



# Panzanella Salad

with Roasted Butternut and Pepper

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

23



Diced Butternut Squash



Red Onion



Bell Pepper



Ciabatta



Baby Plum Tomatoes



Garlic Clove



Lemon



Flat Leaf Parsley



Rocket



Greek Style Salad Cheese

**Pantry Items**  
Olive Oil

## 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

Ingredients	2P	3P	4P
Diced Butternut Squash**	300g	450g	600g
Red Onion**	1	1	1
Bell Pepper***	1	2	2
Ciabatta <b>13</b>	1	1½	2
Baby Plum Tomatoes	125g	190g	250g
Garlic Clove**	1	2	2
Lemon**	½	1	1
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Rocket**	40g	60g	80g
Greek Style Salad Cheese** <b>7</b>	100g	150g	200g

Pantry	2P	3P	4P
Olive Oil for the Dressing*	1 tbsp	2 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

	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

Nutrition for uncooked ingredients based on 2 person recipe.

PersonalPoints™ values based on low-cal cooking spray oil.

## 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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## Roast the Squash

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.



## 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).

In a large bowl, make your **dressing** by combining the **olive oil for the dressing** (see ingredients for amount), **parsley**, **lemon zest** and **half the lemon juice**. Season with **salt**, **pepper** and a pinch of **sugar** (if you have any). Mix well, then set aside.

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## 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.



## 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, remove the **veg** and **croutons** from the oven, add to the **dressing** bowl and gently mix. Let it sit for a couple of mins (the **ciabatta** will absorb the flavours).



## Bake the Croutons

While the **veg** softens, tear the **ciabatta** into small, bite-size pieces. Put the **ciabatta** 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 and pop back onto the top shelf.

Slide the **ciabatta** tray onto the middle shelf and bake everything for the remaining time, 10-15 mins.



## 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 to finish.

## Enjoy!