

GOAT CHEESE & CHERRY TOMATO PANZANELLA SALAD

with Caramelised Onion & Almonds





Add caramelised onions to this classic Italian style salad



Cherry Tomatoes





Rosemary Panini



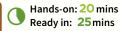


Roasted Almonds





Pantry Staples: Olive Oil, Balsamic Vinegar, Brown Sugar





We've turned this classic Italian salad into a main course marvel that's perfect for summer! With golden croutons, marinated goat cheese and loads of flavour from the caramelised onions and roasted almonds, this meal has is light, fresh and just right.

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

· oven tray lined with baking paper · medium frying pan



GET PREPPED

Preheat the oven to 220°C/200°C fanforced. Slice the cherry tomatoes in half. Thinly slice the red onion. Tear or cut the rosemary panini into 1cm chunks. In a large bowl, combine the cherry tomatoes, balsamic vinegar (for the tomatoes), oil from the goat cheese tub (1 tbs for 2 people / 2 tbs for 4 people) and a generous pinch of salt and pepper. Toss to coat. Set aside.



BAKE THE CROUTONS

Place the **rosemary panini** chunks on an oven tray lined with baking paper, **drizzle** with **oil** from the **goat cheese** tub and season with a **pinch** of **salt** and **pepper**. Bake for **5-7 minutes**, or until golden and crisp.



T CARAMELISE THE ONION

While the croutons are baking, heat a drizzle of olive oil in a medium frying pan over a medium-high heat. Add the onion and cook for 5-6 minutes, stirring regularly until softened. Add the balsamic vinegar (for the onions), the water and brown sugar and mix well. Cook for a further 3-5 minutes or until dark and sticky. Transfer to a small bowl.



● PREP THE SALAD

Roughly chop the **roasted almonds**. Roughly chop the **cucumber**.



TOSS THE SALAD

Add the spinach & rocket mix, cucumber and croutons to the large bowl with the cherry tomatoes and toss well to coat. *TIP: Toss the salad just before serving to keep the leaves and croutons crisp.



SERVE UP

Divide the salad between plates. Tear the **goat cheese** into small chunks and scatter over the salad. Top with the caramelised onions and sprinkle with the roasted almonds.

ENJOY!

INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
cherry tomatoes	1 punnet	2 punnets
red onion	1	2
rosemary panini	1	2
balsamic vinegar* (for the tomatoes)	2 tsp	1 tbs
marinated goat cheese	1 tub (100 g)	2 tubs (200 g)
balsamic vinegar* (for the onion)	1 tbs	2 tbs
water*	2 tsp	1 tbs
brown sugar*	1 tsp	2 tsp
roasted almonds	1 packet	2 packets
cucumber	1	2
spinach & rocket mix	1 bag (60 g)	1 bag (120 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	1810kJ (433Cal)	416kJ (99Cal)
Protein (g)	14.8g	3.4g
Fat, total (g)	21.4g	4.9g
- saturated (g)	5.2g	1.2g
Carbohydrate (g)	40.7g	9.4g
- sugars (g)	12.9g	3.0g
Sodium (g)	552mg	127mg

For allergens and ingredient information, visit **HelloFresh.com.au/foodinfo**

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