into sticks (like fries; ours were 3 inches long and ½ inch thick).



### 3 SERVE OR STASH LUNCH

- **To serve:** Divide **empanadas** between plates. Serve with **tortilla chips**, **pico de gallo**, **carrots**, and **orange slices** on the side.
- **To stash:** Let empanadas cool completely. Refrigerate empanadas, tortilla chips, pico de gallo, carrots, and orange slices in separate containers and pack as desired!



### 2 WARM EMPANADAS

- Working in batches if necessary, place **empanadas** on a large plate in a single layer. Cover with a damp paper towel. Microwave until warmed through, 1½-2 minutes. Carefully remove.
- **AIR FRYER ALTERNATIVE:** Working in batches if necessary, coat an air fryer basket with **cooking spray**; arrange **empanadas** in a single layer in basket. Coat tops with **cooking spray**. Air fry at 375 degrees until golden brown, turning halfway through, 10-12 minutes.



### 4 MAKE SNACK

- Halve, core, and thinly slice **apples**.
- Place **peanut butter**, **honey**, **half the chocolate chips**, and **1 TBSP butter** (2 TBSP for 6 servings) in a medium microwave-safe bowl; cover with plastic wrap. Microwave until peanut butter is softened and chocolate chips are melted, 30-45 seconds. Add a pinch of **salt**. Whisk until smooth and combined.
- In a small bowl, combine **yogurt** and **1 tsp water** (1½ tsp for 6) until smooth.
- Fan out **apple slices** on a large parchment-lined plate (it's OK if they overlap!). Drizzle with as much **PB-chocolate sauce** and yogurt as you like (it's normal for the chocolate sauce to harden slightly as it cools). Sprinkle remaining chocolate chips over top and serve.