



Spiced Roast Pumpkin & Cos Lettuce Salad

with Parmesan, Croutons & Herby Mayo

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Peeled Pumpkin Pieces



Nan's Special Seasoning



Wholemeal Panini



Celery



Cos Lettuce



Lemon



Walnuts



Grated Parmesan Cheese



Dill & Parsley Mayonnaise



Grated Parmesan Cheese

Recipe Update

We've replaced the roasted almonds in this recipe with walnuts due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 15-25 mins
Ready in: 30-40 mins

Calorie Smart

Wow this salad has it all, ready to bring those fresh summer flavours with a crunchy cos lettuce salad, tossed with croutons and Parmesan cheese. The roasted pumpkin is spiced in a sunny Nan's spice blend and the herby mayo cools everything down.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
peeled pumpkin pieces	1 bag (400g)	1 bag (800g)
Nan's special seasoning	1 medium sachet	1 large sachet
wholemeal panini	1	2
celery	1 stalk	2 stalks
cos lettuce	1 head	2 heads
lemon	½	1
walnuts	1 packet	2 packets
grated Parmesan cheese	1 medium packet	1 large packet
dill & parsley mayonnaise	1 medium packet	1 large packet
grated Parmesan cheese**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2101kJ (502Cal)	448kJ (107Cal)
Protein (g)	18.4g	3.9g
Fat, total (g)	25.7g	5.5g
- saturated (g)	4.5g	1g
Carbohydrate (g)	43.4g	9.3g
- sugars (g)	16.4g	3.5g
Sodium (mg)	834mg	178mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2305kJ (551Cal)	479kJ (114Cal)
Protein (g)	22.8g	4.7g
Fat, total (g)	29.1g	6g
- saturated (g)	6.8g	1.4g
Carbohydrate (g)	43.4g	9g
- sugars (g)	16.4g	3.4g
Sodium (mg)	926mg	192mg

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 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

2024 | CW06



1



Roast the pumpkin

- Preheat oven to **220°C/200°C fan-forced**.
- Place **peeled pumpkin pieces** on a lined oven tray and sprinkle over **Nan's special seasoning**. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.

3



Toss the salad

- Thinly slice **celery**. Roughly chop **cos lettuce**. Slice **lemon** into wedges. Roughly chop **walnuts**.
- Heat a large frying pan over medium-high heat. Toast **walnuts**, tossing, until golden **3-4 minutes**.
- In a large bowl, add **croutons, walnuts, cos lettuce, celery**, a squeeze of **lemon juice** and a drizzle of **olive oil**. Toss to combine and season to taste.

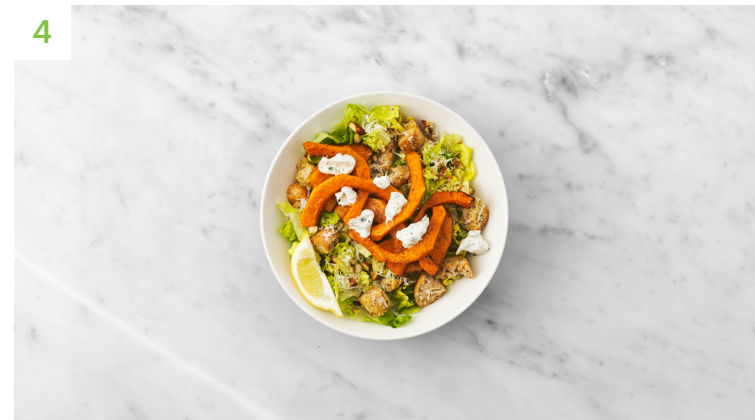
2



Bake the croutons

- Meanwhile, cut or tear **wholemeal panini** into bite-sized chunks.
- Place **panini** on a second lined oven tray, drizzle with **olive oil** and season with **salt** and **pepper**.
- Toss to coat and bake until golden, **5-7 minutes**.

4



Serve up

- Divide crouton and cos lettuce salad between bowls. Sprinkle over **grated Parmesan cheese**.
- Top with spiced roast pumpkin. Dollop over **dill & parsley mayonnaise**.
- Serve with remaining lemon wedges. Enjoy!

Custom Recipe: If you've doubled your grated Parmesan cheese, sprinkle extra cheese over as above.

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate