



# Warm Autumn Butter Bean and Roasted Squash Salad with Zhoug Yoghurt and Greek Style Cheese

41

Classic 40-45 Minutes • Medium Spice • 2 of your 5 a day



Red Onion



Butternut Squash



Roasted Spice and Herb Blend



Ciabatta



Chopped Kale



Cider Vinegar



Greek Style Natural Yoghurt



Zhoug Style Paste



Butter Beans



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. Ingredients in red are hot!

## Cooking tools

Baking tray, bowl, sieve and saucepan.

## Ingredients

Ingredients	2P	3P	4P
Red Onion	1	2	2
Butternut Squash**	1	1	1
Roasted Spice and Herb Blend	1 sachet	1 sachet	2 sachets
Ciabatta <b>13)</b>	1	2	2
Chopped Kale**	100g	150g	200g
Cider Vinegar <b>14)</b>	30ml	45ml	60ml
Greek Style Natural Yoghurt** <b>7)</b>	75g	150g	150g
Zhoug Style Paste	45g	67g	90g
Butter Beans	1 carton	1½ cartons	2 cartons
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*	2 tsp	3 tsp	4 tsp
Olive Oil for the Dressing*	2 tbsps	3 tbsps	4 tbsps

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

## Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	700g	100g	745g	100g
Energy (kJ/kcal)	2739 / 655	392 / 94	3227 / 771	433 / 104
Fat (g)	30.0	4.3	39.1	5.3
Sat. Fat (g)	8.3	1.2	11.2	1.5
Carbohydrate (g)	72.4	10.4	73.3	9.8
Sugars (g)	28.1	4.0	28.2	3.8
Protein (g)	22.1	3.2	29.8	4.0
Salt (g)	2.36	0.34	3.59	0.48

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.

 You can recycle me!

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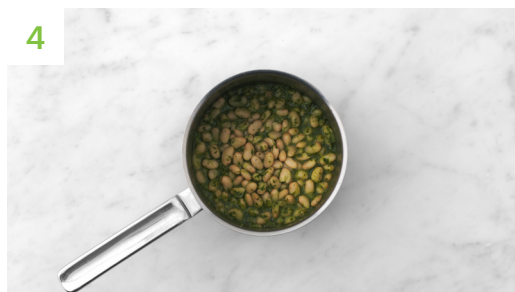
## Roast the Veg

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

Halve and peel the **red onion**, then cut each **half** into 3 wedges.

Trim the **butternut squash**, halve lengthways, then scoop out the seeds (peel first if you prefer). Cut into 2cm chunks.

Pop the **butternut** and **onion** onto a large baking tray. Drizzle with **oil** and sprinkle over the **roasted spice and herb blend**. Season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.



## Warm the Butter Beans

Meanwhile, pop a medium saucepan on medium heat (no oil).

Once hot, add the **butter beans**, then stir in the remaining **zhoug** (add less if you prefer things milder). Cook until warmed through, 2-3 mins, then remove from the heat.



## Prep the Croutons

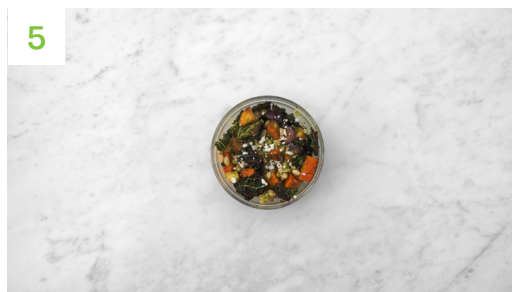
When the oven is hot, roast the **veg** on the top shelf until golden and cooked through, 25-30 mins.

Meanwhile, tear the **ciabatta** into roughly 2cm chunks. Pop the **ciabatta** onto another baking tray in a single layer.

Drizzle with **oil**, season with **salt** and **pepper** and toss to coat well. Add the **kale** to the other side of tray, drizzle with **oil**, season with **salt** and **pepper** and toss to coat. Set aside for now.

## + Add Bacon Lardons

If you're adding **bacon**, when there's 10 mins of **veg** roasting time left, add them to the baking tray. Roast, 8-10 mins. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook it thoroughly



## Assemble

When everything's ready, add the **roasted veg, butter beans** and **croutons** to the **dressing** bowl.

Crumble in the **Greek style salad cheese** and toss together. Taste and add more **salt** and **pepper** if needed.



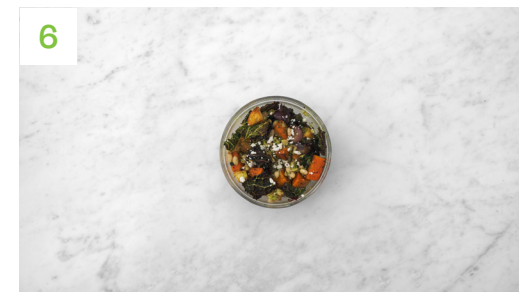
## Finish your Prep

In a large bowl, combine the **cider vinegar, sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper** and set your **dressing** aside.

In another small bowl, combine the **yoghurt** with **half the zhoug**. Set aside.

Drain and rinse the **butter beans** in a sieve.

When there is about 7-8 mins of **veg** roasting time remaining, pop the **crouton** and **kale** tray onto the middle shelf of your oven and bake until golden and the **kale** is crispy, 7-8 mins.



## Serve

Share the **warm salad** out between your serving bowls and drizzle over the **zhoug yoghurt** to finish.

## Enjoy!