







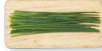


Herby Root Veg Traybake

with Creamy Pesto Sauce, Hazelnuts and Chives

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

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-  Potatoes
-  Carrot
-  Red Onion
-  Dried Oregano
-  Green Beans
-  Garlic Clove
-  Chives
-  Hazelnuts
-  Creme Fraiche
-  Pesto
-  Vegetable Stock Paste

Pantry Items
Oil, Salt, Pepper

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, kitchen scissors, rolling pin and saucepan.

Ingredients

Ingredients	2P	3P	4P
Potatoes	700g	1150g	1400g
Carrot**	2	3	4
Red Onion**	1	2	2
Dried Oregano	1 sachet	1½ sachets	2 sachets
Green Beans**	150g	200g	300g
Garlic Clove**	1	2	2
Chives**	1 bunch	1 bunch	1 bunch
Hazelnuts 2)	20g	31g	37g
Creme Fraiche** 7)	75g	150g	150g
Pesto** 7)	32g	64g	64g
Vegetable Stock Paste 10)	10g	15g	20g
Pantry	2P	3P	4P
Water for the Sauce*	75ml	120ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	716g	100g
Energy (kJ/kcal)	2679 /640	374 /89
Fat (g)	26.5	3.7
Sat. Fat (g)	9.7	1.4
Carbohydrate (g)	91.4	12.8
Sugars (g)	18.7	2.6
Protein (g)	14.3	2.0
Salt (g)	1.84	0.26

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

Allergens

2) Nuts 7) Milk 10) Celery

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.

Contact

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Bring on the Veg

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

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

Trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.

Halve and peel the **red onion**, then cut each half into 3-4 wedges.



Add the Green Beans

When the **veg** has 8-10 mins of roasting time left, add the **green beans** to the same tray.

Toss to coat in the **oil** and **seasoning**. Return the tray to the oven for the remaining time.



Get Roasting

Pop the **veg** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle over the **oregano**.

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.



Make your Pesto Sauce

Meanwhile, heat a medium saucepan on medium heat with a drizzle of **oil**.

Once hot, fry the **garlic** for 1 min.

Add the **creme fraiche**, **pesto**, **vegetable stock paste** and **water for the sauce** (see pantry for amount).

Stir well to combine, then simmer until the **sauce** has thickened slightly, 2-3 mins.

Once thickened, remove from the heat.



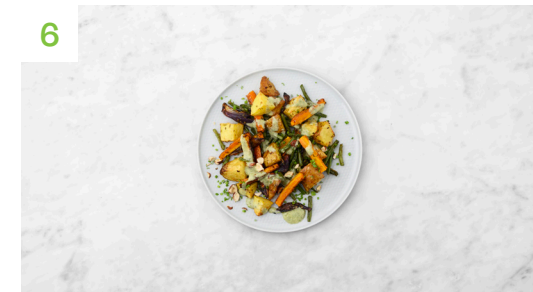
Finish the Prep

Meanwhile, trim the **green beans**, then cut into thirds.

Peel and grate the **garlic** (or use a garlic press).

Finely chop the **chives** (use scissors if easier).

Roughly crush the **hazelnuts** in the unopened sachet using a rolling pin.



Serve Up

When everything's ready, share the **roasted veg** between your plates.

Drizzle over the **creamy pesto sauce**, then sprinkle over the **hazelnuts** and **chives** to finish.

Enjoy!