



# Panzanella Salad

with Roasted Butternut and Crumbled Feta



**BALANCED** 35 Minutes • Under 600 Calories • Little Heat • 1.5 of your 5 a day • Veggie



Diced Butternut Squash



Red Onion



Red Pepper



Garlic Clove



Flat Leaf Parsley



Baby Plum Tomatoes



Ciabatta



Lemon



Rocket



Feta Cheese

## Before you start

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

### Basic cooking tools you will need:

Two Large Baking Trays, Fine Grater (or Garlic Press) and Mixing Bowl.

### Ingredients

	2P	3P	4P
Diced Butternut Squash**	1 small pack	1 large pack	2 small packs
Red Onion**	1	1	1
Red Pepper**	1	2	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Ciabatta <b>11</b> <b>13</b> )	1	1½	2
Lemon	½	1	1
Olive Oil*	1 tbsp	2 tbsp	2 tbsp
Rocket**	1 bag	2 bags	2 bags
Feta Cheese <b>7</b> )**	1 block	1½ blocks	2 blocks

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	545g	100g
Energy (kJ/kcal)	1766 /422	324 /78
Fat (g)	19	4
Sat. Fat (g)	10	2
Carbohydrate (g)	46	9
Sugars (g)	20	4
Protein (g)	17	3
Salt (g)	1.41	0.26

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

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

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly 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.

### Contact

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## 1. Roast the Squash

Preheat the oven to 200°C. Place the **diced butternut squash** on a large baking tray, drizzle with a little **oil** and season with **salt** and **pepper**. Use your hands to coat the **squash** in the **oil** and **seasoning**. 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. Turn when you add the **tomatoes** later on.



## 4. Bake the Croutons

Meanwhile, make the **dressing** by combining the **olive oil** (see ingredients for amount), **parsley**, **lemon zest** and **half the lemon juice**. Season with **salt** and **pepper**, mix well and set aside. Put the **ciabatta** on another baking tray with a drizzle of **oil** and a pinch of **salt**. Toss together and bake on the middle shelf of the oven until golden, 8-10 mins. Give the tray a shake halfway through.



## 2. Fry the Veg

Meanwhile, halve, peel and thinly slice the **onion**. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **parsley** (stalks and all). Heat a splash of **oil** in a large frying pan over a medium-low heat. When hot, add the **onion** and **pepper** to the pan. Gently cook, stirring occasionally, until the **peppers** and **onion** are really soft, 15-20 mins.



## 5. Finish Off

When the **peppers** are soft, stir in the **garlic** and cook for a minute more. Remove from the heat and add to the bowl with the **dressing**. Do any washing up and when ready, remove the **veggies** and **ciabatta croutons** from the oven, add to the bowl and gently mix. Let the bowl sit for a couple minutes (the ciabatta will absorb the flavours!).



## 3. Finish the Prep

In the meantime, halve the **tomatoes**. Tear the **ciabatta** into small, bite-size pieces. Zest then halve the **lemon**. When the **squash** has been cooking for 10 mins, turn the **squash** then add the **tomatoes** 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, 15-20 mins.



## 6. Serve

Carefully fold the **rocket** into the bowl with the **roasted veggies** and **croutons**. Divide between plates and crumble the **feta** over the top.

**Enjoy!**

### BALANCED RECIPE

**Under 600 Calories • Low Sat Fat • Salt • Low Sugar**

**Featured Ingredient: Butternut squash**, is a good source of vitamin A, especially beta carotene, which gives the butternut squash its rich orange colour. Vitamin A contributes to the maintenance of normal vision.

### 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.