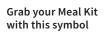


Roast Pumpkin & Goat Cheese Salad with Ranch Dressing & Garlic-Herb Croutons

CLIMATE SUPERSTAR















Zucchini Beetroot



Bake-At-Home

Garlic & Herb Seasoning

Ciabatta



Mixed Salad Leaves



Ranch Dressing

Marinated Goat Cheese

Prep in: 20-30 mins Ready in: 35-45 mins Eat Me Early*

*Custom Recipe only



The key to a stellar salad is the right combination of colours, flavours and textures. Brimming with roasted pumpkin, homemade herby croutons, earthy beetroot and creamy, tangy goat cheese, this hearty salad delivers just that.

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

Pantry items Olive Oil, Balsamic Vinegar

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

Three oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
pumpkin	1 medium	1 large
red onion	1	2
beetroot	1	2
zucchini	1	2
garlic & herb seasoning	1 medium sachet	2 medium sachets
bake-at-home ciabatta	1	2
balsamic vinegar*	1 tsp	2 tsp
mixed salad leaves	1 medium packet	1 large packet
marinated goat cheese	1 packet	2 packets
ranch dressing	1 medium packet	2 medium packets
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Per Serving	Per 100g
2204kJ (526Cal)	307kJ (73Cal)
21.1g	2.9g
18.6g	2.6g
5.2g	0.7g
67.2g	9.4g
32.7g	4.6g
1116mg	155mg
16.6g	2.3g
	2204kJ (526Cal) 21.1g 18.6g 5.2g 67.2g 32.7g 1116mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2920kJ (698Cal)	331kJ (79Cal)
Protein (g)	57.7g	6.5g
Fat, total (g)	21.1g	2.4g
- saturated (g)	6g	0.7g
Carbohydrate (g)	67.4g	7.6g
- sugars (g)	32.7g	3.7g
Sodium (mg)	1186mg	134mg
Dietary Fibre	18.3g	2g

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.





Get prepped

- Preheat oven to 240°C/220°C fan-forced.
- · Cut pumpkin into thin wedges.
- Cut red onion into thick wedges.
- Cut beetroot into small cubes.
- · Cut zucchini into bite-sized chunks.

TIP: Peel the pumpkin skin, if preferred.



Roast the veggies

- Place pumpkin on a lined oven tray. Drizzle with olive oil and season with salt and pepper and half the garlic & herb seasoning.
- Place onion, beetroot and zucchini on a second lined oven tray with a drizzle of olive oil, then season. Toss veggies to coat, then spread out in a single layer.
- · Roast until tender, 20-25 minutes.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.



Make the croutons

- Cut or tear the bake-at-home ciabatta into small chunks.
- In a medium bowl, combine bake-at-home ciabatta, a good drizzle of olive oil and the remaining garlic & herb seasoning. Toss to coat.

Custom Recipe: If you've added chicken breast, cut chicken into 2cm chunks. In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes.



Bake the croutons

- When the veggies have 10 minutes remaining, spread the croutons over a third lined oven tray.
- Bake until golden and crispy, **5-7 minutes**.

TIP: If there's enough room, place the croutons on the same oven tray as the onion, beetroot and zucchini for less washing up!



Toss the salad

- In a large bowl, combine a drizzle of olive oil and balsamic vinegar with a pinch of salt and pepper.
- Add mixed salad leaves, roasted veggies and croutons. Gently toss to combine.



Serve up

- Drain marinated goat cheese.
- Divide the roast pumpkin salad between bowls.
- Crumble over goat cheese. Serve drizzled with ranch dressing. Enjoy!

Custom Recipe: Divide the roast pumpkin salad between bowls. Top with chicken, crumble over goat cheese and serve with ranch dressing.

