



Crispy Serrano Ham and Charred Courgette Salad with Herby Roasted Potatoes, Croutons and Baby Leaves

5

Summer Picnic 30-35 Minutes • 2 of your 5 a day



Potatoes



Dried Rosemary



Courgette



Medium Tomato



Ciabatta



Sun-Dried
Tomato Paste



Honey



Balsamic Vinegar



Serrano Ham



Baby Leaf
Mix



Serrano Ham

Pantry Items

Oil, Salt, Pepper, 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, bowl and kitchen paper.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Dried Rosemary	1 sachet	1½ sachets	2 sachets
Courgette**	1	1½	2
Medium Tomato	1	1½	2
Ciabatta 13)	1	2	2
Sun-Dried Tomato Paste	25g	37g	50g
Honey	15g	22g	30g
Balsamic Vinegar 14)	24ml	36ml	48ml
Serrano Ham**	3 slices	4 slices	6 slices
Baby Leaf Mix**	50g	70g	100g
Serrano Ham**	3 slices	4 slices	6 slices

Pantry	2P	3P	4P
Olive Oil for the Dressing*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	514g	100g	538g	100g
Energy (kJ/kcal)	2087 /499	406 /97	2307 /551	430 /103
Fat (g)	13.6	2.6	15.7	2.9
Sat. Fat (g)	2.3	0.4	2.8	0.5
Carbohydrate (g)	80.0	15.6	80.0	14.9
Sugars (g)	15.6	3.0	15.6	2.9
Protein (g)	18.6	3.6	27.0	5.0
Salt (g)	2.26	0.44	3.61	0.67

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

Allergens

13) Cereals containing gluten **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, mollusc, 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.
SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

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Roast the Potatoes

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

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

Pop the **chunks** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, sprinkle over the **dried rosemary**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

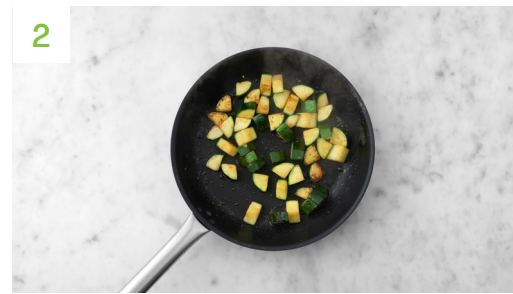
When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Time to Dress

Meanwhile, in a large bowl, combine the **sun-dried tomato paste**, **honey**, **balsamic vinegar** and **olive oil for the dressing** (see pantry for amount). Season with **salt** and **pepper**. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.

Once your **courgette** is charred, toss the **tomato** and **courgette** through the **dressing**. Set aside to macerate.



Char the Courgette

In the meantime, trim the **courgette**, then quarter lengthways. Chop into 1cm chunks.

Heat a drizzle of **oil** in a frying pan on high heat.

When hot, add the **courgette** and cook until charred, 6-8 mins total. Turn only every couple of mins.

Once cooked, season with **salt** and **pepper**, then transfer the **courgette** to a bowl and set aside.



Hello Serrano

Wipe out the pan used for the **courgette** and pop back on medium-high heat with a drizzle of **oil**.

Once hot, lay the **Serrano ham** into the pan and fry until crisp, 2-3 mins each side.

Once crispy, transfer to a plate covered in kitchen paper.

CUSTOM RECIPE

If you've chosen to double up on **Serrano ham**, cook the recipe in the same way.



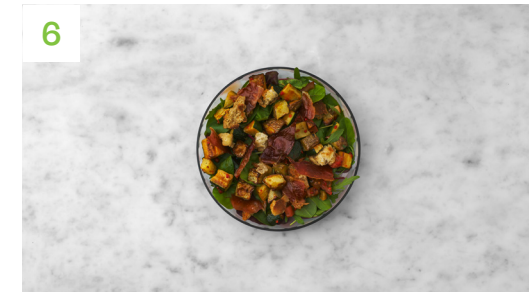
Finish your Prep

While the **courgette** chars, cut the **tomato** into 1cm chunks.

Tear the **ciabatta** into roughly 2cm chunks.

Pop the **ciabatta** onto a baking tray in a single layer. Drizzle with **oil**, season with **salt** and **pepper** and toss to coat well.

When the **potatoes** have around 10 mins left, bake the **croutons** on the middle shelf until golden, 8-10 mins, then remove from the oven and set aside.



Finish and Serve

When everything's ready, add the **potatoes**, **croutons** and **baby leaves** to the **salad** bowl and toss to evenly coat.

Share the **salad** between your serving bowls.

Snap the **Serrano** into shards and serve on top of the **salad** to finish.

Enjoy!