



Take a fresh look
at dinner times

Eat well, feel great.





Welcome to HelloPerks!

Happy new year! We're here to help you kickstart 2021 with delicious offers and recipes to help you eat well this January.

Venturing into Veganuary? We've made **going meat-free easy with our pick of plant-based recipes that everyone will love**. Packed full of flavour and taking inspiration from cuisines across the globe, from British classics to aromatic curries, it's easy to turn your favourite meals into plant-based dishes. *

Looking to eat a more balanced diet? Our Calorie Smart recipes have you covered. Choose from a variety of wholesome, flavour-filled dishes each week and cook satisfying dinners all under 600 calories.

*Produced in facility that processes dairy, eggs, fish & meat.

Ready, Veggie, go...

Whether you're going veggie or trying to avoid meat and dairy, our plant-based versions of your favourite dishes are just the thing. Take a bite of our **Harissa Burger with Wedges and Salad** or add a kick to dinner times with our **Creamy Aubergine Curry with Mushrooms, Lentils and Potatoes** that's full of aromatic spices.

With these and many more recipes to choose from, there's a plant-based pick for everyone. Take a look at the menu and add them to your box today.



Fresh in a hurry

With our **Extra Rapid recipes**, you can taste the goodness of home-cooked dinners even when time's not on your side. We've created a range of dishes using fresh ingredients that can be cooked up in under 10 minutes.

So whether it's a Grilled Sea Bass with Creamy Tomato Pasta or Chicken Curry in a hurry, there's a dish full of flavour waiting to be cooked up in a flash. Add them to your box today from £1.49.





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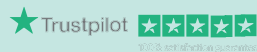
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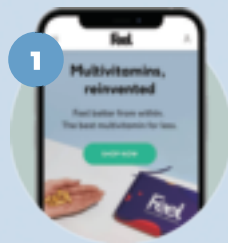
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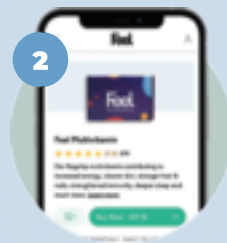
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Marjorie, 98

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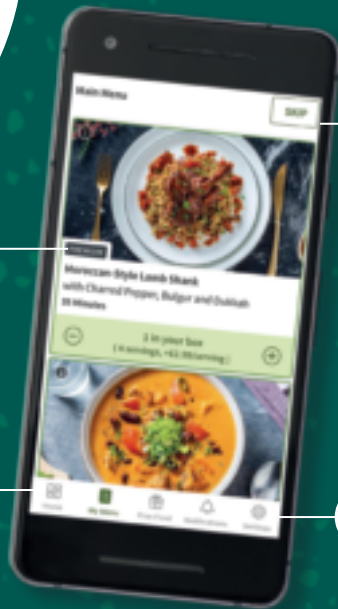


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