



# Roast Pumpkin & Courgette Ribbon Salad

with Feta, Mint & Flaked Almonds

SUMMER SALADS

NEW

CLIMATE SUPERSTAR

Grab your meal kit with this number

25



Garlic



Peeled Pumpkin Pieces



Courgette



Mint



Flaked Almonds



Mixed Salad Leaves



Balsamic & Olive Oil Dressing



Cow's Milk Feta



Diced Bacon



Greek-Style Yoghurt

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

Carb Smart

This vibrant roast pumpkin and courgette ribbon salad is a celebration of fresh, earthy flavours, complemented by creamy feta and fragrant mint. Topped with crunchy almonds, it's a delightful mix of textures and tastes that's as refreshing as it is satisfying.

### 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.

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

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	2 cloves	4 cloves
peeled pumpkin pieces	1 medium packet	2 medium packets
courgette	1	2
mint	½ packet	1 packet
flaked almonds	1 packet	2 packets
mixed salad leaves	1 medium packet	1 large packet
balsamic & olive oil dressing	1 packet	2 packets
cow's milk feta	½ packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1916kJ (458cal)	202kJ (48cal)
Protein (g)	21.6g	2.3g
Fat, total (g)	33.2g	3.5g
- saturated (g)	13.8g	1.5g
Carbohydrate (g)	19g	2g
- sugars (g)	12.9g	1.4g
Sodium (mg)	1141mg	120.1mg
Dietary Fibre (g)	4.3g	0.5g

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.

1



## Roast the pumpkin

- Preheat oven to **220°C/200°C fan-forced**.
- Finely chop **garlic**. In a small bowl, combine **garlic** and a generous drizzle of **olive oil**.
- Place **pumpkin peeled pieces** on a lined oven tray. Drizzle with **garlic oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.

3



## Cook the courgette & toss salad

- Return frying pan to high heat with a drizzle of **olive oil**.
- Cook **courgette**, turning until tender, **2-3 minutes**. Season and set aside.
- In a medium bowl, combine **mixed salad leaves** and **balsamic & olive oil dressing**. Season to taste.

2



## Get prepped

- Meanwhile, using a vegetable peeler, slice **courgette** into ribbons, stopping when you reach the seeds in the centre.
- Pick **mint leaves (see ingredients)**.
- Heat a large frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a small bowl.

4



## Serve up

- Divide salad between plates.
- Top with roast pumpkin and courgette ribbons.
- Crumble over **cow's milk feta (see ingredients)**.
- Sprinkle over mint and flaked almonds. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW47



## CUSTOM OPTIONS

### + ADD DICED BACON

In a large frying pan, cook with a drizzle of olive oil until browned, 4-5 minutes. Sprinkle over before serving.

### + ADD GREEK-STYLE YOGHURT

Dollop over before serving.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

