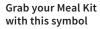


Roast Pumpkin & Crouton Salad with Creamy Pesto, Toasted Almonds & Feta







Onion



Garlic & Herb

Beetroot

Carrot





Tomato

Wholemeal Panini



Flaked Almonds

Mixed Salad Leaves

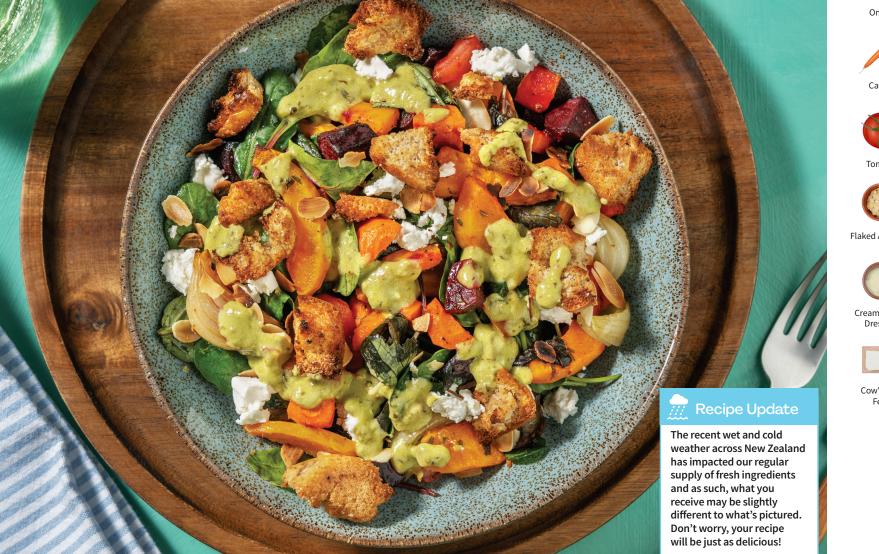




Peeled Pumpkin Pieces

Cow's Milk Feta

Pantry items Olive Oil, Balsamic Vinegar



Prep in: 20-30 mins Ready in: 35-45 mins

Calorie Smart

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.

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 \cdot Large frying pan

Ingredients

	2 People	4 People
olive oil*	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
balsamic vinegar*	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** 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!



Rate your recipe Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate