



GOAT CHEESE & CHERRY TOMATO PANZANELLA SALAD

with Caramelised Onion & Almonds



Add caramelised onions to this classic Italian style salad



Cherry Tomatoes



Red Onion



Rosemary Panini



Marinated Goat Cheese



Roasted Almonds



Cucumber



Spinach & Rocket Mix

Hands-on: **20 mins**
Ready in: **25 mins**
Low calorie

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.

Pantry Staples: Olive Oil, Balsamic Vinegar, Brown Sugar

BEFORE YOU START

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**



1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. 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.



2 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.



3 CAMELISE THE ONION

While the croustons 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.



4 PREP THE SALAD

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



5 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.



6 SERVE UP

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

ENJOY!

2 | 4 PEOPLE 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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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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