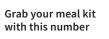


Roast Pumpkin & Supergreen Salad Bowl with Garlic Fetta & Honey Mustard Sauce

SUMMER SALADS

NEW

CLIMATE SUPERSTAR









Nan's Special Seasoning





Roasted Almonds











Cucumber

Fetta Cubes





Spinach & Rocket

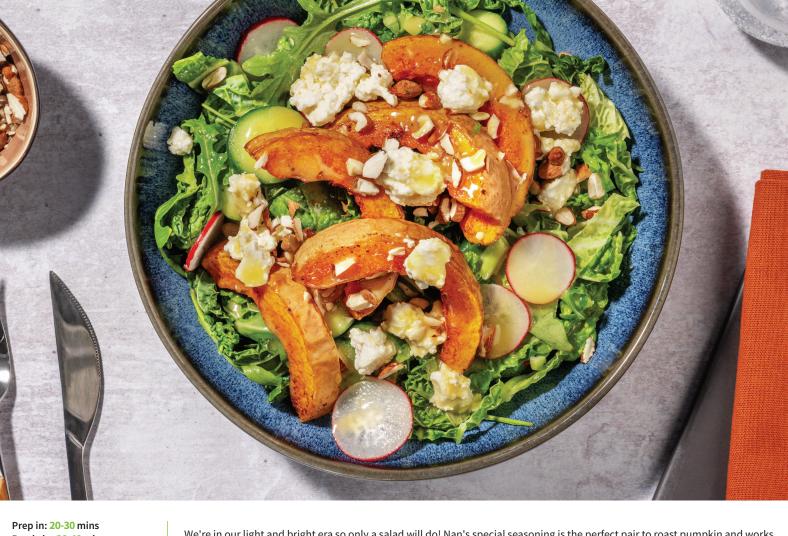
Honey Mustard





Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)



Ready in: 30-40 mins



Carb Smart

We're in our light and bright era so only a salad will do! Nan's special seasoning is the perfect pair to roast pumpkin and works wonders in this kale salad. With some special additions of garlicky-fetta, honey mustard sauce and roasted almonds, your standard salad has been made a little bit fancier.

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 · Small frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
pumpkin	1 medium	1 large
Nan's special seasoning	1 medium sachet	1 large sachet
garlic	1 clove	2 cloves
roasted almonds	1 medium packet	1 large packet
kale	1 medium packet	2 medium packets
red radish	2	4
cucumber	1	2
fetta cubes	1 medium packet	1 large packet
spinach & rocket mix	1 medium packet	2 medium packets
vinegar* (white wine or balsamic)	drizzle	drizzle
honey mustard sauce	1 packet	2 packets
*Pantry Items		

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1477kJ (353cal)	142kJ (34cal)
Protein (g)	14.8g	1.4g
Fat, total (g)	18g	1.7g
- saturated (g)	3.6g	0.3g
Carbohydrate (g)	32.1g	3.1g
- sugars (g)	23.9g	2.3g
Sodium (mg)	705mg	67.6mg
Dietary Fibre (g)	13.3g	1.3g

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.



Roast the pumpkin

- Preheat oven to 240°C/220°C fan-forced.
- · Cut pumpkin into 1cm-thick wedges.
- Place pumpkin on a lined oven tray. Drizzle with olive oil, sprinkle with Nan's special seasoning, season with salt. Toss to coat.
- · Roast until tender. 20-25 minutes.

TIP: Peel the pumpkin if you prefer and scrape out the seeds, if necessary!



Get prepped

- Meanwhile, finely chop garlic.
- Roughly chop roasted almonds.
- Thinly slice kale, discarding any larger pieces of stalk.
- Thinly slice red radish and cucumber into rounds.



Make the garlic fetta

- In a small frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook garlic until fragrant, 1 minute. Transfer garlic oil to a small bowl.
- Crumble in **fetta cubes** and mash to combine.



Toss the salad

 When the pumpkin has 5 minutes remaining, in a large bowl, combine radish, cucumber, spinach & rocket mix, kale and a drizzle of vinegar and olive oil. Season to taste.



Warm up the sauce

 In a small microwave-safe bowl, microwave honey mustard sauce until warmed through, 30 seconds.



Serve up

- Divide supergreen salad between bowls, then top with roast pumpkin.
- Drizzle over honey mustard sauce.
- Garnish with garlic fetta and almonds to serve. Enjoy!









Cut into 1cm-thick slices. Cook with a drizzle of olive oil until golden brown, 1-2 minutes each side.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

