



# Mediterranean Style Avocado & Pepper Salad

with Greek Style Cheese, Herby Potatoes and Pesto Drizzle

Classic 30-35 Minutes • 2 of your 5 a day • Veggie

4



Potatoes



Mixed Herbs



Cucumber



Bell Pepper



Avocado



Cider Vinegar



Baby Leaf Mix



Greek Style Salad Cheese



Pumpkin Seeds



Pesto

**Pantry Items**

Oil, Salt, Pepper, Sugar, Olive Oil



## 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 and bowl.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Mixed Herbs	1 sachet	1 sachet	2 sachets
Cucumber**	½	¾	1
Bell Pepper***	1	2	2
Avocado	1	2	2
Cider Vinegar <b>14)</b>	30ml	45ml	60ml
Baby Leaf Mix**	50g	70g	100g
Greek Style Salad Cheese** <b>7)</b>	50g	100g	100g
Pumpkin Seeds	15g	30g	30g
Pesto** <b>7)</b>	32g	64g	64g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Sugar*	2 tsp	3 tsp	4 tsp
Olive Oil for the Dressing*	2 tbsp	3 tbsp	4 tbsp

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red, orange or green to guarantee you get the best quality pepper.

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	553g	100g
Energy (kJ/kcal)	2615/625	473/113
Fat (g)	38.3	6.9
Sat. Fat (g)	9.9	1.8
Carbohydrate (g)	57.7	10.4
Sugars (g)	11.2	2.0
Protein (g)	14.7	2.7
Salt (g)	1.32	0.24

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, 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 1cm chunks (no need to peel) and pop them onto a large baking tray. Drizzle with **oil**, sprinkle over the **mixed herbs**, 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, 20-25 mins. Turn halfway through.



## Get Dressed

In a large bowl, combine the **cider vinegar**, **sugar** and **olive oil for the dressing** (see pantry for both amounts).

Season with **salt** and **pepper**, then set your **dressing** aside.



## Prep the Veg

Meanwhile, trim the **cucumber** (see ingredients for amount), then halve lengthways. Cut lengthways into roughly 1cm wide strips, then cut into 1cm pieces widthways.

Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.



## Assemble your Salad

When the **potatoes** and **pepper** have roasted, remove them from the oven and allow to cool a little.

Add the **roasted potatoes** and **pepper** to the bowl of **dressing** along with the **chopped cucumber** and **baby leaves**.

Toss together, then taste and add more **salt** and **pepper** if needed.

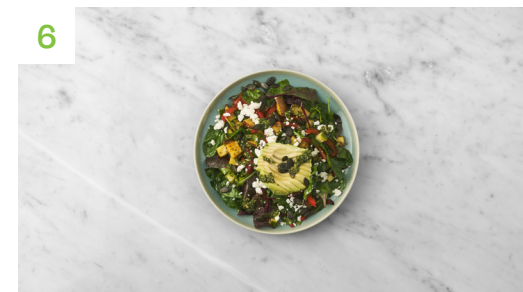


## Add the Pepper

When the **potatoes** have roasted for about 12-15 mins, remove them from the oven and add the **sliced pepper** to the tray.

Drizzle with a little more **oil**, then toss together with the **potatoes**. Pop back into the oven and roast for the remaining time, 10-15 mins.

Meanwhile, halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh out onto your board, face-down. Slice lengthways into 1cm thick slices - you'll fan it out later.



## Finish and Serve

Share the **salad** between your serving bowls, then crumble over the **Greek style salad cheese** and sprinkle over the **pumpkin seeds**.

Fan out the **sliced avocado** on top of the **salad** and finish by drizzling over the **pesto**. **TIP:** Loosen your pesto first with a little olive oil if you'd prefer until you get the drizzling consistency you like.

## Enjoy!