

Roasted Pepper, Mozzarella and Serrano Ham Salad



with Toasted Ciabattas, Almonds and Balsamic Dressing

BALANCED 25 Minutes • Under 600 Calories • 1 of your 5 a day





Yellow Pepper









Ciabatta







Balsamic Vinegar



Rocket



Serrano Ham

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools, you will need:

Two Baking Trays Frying Pan and Mixing Bowl.

Ingredients

2P	3P	4P	
1	2	2	
1	1	2	
2	3	4	
1 small pot	1 large pot	1 large pot	
1 sachet	1 sachet	2 sachets	
1½ tbsp	2 tbsp	3 tbsp	
1 ball	1½ balls	2 balls	
1 pack	1½ packs	2 packs	
2	3	4	
	1 1 2 1 small pot 1 sachet 1½ tbsp 1 ball 1 pack	1 2 1 1 2 3 1 small pot 1 large pot 1 sachet 1 sachet 1½ tbsp 2 tbsp 1 ball 1½ balls 1 pack 1½ packs	

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	351g	100g
Energy (kJ/kcal)	2314 /553	659/158
Fat (g)	25	7
Sat. Fat (g)	11	3
Carbohydrate (g)	51	14
Sugars (g)	13	4
Protein (g)	31	9
Salt (g)	1.92	0.55

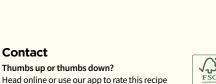
Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 7) Milk 11) Soya 13) Gluten 14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.



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Packed in the UK



1. Get Started

Preheat your oven to 200°C. Halve the **peppers** and discard the core and seeds. Slice into thin strips. Pop the **peppers** onto a baking tray, drizzle with **oil** and season with **salt** and **pepper**. Toss to coat then spread out in a single layer. Roast on the top shelf of your oven until golden brown and softened, 15-18 mins. Turn halfway through cooking.



2. Ciabatta Time

Meanwhile, cut each **ciabatta** into 4 strips. Pop onto another baking tray, drizzle with **oil** and season with **salt** and **pepper**. About 8 mins before your **peppers** are ready, bake the **ciabatta** on the middle shelf of your oven until golden and crispy, 8-10 mins.



3. Almond Time

Heat small frying pan over medium heat (no oil!) Once hot, add the **flaked almonds** and cook, stirring regularly, until lightly toasted, 1-2 mins. **TIP:** Watch them like a hawk as they can burn easily. Pop into a small bowl and set aside to cool.



4. Dressing Time!

In a large bowl, mix the **balsamic vinegar**, **olive oil** (see ingredients for amounts) together and season with **salt** and **pepper**. Set aside, this is your dressing!



5. Finish up

Once your **peppers** and **ciabatta** are ready, remove from the oven and leave to cool slightly. Drain the the **mozzarella** then tear into bite sized chunks.



6. Serve

When everything is ready, add the **peppers** and **rocket** to the bowl with the **dressing**. Toss to coat then divide between plates. Top with the **mozzarella** and the **serrano ham** (1 slice per person). Scatter over the **flaked almonds** and serve with the **ciabatta pieces** alongside.

Enjoy!

BALANCED RECIPE

Under 600 Calories • Low Sugar

Featured Ingredient: Rocket is a leafy green vegetable, which is low in calories and can also be considered as a cruciferous. Comapred to other leafy greens such as Kale, rocket is higher in calcium. Calcium contributes to normal muscle function. It is great to add to dishes in order to bulk them up, as the calories in this leafy green are very minimal 25 kcal/100a.

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.