



Warm Panzanella Salad

with Chilli and Crumbled Feta

Calorie Smart 40 Minutes • Little Spice • 2 of your 5 a day • Veggie

23



Butternut Squash



Red Onion



Bell Pepper



Chilli Flakes



Garlic Clove



Baby Plum Tomatoes



Parsley



Thyme



Ciabatta



Lemon



Rocket



Feta Cheese



Capers

Before you start

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

Cooking tools, you will need:

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

Ingredients

	2P	3P	4P
Butternut Squash**	1	¾	1
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 11 13)	1	1½	2
Lemon**	½	1	1
Olive Oil for the Dressing*	2 tbsp	3 tbsp	4 tbsp
Sugar for the Dressing*	½g	1g	1g
Rocket**	40g	80g	80g
Feta Cheese 7)**	100g	150g	200g
Capers**	15g	20g	30g

*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	634g	100g
Energy (kJ/kcal)	2065 / 493	326 / 78
Fat (g)	23	4
Sat. Fat (g)	10	2
Carbohydrate (g)	55	9
Sugars (g)	23	4
Protein (g)	17	3
Salt (g)	1.52	0.24

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.

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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. Chop it widthways into 2cm slices, then chop into 2cm chunks (no need to peel). 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** and optional **sugar** (see ingredients for both amounts), with the **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**.



Finish and Serve

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.