



Roast Pumpkin & Basil Pesto Salad

with Goat Cheese & Almonds

CLIMATE SUPERSTAR

Grab your meal kit with this number

8



Pumpkin



Red Onion



Garlic & Herb Seasoning



Tomato



Cucumber



Roasted Almonds



Apple



Spinach & Rocket Mix



Basil Pesto



Marinated Goat Cheese



Marinated Goat Cheese



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. Basil pesto laces apple, tomato, cucumber and onion to perfection, whilst the pumpkin rounds out the dish with a help from marinated goat cheese.

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
olive oil*	refer to method	refer to method
pumpkin	1 medium	1 large
red 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 packet	2 packets
vinegar* (white wine or balsamic)	drizzle	drizzle
marinated goat cheese	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2511kJ (600Cal)	376kJ (90Cal)
Protein (g)	21.9g	3.3g
Fat, total (g)	36.7g	5.5g
- saturated (g)	9.8g	1.5g
Carbohydrate (g)	43.4g	6.5g
- sugars (g)	31.9g	4.8g
Sodium (mg)	1053mg	158mg
Dietary Fibre (g)	18g	2.7g

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.

1



Roast the pumpkin

- Preheat oven to **220°C/200°C fan-forced**.
- Slice **pumpkin** and **red onion** into thin wedges.
- Place **pumpkin** and **onion** on a lined oven tray. Drizzle with **olive oil**. Sprinkle with **garlic & herb seasoning** 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 with **salt** and **pepper** 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.
- Sprinkle with almonds and crumble over **marinated goat cheese** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW13



CUSTOM
OPTIONS

+ **DOUBLE MARINATED GOAT CHEESE**
Follow method above.

+ **ADD CHICKEN BREAST**
Cut into bite-sized pieces. Cook in a frying pan,
until cooked through, 4-6 minutes.

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

