



Roast Pumpkin Salad & Fetta Yoghurt

with Croutons & Almonds

SUMMER SALADS

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Pumpkin



Garlic & Herb Seasoning



Carrot & Zucchini Mix



Bake-At-Home Ciabatta



Savoury Seasoning



Fetta Cubes



Greek-Style Yoghurt



Mixed Salad Leaves



Balsamic Vinaigrette Dressing



Flaked Almonds



Fetta Cubes

Prep in: 20-30 mins
Ready in: 35-45 mins

Calorie Smart

This salad brings together unforgettable flavours, textures and colours, thanks to golden roasted pumpkin, crispy croutons, tangy dressing and creamy fetta.

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

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

Two oven trays lined with baking paper

Ingredients

| | 2 People | 4 People |
|-------------------------------|-----------------|-----------------|
| olive oil* | refer to method | refer to method |
| pumpkin | 1 medium | 1 large |
| garlic & herb seasoning | 1 medium sachet | 1 large sachet |
| carrot & zucchini mix | 1 medium packet | 1 large packet |
| bake-at-home ciabatta | 1 | 2 |
| savoury seasoning | 1 sachet | 2 sachets |
| fetta cubes | 1 medium packet | 1 large packet |
| Greek-style yoghurt | 1 medium packet | 1 large packet |
| mixed salad leaves | 1 medium packet | 1 large packet |
| balsamic vinaigrette dressing | 1 packet | 2 packets |
| flaked almonds | 1 medium packet | 1 large packet |
| fetta cubes** | 1 medium packet | 1 large packet |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|---------------|
| Energy (kJ) | 2558kJ (611Cal) | 384kJ (92Cal) |
| Protein (g) | 23.9g | 3.6g |
| Fat, total (g) | 15.7g | 2.4g |
| - saturated (g) | 4.3g | 0.6g |
| Carbohydrate (g) | 91g | 13.7g |
| - sugars (g) | 27.1g | 4.1g |
| Sodium (mg) | 1802mg | 271mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|---------------|
| Energy (kJ) | 2698kJ (645Cal) | 398kJ (95Cal) |
| Protein (g) | 26.1g | 3.8g |
| Fat, total (g) | 18.5g | 2.7g |
| - saturated (g) | 6.1g | 0.9g |
| Carbohydrate (g) | 91g | 13.4g |
| - sugars (g) | 27.1g | 4g |
| Sodium (mg) | 2014mg | 297mg |

The quantities provided above are averages only.

Allergens

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

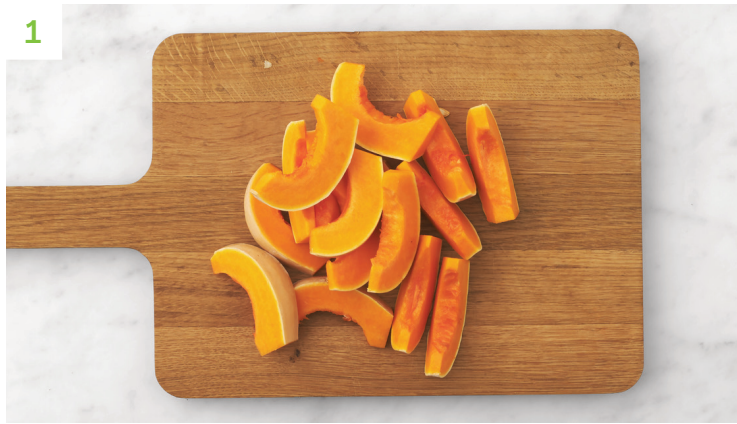
Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



1



Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **pumpkin** into thin wedges.

TIP: Peel the pumpkin if you prefer!

3



Bake the croutons

- Cut or tear **bake-at-home ciabatta** into bite-sized chunks.
- In a medium bowl, combine **ciabatta chunks**, **savoury seasoning** and a good drizzle of **olive oil**.
- In the last **7 minutes** of cook time, place **ciabatta** on the tray with the veggies. Bake until golden, **5-7 minutes**.
- Meanwhile, in a small bowl, combine **fetta cubes** and **Greek-style yoghurt** and mash to combine. Season.

Custom Recipe: If you've doubled your fetta, combine half the fetta with the Greek-style yoghurt as above.

2



Roast the veggies

- Place **pumpkin** on a lined oven tray. Sprinkle with **garlic & herb seasoning**, drizzle with **olive oil** and toss to coat.
- Place **carrot and zucchini mix** on a second lined oven tray. Season with **salt** and **pepper**, drizzle with **olive oil** and toss to coat.
- Roast **pumpkin** and **veggies** until tender, **25-30 minutes**. Allow to cool slightly.

4



Serve up

- When veggies and croutons have cooled slightly, add **mixed salad leaves** and **balsamic vinaigrette** to the carrot and zucchini tray. Season and toss to coat.
- Divide roast veggie salad between bowls then top with roast pumpkin.
- Spoon over fetta yoghurt. Sprinkle with **flaked almonds** to serve. Enjoy!

Custom Recipe: Sprinkle remaining fetta over meal to serve.

Rate your recipe

Our Culinary team is waiting for your feedback!

Let them know what you thought: hellofresh.com.au/rate