

GREEN
CHEF

18

Serrano Ham and Blue Cheese Salad

with Butternut Squash and Honey Mustard Dressing

Cook time: 20-25 mins | **Servings:** 2 or 4 portions



Lower Carb

Carbs	Protein	Fat	Calories	5-a-day
21.3g	22.9g	29.3g	450 Kcal	1 portion
Typical Values Per Serving				

Before you start

Wash your hands before and after prep. Wash fruit and veg but not meat. Check ingredient packaging names match those stated on the recipe card.

Make sure you've got a baking tray, frying pan, bowl and rolling pin.

Ingredients

Ingredients	2 people	4 people
Diced Butternut Squash**	300g	600g
Dried Rosemary	1 sachet	2 sachets
Hazelnuts 2) 61)	25g	50g
Serrano Ham**	4 slices	8 slices
Blossom Honey	1 sachet	2 sachets
Wholegrain Mustard 9)	25g	50g
Pea Shoots**	40g	80g
Rocket**	40g	80g
Danish Blue Crumb Pot** 7)	60g	120g
Pantry	2 people	4 people
Olive Oil for the Dressing*	2 tbsp	4 tbsp

*Not Included ** Keep in the Fridge

Typical Values	Per serving	Per 100g
for uncooked ingredient	294g	100g
Energy (kJ/kcal)	1881 /450	641 /153
Fat (g)	29.3	10.0
Sat. Fat (g)	8.1	2.8
Carbohydrate (g)	21.4	7.3
Sugars (g)	15.5	5.3
Protein (g)	22.9	7.8
Salt (g)	3.30	1.12

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal)

Allergens

2) Nuts **7)** Milk **9)** Mustard

May contain: 61) Nuts

There may be last-minute changes to ingredients, of which we will always notify you by email.

Please remember to check your ingredient packaging for information on allergens and traces of allergens.


Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

How to Contact Us

If you have any questions, our customer care team is available 7 days a week, 9:00am to 10:00pm, **on 020 4538 1121 or via the chat function on the website**

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Now, let's get cooking!



Preheat your oven to 240°C/220°C fan/gas mark 9. Place the **butternut squash** onto a large baking tray. Drizzle with **oil**, sprinkle over the **dried rosemary** and season with **salt** and **pepper**. Toss to coat and spread out in a single layer. Roast on the top shelf of your oven until soft and golden, 18-20 mins. Turn halfway.



While the **butternut squash** cooks, roughly chop the **hazelnuts**. Heat a small frying pan on medium-high heat (no oil). Add the **hazelnuts** and dry-fry until toasted, 2-3 mins. Transfer to a bowl.



Tear each **Serrano ham slice** into 3-4 pieces. In a large bowl, add the **honey**, **wholegrain mustard** and **olive oil** (see pantry). Season with **salt** and **pepper**. Mix to combine.



Add the **pea shoots** and **rocket** to the **honey mustard dressing**. Toss to coat the **salad**.



Share the **dressed salad** between your plates or bowls. Scatter over the **hazelnuts** and **Danish blue cheese**.



Serve your **salad** topped with the **roasted butternut squash** and **Serrano ham** pieces.

Enjoy!



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