

# Roast Pumpkin & Supergreen Salad

with Garlic Fetta & Honey Mustard Sauce

SUMMER SALADS

CLIMATE SUPERSTAR

Grab your meal kit  
with this number

17



Pumpkin



Nan's Special  
Seasoning



Garlic



Roasted Almonds



Kale



Red Radish



Cucumber



Fetta Cubes



Spinach & Rocket  
Mix



Honey Mustard  
Sauce




Chicken  
Tenderloins



Haloumi

Prep in: 20-30 mins  
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.

### Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

## 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
<b>olive oil*</b>	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
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
honey mustard sauce	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1475kJ (353cal)	275kJ (51cal)
Protein (g)	14.8g	2.8g
Fat, total (g)	18g	3.4g
- saturated (g)	3.6g	0.7g
Carbohydrate (g)	32.1g	6g
- sugars (g)	23.9g	4.5g
Sodium (mg)	705mg	131.3mg
Dietary Fibre (g)	13.4g	2.5g

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

1



## 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!

2



## 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.

3



## 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.

4



## 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.

5



## Warm up the sauce

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

6



## Finish & serve

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

## We're here to help!

Scan here if you have any questions or concerns

2025 | CW05



### CUSTOM OPTIONS



#### ADD CHICKEN TENDERLOINS

Cook until cooked through, 3-4 minutes each side.



#### ADD HALOUMI

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.

