



WARM PANZANELLA SALAD

with Chilli and Crumbled Feta



HELLO CAPERS

Capers are pickled flower buds!



Diced Butternut Squash



Red Onion



Red Pepper



Chilli Flakes



Garlic Clove



Premium Tomato Mix



Flat Leaf Parsley



Thyme



Ciabatta



Capers



Lemon



Rocket



Feta Cheese

MEAL BAG

35 mins

2.5 of your 5 a day

Little heat

Veggie

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.

7

BEFORE YOU START

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!



1 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.



4 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.



2 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.



5 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.



3 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**.



6 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!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Diced Butternut	1 small	1 medium	1 large
Squash *	bag	bag	bag
Red Onion *	½	½	1
Red Pepper *	1	2	2
Chilli Flakes	a pinch	a pinch	a pinch
Garlic Clove *	1	2	2
Premium Tomato Mix	1	2	2
Flat Leaf Parsley *	1 bunch	1 bunch	1 bunch
Thyme *	2 sprigs	3 sprigs	4 sprigs
Ciabatta 11) 13)	1	1½	2
Capers	1 pot	1½ pots	2 pots
Lemon *	½	1	1
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Sugar*	½ tbsp	1 tbsp	1 tbsp
Rocket *	1 bag	2 bags	2 bags
Feta Cheese 7) *	1 small block	2 small blocks	2 small blocks

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 490G	PER 100G
Energy (kJ/kcal)	1837 / 439	375 / 90
Fat (g)	23	5
Sat. Fat (g)	10	2
Carbohydrate (g)	43	9
Sugars (g)	17	4
Protein (g)	16	4
Salt (g)	1.56	0.32

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 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?

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