



One-Pot Lemon & Kale Fusilli

with Cherry Tomatoes



Master zesting!



Cherry Tomatoes



Lemon



Basil



Kale



Fusilli



Parmesan Cheese

Pantry Staples



Sea Salt Flakes



Olive Oil



Boiling Water

Hands-on: 20 mins
Ready in: 30 mins

A tomato pasta doesn't need to be smothered in red sauce. Take this lemon and kale fusilli for example! It's fresh and light, and did we mention it's a one-pot wonder? Yeah, we reckoned you'd like that.

BEFORE YOU START

You will need: **chef's knife**, **chopping board**, **zester**, **large saucepan** with a **lid**, **fine grater**, **wooden spoon** and **small bowl**.
Let's start cooking the **One-Pot Lemon & Kale Fusilli with Cherry Tomatoes**.



1 GET PREPPED

Halve the **cherry tomatoes**. 🍋 Zest and juice the **lemon**. Roughly chop the **basil** leaves. Destem and roughly chop the **kale**.

When zesting the lemon be sure to only use the yellow rind. The white pith can be very bitter!



2 COMBINE THE INGREDIENTS

Add the **fusilli** (this will cook in the pan), **cherry tomatoes**, **lemon zest**, **1/2** the **basil**, **sea salt flakes**, **2/3** of the **olive oil** and **boiling water** to a large saucepan with a lid (make sure the pan is big enough to fit all the ingredients!).

💡 **TIP:** Be sure to use the suggested amount of pasta so your dish is balanced, just the way we planned it.



3 BRING TO THE BOIL

Cover and bring to the boil over a high heat. While you're bringing the pasta to the boil, finely grate the **Parmesan cheese**.



4 ADD THE GREENS

Once boiling, remove the lid and simmer for **9 minutes**, stirring often until the liquid has evaporated and the fusilli is coated and glossy. In the final **3 minutes** of cooking add the **kale** and stir to combine. Season with **salt** and **pepper**.



5 MAKE THE LEMON SAUCE

Meanwhile, in a small bowl combine the remaining **olive oil** and **1/4** of the **lemon juice**. Once the **fusilli** is cooked, stir the olive oil-lemon juice mixture through.



6 SERVE UP

Divide the fusilli between bowls and top with the **Parmesan cheese** and **remaining basil**.

Enjoy!

2 | 4 PEOPLE INGREDIENTS

| | 2P | 4P |
|--|---------------|---------------|
| cherry tomatoes | 1 punnet | 2 punnets |
| lemon 🍋 | ½ | 1 |
| basil | 1 bunch | 2 bunches |
| kale | 1 bag | 2 bags |
| fusilli (note: using extra pasta will alter the flavour of the dish) | 200g | 400g |
| sea salt flakes* | 1 tsp | 2 tsp |
| olive oil* | 2 ½ tbs | 5 tbs |
| boiling water* | 500ml | 1 L |
| Parmesan cheese | ½ block (25g) | 1 block (50g) |

*Pantry Items | 🍋 Ingredient features in another recipe

| NUTRITION | PER SERVING | PER 100G |
|------------------|-------------|----------|
| Energy (kJ) | 2730 | 746 |
| Protein (g) | 25.2 | 6.9 |
| Fat, total (g) | 26.4 | 7.2 |
| - saturated (g) | 7.2 | 2 |
| Carbohydrate (g) | 73.9 | 20.2 |
| - sugars (g) | 3.7 | 1 |
| Sodium (g) | 1080 | 296 |

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GRILLED HALOUMI TACOS

with Gremolata & Tomato Salsa



Jazz up your dish with a homemade gremolata sauce



Haloumi



Tomatoes



Red Onion



Parsley



Lemon



Chilli Flakes



Dried Oregano



Mini Flour Tortillas

Pantry Staples



Olive Oil



Brown Sugar



Red Wine Vinegar

Hands-on: **20 mins**
Ready in: **30 mins**

Haloumi is just the thing for a killer taco! For an amazing salsa that isn't too watery, be sure to scrape the seeds out of your tomato. Trust us, it's worth it!

BEFORE YOU START

You will need: **chef's knife**, **chopping board**, **zester**, two **medium bowls**, **small jug** or **bowl**, **medium grill pan**, **tongs**, **plate** and **aluminium foil**. Let's start cooking the **Grilled Haloumi Tacos with Gremolata & Tomato Salsa**.



1 GET PREPPED

Chop the **haloumi** into 2 cm cubes. Halve the **tomato**, scoop out the seeds and finely dice the flesh. Finely chop the **red onion**. Finely chop the leaves and stalks of the **parsley**. Zest the **lemon** and slice into wedges.



2 MARINATE THE HALOUMI

Place the **haloumi**, **1/2** the **olive oil**, **chilli flakes**, **dried oregano** and **brown sugar** (optional) in a medium bowl. Season with **salt** and **pepper**. Toss to coat the haloumi in the seasoning. Set aside.



3 MAKE THE TOMATO SALSA

Combine the **tomato**, **red onion** and **red wine vinegar** in a second medium bowl. Season with **salt** and **pepper**. Set aside.



4 MAKE THE GREMOLATA

In a **small jug** or **bowl** combine the **parsley** leaves and stalks, **remaining olive oil**, **lemon zest** and **juice** from **1/2** the **lemon** wedges. Season with **salt** and **pepper**.

While the traditional Italian gremolata includes these ingredients, you can try many other variations. Use the zest from other citrus fruits (lime, orange or grapefruit) or different herbs (coriander, mint, sage) or even add a little garlic, grated fresh horseradish or grated Parmesan cheese!



5 COOK TORTILLAS & HALOUMI

Heat a medium grill pan over a medium-high heat. Grill the **mini flour tortillas** in the pan for **1-2 minutes**, or until charred and warm (but not stiff as you want to roll them up with the filling when it comes time to eat!). Set aside on a plate and cover with foil to keep warm. Return the pan to a medium-high heat with a drizzle of **olive oil**. Cook the **haloumi** for **3-4 minutes**, turning halfway, or until golden and heated through.



6 SERVE UP

Divide the **mini flour tortillas** between plates. Top with the tomato salsa, grilled haloumi, gremolata and **remaining lemon** wedges.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

| | 2P | 4P |
|-------------------------|------------------|-------------------|
| haloumi | 1 block (180g) | 2 blocks (360g) |
| tomatoes | 2 | 4 |
| red onion ☞ | ¼ | ½ |
| parsley | 1 bunch | 2 bunches |
| lemon ☞ | ½ | 1 |
| olive oil* | 2 tbs | 4 tbs |
| chilli flakes | ½ sachet (½ tsp) | ¾ sachet (¾ tsp) |
| dried oregano | 1 sachet (2 tsp) | 2 sachets (4 tsp) |
| brown sugar* (optional) | ½ tsp | 1 tsp |
| red wine vinegar* | 1 tsp | 2 tsp |
| mini flour tortillas | 6 | 12 |

*Pantry Items | ☞ Ingredient features in another recipe

| NUTRITION | PER SERVING | PER 100G |
|------------------|-------------|----------|
| Energy (kJ) | 2830 | 765 |
| Protein (g) | 27.6 | 7.5 |
| Fat, total (g) | 45.2 | 12.2 |
| saturated (g) | 19.0 | 5.1 |
| Carbohydrate (g) | 36.7 | 9.9 |
| sugars (g) | 6.9 | 1.9 |
| Sodium (mg) | 1549 | 418 |

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CHEESY VEGETABLE FRITTERS

with Dill & Parsley Mayo



Learn how to remove moisture from grated zucchini



Zucchini



Carrot



Cheddar Cheese



Spring Onion



Baby Spinach Leaves



Cucumber



Dill & Parsley Mayonnaise



Lime

Pantry Staples



Eggs



Plain Flour



Milk



Olive Oil

Hands-on: **25 mins**
Ready in: **35 mins**

They say love is the glue that holds a family together, but we've done extensive field research and have discovered that it is, in fact, cheese. Gather your loved ones and stack these fritters high. It's like a delicious game of Jenga that everyone will want to play.

BEFORE YOU START

You will need: **fork** or **whisk**, two **large bowls**, **medium frying pan**, **large serving spoon**, **spatula**, **plate**, **paper towel** and **vegetable peeler**. Let's start cooking the **Cheesy Vegetable Fritters with Dill & Parsley Mayo**.



1 GET PREPPED

🌱 Grate **zucchini** and using clean hands, take mixture and squeeze out over a bowl to remove excess moisture. Alternatively, place **zucchini** in a sieve over a bowl and use a wooden spoon to press down on zucchini to remove moisture. Wash and grate the **carrot**. Grate the **Cheddar cheese**. Finely slice the **spring onion**. Whisk the **eggs** in a large bowl.

Removing the excess moisture from the zucchini is important to ensure your fritter batter is the right consistency and not too wet.



4 COOK THE FRITTERS

Heat $\frac{1}{2}$ the **olive oil** in a medium frying pan over a medium-high heat. Use a large serving spoon to gently place a portion of the fritter batter into the pan. Cook a few fritters at a time (you should be able to make approximately 6 fritters). Cook for **3-4 minutes** on each side and transfer to paper towel lined plate. Wipe out pan and add the **remaining olive oil** (if needed) between batches.



2 COMBINE THE VEGGIES

Add the **zucchini**, **carrot**, **Cheddar cheese** and **spring onion** to the bowl with the egg. Stir well to combine.



5 PREPARE THE SALAD

Meanwhile, place the **baby spinach leaves** in a second large bowl. Peel the cucumber into ribbons using a vegetable peeler and add to the bowl. Season with **salt** and **pepper**, drizzle with some **olive oil** and set aside. Cut the **lime** into wedges.



3 MAKE THE BATTER

Add the **plain flour** and **milk** to the bowl with the veggies and mix until combined. Season with **salt** and **pepper**.

💡 **TIP:** The result should be a light batter that holds your veggies together as they cook but nothing too pancakey.



6 SERVE UP

Divide the salad and cheesy vegetable fritters between plates. Top with a spoonful of the **dill & parsley mayonnaise** and a wedge of **lime**.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

| | 2P | 4P |
|---------------------------|-------------------|-------------------|
| zucchini | 1 | 2 |
| carrot | 1 | 2 |
| Cheddar cheese | 1 block (50g) | 2 blocks (100g) |
| spring onion | 1 bunch | 2 bunches |
| eggs* | 2 | 4 |
| plain flour* | $\frac{1}{4}$ cup | $\frac{1}{2}$ cup |
| milk* | 1 tbs | 2 tbs |
| olive oil* | $\frac{1}{4}$ cup | $\frac{1}{2}$ cup |
| baby spinach leaves | 1 bag | 2 bags |
| cucumber | 1 | 2 |
| dill & parsley mayonnaise | 1 tub (50g) | 2 tubs (100g) |
| lime | $\frac{1}{2}$ | 1 |

*Pantry Items | 🍷 Ingredient features in another recipe

NUTRITION PER SERVING PER 100G

| | | |
|------------------|------|-----|
| Energy (kJ) | 2420 | 532 |
| Protein (g) | 20.1 | 4.4 |
| Fat, total (g) | 45.4 | 10 |
| saturated (g) | 10.7 | 2.3 |
| Carbohydrate (g) | 22.4 | 4.9 |
| sugars (g) | 9.3 | 2.1 |
| Sodium (mg) | 379 | 83 |

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