



# Pesto Drizzled Feta and Roasted Pepper Salad with Croutons and Baby Leaves

Lunch 20-25 Minutes • 1 of your 5 a day • Veggie

11A

Find all your unchilled Market items in bag A.



Bell Pepper



Ciabatta



Feta Cheese



Pesto



Baby Leaf Mix

**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 and bowl.

## Ingredients

| Ingredients             | Quantity |
|-------------------------|----------|
| Bell Pepper***          | 2        |
| Ciabatta <b>13)</b>     | 1        |
| Feta Cheese** <b>7)</b> | 100g     |
| Pesto** <b>7)</b>       | 64g      |
| Baby Leaf Mix**         | 100g     |

| Pantry     | Quantity |
|------------|----------|
| Olive Oil* | 2 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    |
|--------------------------------|-------------|-------------|
| <b>for uncooked ingredient</b> | <b>315g</b> | <b>100g</b> |
| Energy (kJ/kcal)               | 2078/497    | 660/158     |
| Fat (g)                        | 34.6        | 11.0        |
| Sat. Fat (g)                   | 13.2        | 4.2         |
| Carbohydrate (g)               | 31.5        | 10.0        |
| Sugars (g)                     | 7.9         | 2.5         |
| Protein (g)                    | 16.3        | 5.2         |
| Salt (g)                       | 2.96        | 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.

## Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](https://hellofresh.co.uk) or use our app to rate this recipe

 You can recycle me!

HelloFresh UK  
Packed in the UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ



1



## Roast the Peppers

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Halve the **peppers** and discard the core and seeds. Slice into thin strips.
- Put the **peppers** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.
- When the oven is hot, roast on the top shelf until soft and slightly charred, 14-16 mins. Once cooked, set aside and allow to cool, 5 mins.

2



## Make the Croutons

- Meanwhile, tear the **ciabatta** into roughly 2cm chunks. Pop the **ciabatta chunks** onto a baking tray in a single layer. Drizzle with **oil**, season with **salt** and **pepper** and toss to coat well.
- Bake the **croutons** on the middle shelf until golden, 8-10 mins, then remove from the oven and set aside to cool, 5 mins.

3



## Assemble and Serve

- While everything bakes, crumble the **feta**.
- In a large bowl, combine the **pesto** and the **olive oil** (see pantry for amount).
- When you're ready to serve, add the **baby leaf mix** to the bowl and toss to coat in the **dressing**. Divide between 2 serving bowls.
- Top the **baby leaves** with the **feta**, **roasted pepper** and **croutons** to finish.

Enjoy!