



Roast Pumpkin & Goats Cheese Salad

with Creamy Pesto & Garlic-Herb Croutons

Grab your Meal Kit with this symbol 



Butternut Pumpkin



Red Onion



Beetroot



Creamy Pesto Dressing



Bake-at-Home Ciabatta



Garlic & Herb Seasoning



Mixed Salad Leaves



Goat Cheese

 Hands-on: **20-30 mins**
Ready in: **35-45 mins**

The best salads are a combination of flavours, textures and colours – and with golden roasted pumpkin, herby croutons, earthy beetroot and creamy goats cheese, this salad ticks all the boxes.

Pantry items

Olive Oil, Balsamic Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Two oven trays lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
butternut pumpkin	1 (medium)	1 (large)
red onion	1	2
beetroot	1	2
creamy pesto dressing	1 packet (50g)	1 packet (100g)
water*	2 tsp	1 tbs
bake-at-home ciabatta	1	2
garlic & herb seasoning	1 sachet	2 sachets
balsamic vinegar*	1 tsp	2 tsp
mixed salad leaves	1 bag (60g)	1 bag (120g)
goat cheese	1 packet (80g)	2 packets (160g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2766kJ (661Cal)	437kJ (104Cal)
Protein (g)	20.5g	3.2g
Fat, total (g)	32.8g	5.2g
- saturated (g)	8.7g	1.4g
Carbohydrate (g)	64.6g	10.2g
- sugars (g)	31.8g	5g
Sodium (mg)	991mg	157mg

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.



1. Get prepped

Preheat the oven to **240°C/220°C fan-forced**. Cut the **butternut pumpkin** into 2cm wedges. Cut the **red onion** into 2cm slices. Cut the **beetroot** (unpeeled) into 1cm cubes.

TIP: Remove the pumpkin skin if you prefer!



2. Roast the veggies

Place the **pumpkin**, **red onion** and **beetroot** onto the oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **good pinch** of **salt** and **pepper**. Spread in a single layer on an oven tray lined with baking paper and roast until tender, **20-25 minutes**. Set aside to cool slightly.

TIP: Beetroot retains a lot of its firmness when cooked. You can tell it's cooked when it can be easily pierced with a fork.



3. Make the pesto drizzle

While the veggies are roasting, combine the **creamy pesto dressing** and **water** in a small bowl.



4. Bake the croutons

When the pumpkin has **10 minutes** cook time remaining, cut or tear the **bake-at-home ciabatta** into 1cm chunks. In a medium bowl, combine the **bake-at-home ciabatta**, **garlic & herb seasoning** and a **good drizzle** of **olive oil**. Spread out in a single layer on a second oven tray lined with baking paper and bake until golden and crispy, **5-7 minutes**.



5. Toss the salad

In a medium bowl, combine a **small drizzle** of **olive oil**, **balsamic vinegar** and a **pinch** of **salt** and **pepper**. Add the **roasted veggies**, **salad leaves** and **croutons** to the dressing. Toss to combine.



6. Serve up

Divide the roast pumpkin and goats cheese salad between plates. Tear over the goat cheese and drizzle with the creamy pesto dressing.

Enjoy!