



Warm Pesto Roasted Veg Salad with Oregano Potatoes and Greek Style Salad Cheese

23

Calorie Smart 35-40 Minutes • 4 of your 5 a day • Veggie • Under 650 Calories



Potatoes



Sweet Potato



Dried Oregano



Courgette



Balsamic Vinegar



Fresh Pesto



Baby Plum Tomatoes



Premium Baby Leaf Mix



Greek Style Salad Cheese

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, frying pan, bowl and lid.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Sweet Potato	1	2	2
Dried Oregano	1 sachet	2 sachets	2 sachets
Courgette**	1	1½	2
Balsamic Vinegar 14)	12ml	18ml	24ml
Fresh Pesto** 7)	32g	48g	96g
Baby Plum Tomatoes	125g	190g	250g
Premium Baby Leaf Mix**	50g	75g	100g
Greek Style Salad Cheese** 7)	50g	100g	100g

Pantry	2P	3P	4P
Sugar for the Dressing*	½ tsp	¾ tsp	1 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2109 / 504	352 / 84
Fat (g)	17.1	2.9
Sat. Fat (g)	5.8	1.0
Carbohydrate (g)	75.8	12.6
Sugars (g)	17.1	2.9
Protein (g)	13.6	2.3
Salt (g)	1.29	0.22

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Point™ values based on low-cal cooking spray oil.

Allergens

7) Milk 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Get Prepping

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **white** and **sweet potatoes** into 2cm chunks (no need to peel).

Pop them both onto a large baking tray. Drizzle with **oil**, sprinkle over the **oregano**, then season with **salt** and **pepper**.

Toss to coat, then spread out in a single layer.

TIP: Use two baking trays if necessary.



Mix up the Dressing

Meanwhile, in a large bowl, add the **balsamic vinegar, pesto, sugar** and **olive oil for the dressing** (see pantry for amounts).

Season with **salt** and **pepper**, then mix well to combine. Set your **dressing** aside for later.

Halve the **baby plum tomatoes**.



Roast the Potatoes

When the oven is hot, roast your **potatoes** on the top shelf until golden, 25-35 mins. Turn halfway through.

Meanwhile, trim the **courgette** and slice into 1cm thick rounds.



Tomato Time

When the **potatoes** have 5 mins left, add the **baby plum tomatoes** to the baking tray.

Return to the oven for the remaining time until softened.



Char your Courgette

Heat a large frying pan on high heat (no oil).

When hot, add the **courgette** and cook until charred, 3-4 mins. Turn only every couple of mins - this will result in the **courgette** picking up some nice colour.

Once cooked, season with **salt** and **pepper**, then transfer the **courgette** to a bowl. Cover with a lid or foil to keep warm.



Finish and Serve

Once the **potatoes** and **tomatoes** have roasted, add them to the bowl of **dressing**.

Add the **baby leaves** and **charred courgette** to your bowl, season with **salt** and **pepper**, then toss to coat everything in the **dressing**.

Share your **salad** between your bowls and crumble over the **Greek style salad cheese** to finish.

Enjoy!



Weight Watchers