



Roast Pumpkin & Goat Cheese Salad

with Ranch Dressing & Garlic-Herb Croutons

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Pumpkin



Red Onion



Beetroot



Zucchini



Garlic & Herb Seasoning



Bake-At-Home Ciabatta



Mixed Salad Leaves



Marinated Goat Cheese



Ranch Dressing



Chicken Breast

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



Calorie Reduced[^]
[^]Custom recipe is not
Calorie Reduced



Eat Me Early*

*Custom Recipe only

The key to a stellar salad is the right combination of colours, flavours and textures. Brimming with golden 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

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

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2789kJ (667Cal)	361kJ (86Cal)
Protein (g)	25.5g	3.3g
Fat, total (g)	19.8g	2.6g
- saturated (g)	5.4g	0.7g
Carbohydrate (g)	94.4g	12.2g
- sugars (g)	33.2g	4.3g
Sodium (mg)	1408mg	182mg
Dietary Fibre (g)	16.6g	2.3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3505kJ (838Cal)	374kJ (89Cal)
Protein (g)	62.1g	6.6g
Fat, total (g)	22.3g	2.4g
- saturated (g)	6.2g	0.7g
Carbohydrate (g)	94.6g	10.1g
- sugars (g)	33.2g	3.5g
Sodium (mg)	1477mg	157mg
Dietary Fibre	16.7g	1.9g

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



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.



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!



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.



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.



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.



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.

Rate your recipe

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