



Spring Panzanella Salad

with Garlic Croutons and Pesto Dressing

23

Calorie Smart 40-45 Minutes • 3 of your 5 a day • Under 650 Calories



Baking Potato



Red Onion



Dried Oregano



Garlic Clove



Ciabatta



Courgette



Tenderstem®
Broccoli



Fresh Pesto



Lemon



Baby Leaf Mix



Greek Style
Salad Cheese



Bacon Lardons

Pantry Items

Oil, Salt, Pepper, Honey, 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!

Dish Spotlight: A classic Italian style salad, panzanella is made with crusty bread mixed with fresh veg, a perfect meal to sit in the sun with. Scan the QR code and let us know what you think!



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, garlic press, peeler and bowl.

Ingredients

Ingredients	2P	3P	4P
Baking Potato	1	1	2
Red Onion**	1	1½	2
Dried Oregano	1 sachet	1 sachet	2 sachets
Garlic Clove**	1	2	2
Ciabatta 13	1	2	2
Courgette**	1	1½	2
Tenderstem® Broccoli**	80g	150g	150g
Fresh Pesto** 7	32g	48g	64g
Lemon**	1	1½	2
Baby Leaf Mix**	50g	75g	100g
Greek Style Salad Cheese** 7	50g	75g	100g
Bacon Lardons**	90g	120g	180g
Pantry	2P	3P	4P
Oil for the Croutons*	1 tbsp	1½ tbsp	2 tbsp
Honey*	1 tbsp	1½ tbsp	2 tbsp
Olive Oil for the Dressing*	1½ tbsp	2¼ tbsp	3 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	560g	100g	605g	100g
Energy (kJ/kcal)	2314 / 553	413 / 99	2801 / 670	463 / 111
Fat (g)	24.0	4.3	33.1	5.5
Sat. Fat (g)	6.8	1.2	9.7	1.6
Carbohydrate (g)	74.3	13.3	72.5	12.4
Sugars (g)	18.5	3.3	18.6	3.1
Protein (g)	15.2	2.7	22.9	3.8
Salt (g)	1.61	0.29	2.84	0.47


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

Allergens

7) Milk **13**) Cereals containing gluten

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, cereals containing 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. Be careful when adding water to hot pans while cooking.

 You can recycle me!

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Roast the Veg

Preheat your oven to 220°C/200°C fan/gas mark 7. Chop the **potato** into 2cm chunks (no need to peel).

Halve and peel the **red onion**, then cut each **half** into 3 wedges.

Pop the **potatoes** and **onion** onto a large baking tray. Drizzle with **oil**, add the **dried oregano** and 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, 30-40 mins. Turn halfway through.



Broccoli Time

When the **veg** has 10-12 mins of roasting time left, add the **broccoli** to the baking tray.

Toss to combine with the **onion** and **potatoes**, then return the **veg** to the middle shelf of the oven for the remaining time until cooked.

CUSTOM RECIPE

If you're adding **bacon**, add it to the tray with the **broccoli**. Cook for the same amount of time, then continue as instructed. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook it thoroughly.



Make Your Garlic Croutons

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Tear the **ciabatta** into roughly 2cm chunks and pop onto a baking tray in a single layer.

Drizzle with the **oil for the croutons** (see pantry for amount), spread over the **garlic**, then season with **salt** and **pepper**. Toss to coat well.

Bake the **garlic croutons** on the middle shelf until golden, 8-10 mins, then remove from the oven and set aside.



Hey Pesto

Meanwhile, add the **pesto** to a large bowl. Pour in the **honey** and **olive oil for the dressing** (see pantry for both amounts), then squeeze in the **lemon juice**. Stir until combined.

Taste the **pesto dressing** and season with **salt** and **pepper** if needed.



Get Peeling

Trim the **courgette**. Use a peeler to peel long ribbons down the length of the **courgette**, stopping at the spongy centre. Set aside for now.



Assemble and Serve

When everything's ready, stir together the **roast veg**, **croutons** and **pesto dressing** in the **dressing bowl** (or just on the **veg** baking tray).

Let everything sit for a couple of mins (the **ciabatta** will absorb the flavours), then stir through the **courgette ribbons** and **baby leaves**.

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

Enjoy!