



# Parmigiano Side Salad & Oven Ready Garlic Breads

with Rocket and Balsamic Glaze

Special Sides 20-25 Minutes

5A

Find all your unchilled Market items in bag A.



Demi Garlic Baguettes



Pine Nuts



Parmigiano Reggiano



Wild Rocket



Balsamic Glaze

**Pantry Items**

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, frying pan and bowl.

## Ingredients

Ingredients	Quantity
Demi Garlic	2
Baguettes** <b>13)</b>	
Pine Nuts	15g
Parmigiano Reggiano** <b>7)</b>	20g
Wild Rocket**	40g
Balsamic Glaze <b>14)</b>	24ml

Pantry	Quantity
Olive Oil for the Dressing*	1 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>157g</b>	<b>100g</b>
Energy (kJ/kcal)	2003 /479	1280 /306
Fat (g)	28.3	18.1
Sat. Fat (g)	7.7	4.9
Carbohydrate (g)	49.5	31.6
Sugars (g)	9.8	6.3
Protein (g)	12.6	8.1
Salt (g)	1.09	0.70

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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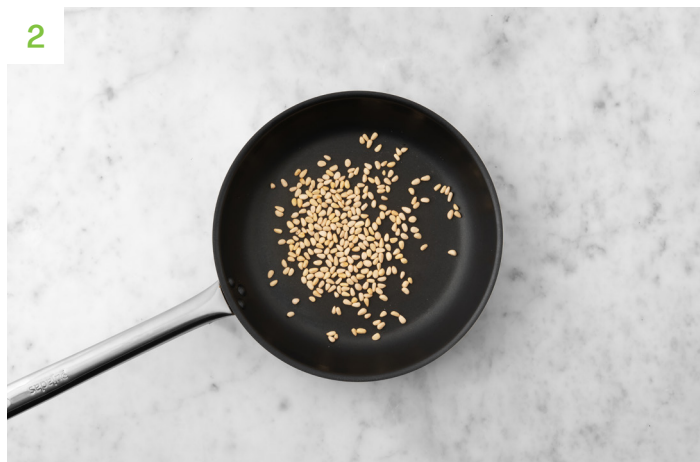
1



## Bring on the Garlic Breads

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Place the **garlic baguettes** on a medium baking tray.
- Bake on the middle shelf of your oven until golden and piping hot, 12-15 mins.

2



## Toast the Pine Nuts

- Meanwhile, heat a small frying pan on medium heat (no oil).
- Once hot, add the **pine nuts** and dry-fry, stirring regularly, until lightly toasted, 2-3 mins. **TIP:** Watch them like a hawk as they can burn easily.
- In a medium bowl, add the **Parmigiano Reggiano**, **rocket** and **olive oil for the dressing** (see pantry for amount).
- Season with **salt** and **pepper**, toss to combine, then transfer to a large serving dish.

3



## Finish and Serve

- Scatter the **toasted pine nuts** over the **salad**.
- Drizzle over the **balsamic glaze**.
- Serve alongside your **garlic breads** to finish.

Enjoy!