



# Warm Pesto Roasted Autumn Veg Salad

with Oregano Potatoes and Greek Style Salad Cheese

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

19



Potatoes



Dried Oregano



Balsamic Vinegar



Pesto



Bell Pepper



Baby Plum Tomatoes



Courgette



Wild Rocket



Greek Style Salad Cheese



British Smoked Bacon Lardons

### Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

### + Add Bacon Lardons

If you chose to add bacon lardons, then just follow the instructions on the back of this card.

Happy cooking!

## 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, bowl and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Dried Oregano	1 sachet	2 sachets	2 sachets
Balsamic Vinegar <b>14)</b>	12ml	18ml	24ml
Pesto <b>7)</b>	32g	48g	64g
Bell Pepper***	1	1½	2
Baby Plum Tomatoes	125g	190g	250g
Courgette**	1	1½	2
Wild Rocket**	20g	40g	40g
Greek Style Salad Cheese** <b>7)</b>	50g	100g	100g
British Smoked Bacon Lardons**	90g	120g	180g

Pantry	2P	3P	4P
Sugar for the Dressing*	½ tsp	¾ tsp	1 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	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	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	535g	100g	585g	100g
Energy (kJ/kcal)	1745 /417	326 /78	2234/ 534	382 /91
Fat (g)	16.2	3.0	25.4	4.3
Sat. Fat (g)	5.8	1.1	8.7	1.5
Carbohydrate (g)	57.8	10.8	58.8	10.1
Sugars (g)	12.6	2.4	12.5	2.1
Protein (g)	12.5	2.3	20.2	3.4
Salt (g)	1.26	0.24	2.53	0.43

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.

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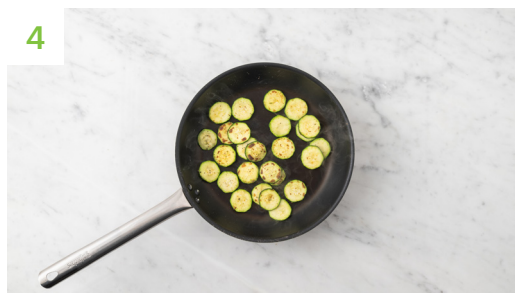
## Get the Potatoes In

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

Chop the **potatoes** into 2cm chunks (no need to peel). Pop them onto a large baking tray. Drizzle with **oil**, sprinkle over the **dried oregano**, 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, 25-35 mins. Turn halfway through.



## Char your Courgette

While everything roasts, trim the **courgette** and slice into 1cm thick rounds.

Heat a drizzle of **oil** in a large frying pan on high heat. When hot, add the **courgette** and cook until charred, 3-4 mins. Season with **salt** and **pepper**. Turn only every couple of mins - this will result in the **courgette** picking up some nice colour.

Once cooked, remove from the heat.

### + Add Bacon Lardons

If you're adding **bacon**, add it to the pan with the **courgette**. Fry, 4-5 mins instead, then continue as instructed. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook it thoroughly.



## Mix the Dressing

Meanwhile, in a large bowl, combine the **balsamic vinegar, pesto, sugar** and **olive oil for the dressing** (see pantry for both amounts).

Season with **salt** and **pepper** - this is your **pesto dressing**.



## Toss the Salad

When everything's ready, add the **roasted veg** and **charred courgette** to the bowl of **pesto dressing** and toss to coat.

Just before serving, add the **rocket** and toss to combine. **TIP:** Don't add the leaves too early or they'll go soggy.

Taste and season with **salt** and **pepper** if needed.



## Roast the Pepper

Next, halve the **bell pepper** and discard the core and seeds. Slice into thin strips.

Pop the **sliced pepper** and **baby plum tomatoes** onto another large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.

Roast on the middle shelf until soft and slightly charred, 15-18 mins.



## Finish and Serve

Share the **roasted veg salad** between your bowls. Crumble over the **Greek style salad cheese**.

Enjoy!