



Panzanella Salad

with crunchy croutons and crumbled Greek style cheese

Veggie Calorie Smart 35-40 mins • Eat me first

14



Diced Butternut Squash



Baguette



Courgette



Garlic



Cherry Tomatoes



Onion



Rocket



Greek Style Cheese



Red Wine Vinegar



Mayo

Pantry Items: Salt, Pepper, Oil

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper, grater

Ingredients

	2P	4P
Diced Butternut Squash	1 unit	2 units
Baguette	2 units	4 units
Courgette	1 unit	2 units
Garlic	1 unit	2 units
Cherry Tomatoes	125 g	250 g
Onion	1 unit	2 units
Rocket	40 g	80 g
Greek Style Cheese	100 g	200 g
Red Wine Vinegar	1 sachet	2 sachets
Mayo	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	587.5 g	100 g
Energy (kJ/kcal)	2541 kJ/ 607 kcal	433 kJ/ 103 kcal
Fat (g)	18.9 g	3.4 g
Sat. Fat (g)	10.1 g	1.7 g
Carbohydrate (g)	88.4 g	15 g
Sugars (g)	16.4 g	2.8 g
Protein (g)	25.1 g	4.3 g
Salt (g)	2.64 g	0.3 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

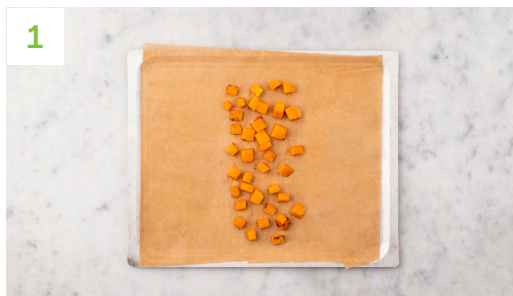
Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

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Roast the Butternut Squash

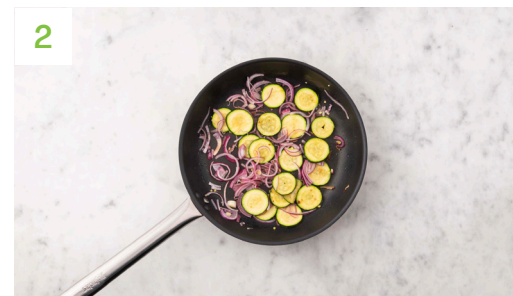
- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Place the **butternut squash** on a large (lined) baking tray.
- Drizzle with **oil** and season with **salt** and **pepper**.
- Toss to coat and arrange in a single layer on the tray.
- Roast on the top shelf of the oven until tender and golden, 25-30 mins.



Make the Croutons

- Meanwhile, to a large bowl add 1 tbsp **oil** (double for 4p) along with the **red wine vinegar** and **mayo**.
- Season with **salt** and **pepper**, mix well and set aside.
- Add the croutons to a (separate) lined baking tray with a drizzle of **oil** and a pinch of **salt**.
- Toss to coat, spread out and bake on the middle shelf of the oven until golden, 8-10 mins. Give the tray a shake halfway through.

TIP: Watch them carefully so they don't burn!



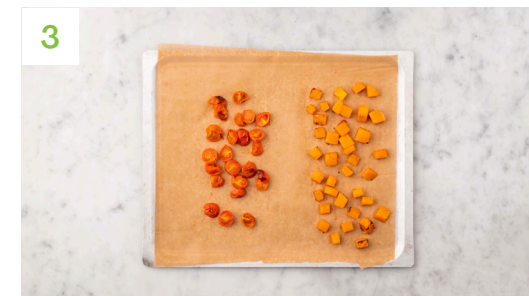
Fry the Veg

- Meanwhile, halve, peel and thinly slice the **onion**.
- Trim the **courgette** then slice into 1cm thick rounds.
- Peel and grate the **garlic** (or use a garlic press).
- Place a large pan over medium-high heat with a drizzle of **oil**.
- When hot, add the **onion** and **courgette** and cook, stirring occasionally, until softened, 6-8 mins.



Assemble the Salad

- When the **onion** and **courgette** have softened, stir in the **garlic** and cook for 1 min more.
- Remove from the heat and add to the bowl with the dressing.
- When ready, remove the veg and croutons from the oven, add to the bowl and gently mix.
- Let everything sit for a couple of mins to allow the croutons to absorb the flavours.



Roast the Tomatoes

- Meanwhile, halve the **tomatoes**.
- Tear the **baguette** into small, bite-sized pieces.
- When the **butternut squash** has been cooking for 15 mins, add the **tomatoes** to the tray with another drizzle of **oil**.
- Carefully mix everything together and return to the top shelf of the oven for the remainder of the cooking time, 10-15 mins.

TIP: Use two baking trays if necessary.



Finish and Serve

- Carefully fold the **rocket** into the bowl with the softened veg and croutons.
- Divide your panzanella salad between plates.
- Crumble the **Greek style cheese** over the top.

Enjoy!