














Roast Pumpkin & Goat Cheese Salad

with Ranch Dressing & Garlic-Herb Croutons



-  Butternut Pumpkin
-  Red Onion
-  Beetroot
-  Zucchini
-  Garlic & Herb Seasoning
-  Bake-At-Home Ciabatta
-  Mixed Salad Leaves
-  Marinated Goat Cheese
-  Ranch Dressing

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

The key to a stellar salad is the right combination of colours, flavours and textures. Brimming with golden roasted pumpkin, homemade herby croutons, earthy beetroot and creamy, tangy goat cheese, this hearty salad delivers just that.

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

Three 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
zucchini	1	2
garlic & herb seasoning	1 sachet	2 sachets
bake-at-home ciabatta	1	2
balsamic vinegar*	drizzle	drizzle
mixed salad leaves	1 medium bag	1 large bag
marinated goat cheese	1 packet	2 packets
ranch dressing	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2276kJ (543Cal)	324kJ (77Cal)
Protein (g)	19.4g	2.8g
Fat, total (g)	18.6g	2.6g
- saturated (g)	5.1g	0.7g
Carbohydrate (g)	67.3g	9.6g
- sugars (g)	34.2g	4.9g
Sodium (mg)	1105mg	157mg

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.



Get prepped

Preheat the oven to **240°C/220°C fan-forced**. Cut the **butternut pumpkin** into thin wedges. Cut the **red onion** into thick wedges. Cut the **beetroot** into small cubes. Cut the **zucchini** into bite-sized chunks.

TIP: Peel the pumpkin skin, if preferred.



Roast the veggies

Place the **pumpkin** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper** and 1/2 the **garlic & herb seasoning**. Place the **onion**, **beetroot** and **zucchini** on a second lined oven tray with a drizzle of **olive oil**, then season. Toss the **veggies** to coat, then spread out in a single layer. Roast until tender, **20-25 minutes**.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.



Make the croutons

Cut or tear the **bake-at-home ciabatta** into small chunks. In a medium bowl, combine the **bake-at-home ciabatta**, a good drizzle of **olive oil** and the remaining **garlic & herb seasoning**. Toss to coat.



Bake the croutons

When the veggies have **10 minutes** remaining, spread the **croutons** over a third lined oven tray. Bake until golden and crispy, **5-7 minutes**.

TIP: If there's enough room, place the croutons on the same oven tray as the onion, beetroot and zucchini for less washing up!



Toss the salad

In a medium bowl, combine a drizzle of **olive oil** and **balsamic vinegar** with a pinch of **salt** and **pepper**. Add the **mixed salad leaves**, **roasted veggies** and **croutons**. Gently toss to combine.



Serve up

Drain the **marinated goat cheese**. Divide the roast pumpkin salad between bowls. Crumble over the goat cheese. Serve drizzled with the **ranch dressing**.

Enjoy!

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