



Mozzarella, Roasted Pepper and Onion Marmalade Panini with Herby Fries and Balsamic Rocket

23

Calorie Smart 35-40 Minutes • Under 650 Calories • Veggie



Bell Pepper



Potatoes



Mixed Herbs



Ciabatta



Onion Marmalade



Mozzarella



Mature Cheddar
Cheese



Wild Rocket



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, kitchen paper, grater and frying pan.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	1½	2
Potatoes	450g	700g	900g
Mixed Herbs	1 sachet	2 sachets	2 sachets
Ciabatta 13)	2	3	4
Onion Marmalade	30g	40g	60g
Mozzarella** 7)	¾ ball	1 ball	1½ balls
Mature Cheddar Cheese** 7)	30g	40g	60g
Wild Rocket**	20g	40g	40g
Balsamic Glaze 14)	12ml	18ml	24ml

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
for uncooked ingredient	466g	100g
Energy (kJ/kcal)	2461 /588	528 /126
Fat (g)	14.4	3.1
Sat. Fat (g)	7.8	1.7
Carbohydrate (g)	97.7	21.0
Sugars (g)	15.5	3.3
Protein (g)	21.9	4.7
Salt (g)	1.53	0.33

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.

Contact

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Roast the Pepper

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

Halve the **bell pepper** lengthways and discard the core and seeds. Lay the **pepper halves**, cut-side down, onto a small baking tray. Drizzle with **oil**, then season with **salt** and **pepper**.

When the oven is hot, roast on the middle shelf until soft and slightly charred, 18-20 mins.



Build the Panini

Once cooked, place a **roasted pepper half** on top of each **cheesy ciabatta base**.

Sandwich shut with the **ciabatta lids** and firmly press all the **ingredients** inside.



Eyes on the Fries

Meanwhile, chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide fries (no need to peel).

Pop the **fries** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle over the **mixed herbs**. Toss to coat, then spread out in a single layer. **TIP:** Use two baking trays if necessary.

Bake your **herby fries** on the top shelf until golden, 25-30 mins. Turn halfway through.



Get Toasting

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **paninis**, pressing down with a spatula or heavy-bottomed pan.

Cook, pressing occasionally, until the **bread** is golden and toasted and the **cheese** has melted, 2-4 mins per side.



Pesto and Cheese Time

While everything roasts, halve the **ciabatta**. Spread each cut side evenly with the **onion marmalade**.

Drain the **mozzarella** and squeeze out as much liquid as you can. Pat dry with kitchen paper, then tear into small pieces.

Grate the **Cheddar**.

Lay your **mozzarella pieces** on the base of each **ciabatta** followed by the **grated Cheddar**. Season well with **pepper**.



Finish and Serve

Slice your **paninis** diagonally, then divide between your plates with the **herby fries** alongside.

Share the **rocket** between your plates and drizzle over the **balsamic glaze** to finish.

Enjoy!