



Roast Veggie & Garlic Crouton Salad

with Creamy Pesto, Parmesan & Almonds

Grab your Meal Kit with this symbol



Cherry/ Snacking Tomatoes



Carrot



Red Onion



Zucchini



Garlic & Herb Seasoning



Bake-At-Home Ciabatta



Baby Spinach Leaves



Slivered Almonds



Creamy Pesto Dressing



Grated Parmesan Cheese

Recipe Update

The recent wet weather conditions across the East Coast have impacted our regular supply of fresh ingredients and as such what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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

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

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
cherry/snacking tomatoes	1 punnet	2 punnets
carrot	1	2
red onion	1	2
zucchini	1	2
garlic & herb seasoning	1 sachet	2 sachets
bake-at-home ciabatta	1	2
baby spinach 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)
grated Parmesan cheese	1 packet (30g)	2 packets (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2317kJ (554Cal)	451kJ (108Cal)
Protein (g)	17.7g	3.4g
Fat, total (g)	29.6g	5.8g
- saturated (g)	5g	1g
Carbohydrate (g)	49.6g	9.6g
- sugars (g)	19g	9.6g
Sodium (mg)	1006mg	196mg

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.



Prep the veggies

Preheat the oven to **240°C/220°C fan-forced**. Halve the **cherry/snacking tomatoes**. Thickly slice the **carrot** and **zucchini** into half-moons. Thickly slice the **red onion** into wedges.



Roast the veggies

Place the prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle with 1/2 the **garlic & herb seasoning** and season with **salt**. Toss to coat. Roast until tender, **20-25 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**, sprinkle with the remaining **garlic & herb seasoning** and season with **salt** and **pepper**. Toss to coat.



Bake the croutons

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



Toss the salad

To the slightly cooled roast **veggie** tray, add the **baby spinach leaves**, **croutons** and a drizzle of **balsamic vinegar**. Gently toss to combine.



Serve up

Divide the roast veggie and garlic crouton salad between bowls. Sprinkle with the **slivered almonds**. Dollop the **creamy pesto dressing** over the salad. Serve topped with the **grated Parmesan cheese**.

Enjoy!

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