



Roast Pumpkin & Basil Pesto Salad

with Fetta & Almonds

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Pumpkin



Red Onion



Garlic & Herb Seasoning



Tomato



Cucumber



Roasted Almonds



Apple



Spinach & Rocket Mix



Basil Pesto



Fetta Cubes



Chicken Breast

Prep in: 15-25 mins
Ready in: 35-45 mins



Calorie Smart[^]

[^]Custom Recipe is not Calorie Smart



Eat Me Early*

*Custom Recipe only

We've heard your calls and prepared a bountiful bowl with some HelloFresh faves. This basil pesto salad laces apple, tomato, cucumber and onion to perfection, whilst the pumpkin rounds out the dish with a help from cheesy fetta.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
pumpkin	1 medium	1 large
red onion	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
tomato	1	2
cucumber	1	2
roasted almonds	1 medium packet	1 large packet
apple	1	2
spinach & rocket mix	1 medium bag	2 medium bags
basil pesto	1 packet	2 packets
vinegar* (white wine or balsamic)	drizzle	drizzle
fetta cubes	1 medium packet	1 large packet
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2025kJ (484Cal)	321kJ (77Cal)
Protein (g)	17.1g	2.7g
Fat, total (g)	26.9g	4.3g
- saturated (g)	4.3g	0.7g
Carbohydrate (g)	42.1g	6.7g
- sugars (g)	30.9g	4.9g
Sodium (mg)	790mg	125mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2778kJ (664Cal)	349kJ (83Cal)
Protein (g)	51.1g	6.4g
Fat, total (g)	31.6g	4g
- saturated (g)	5.7g	0.7g
Carbohydrate (g)	42.1g	5.3g
- sugars (g)	30.9g	3.9g
Sodium (mg)	874mg	110mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Roast the pumpkin

- Preheat oven to **240°C/220°C fan-forced**.
- Slice **pumpkin** and **red onion** into thin wedges.
- Place **pumpkin** and **onion** on a lined oven tray. Sprinkle with **garlic & herb seasoning**. Drizzle with **olive oil** and toss to coat.
- Roast until tender, **20-25 minutes**.

TIP: Peel the pumpkin if you prefer!

3



Toss the salad

- In a large bowl, combine **tomato, cucumber, apple, spinach & rocket mix, basil pesto** and a drizzle of the **vinegar**. Season to taste.

2



Get prepped

- Meanwhile, roughly chop **tomato, cucumber** and **roasted almonds**.
- Thinly slice **apple** into wedges.

Custom Recipe: If you've added chicken breast, place your hand flat on top of chicken breast and slice through horizontally to make two thin steaks. In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken steaks until cooked through (when no longer pink inside), 3-6 minutes each side (cook in batches if your pan is getting crowded).

4



Serve up

- Divide salad between bowls.
- Top with roast pumpkin and onion.
- Crumble over **fetta** and sprinkle with almonds to serve. Enjoy!

Custom Recipe: Slice chicken steaks to serve.

We're here to help!

Scan here if you have any questions or concerns



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