



Warm Balsamic and Fig Jam Salad

with Garlic Croutons, Greek Style Cheese and Pumpkin Seeds

Calorie Smart 30-35 Minutes • 1 of your 5 a day • Under 650 Calories • Veggie

23



Salad Potatoes



Dried Oregano



Baby Plum Tomatoes



Green Beans



Greek Style Salad Cheese



Garlic Clove



Ciabatta



Balsamic Vinegar



Fig Jam



Baby Leaf Mix



Pumpkin Seeds

Pantry Items

Oil, Salt, Pepper, 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, garlic press, kettle, saucepan, colander, lid and bowl.

Ingredients

Ingredients	2P	3P	4P
Salad Potatoes**	350g	500g	700g
Dried Oregano	1 sachet	1 sachet	2 sachets
Baby Plum Tomatoes	125g	190g	250g
Green Beans**	80g	150g	150g
Greek Style Salad Cheese**	50g	100g	100g
7) Garlic Clove**	1	2	2
Ciabatta 13)	1	2	2
Balsamic Vinegar 14)	24ml	36ml	48ml
Fig Jam	80g	120g	160g
Baby Leaf Mix**	50g	75g	100g
Pumpkin Seeds	15g	30g	30g

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

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	451g	100g
Energy (kJ/kcal)	2442/584	541/129
Fat (g)	26.4	5.9
Sat. Fat (g)	6.6	1.5
Carbohydrate (g)	73.8	16.4
Sugars (g)	25.0	5.5
Protein (g)	14.3	3.2
Salt (g)	1.10	0.24

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

Allergens

7) Milk **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.

Contact

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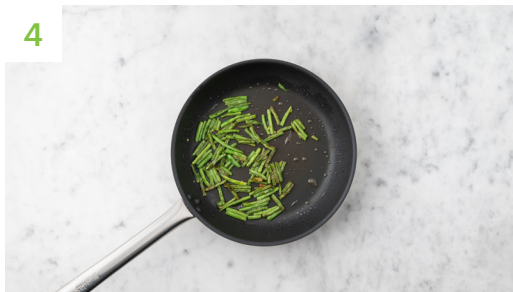
Roast the Potatoes

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

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

Pop the **chunks** onto a large baking tray. Drizzle with **oil**, sprinkle over the **dried oregano**, season with **salt** and **pepper**, 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, 25-30 mins. Turn halfway through.



Cook the Green Beans

Meanwhile, pour the **boiled water** from your kettle into a medium saucepan with $\frac{1}{2}$ **tsp salt** and heat on high.

Bring it back to the boil, then add the **beans** and cook until just tender, 4-6 mins.

Once cooked, drain in a colander, then return to the pan. Season with **salt** and **pepper**. Cover with a lid or foil to keep warm.



Prep Time

Meanwhile, halve the **baby plum tomatoes**.

Trim the **green beans**, then cut into thirds.

Crumble the **Greek style salad cheese**.

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



Dress Up

Meanwhile, in a large bowl, combine the **balsamic vinegar**, **fig jam** and **olive oil for the dressing** (see pantry for amount). Season with **salt** and **pepper**.

When everything's ready, add the **roasted potatoes**, **green beans**, **baby plum tomatoes**, **baby leaf salad** and **garlic croutons** to the **dressing** and toss.



Make your Garlic Croutons

Boil a half-full kettle.

Halve the **ciabatta**, spread over the **garlic** and drizzle with the **olive oil for the garlic bread** (see pantry for amount).

Cut the **ciabatta slices** into roughly 2cm chunks.

Pop the **ciabatta** onto a medium baking tray in a single layer and season with **salt** and **pepper**. Bake the **croutons** on the middle shelf of your oven until golden, 8-10 mins, then remove from the oven and set aside.



Serve Up

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

Sprinkle over the **Greek style salad cheese** and **pumpkin seeds** to finish.

Enjoy!