



Panzanella Salad

with Roasted Butternut and Crumbled Feta

N° 8

BALANCED 35 Minutes • Under 600 Calories • Little Heat • 1.5 of your 5 a day • Veggie



Diced Butternut Squash



Red Onion



Red Pepper



Garlic Clove



Flat Leaf Parsley



Baby Plum Tomatoes



Ciabatta



Lemon



Rocket



Feta Cheese

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Two Large Baking Trays, Fine Grater (or Garlic Press) and Mixing Bowl.

Ingredients

	2P	3P	4P
Diced Butternut Squash**	1 small pack	1 large pack	2 small packs
Red Onion**	1	1	1
Red Pepper**	1	2	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Ciabatta 11 13)	1	1½	2
Lemon	½	1	1
Olive Oil*	1 tbsp	2 tbsp	2 tbsp
Rocket**	1 bag	2 bags	2 bags
Feta Cheese 7)**	1 block	1½ blocks	2 blocks

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	545g	100g
Energy (kJ/kcal)	1766 /422	324 /78
Fat (g)	19	4
Sat. Fat (g)	10	2
Carbohydrate (g)	46	9
Sugars (g)	20	4
Protein (g)	17	3
Salt (g)	1.41	0.26

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **11**) Soya **13**) Gluten

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

You can recycle me!



Packed in the UK



1. Roast the Squash

Preheat the oven to 200°C. Place the **diced butternut squash** on a large baking tray, drizzle with a little **oil** and season with **salt** and **pepper**. Use your hands to coat the **squash** in the **oil** and **seasoning**. Arrange in a single layer on the tray, then pop on the top shelf of the oven to roast until tender and golden, 25 - 30 mins. Turn when you add the **tomatoes** later on.



4. Bake the Croutons

Meanwhile, make the **dressing** by combining the **olive oil** (see ingredients for amount), **parsley**, **lemon zest** and **half the lemon juice**. Season with **salt** and **pepper**, mix well and set aside. Put the **ciabatta** on another baking tray with a drizzle of **oil** and a pinch of **salt**. Toss together and bake on the middle shelf of the oven until golden, 8-10 mins. Give the tray a shake halfway through.



2. Fry the Veg

Meanwhile, halve, peel and thinly slice the **onion**. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **parsley** (stalks and all). Heat a splash of **oil** in a large frying pan over a medium-low heat. When hot, add the **onion** and **pepper** to the pan. Gently cook, stirring occasionally, until the **peppers** and **onion** are really soft, 15-20 mins.



5. Finish Off

When the **peppers** are soft, stir in the **garlic** and cook for a minute more. Remove from the heat and add to the bowl with the **dressing**. Do any washing up and when ready, remove the **veggies** and **ciabatta croutons** from the oven, add to the bowl and gently mix. Let the bowl sit for a couple minutes (the ciabatta will absorb the flavours!).



3. Finish the Prep

In the meantime, halve the **tomatoes**. Tear the **ciabatta** into small, bite-size pieces. Zest then halve the **lemon**. When the **squash** has been cooking for 10 mins, turn the **squash** then add the **tomatoes** to the tray with another drizzle of **oil** if you need it. Gently mix and return to the oven for the remainder of the cooking time, 15-20 mins.



6. Serve

Carefully fold the **rocket** into the bowl with the **roasted veggies** and **croutons**. Divide between plates and crumble the **feta** over the top.

Enjoy!

BALANCED RECIPE

Under 600 Calories • Low Sat Fat • Salt • Low Sugar

Featured Ingredient: Butternut squash, is a good source of vitamin A, especially beta carotene, which gives the butternut squash its rich orange colour. Vitamin A contributes to the maintenance of normal vision.

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.