



## THIS WEEK'S HELLOFRESH MENU:

**MATE'S RATES!**  
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**WEEK 14, 2014**  
**31 MARCH**

- 1. Fettuccine with Herbed Ricotta & Roasted Almonds 5 3 20 mins
- 2. Turkish Barley & Lentil Salad with Tahini 5 3 30 mins
- 3. Candied Orange Pilaf with Roasted Pumpkin 5 3 25 mins
- 4. Harissa Haloumi with Corn & Coriander 5 25 mins
- 5. Mushroom Burger 5 25 mins

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All nutritional information is provided as a guide only.  
 They are calculated based on the individual portion size prescribed by the recipe.  
 All values include the sometimes optional carbohydrate component such as rice and couscous.  
 Such carbohydrates can be omitted based on personal preference.  
 Please be aware that values will change given that fresh produce will vary in size and weight and individual cooking processes will yield individual nutritional results.

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# Fettuccine with Herbed Ricotta & Roasted Almonds



Energy	2030 KJ
Protein	14.5 g
Fat, total	26.9 g
-saturated	6 g
Carbohydrate	42.8 g
-sugars	7.2 g

	2P	4P	6P	
	250 g	500 g	750 g	fettuccine
	40 g	80 g	120 g	slivered almonds
	1/2	1	1 1/2	lemon, zested & juiced
	1 bunch	2 bunches	3 bunches	parsley, finely chopped
	1 bunch	2 bunches	3 bunches	thyme, finely chopped
	100 g	200 g	300 g	ricotta
	3 tbs	6 tbs	9 tbs	olive oil
	1/2	1	1 1/2	red onion, diced*
	1	2	3	long chilli, de-seeded & diced
	2	4	6	garlic cloves, crushed*

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\*may feature in another one of your recipes

## For the pasta

In a large pot bring some salted water to the boil. Add the **fettuccine** to the boiling water and cook for approximately **10 minutes** or until "al dente", stirring regularly to ensure the pasta does not stick. Strain and return back to the pot.

## For the almonds

While the pasta is cooking we can roast our **slivered almonds**. Place the almonds in an un-oiled pan and cook for **2-3 minutes** or until golden brown, watch them like a hawk to make sure they aren't burning! Remove and leave aside.

## For the ricotta

To prepare your herbed ricotta, simply place the **lemon zest**, **parsley**, and **thyme** into a bowl, along with the **ricotta**. Season with **salt** and **pepper** and then mix well.

## For the sauté mix

Heat the **oil** in a pan over medium-high heat, add the **onion**, **chilli** (optional), and **garlic** and cook for **2-3 minutes**, remove from the heat and add the **lemon juice**.

## To serve

Add the sauté mix to the pasta along with the herbed ricotta and the roasted almonds, toss well to combine and serve nice and hot.

Almonds are technically part of the peach family.



#ricottapasta

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## Turkish Barley & Lentil Salad with Tahini

Energy	2430	KJ
Protein	15.9	g
Fat, total	29.1	g
-saturated	6.2	g
Carbohydrate	54	g
-sugars	18.7	g

	2P	4P	6P	
	100 g	200 g	300 g	pearl barley
	1	2	3	brown onion, diced*
	2	4	6	garlic cloves, crushed*
	2 tsp	4 tsp	6 tsp	cumin
	1 tin	2 tins	3 tins	lentils, rinsed & drained
	2	4	6	carrot, roughly chopped into disc*
	1 tin	2 tins	3 tins	diced tomatoes
P	1 tbs	2 tbs	3 tbs	brown sugar
	5 g	10 g	15 g	vegetable stock powder
P	250 ml	500 ml	750 ml	boiling water
	100 g	200 g	300 g	yoghurt
	20 g	40 g	60 g	tahini
	1	2	3	lemon, juiced*
	60 g	120 g	180 g	rocket

\*may feature in another one of your recipes

### For the barley

Bring a pot of salted water to boil and add the **barley**, leave to simmer for **30 minutes** and then strain.

### For the lentil salad

Heat some oil in a pan over medium-high heat. Add the **onion** and **garlic** to the pan and cook for **3 minutes**, then add in the **cumin** and sauté for a further **1 minute**.

Now add the **lentils**, **carrots**, **diced tomatoes**, **sugar** and the **vegetable stock powder** along with 250ml of **boiling water** for every 5g of stock. Bring to the boil and leave it to simmer away with vigour for **20 minutes** or until the liquid begins to evaporate.

Taste and adjust seasoning throughout its journey. Remove from the heat and add in the cooked barley and stir well to combine.

### For the dressing

While the lentil mixture is simmering, prepare the tahini and yoghurt dressing. Simply place the **yoghurt**, **tahini**, half the **lemon juice**, and a good grind of **salt** and **pepper** into a small bowl.

### To serve

Toss the **rocket** through the barley and lentils and then serve between plates with a good spoonful of yoghurt and tahini dressing and a squeeze of lemon.

The optical lens is named after the Latin word for lentil



#lentilsalad

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## Candied Orange Pilaf with Roasted Pumpkin

Energy	1980 KJ
Protein	13.8 g
Fat, total	5.3 g
-saturated	3 g
Carbohydrate	69.8 g
-sugars	10.1 g

	2P	4P	6P	
	400 g	800 g	1200 g	pumpkin, diced into 1cm cubes
	150 g	300 g	450 g	rice
	1	2	3	orange, rind reserved & juiced
	5 g	10 g	15 g	vegetable stock
P	2 tbs	4 tbs	6 tbs	butter
	1	2	3	brown onion, diced*
	2	4	6	garlic cloves, crushed*
	2	4	6	carrot, julienned*
P	2 tsp	4 tsp	6 tsp	sugar
	1/2	1	1 1/2	coriander bunch, roughly chopped*

\*may feature in another one of your recipes

### For the pumpkin

Preheat the oven to 180°C. Place the diced pumpkin onto a baking dish, season with salt and pepper and dress with some olive oil. Place in the oven for 25 minutes or until the pumpkin begins to brown. Remove from the oven and leave them aside.

### For the rice

Place the rice into a pot and rinse it with cold tap water, the water will initially become cloudy, continue to rinse until the water becomes clear enough (it doesn't need to be crystal).

### For the pilaf

With a knife, remove the rind from half the orange in broad strips. Cut away as much of the pith as possible and cut the rind into fine strips.

Prepare the stock by dissolving every 5g of stock into 500ml of water and then adding the orange juice to the stock.

Heat the butter in a pan over medium-high heat add the onion and sauté until soft. Add the garlic and cook for another couple of minutes.

Add the washed rice and stir it in and cook for 1 minute. Add twice as much stock as you have rice (for 150g of rice add 300ml of stock) and bring to the boil, then once boiling reduce the heat to a low simmer and cover with a lid.

Top it up with a splash or so of stock every couple of minutes and mix just enough to prevent the rice from sticking to the bottom of the pan. After approximately 12-14 minutes the rice should have absorbed all of the stock. Remove from the heat.

While the rice is cooking, heat some butter in a pan over medium heat and sauté the carrots until softened. Remove the carrots and set aside, add the orange rind and cook over medium heat for a couple of minutes until it softens, add the sugar and stir until the moisture is cooked off and the rind is slightly caramelised,

### To serve

Add the carrots, orange rind, coriander, and pumpkin to the rice and stir gently to combine. Divide between plate and enjoy!



#pumpkinpilaf

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Oranges are domesticated hybrid fruits, so it's extremely unlikely to find them growing naturally in the wild



# Harissa Haloumi with Corn & Coriander



Energy	2620	KJ
Protein	39.1	g
Fat, total	29.9	g
-saturated	12.9	g
Carbohydrate	40.5	g
-sugars	11.1	g

	2P	4P	6P	
P	3 tbs	6 tbs	9 tbs	olive oil
P	1 tbs	2 tbs	3 tbs	balsamic vinegar
	1 tbs	2 tbs	3 tbs	harissa paste
	1 cob	2 cobs	3 cobs	corn, shucked
	1 tin	2 tins	3 tins	red kidney beans, strained & rinsed
	1 bunch	2 bunches	3 bunches	spring onion, chopped
	80 g	160 g	240 g	mixed salad, washed
	1/2	1	1 1/2	coriander bunch, chopped*
	250 g	500 g	750 g	haloumi, cut into triangles

\*may feature in another one of your recipes

## For the salad

Whisk together the **olive oil**, **balsamic vinegar**, and the **harissa paste** (use the harissa sparingly because it is quite hot) in the bottom of a large bowl. Add to the bowl the **corn kernels**, **red kidney beans**, **spring onion**, **mixed leaves**, and **coriander**. Toss the ingredients well until the dressing has coated the salad ingredients.

## For the haloumi

Heat a griddle or BBQ to high heat. Lightly oil the griddle and add the **haloumi**, cooking for **1-2 minutes** or either side or until golden brown on each side.

## To serve

Serve the corn and bean salad between plates and then top with the deliciously grilled haloumi.



#haloumisalad

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# Mushroom Burger with Wilted Spinach

Energy	1830 KJ
Protein	22.5 g
Fat, total	8.6 g
-saturated	1.2 g
Carbohydrate	32.3 g
-sugars	5.3 g

	2P	4P	6P	
P	2 tbs	4 tbs	6 tbs	olive oil
	4	8	12	field mushrooms
	2	4	6	medium turkish rolls
	1	2	3	red onion, sliced into thick rings*
P	1 tbs	2 tbs	3 tbs	balsamic vinegar
	80 g	160 g	240 g	baby spinach, washed
	2	4	6	garlic cloves, crushed*
	80 g	160 g	240 g	sun-dried tomatoes
	100 g	200 g	300 g	feta, crumbled

\*may feature in another one of your recipes

## For the mushrooms

To start - Bring your bread to room temperature (if it has been in the fridge) and preheat the oven to 180°C.

Heat the **olive oil** in a pan over medium-high heat, place the **mushrooms** in the pan and cook for **3 minutes** on either side. Once browned, place the mushrooms on an oven tray, season with **salt** and **pepper** and place in the oven for **5 minutes** or until they have softened. Set aside in a warm resting place

## For the bread

Once you pull the mushrooms out of the oven this is a good time to bake your fresh bread. Cut the **turkish rolls** in half and place them into the oven for **8-10 minutes**, when ready remove from the oven and get ready for burger assembly.

## For the filling

In a pan, heat some more olive oil and add the **onion rings**, drizzle them with **balsamic vinegar** and cook for **3 minutes** on either side or until they have cooked right through and caramelised. Once cooked, remove from the pan and leave aside in a warm place. Add a little more oil to the pan, throw in the **spinach** and the **garlic**, cook for **2 minutes** or until the spinach leaves have wilted down. Remove aside with the onion rings.

## To serve

Start by dividing the spinach over the bases of the burger buns, then the onion, then the **sun-dried tomato**, followed by the mushrooms, and finally the crumbled **feta**.

cooking spinach actually increases its health benefits! Just half a cup of cooked spinach will give you thrice as much nutrition as one cup of raw spinach.



#mushroomburger

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