



# Warm Panzanella Salad

with Chilli and Crumbled Feta

Calorie Smart 40 Minutes • Little Spice • 2 of your 5 a day • Under 600 calories

Nº 26



Butternut Squash



Red Onion



Bell Pepper



Chilli Flakes



Garlic Clove



Baby Plum Tomatoes



Parsley



Thyme



Ciabatta



Lemon



Capers



Rocket



Feta Cheese

## Before you start

Our fruit and veg need a little wash before you use them!

## Cooking tools, you will need:

Cutting Board, Knife, Baking Tray, Frying Pan, Garlic Press, Zester and Bowls.

## Ingredients

	2P	3P	4P
Butternut Squash**	1 small	¾ large	1 large
Red Onion**	½	½	1
Bell Pepper**	1	2	2
Chilli Flakes	1 pinch	1 pinch	1 pinch
Garlic Clove	1	2	2
Baby Plum Tomatoes	125g	190g	250g
Parsley**	1 bunch	1 bunch	1 bunch
Thyme**	½ bunch	¾ bunch	1 bunch
Ciabatta <b>11</b> <b>13</b> )	1	1½	2
Lemon**	½	1	1
Olive Oil for the Dressing*	2 tbsp	3 tbsp	4 tbsp
Sugar*	½ tsp	1 tsp	1 tsp
Capers**	15g	20g	30g
Rocket**	40g	80g	80g
Feta Cheese <b>7</b> **	100g	150g	200g

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

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>614g</b>	<b>100g</b>
Energy (kJ/kcal)	1765 /422	287 /69
Fat (g)	17	3
Sat. Fat (g)	6	1
Carbohydrate (g)	55	9
Sugars (g)	23	4
Protein (g)	13	2
Salt (g)	1.02	0.17

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

**7**) Milk **11**) Soya **13**) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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HelloFresh UK

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## Roast the Squash

Preheat your oven to 200°C. Trim the **butternut squash** then halve lengthways and scoop out the **seeds** (peel first if you prefer). Chop it widthways into 2cm slices, then chop into 2cm chunks. Place the **squash** chunks onto a large baking tray, drizzle with **oil** and season with **salt** and **pepper**. Mix well, arrange in a single layer on the tray, then pop onto the top shelf of the oven to roast until tender and golden, 25-30 mins. Turn halfway.



## Get Dressed

When the **squash** has been cooking for 10 mins, add the **tomatoes** and **garlic** to the tray with another drizzle of **oil** if you need it. Gently mix and return to the oven for the remainder of the cooking time. Meanwhile, make the **dressing** by combining the **olive oil** (see ingredients for amount), **sugar** (see ingredients for amount), zest and **juice** from **half the lemon** in a large bowl. Season with **salt** and **pepper**, mix well and set aside.



## Fry 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 low-medium heat. Add the **red onion**, **pepper** and a pinch of **chilli flakes** (be careful - they're hot) to the pan. Gently fry, stirring occasionally, until the **peppers** and **onion** are soft, 15-20 mins.



## Make the Croutons

Put the **ciabatta** onto a baking tray with a drizzle of **oil**, the **thyme leaves** and a good pinch of **salt**. Toss together well then spread out and place the tray on the middle shelf of the oven to toast until golden, 8-10 mins. Give the tray a shake halfway through.



## Get Prepared

In the meantime, peel and grate the **garlic** (or use a garlic press). Halve the **tomatoes**. Roughly chop the **parsley** (stalks and all). Pick the **thyme leaves** from their stalks and roughly chop (discard the stalks). Tear the **ciabatta** into small, bite-size pieces. Zest and halve the **lemon**.



## To Finish

Stir the **capers** into the pan with the **onions** and **pepper** then tip into the bowl with the **dressing**. Remove the **veggies** and **croutons** from the oven, add to the bowl and gently mix. Let the bowl sit for a couple minutes (to let the **bread** absorb the flavours). Then mix in the **rocket** and **parsley**. Divide between your plates and finish by crumbling the **feta** all over.

Enjoy!

**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.