



# Roast Pumpkin & Crouton Salad

with Creamy Pesto, Toasted Almonds & Feta

Grab your Meal Kit with this symbol



Onion



Beetroot



Carrot



Garlic & Herb Seasoning



Tomato



Wholemeal Panini



Flaked Almonds



Mixed Salad Leaves



Creamy Pesto Dressing



Peeled Pumpkin Pieces



Cow's Milk Feta



### Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and 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: 20-30 mins  
Ready in: 35-45 mins



The best salads are a combination of flavours, textures and colours – and with golden roasted pumpkin, herby wholemeal croutons, earthy beetroot and creamy feta, this salad ticks all the boxes.

### Pantry items

Olive Oil, Balsamic Vinegar



## 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

Two oven trays lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
peeled pumpkin pieces	1 packet (400g)	1 packet (800g)
onion	1 (medium)	1 (large)
beetroot	1	2
carrot	1	2
garlic & herb seasoning	1 sachet	1 sachet
tomato	1	2
wholemeal panini	1	2
flaked almonds	1 packet	2 packets
<b>balsamic vinegar*</b>	drizzle	drizzle
mixed salad leaves	1 medium bag	1 large bag
cow's milk feta	½ packet (95g)	1 packet (190g)
creamy pesto dressing	1 medium packet	1 large packet

### \*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2705kJ (646Cal)	412kJ (98Cal)
Protein (g)	20.2g	3.1g
Fat, total (g)	32.9g	5g
- saturated (g)	8.9g	1.4g
Carbohydrate (g)	62.3g	9.5g
- sugars (g)	28.3g	4.3g
Sodium (mg)	1414mg	215mg

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.



## Roast the veggies

- Preheat oven to **240°C/220°C fan forced**.
- Cut **peeled pumpkin pieces** into chunks. Cut **onion** into wedges. Cut **beetroot** into small chunks. Cut **carrot** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Add **garlic & herb seasoning** and drizzle with **olive oil**.
- Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.

**TIP:** Beetroot stays firm when cooked. It's done when you can pierce it with a fork.

**TIP:** If your oven tray is crowded, divide between two trays.



## Bake the croutons

- Place **panini** pieces 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**.



## Get prepped

- Meanwhile, roughly chop **tomato**. Cut or tear **wholemeal panini** into bite-sized chunks.



## Toast the almonds

- Heat a large frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a small bowl.



## Toss the salad

- While the croutons are baking, combine a drizzle of **olive oil** and **balsamic vinegar** and a pinch of **salt** and **pepper** in a large bowl.
- When the veggies have cooled slightly, gently toss **mixed salad leaves**, **roast veggies**, **croutons** and **tomato** with the dressing.



## Serve up

- Divide roast pumpkin salad between bowls.
- Crumble over **feta** (see ingredients), sprinkle with toasted almonds and drizzle with **creamy pesto dressing**. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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