



Warm Butternut Squash and Chorizo Salad

with Ciabatta Croutons and Greek Style Cheese

26

Calorie Smart

40-45 Minutes • Mild Spice • 2 of your 5 a day • Under 650 Calories



Butternut Squash



Central American Style Spice Mix



Bell Pepper



Ciabatta



Lemon



Dried Oregano



Diced Chorizo



Baby Leaf Mix



Greek Style Salad Cheese



Diced Chorizo

Pantry Items

Oil, Salt, Pepper, Sugar

+ Double Diced Chorizo

If you chose to double chorizo, 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. Ingredients in red are hot!

Cooking tools

Baking tray, fine grater, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Butternut Squash**	½	¾	1
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Bell Pepper***	1	2	2
Ciabatta 13	1	2	2
Lemon**	1	1	2
Dried Oregano	1 sachet	1 sachet	2 sachets
Diced Chorizo**	60g	90g	120g
Baby Leaf Mix**	50g	70g	100g
Greek Style Salad Cheese** 7)	50g	100g	100g
Diced Chorizo**	120g	180g	240g

Pantry	2P	3P	4P
Oil for Cooking*	1 tbsp	1½ tbsp	2 tbsp
Sugar for the Dressing*	1 tsp	1½ tsp	2 tsp

*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	508g	100g	538g	100g
Energy (kJ/kcal)	1990 /476	392 /94	2542 /608	472 /113
Fat (g)	22.1	4.4	33.0	6.1
Sat. Fat (g)	8.4	1.6	12.4	2.3
Carbohydrate (g)	54.3	10.7	55.2	10.3
Sugars (g)	19.4	3.8	19.5	3.6
Protein (g)	19.9	3.9	27.4	5.1
Salt (g)	3.35	0.66	5.07	0.94

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, 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.

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Roast the Butternut

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

Trim the **butternut squash**, halve lengthways, then scoop out the seeds (peel first if you prefer). Cut into 2cm chunks.

Pop the **butternut chunks** onto a large baking tray. Drizzle with **oil**, sprinkle over the **Central American style spice mix**, 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 and cooked through, 25-30 mins. Turn halfway through.



Fry the Chorizo

In the meantime, heat the **oil for cooking** (see pantry for amount) in a medium frying pan on medium-high heat.

Once hot, add the **chorizo** and fry until it starts to brown, 3-4 mins.

Once browned, carefully drain the **oil** from the **chorizo** into a large bowl - you'll use this for the **dressing**. Set the **cooked chorizo** aside.

+ Double Diced Chorizo

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



Add the Pepper

Meanwhile, halve the **bell pepper** and discard the core and seeds. Slice into thin strips.

Cut the **ciabatta** into roughly 2cm chunks. Zest and halve the **lemon**.

When the **squash** has roasted for 10 mins, add the **sliced pepper** to the same baking tray. Drizzle with **oil**, season with **salt and pepper**, then toss to coat.

Return to the oven and roast for the remaining until the **peppers** are soft and slightly charred and the **squash** is golden, 15-18 mins.



Make your Dressing

Squeeze the **lemon juice** into the bowl of **chorizo oil**.

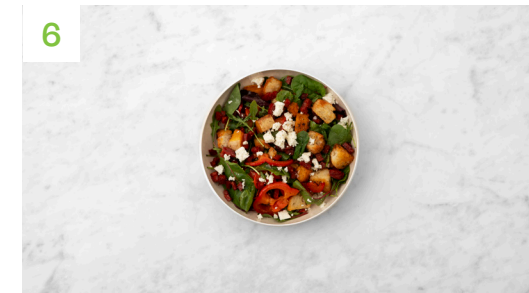
Add a good pinch of **lemon zest** and **sugar for the dressing** (see pantry for amount). Season with **salt and pepper**, then mix well.



Croutons Time

While the **veg** roasts, pop the **ciabatta chunks** onto another medium baking tray in a single layer. Drizzle with **oil**, sprinkle over the **dried oregano**, then season with **salt and pepper**. Toss to coat well.

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



Assemble and Serve

When everything's ready, add the **roasted butternut squash, pepper, croutons** and **baby leaf salad** to the **dressing** and toss well. Taste and season with more **salt and pepper** if needed.

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

Crumble over the **Greek style salad cheese** and sprinkle over the **chorizo** to finish.

Enjoy!