



Roast Veggie & Cheesy Crouton Salad

with Creamy Pesto, Parmesan & Almonds

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Snacking Tomatoes



Carrot



Brown Onion



Baby Broccoli



Garlic & Herb Seasoning



Bake-At-Home Ciabatta



Salad Leaves



Slivered Almonds



Shaved Parmesan Cheese



Creamy Pesto Dressing



Halumi

Prep in: 20-30 mins
Ready in: 35-45 mins

Calorie Smart*
**Custom recipe is not Calorie Smart*

This solid salad is bursting with all the colours, flavours and textures. From the sweet cherry tomatoes, crisp carrot and peppery salad leaves, to the crunchy ciabatta croutons, creamy pesto and sharp Parmesan, every bite is different - and delightful!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
snacking tomatoes	1 punnet	2 punnets
carrot	1	2
brown onion	1	2
baby broccoli	1 bunch	2 bunches
garlic & herb seasoning	1 sachet	2 sachets
bake-at-home ciabatta	1	2
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
salad leaves	1 medium bag	1 large bag
balsamic vinegar*	drizzle	drizzle
slivered almonds	1 medium packet	1 large packet
creamy pesto dressing	1 packet (50g)	1 packet (100g)
haloumi**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2229kJ (533Cal)	444kJ (106Cal)
Protein (g)	18.3g	3.6g
Fat, total (g)	29.4g	5.9g
- saturated (g)	4.9g	1g
Carbohydrate (g)	47.9g	9.5g
- sugars (g)	14.4g	2.9g
Sodium (mg)	980mg	195mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3381kJ (808Cal)	571kJ (136Cal)
Protein (g)	35.4g	6g
Fat, total (g)	52.1g	8.8g
- saturated (g)	19.3g	3.3g
Carbohydrate (g)	49.1g	8.3g
- sugars (g)	15.4g	2.6g
Sodium (mg)	2015mg	340mg

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.

We're here to help!

Scan here if you have any questions or concerns



Prep the veggies

- Preheat the oven to **240°C/220°C fan-forced**.
- Halve **snacking tomatoes**. Thinly slice **carrot** into half-moons. Thickly slice **brown onion** into wedges.
- Trim **baby broccoli** and slice in half lengthways.

Custom Recipe: If you've added haloumi, cut haloumi into 1cm-thick slices. In a medium bowl, add haloumi and cover with water.



Roast the veggies

- Place **snacking tomatoes, carrot** and **brown onion** on a lined oven tray.
- Drizzle with **olive oil**, sprinkle with **garlic & herb seasoning** and season with **salt**. Toss to coat.
- Roast until slightly tender, **10-15 minutes**.
- Remove the tray from the oven and add **baby broccoli**. Return tray to the oven and roast for a further **10-15 minutes**.



Prep the croutons

- While the veggies are roasting, cut or tear the **bake-at-home ciabatta** into bite-sized chunks.
- Place on a second lined oven tray. Drizzle with **olive oil** and sprinkle with **shaved Parmesan cheese**. Toss to coat.



Bake the cheesy croutons

- Bake the **croutons** until golden, **5-7 minutes**.

Custom Recipe: Drain haloumi and pat dry. In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook haloumi until golden brown, 1-2 minutes each side.



Toss the salad

- When the roasted veggies have cooled slightly, add **salad leaves, croutons** and a drizzle of **balsamic vinegar** to the oven tray and gently toss to combine.



Serve up

- Divide the roast veggie and garlic crouton salad between bowls.
- Sprinkle with **slivered almonds**. Dollop **creamy pesto dressing** over the salad. Enjoy!

Custom Recipe: Top with haloumi to serve.

Rate your recipe

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