



Caramelised Peach & Potato Summer Salad

with Marinated Fetta & Roasted Almonds



Use fruit in salad for a taste of Summer



Potato



Peach



Sugar Snap Peas



Rocket Leaves



Roasted Almonds



Marinated Goat Fetta

Pantry Staples: Olive Oil, Balsamic Vinegar

Hands-on: 25 mins
Ready in: 30 mins

If ever the spirit of summer was captured in a dish, this salad with caramelised peaches is it! Sweet, fresh, creamy (oh, thanks goat fetta) and a little bit crunchy, the simplicity of this dish will refresh you no end.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, oven tray** lined with **baking paper, medium frying pan, wooden spoon, large bowl** and **tongs**.



1 ROAST THE POTATOES

Preheat the oven to **240°C/220°C fan-forced**. Chop the **potato** (unpeeled) into 2 cm wedges. **TIP:** Chopping the potato small means it will cook in the allocated time. Place the potato on the oven tray lined with baking paper. Drizzle with **olive oil** and season with a **pinch of salt** and **pepper**. Toss to coat and place in the oven to cook for **20-25 minutes**, or until golden and tender. **TIP:** Place on the top shelf of the oven for a quicker cook time.



2 GET PREPPED

While the potatoes are cooking, slice the **peach** into 1 cm thick wedges. Trim the ends of the **sugar snap peas**. Roughly chop the **roasted almonds**.



3 COOK THE PEACHES

In the **last 10 minutes** of potato cooking time, heat a **drizzle of olive oil** in a medium frying pan over a medium-high heat. Add the **peach** wedges and cook for **2 minutes** on each side, or until lightly golden and softened. **TIP:** Peaches have plenty of natural sugar which helps them caramelise when grilled! Set aside on a plate. Return the pan to the heat and add the **sugar snap peas**. Cook, tossing, for **2 minutes**, or until just tender.



4 COMBINE THE SALAD

In a large bowl, combine the **rocket leaves, roasted potato, peach, roasted almonds** and **sugar snap peas**.



5 DRESS THE SALAD

Drizzle the salad with **balsamic vinegar** and **oil (from the marinated goat fetta)**. Season to taste with a **pinch of salt** and **pepper** and toss to coat. **TIP:** Dress your salad just before serving to prevent soggy leaves.



6 SERVE UP

Divide the salad between bowls and crumble over the **marinated goat fetta**.

Enjoy!

2|4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	400 g	800 g
peach	2	4
sugar snap peas	1 bag	1 bag
rocket leaves	1 bag	1 bag
roasted almonds	1 packet ($\frac{1}{4}$ cup)	2 packets ($\frac{1}{2}$ cup)
balsamic vinegar*	1 tbs	2 tbs
marinated goat fetta	1 tub (100 g)	2 tubs (200 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	1890kJ (452Cal)	398kJ (95Cal)
Protein (g)	21.7g	4.6g
Fat, total (g)	20.1g	4.2g
- saturated (g)	6.0g	1.3g
Carbohydrate (g)	40.8g	8.6g
- sugars (g)	12.9g	2.7g
Sodium (g)	168mg	35mg

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