



# Spring Panzanella Salad

with Garlic Croutons and Pesto Dressing

Spring Greens 40-45 Minutes • 3 of your 5 a day • Veggie

21



Baking Potato



Red Onion



Dried Oregano



Garlic Clove



Ciabatta



Courgette



Sugar Snap Peas



Fresh Pesto



Lemon



Premium Baby Leaf Mix



Greek Style Salad Cheese

**Pantry Items**

Oil, Salt, Pepper, Olive Oil, Honey

## 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, garlic press, peeler and bowl.

## Ingredients

Ingredients	2P	3P	4P
Baking Potato	1	1	2
Red Onion**	1	1½	2
Dried Oregano	1 sachet	1 sachet	2 sachets
Garlic Clove**	1	2	2
Ciabatta <b>13</b>	1	2	2
Courgette**	1	1½	2
Sugar Snap Peas**	80g	150g	150g
Fresh Pesto** <b>7</b>	50g	75g	100g
Lemon**	1	1½	2
Premium Baby Leaf Mix**	50g	75g	100g
Greek Style Salad Cheese** <b>7</b>	50g	75g	100g
Pantry	2P	3P	4P
Olive Oil for the Croutons*	1 tbsp	1½ tbsp	2 tbsp
Olive Oil for the Dressing*	1½ tbsp	2¼ tbsp	3 tbsp
Honey*	1 tbsp	1½ tbsp	2 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2444 /584	430 /103
Fat (g)	28.3	5.0
Sat. Fat (g)	7.8	1.4
Carbohydrate (g)	72.6	12.8
Sugars (g)	19.3	3.4
Protein (g)	15.5	2.7
Salt (g)	1.94	0.34

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## 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.

## Contact

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## Roast the Veg

Preheat your oven to 220°C/200°C fan/gas mark 7. Chop the **potato** into 2cm chunks (no need to peel).

Halve and peel the **red onion**, then cut each half into 3 wedges.

Pop the **potatoes** and **onion** onto a large baking tray. Drizzle with **oil**, add the **dried oregano** and 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.



## Sugar Snaps Time

When the **veg** has 8-10 mins of roasting time left, add the **sugar snaps** to the baking tray.

Toss with the **onion** and **potatoes**, then return the **veg** to the oven for the remaining time until cooked.



## Make your Garlic Croutons

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Tear the **ciabatta** into roughly 2cm chunks and pop onto a baking tray in a single layer.

Drizzle with **olive oil for the croutons** (see pantry for amount), season with **salt**, **pepper** and the **garlic**, then toss to coat well.

Bake the **croutons** on the middle shelf until golden, 8-10 mins, then remove from the oven and set aside.



## Hey Pesto

Meanwhile, add the **pesto** to a small bowl. Pour in the **olive oil for the dressing** and **honey** (see pantry for both amounts), then squeeze in the **lemon juice**. Stir until combined.

Taste the **dressing** and season with **salt** and **pepper** if needed.



## Peel the Courgette

Trim the **courgette**. Use a peeler to peel long ribbons down the length of the **courgette**, stopping at the spongy centre. Leave to one side for now.



## Assemble and Serve

When ready, stir together the **roast veg**, **croutons** and **pesto dressing** in a large bowl (or just on a baking tray).

Let everything sit for a couple of mins (the **ciabatta** will absorb the flavours), then stir through the **courgette ribbons** and **baby leaves**. Season with **salt** and **pepper**.

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

Enjoy!