



# Warm Pesto Roasted Veg Salad

## with Oregano Potatoes and Greek Style Salad Cheese

Calorie Smart 35-40 Minutes • 3 of your 5 a day • Under 650 Calories

23



Potatoes



Dried Oregano



Bell Pepper



Courgette



Balsamic Vinegar



Fresh Pesto



Cherry Tomatoes



Baby Leaf Mix



Greek Style Salad Cheese



Bacon Lardons

**Pantry Items**

Oil, Salt, Pepper, Sugar, Olive Oil

**CUSTOM RECIPE**

If you chose to add or double up on protein, 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, frying pan, bowl and aluminium foil.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Dried Oregano	1 sachet	2 sachets	2 sachets
Bell Pepper***	1	1½	2
Courgette**	1	1½	2
Balsamic Vinegar <b>14)</b>	12ml	18ml	24ml
Fresh Pesto** <b>7)</b>	32g	48g	64g
Cherry Tomatoes	125g	190g	250g
Baby Leaf Mix**	50g	75g	100g
Greek Style Salad Cheese** <b>7)</b>	50g	100g	100g
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 or orange to guarantee you get the best quality pepper.

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	541g	100g	586g	100g
Energy (kJ/kcal)	1763 /421	326 /78	2250 /538	384 /92
Fat (g)	16.8	3.1	26.0	4.4
Sat. Fat (g)	5.7	1.1	8.6	1.5
Carbohydrate (g)	58.2	10.8	59.1	10.1
Sugars (g)	12.4	2.3	12.4	2.1
Protein (g)	11.6	2.1	19.3	3.3
Salt (g)	0.97	0.18	2.20	0.38

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).  
Point™ values based on low-cal cooking spray oil.

## 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, milk, egg, mustard, celery, soya, 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.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

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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.



## Roast the Pepper

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

Pop the **sliced pepper** 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.

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



## Char your Courgette

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. Turn only every couple of mins - this will result in the **courgette** picking up some nice colour.

Once cooked, season with **salt** and **pepper**, then transfer the **courgette** to a bowl. Cover with a lid or foil to keep warm.

## CUSTOM RECIPE

If you've chosen to add **bacon lardons** to your meal, add them to the pan at the same time as the **courgette**. Stir-fry until golden, 4-5 mins instead, then continue as instructed.  
**IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.



## Mix the Pesto Dressing

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

Season with **salt** and **pepper**, then mix well to combine. Set your **pesto dressing** aside.

Next, halve the **cherry tomatoes**.



## Tomato Time

When the **pepper** has 5 mins left, add the **tomato halves** to the baking tray with an extra drizzle of **oil** if needed.

Return to the oven for the remaining 5 mins, until the **tomatoes** are softened.



## Finish and Serve

Once the **veg** has roasted, add everything to the bowl of **pesto dressing** and toss to coat.

Next, add the **baby leaves** and **charred courgette** to the bowl, season with **salt** and **pepper**, then mix to combine.

Share your **salad** between your bowls and crumble over the **Greek style salad cheese** to finish.

Enjoy!

