



# Cheesy Gochujang Toastie Dippers & Chive Sauce with Mature Cheddar Cheese

Special Sides 15-20 Minutes • Medium Spice • Veggie

7A

Find all your unchilled Market items in bag A.



Ciabatta



Mature Cheddar Cheese



Chives



Gochujang Paste



Garlic Clove



Soured Cream

## PAN-FRIED PANINI

These are the pan-fried instructions, but this recipe will be just as tasty in a panini press if you have one!

### Pantry Items

Sugar, Oil, Salt, Pepper

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

## Cooking tools

Grater, bowl, frying pan and garlic press.

## Ingredients

| Ingredients                       | Quantity |
|-----------------------------------|----------|
| Ciabatta <b>13)</b>               | 2        |
| Mature Cheddar Cheese** <b>7)</b> | 90g      |
| Chives**                          | 1 bunch  |
| Gochujang Paste <b>11)</b>        | 30g      |
| Garlic Clove**                    | 1        |
| Soured Cream** <b>7)</b>          | 75g      |

| Pantry | Quantity |
|--------|----------|
| Sugar* | ½ tsp    |

\*Not Included \*\*Store in the Fridge

## Nutrition

| Typical Values          | Per serving | Per 100g  |
|-------------------------|-------------|-----------|
| for uncooked ingredient | 194g        | 100g      |
| Energy (kJ/kcal)        | 2035 /486   | 1049 /251 |
| Fat (g)                 | 25.3        | 13.0      |
| Sat. Fat (g)            | 14.4        | 7.4       |
| Carbohydrate (g)        | 47.9        | 24.7      |
| Sugars (g)              | 7.1         | 3.6       |
| Protein (g)             | 19.7        | 10.2      |
| Salt (g)                | 2.71        | 1.40      |

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**7) Milk 11) Soya 13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

## Contact

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1



2



3



## Prep the Toastie Filling

**a)** Halve the **ciabatta**.

**b)** Grate the **cheese**.

**c)** Roughly chop the **chives** (use scissors if easier).

**d)** In a medium bowl, combine the **cheese** with the **gochujang paste**, **three quarters** of the **chives** and the **sugar** (see pantry for amount)

## Make the Toasties

**a)** Evenly divide the **cheese mixture** over the **base** of each **ciabatta**. Sandwich shut with the **ciabatta lids** and firmly press the **cheese mixture** inside.

**b)** Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **toasties**, pressing down with a spatula or heavy-bottomed pan.

**c)** Cook, pressing occasionally, until the **bread** is golden and **toasted** and the **cheese** has melted, 2-4 mins per side.

## Make the Garlic Dip

**a)** Meanwhile, peel and grate the **garlic** (or use a garlic press).

**b)** In a small serving bowl, combine the **garlic**, **soured cream** and the remaining **chives**. Season with **salt** and **pepper**.

**c)** Once cooked, remove the **toasties** from the pan and chop into 2cm wide strips.

**d)** Serve your **cheesy gochujang dippers** with the **garlic soured cream** alongside for dipping.

Enjoy!