



# 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



Balsamic Vinegar



Fresh Pesto



Baby Leaf Mix



Greek Style Salad Cheese



Diced Chicken Breast

### 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

| Ingredients                           | 2P        | 3P        | 4P        |
|---------------------------------------|-----------|-----------|-----------|
| Potatoes                              | 450g      | 700g      | 900g      |
| Dried Oregano                         | 1 sachet  | 2 sachets | 2 sachets |
| Courgette**                           | 1         | 1½        | 2         |
| Bell Pepper***                        | 1         | 1½        | 2         |
| Baby Plum Tomatoe                     | 125g      | 190g      | 250g      |
| Balsamic Vinegar <b>14</b> )          | 12ml      | 18ml      | 24ml      |
| Fresh Pesto** <b>7</b> )              | 32g       | 48g       | 64g       |
| Baby Leaf Mix**                       | 50g       | 75g       | 100g      |
| Greek Style Salad Cheese** <b>7</b> ) | 50g       | 100g      | 100g      |
| Diced Chicken Breast**                | 260g      | 390g      | 520g      |
| <b>Pantry</b>                         | <b>2P</b> | <b>3P</b> | <b>4P</b> |
| 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

| Typical Values          | Custom Recipe |          |             |          |
|-------------------------|---------------|----------|-------------|----------|
|                         | Per serving   | Per 100g | Per serving | Per 100g |
| for uncooked ingredient | 541g          | 100g     | 671g        | 100g     |
| Energy (kJ/kcal)        | 1758 /420     | 325 /78  | 2405 /575   | 359 /86  |
| Fat (g)                 | 16.7          | 3.1      | 19.0        | 2.8      |
| Sat. Fat (g)            | 5.7           | 1.1      | 6.4         | 0.9      |
| Carbohydrate (g)        | 57.8          | 10.7     | 58.0        | 8.6      |
| Sugars (g)              | 12.1          | 2.2      | 12.2        | 1.8      |
| Protein (g)             | 11.4          | 2.1      | 42.8        | 6.4      |
| Salt (g)                | 0.97          | 0.18     | 1.16        | 0.17     |

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.



## 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.

## CUSTOM RECIPE

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.



## 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**.



## 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!**