

# Pumpkin & Cheddar Filo Galette

with Chargrilled Capsicum Relish & Pear Salad

Grab your Meal Kit with this symbol



Garlic & Herb Seasoning



Pear



Mixed Leaves



Chargrilled Capsicum Relish



Greek Salad Cheese/ Feta Cheese



Filo Pastry



Peeled Pumpkin Pieces



Shredded Cheddar Cheese

### Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 10-20 mins  
Ready in: 40-50 mins

Calorie Smart

We spy with our hungry eye a golden crunchy veggie delight. We'll give you a clue, it's packed with two types of cheese, roasted herby pumpkin and a refreshing, slightly sweet pear salad on the side. You have guessed correctly, it's tonight's easy to make dinner!

### Pantry items

Olive Oil, Balsamic Vinegar, Milk

## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## You will need

Oven tray lined with baking paper

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
peeled pumpkin pieces	1 packet (400g)	1 packet (800g)
garlic & herb seasoning	1 sachet	1 sachet
pear	1	2
mixed leaves	1 small bag	1 medium bag
<b>balsamic vinegar*</b>	drizzle	drizzle
filo pastry	1 medium packet	1 large packet
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
Greek salad cheese/feta cheese	¼ packet (50g)	½ packet (100g)
<b>milk*</b>	1 tbs	2 tbs
chargrilled capsicum relish	1 packet (50g)	1 packet (100g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2095kJ (501Cal)	516kJ (123Cal)
Protein (g)	20g	4.9g
Fat, total (g)	18.2g	4.5g
- saturated (g)	9.8g	2.4g
Carbohydrate (g)	61.1g	15.1g
- sugars (g)	20.4g	5g
Sodium (mg)	1334mg	329mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

2022 | CW24



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## Roast the pumpkin

- Preheat oven to **220°C/200°C fan forced**. On a lined oven tray place **peeled pumpkin pieces**, then sprinkle with **garlic & herb seasoning**.
- Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **15-20 minutes**.

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## Assemble the pumpkin galette

- When pumpkin is done, remove from tray and transfer to a plate.
- Place **filo pastry** flat on the lined oven tray. Place roasted **pumpkin** in centre of the pastry, leaving a 4cm border around edge.
- Sprinkle over **shredded Cheddar cheese** and crumble over **Greek salad cheese** (see ingredients).
- Carefully fold **pastry** edges over **pumpkin**, leaving the centre exposed. Brush edges of pastry with **milk**. Bake in the oven until golden, **15-20 minutes**.

**TIP:** Use the same lined oven tray from the pumpkin to cook your pastry, for extra flavour!

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## Get prepped

- While pumpkin is roasting, thinly slice **pear**.
- In a medium bowl, add **mixed leaves**, **pear**, a drizzle of **balsamic vinegar** and **olive oil**. Season to taste and set aside.

**TIP:** Toss the salad just before serving to keep the leaves crisp.

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## Serve up

- Toss salad and slice galette. Divide pumpkin and Cheddar fillo galette between plates.
- Dollop with **chargrilled capsicum relish**. Serve with pear salad. Enjoy!

## Rate your recipe

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