



# Roasted Pepper, Mozzarella and Serrano Ham Salad

with Toasted Ciabattas, Almonds and Balsamic Dressing

N° 17

**BALANCED** 25 Minutes • Under 600 Calories • 1 of your 5 a day



Yellow Pepper



Red Pepper



Ciabatta



Flaked Almonds



Balsamic Vinegar



Mozzarella



Rocket



Serrano Ham

## Before you start

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

### Basic cooking tools, you will need:

Two Baking Trays Frying Pan and Mixing Bowl.

### Ingredients

	2P	3P	4P
Yellow Pepper**	1	2	2
Red Pepper**	1	1	2
Ciabatta <b>11</b> <b>13</b> )	2	3	4
Flaked Almonds <b>2</b> )	1 small pot	1 large pot	1 large pot
Balsamic Vinegar <b>14</b> )	1 sachet	1 sachet	2 sachets
Olive Oil for the Dressing*	1½ tbsp	2 tbsp	3 tbsp
Mozzarella <b>7</b> **	1 ball	1½ balls	2 balls
Rocket**	1 pack	1½ packs	2 packs
Serrano Ham**	2	3	4

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	351g	100g
Energy (kJ/kcal)	2314/553	659/158
Fat (g)	25	7
Sat. Fat (g)	11	3
Carbohydrate (g)	51	14
Sugars (g)	13	4
Protein (g)	31	9
Salt (g)	1.92	0.55

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

2) Nut 7) Milk 11) Soya 13) Gluten 14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these 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

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## 1. Get Started

Preheat your oven to 200°C. Halve the **peppers** and discard the core and seeds. Slice into thin strips. Pop the **peppers** onto a baking tray, drizzle with **oil** and season with **salt** and **pepper**. Toss to coat then spread out in a single layer. Roast on the top shelf of your oven until golden brown and softened, 15-18 mins. Turn halfway through cooking.



## 4. Dressing Time!

In a large bowl, mix the **balsamic vinegar**, **olive oil** (see ingredients for amounts) together and season with **salt** and **pepper**. Set aside, this is your dressing!



## 2. Ciabatta Time

Meanwhile, cut each **ciabatta** into 4 strips. Pop onto another baking tray, drizzle with **oil** and season with **salt** and **pepper**. About 8 mins before your **peppers** are ready, bake the **ciabatta** on the middle shelf of your oven until golden and crispy, 8-10 mins.



## 5. Finish up

Once your **peppers** and **ciabatta** are ready, remove from the oven and leave to cool slightly. Drain the the **mozzarella** then tear into bite sized chunks.



## 3. Almond Time

Heat small frying pan over medium heat (no oil!) Once hot, add the **flaked almonds** and cook, stirring regularly, until lightly toasted, 1-2 mins. **TIP:** Watch them like a hawk as they can burn easily. Pop into a small bowl and set aside to cool.



## 6. Serve

When everything is ready, add the **peppers** and **rocket** to the bowl with the **dressing**. Toss to coat then divide between plates. Top with the **mozzarella** and the **serrano ham** (1 slice per person). Scatter over the **flaked almonds** and serve with the **ciabatta pieces** alongside.

## Enjoy!

### BALANCED RECIPE

#### Under 600 Calories • Low Sugar

**Featured Ingredient: Rocket** is a leafy green vegetable, which is low in calories and can also be considered as a cruciferous. Compared to other leafy greens such as Kale, rocket is higher in calcium. Calcium contributes to normal muscle function. It is great to add to dishes in order to bulk them up, as the calories in this leafy green are very minimal 25 kcal/100g.

#### 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.