



Tapas Style Feta and Med Veg Side Dish

with Pepper, Red Onion, Tomato and Pine Nuts

Special Sides 25-30 Minutes • 1 of your 5 a day • Veggie

6A

Find all your unchilled Market items in bag A.



Mixed Peppers and Red Onion



Baby Plum Tomatoes



Pine Nuts



Chives



Feta Cheese



Balsamic Glaze

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, baking paper and frying pan.

Ingredients

Ingredients	Quantity
Mixed Peppers and Red Onion**	300g
Baby Plum Tomatoes	125g
Pine Nuts	15g
Chives**	1 bunch
Feta Cheese** 7)	100g
Balsamic Glaze 14)	12ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	1111/266	396/95
Fat (g)	17.8	6.4
Sat. Fat (g)	9.6	3.4
Carbohydrate (g)	15.3	5.5
Sugars (g)	13.0	4.6
Protein (g)	11.6	4.1
Salt (g)	1.10	0.39

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.

Contact

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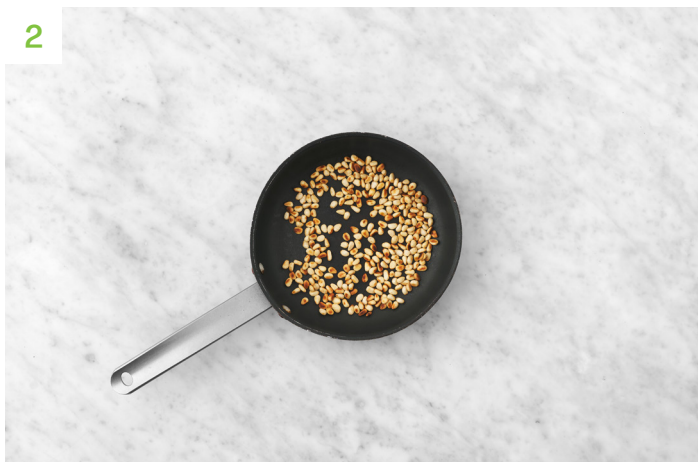
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Into the Oven

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

b) Pop the **mixed peppers and red onions** onto a large, lined baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

c) When the oven is hot, roast your **vegetables** on the top shelf until lightly charred and tender, 20-22 mins.

Roast and Toast

a) Meanwhile, halve the **baby plum tomatoes** and season with **salt**.

b) When the **veg** has been in the oven for 10-12 mins, remove the tray from the oven and add the **tomatoes**. Return to the oven and roast for the remaining 10 mins, until the **tomatoes** have softened.

c) While the **veg** roasts, 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.**

Finish and Serve

a) Roughly chop the **chives** (use scissors if easier).

b) Crumble the **feta**.

c) Once roasted, stir the **feta** and **three quarters** of the **chives** through the **veg**, then transfer to a sharing bowl.

d) Drizzle over the **balsamic glaze**. Sprinkle over the **toasted pine nuts** and remaining **chives** to finish.

Enjoy!