



Everything
But The Chef

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WK21
2015



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Autumn Panzanella

Russet croutons of rye, golden haloumi, crescents of orange sweet potato, ribbons of carrots, and burgundy chunks of beetroot, all cuddled up in golden honey and red wine vinegar. Autumn is officially here, and what better way to celebrate than with this quintessential panzanella salad?



Prep: 20 mins

Cook: 20 mins

Total: 40 mins



level 1



pantry items



Garlic



Rye Bread



Haloumi



Sweet Potato



Beetroot



Brussels Sprouts



Carrot



Kale

2P	4P	Ingredients
400 g	800 g	sweet potato, sliced into half moons
6	12	Brussels sprouts, quartered
1	2	beetroot, peeled & diced A
1 loaf	2 loaves	rye bread, cut into 2 cm cubes
½ block	1 block	haloumi, cut into 2 cm cubes
1 tbs	2 tbs	olive oil *
2	4	garlic cloves, peeled & crushed ⊕
1 tbs	2 tbs	red wine vinegar *
1 tsp	2 tsp	honey *
1	2	carrot, peeled into ribbons
1 bunch	2 bunches	kale, stalks removed & roughly chopped

⊕ May feature in another recipe

* Good to have at home

Nutrition per serving

Energy	3030	Kj
Protein	31	g
Fat, total	25.3	g
-saturated	10	g
Carbohydrate	81.8	g
-sugars	30.2	g
Sodium	2680	mg

Measuretool

0 cm	1 cm	2 cm



1 Preheat the oven to **200°C/180°C** fan-forced. Line two baking trays.



2 Add the **sweet potato** and **Brussels sprouts** with a good glug of oil and season with **salt** and **pepper** to one of the prepared trays. Make a foil parcel for the **beetroot**, coat with some oil, salt and pepper and seal. Place on the same tray and cook in the oven for **20 minutes**.



3 Place the **rye bread** and **haloumi** on the remaining baking tray, toss with the **olive oil** and **garlic**. Add it to the oven for the last **10 minutes** or until the haloumi is golden.



4 Meanwhile, in a small bowl whisk the **red wine vinegar**, **honey** and some salt and place the **carrot** into the liquid. Coat the carrot and allow it to pickle while the veggies bake.

5 In a big serving bowl, dress the **kale** with olive oil and salt, then massage the leaves for **1-2 minutes** with your fingers. Add the roasted veggies, croustons, haloumi, carrots, and the pickling liquid (this is your dressing).

6 Divide the salad into bowls and enjoy.

Did you know? 80g of Brussels sprouts contains four times more vitamin C than an orange.