



# Roast Pumpkin & Basil Pesto Salad

with Fetta & Almonds

SUMMER SALADS

CLIMATE SUPERSTAR

Grab your meal kit with this number

21



Pumpkin



Onion



Garlic & Herb Seasoning



Tomato



Cucumber



Roasted Almonds



Apple



Spinach & Rocket Mix



Basil Pesto



Fetta Cubes



Fetta Cubes



Chicken Breast

Prep in: 15-25 mins  
Ready in: 35-45 mins



We've heard your calls and prepared a bountiful bowl with some HelloFresh faves. This basil pesto salad laces apple, tomato, cucumber and onion to perfection, whilst the pumpkin rounds out the dish with help from cheesy feta.

### Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches**

## You will need

Oven tray lined with baking paper

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
pumpkin	1 medium	1 large
onion	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
tomato	1	2
cucumber	1	2
roasted almonds	1 medium packet	1 large packet
apple	1	2
spinach & rocket mix	1 medium packet	2 medium packets
basil pesto	1 medium packet	2 medium packets
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
fetta cubes	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2036kJ (486Cal)	323kJ (77Cal)
Protein (g)	17.1g	2.7g
Fat, total (g)	26.9g	4.3g
- saturated (g)	4.6g	0.7g
Carbohydrate (g)	42.4g	6.7g
- sugars (g)	31g	4.9g
Sodium (mg)	790mg	125mg
Dietary Fibre (g)	18g	2.9g

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](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Roast the pumpkin

- Preheat oven to **240°C/220°C fan-forced**.
- Slice **pumpkin** and **onion** into thin wedges.
- Place **pumpkin** and **onion** on a lined oven tray. Sprinkle with **garlic & herb seasoning**, drizzle with **olive oil** and toss to coat.
- Roast until tender, **20-25 minutes**.

**TIP:** Peel the pumpkin if you prefer!

3



## Toss the salad

- In a large bowl, combine **tomato, cucumber, apple, spinach & rocket mix, basil pesto** and a drizzle of **vinegar**. Season to taste.

2



## Get prepped

- Meanwhile, roughly chop **tomato, cucumber** and **roasted almonds**.
- Thinly slice **apple** into wedges.

4



## Finish & serve

- Divide basil pesto salad between bowls.
- Top with roast pumpkin and onion.
- Crumble over **fetta cubes** and sprinkle with almonds to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW06



CUSTOM  
OPTIONS

+ **DOUBLE FETTA CUBES**  
Follow method above.

+ **ADD CHICKEN BREAST**  
Slice chicken horizontally to make two thin steaks. In a large frying pan, cook with a drizzle of oil, 3-6 minutes each side.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

