



ROAST BUTTERNUT PUMPKIN & FETA SALAD

with Creamy Pesto & Garlic-Herb Croutons



Add garlic and herb seasoning to croutons



Peeled Pumpkin



Red Onion



Beetroot



Creamy Pesto Dressing



Ciabatta



Garlic & Herb Seasoning



Mixed Salad Leaves



Feta

Hands-on: **20-30** mins
Ready in: **35-45** mins

Eat me early

The best salads are a combination of flavours, textures and colours – and with golden roasted pumpkin, herby croutons, earthy beetroot and creamy feta, this one ticks all the boxes.

Pantry Staples: Olive Oil, Balsamic Vinegar

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **two oven trays** lined with **baking paper**



1 GET PREPPED

Preheat the oven to **240°C/220°C fan-forced**. Cut the **peeled pumpkin** into 2cm wedges. Cut the **red onion** into 2cm wedges. Cut the **beetroot** (unpeeled) into 1cm chunks. **TIP:** Cut the veggies to the correct size so they cook in the allocated time.



2 ROAST THE VEGGIES

Place the **pumpkin, onion** and **beetroot** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **good pinch** of **salt** and **pepper**. Spread in a single layer and roast until tender, **20-25 minutes**. **TIP:** Beetroot retains a lot of its firmness when cooked. You can tell it's cooked when it can be easily pierced with a fork.



3 MAKE THE PESTO DRIZZLE

While the veggies are roasting, in a small bowl, combine the **creamy pesto dressing** and **water**. Set aside.



4 BAKE THE CROUTONS

When the veggies have **10 minutes** cook time remaining, cut or tear the **ciabatta** into 1cm chunks. In a medium bowl, combine the **ciabatta** chunks, **garlic & herb seasoning** and a **good drizzle** of **olive oil**. Spread over a second oven tray lined with baking paper and bake until golden and crisp, **5-7 minutes**.



5 TOSS THE SALAD

In a medium bowl, combine a small **drizzle** of **olive oil**, the **balsamic vinegar** and a **pinch** of **salt** and **pepper**. When the roast veggies and croutons have cooled slightly, gently toss the **roast veggies, mixed salad leaves** and **croutons** with the dressing. **TIP:** Toss the salad just before serving to keep the leaves crisp.



6 SERVE UP

Divide the salad between bowls. Crumble over the **feta** and drizzle with the creamy pesto dressing.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
peeled pumpkin	1 packet (40g)	1 packet (80g)
red onion	1	2
beetroot	1	2
creamy pesto dressing	1 packet (50g)	1 packet (100g)
water*	2 tsp	4 tsp
ciabatta	1	2
garlic & herb seasoning	1 sachet	2 sachets
balsamic vinegar*	1 tsp	2 tsp
mixed salad leaves	1 bag (60g)	1 bag (120g)
feta	1 block (50g)	1 block (100g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3100kJ (741Cal)	492kJ (117Cal)
Protein (g)	23.7g	3.8g
Fat, total (g)	30.0g	4.8g
- saturated (g)	8.1g	1.3g
Carbohydrate (g)	89.3g	14.2g
- sugars (g)	27.8g	4.4g
Sodium (g)	1460mg	232mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
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