

# Coppa Di Parma, Marinated Feta & Capsicum Relish

with Sourdough, Olives & Veggie Sticks

Grab your meal kit with this letter

6



Garlic



Rosemary



Chilli Flakes (Optional)



Cow's Milk Feta



Carrot



Cucumber



Sourdough Loaf



Coppa Di Parma



Pitted Mixed Olives



Chargrilled Capsicum Relish

Prep in: 10-20 mins  
Ready in: 25-35 mins

Decision fatigue getting to you? Sometimes a platter is all you need - an assortment of fresh veg, cured meats, cheese, olives and bread never goes astray. Add a bit of flair with our chargrilled capsicum relish and you're good to go!

### Pantry items

Olive Oil



## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry.

Always use separate utensils for raw and cooked meat.

## Ingredients

	2 People
<b>olive oil*</b>	¼ cup
garlic	1 clove
rosemary	2 sticks
chilli flakes (optional) 🌶️	pinch
cow's milk feta	1 packet
carrot	1
cucumber	1 large
sourdough loaf	1 loaf
coppa di parma	1 packet (70g)
pitted mixed olives	1 medium packet
chargrilled capsicum relish	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3471kJ (830cal)	290kJ (69cal)
Protein (g)	30.6g	2.6g
Fat, total (g)	53.8g	4.5g
- saturated (g)	19.3g	1.6g
Carbohydrate (g)	53.2g	4.4g
- sugars (g)	12.3g	1g
Sodium (mg)	4212mg	352.2mg
Dietary Fibre (g)	9.7g	0.8g

The quantities provided above are averages only.

## Allergens

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

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

1



## Make the marinade

- Finely chop **garlic**. Pick **rosemary leaves** (see ingredients).
- To a small microwave-safe bowl, add the **olive oil, garlic, rosemary** and a pinch of **chilli flakes** (if using). Microwave until fragrant, **1-2 minutes**.
- Set aside and allow to cool completely.

2



## Marinate the feta

- While the garlic oil is cooling, cut **cow's milk feta** into bite-sized chunks.
- Arrange in an airtight container.
- When the garlic oil is completely cool, pour over the **feta** to cover. Store in the fridge until needed.

3



## Get prepped

- Slice **carrot** and **cucumber** into sticks.
- Slice the **sourdough loaf** into 4 even slices. Toast or grill **sourdough** to your liking.

4



## Serve up

- On a serving board, place marinated feta, **coppa di parma, pitted mixed olives, chargrilled capsicum relish**, sourdough and veggie sticks. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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