



Smoked Salmon Panzanella-Style Salad

with Balsamic Red Pesto Dressing & Parmesan

FAST & FANCY

NEW

Grab your Meal Kit with this symbol



Zucchini



Tomato



Lemon



Bake-At-Home Ciabatta



Mixed Salad Leaves



Parmesan Cheese



Red Pesto



Balsamic Vinaigrette Dressing



Cold-Smoked Salmon



Parsley



Crushed Peanuts

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



Carb Smart



Eat Me First

Bring a light and zingy dish packed with personality to the table! Strips of silky salmon combine perfectly with the tangy dressing, rich pesto and crunchy ciabatta chunks of this refreshing salad.

Pantry items

Olive Oil

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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
zucchini	1	2
tomato	1	2
lemon	½	1
bake-at-home ciabatta	1	2
mixed salad leaves	1 medium bag	1 large bag
Parmesan cheese	1 medium packet	1 large packet
red pesto	1 packet (50g)	1 packet (100g)
balsamic vinaigrette dressing	1 packet	2 packets
cold-smoked salmon	1 packet	2 packets
parsley	1 bag	1 bag
crushed peanuts	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2325kJ (556Cal)	560kJ (134Cal)
Protein (g)	27.9g	6.7g
Fat, total (g)	32.2g	7.7g
- saturated (g)	6.2g	1.5g
Carbohydrate (g)	35.3g	8.5g
- sugars (g)	7.6g	1.8g
Sodium (mg)	1135mg	273mg
Dietary Fibre (g)	6.8g	1.6g

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



Cook zucchini

- Slice **zucchini** into half-moons.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **zucchini**, tossing, until tender, **4-5 minutes**. Transfer to a large bowl and set aside.

3



Toast croutons & bring it all together

- Return frying pan to medium-high heat with a generous drizzle of **olive oil**.
- Cook **ciabatta**, tossing, until golden and slightly crispy, **5-6 minutes**.
- Transfer **croutons** to bowl with zucchini and add **tomato, mixed salad leaves, Parmesan cheese, red pesto** and **balsamic vinaigrette dressing**.
- Toss to coat and season to taste.

2



Get prepped

- Meanwhile, cut **tomato** into wedges.
- Cut **lemon** into wedges.
- Cut or tear **bake-at-home ciabatta** into bite-sized chunks.

4



Serve up

- Divide salad between plates and tear over **cold-smoked salmon** and **parsley**.
- Sprinkle over **crushed peanuts**. Serve with lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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