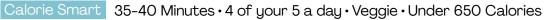


# Warm Pesto Roasted Veg Salad

with Oregano Potatoes and Greek Style Salad Cheese









Potatoes





**Dried Oregano** 



Courgette



Balsamic Vinegar



Leaf Mix



Baby Plum Tomatoes



Premium Baby



Greek Style Salad Cheese

## 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<br>Mix**               | 50g      | 75g       | 100g      |  |
| Greek Style Salad<br>Cheese** <b>7</b> ) | 50g      | 100g      | 100g      |  |
| Pantry                                   | 2P       | 3P        | 4P        |  |
| Sugar for the<br>Dressing*               | ½ tsp    | ¾ tsp     | 1 tsp     |  |
| Olive Oil for the<br>Dressing*           | 1 tbsp   | 1½ tbsp   | 2 tbsp    |  |
| *Not be already **Chause in the Fuides   |          |           |           |  |

\*Not Included \*\*Store in the Fridge

#### **Nutrition**

| Typical Values          | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 599g        | 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.



#### 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.



# 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.



# 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**.



#### **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 until softened.



#### 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!



