

WARM PANZANELLA SALAD

with Chilli and Crumbled Feta









Diced Butternut Squash





Chilli Flakes

Red Pepper



Garlic Clove

Premium Tomato Mix



Flat Leaf Parsley

Ciabatta





Capers



Lemon

Rocket



Feta Cheese



💋 Veggie 35 mins 2.5 of your 5 a day Little heat

• 7

This isn't your normal salad. Bursting with fresh veg which have been combined with the sharp flavour of capers and a kick of heat from the chilli flakes. Paired with fresh Butternut Squash and creamy feta cheese, this is one of our favourite recipes and we're pretty sure it's about to become yours too.

Thyme



Our fruit and veggies need a little wash before you use them! Make sure you've got a some Baking Paper, two Baking Trays, a Large Frying Pan, Fine Grater, Sieve and Mixing Bowl. Now, let's get cooking!



ROAST THE SQUASH

Preheat the oven to 200°C. Place the squash cubes on 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 on the top shelf of the oven to roast until tender and golden, 25 - 30 mins.



STEW THE VEG

Meanwhile, halve, peel and thinly slice the onion. Halve the pepper and discard the core and seeds. Slice into thin strips. Heat a splash of **oil** in large frying pan over a medium-low heat. Add the **onion**, **pepper** and a pinch of chilli flakes (be careful-they're hot) to the pan. Gently cook, stirring occasionally, until the peppers and onion are really soft, 15-20 mins.



PREP THE SALAD

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. Tear the **ciabatta** into small, bite-size pieces and drain the **capers** in a sieve. Zest then halve the **lemon**.

2 - 4 PEOPLE INGREDIENTS

2P	3P	4P
1 small	1 medium	1 large
bag	bag	bag
1⁄2	1⁄2	1
1	2	2
a pinch	a pinch	a pinch
1	2	2
1	2	2
1 bunch	1 bunch	1 bunch
2 sprigs	3 sprigs	4 sprigs
1	1½	2
1 pot	1½ pots	2 pots
1⁄2	1	1
2 tbsp	3 tbsp	4 tbsp
½ tbsp	1 tbsp	1 tbsp
1 bag	2 bags	2 bags
1 small block	2 small blocks	2 small blocks
	1 small bag 1/2 1 a pinch 1 1 1 bunch 2 sprigs 1 1 pot 1/2 2 tbsp ½ tbsp 1 bag 1 small	1 small 1 medium bag bag bag bag 1 bag 1 2 a pinch a pinch 1 2 a pinch 12 1 2 1 2 1 12 1 2 1 12 1 1 2 sprigs 3 sprigs 1 1½ 1 1½ 1 1½ 1 3 tbsp ½ tbsp 1 tbsp 1 bag 2 bags 1 small 2 small

*Not Included * Store in the Fridge

PER SERVING 490G	PER 100G
1837 /439	375 /90
23	5
10	2
43	9
17	4
16	4
1.56	0.32
	490G 1837/439 23 10 43 17 16

Nutrition for uncooked ingredients based on 2 person recipe. **ALLERGENS**

7) Milk 11) Soya 13) Gluten

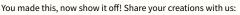
(O)

HelloFresh UK

The Fresh Farm

🔝 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.

THUMBS UP OR THUMBS DOWN? Head online or use our app to rate this recipe or get in touch via hello@hellofresh.co.uk



#HelloFreshSnaps f

Packed in the UK

FSC MIX

Paper from F8C* C00850

60 Worship St, London EC2A 2EZ lelloFRESH YOU CAN RECYCLE ME!



ROAST THE TOMATOES

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 if using), lemon zest and **juice** from **half** the **lemon** in a large bowl. Season with salt and pepper, mix well and set aside.



MAKE THE CROUTONS

Put the ciabatta on 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.



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 the top. **Enjoy!**

