

Warm Pesto Roasted Veg Salad

with Oregano Potatoes and Greek Style Salad Cheese

Calorie Smart 35-40 Minutes • 3 of your 5 a day • Under 650 Calories







Potatoes

Dried Oregano





Courgette



Bell Pepper



Baby Plum



Tomatoes



Fresh Pesto



Balsamic Vinegar

Baby Leaf Mix



Greek Style Salad Cheese



Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!



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 and bowl.

Ingredients

3. 5			
Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Dried Oregano	1 sachet	2 sachets	2 sachets
Courgette**	1	11/2	2
Bell Pepper***	1	1½	2
Baby Plum Tomatoe	125g	190g	250g
Balsamic Vinegar 14)	12ml	18ml	24ml
Fresh Pesto** 7)	32g	48g	64g
Baby Leaf Mix**	50g	75g	100g
Greek Style Salad Cheese** 7)	50g	100g	100g
Diced Chicken Breast**	260g	390g	520g
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 ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

TACCITCION		Custom Recipe	
Per serving	Per 100g	Per serving	Per 100g
541g	100g	671g	100g
1758 /420	325 / 78	2405 /575	359 /86
16.7	3.1	19.0	2.8
5.7	1.1	6.4	0.9
57.8	10.7	58.0	8.6
12.1	2.2	12.2	1.8
11.4	2.1	42.8	6.4
0.97	0.18	1.16	0.17
	Per serving 541g 1758 /420 16.7 5.7 57.8 12.1 11.4	Per serving Per 100g 541g 100g 1758/420 325/78 16.7 3.1 5.7 1.1 57.8 10.7 12.1 2.2 11.4 2.1	Per serving 100g serving 541g 100g 671g 1758/420 325/78 2405/575 16.7 3.1 19.0 5.7 1.1 6.4 57.8 10.7 58.0 12.1 2.2 11.4 2.1 42.8

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

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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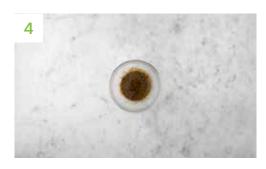


Get the Potatoes In

Preheat your oven to 220°C/200°C fan/gas mark 7. Chop the **potatoes** into 2cm chunks (no need to peel). Pop them onto a large baking tray. Drizzle with oil, sprinkle over the dried oregano, then season with **salt** and **pepper**.

Toss to coat, then spread out in a single layer. TIP: Use two baking trays if necessary.

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



Mix the Dressing

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

Season with **salt** and **pepper**. This is your pesto dressing.



Char your Courgette

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

Heat a drizzle of **oil** in a large frying pan on high heat. When hot, add the courgette and cook until charred, 3-4 mins. Season with salt and pepper. Turn only every couple of mins - this will result in the courgette picking up some nice colour.

Once cooked, transfer the courgette to a bowl and cover to keep warm.



If you've chosen to add **chicken**, add it to the pan after charring the **courgette**. Fry until golden and cooked through, 8-10 mins. Set aside both, the **chicken** will be added to the **salad** with the courgette in step 5. IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



Toss the Salad

Once the **veg** has roasted, add everything to the bowl of **pesto dressing** and toss to coat.

Just before serving, add the baby leaves and **charred courgette** to the bowl, then toss to combine. TIP: Don't add the leaves too early or they'll go soggy.



Roast the Pepper

Halve the bell pepper and discard the core and seeds. Slice into thin strips.

Pop the sliced pepper and baby plum tomatoes onto another large baking tray. Drizzle with oil, season with **salt** and **pepper**, then toss to coat.

Roast on the middle shelf until soft and slightly charred, 15-18 mins.



Finish and Serve

Share the **salad** between your bowls.

Crumble over the Greek style salad cheese to finish.

Enjoy!