

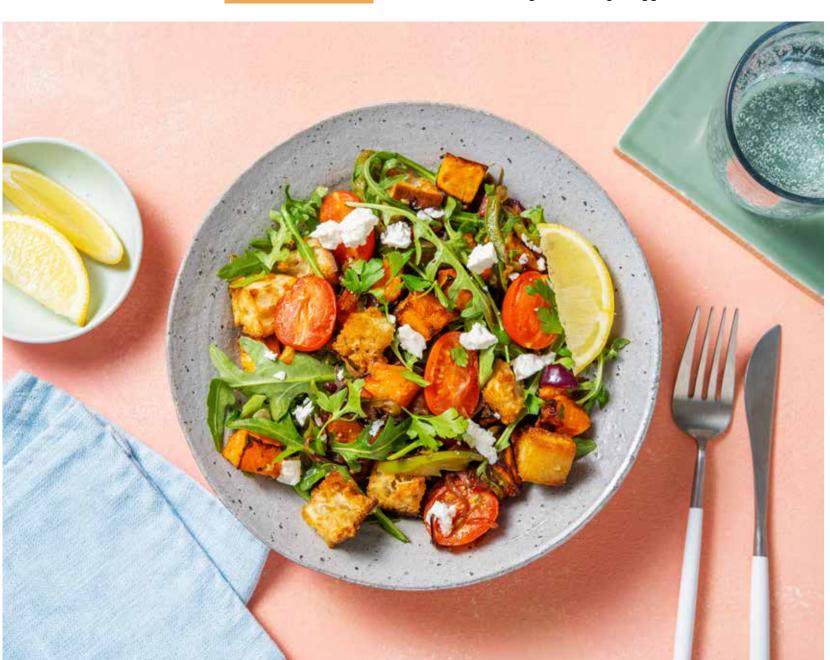
Panzanella Salad

with Roasted Butternut and Pepper

Customer Favourites

35-40 Minutes • 3 of your 5 a day • Veggie







Diced Butternut Squash



Red Onion



Bell Pepper





Baby Plum Tomatoes





Lemon



Flat Leaf Parsley



Rocket



Greek Style Salad Cheese

Before you start

Our fruit and veggies need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Baking tray, frying pan, garlic press, fine grater and bowl. Ingredients

3			
	2P	3P	4P
Diced Butternut Squash**	300g	450g	600g
Red Onion**	1	1	1
Bell Pepper***	1	2	2
Ciabatta 13)	1	1½	2
Baby Plum Tomatoes	125g	190g	250g
Garlic Clove**	1	2	2
Lemon**	1/2	1	1
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Olive Oil for the Dressing*	1 tbsp	2 tbsp	2 tbsp
Rocket**	40g	60g	80g
Greek Style Salad Cheese** 7)	100g	150g	200g

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, green, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	501g	100g
Energy (kJ/kcal)	1622 /388	324 /77
Fat (g)	16.1	3.2
Sat. Fat (g)	8.8	1.8
Carbohydrate (g)	45.6	9.1
Sugars (g)	16.0	3.2
Protein (g)	15.7	3.1
Salt (g)	1.70	0.34
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Nutrition for uncooked ingredients based on 2 person recipe.

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, 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.

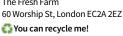
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Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ







Roast the Veg

Preheat your oven to 220°C/200°C fan/gas mark 7. Place the **diced butternut squash** onto a large baking tray. Drizzle with oil, season with salt and pepper, then use your hands to coat the squash in the oil and seasoning. Spread out in a single layer. When the oven is hot, roast on the top shelf until tender and golden, 25-30 mins.



Prep the Veg

Meanwhile, halve, peel and thinly slice the red onion.

Halve the **pepper** and discard the core and seeds. Slice into thin strips.

Heat a drizzle of **oil** in a large frying pan on medium-low heat. When hot, add the onion and pepper to the pan.

Gently cook, stirring occasionally, until the peppers and onion are soft, 15-20 mins.



Bake the Croutons

While the veg softens, tear the ciabatta into small, bite-size pieces, then pop onto another baking tray. Drizzle with oil and a pinch of salt, then toss to coat.

Halve the **tomatoes**. When the **squash** has been cooking for about 15 mins, add the tomatoes to the **squash** tray with another drizzle of **oil** if needed. Gently toss together.

Return the **veg** tray to the top shelf and slide the ciabatta tray onto the middle shelf, then bake everything for the remaining time, 10-15 mins.



Make the Dressing

Meanwhile, peel and grate the garlic (or use a garlic press). Zest and halve the **lemon**. Roughly chop the **parsley** (stalks and all).

Make the **dressing** by combining the **olive** oil for the dressing (see ingredients for amount), parsley, lemon zest and half the lemon juice in a large bowl.

Season with salt, pepper and a pinch of sugar (if you have any), mix well, then set aside.



Finish Up

When the **peppers** are soft, stir in the **garlic** and cook for 1 min more. Remove from the heat and add to the bowl of dressing.

When ready, add your **roasted veg** and **croutons** to the same bowl and gently mix.

Let everything sit for a couple of mins (the ciabatta will absorb the flavours).



Serve

Add the rocket to the bowl with the roasted veg and croutons.

Carefully stir through, then share the panzanella **salad** between your serving bowls and crumble the Greek style salad cheese over the top.

Serve with any remaining **lemon** cut into **wedges** for squeezing over.

Enjoy!