



Roasted Hokkaido Pumpkin and Bacon Warm Salad

with Ciabatta Croutons, Greek Style Cheese and Balsamic Dressing

Calorie Smart

Preparation time : 40 min.



-  Hokkaido Pumpkin
-  Red Onion
-  Balsamic Vinegar
-  Baby Leaf Mix
-  Honey
-  Middle Eastern Style Spice Mix
-  Ciabatta
-  British Smoked Bacon Lardons
-  Greek Style Salad Cheese
-  Olive Oil for the Dressing



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/roasted-hokkaido-pumpkin-and-bacon-warm-salad-379>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Baking Tray, Bowl, Pan

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Hokkaido Pumpkin (unit(s))	1	1½	2
Middle Eastern Style Spice Mix (grams)	15	22½	30
Red Onion (unit(s))	1	2	2
Ciabatta (unit(s))	1	1½	2
Balsamic Vinegar (milliliter(s))	24	36	48
British Smoked Bacon Lardons (grams)	90	150	180
Baby Leaf Mix (grams)	50	70	100
Greek Style Salad Cheese (grams)	50	100	100
Honey (tbsp)	1½	2½	3
Olive Oil for the Dressing (tbsp)	2	3	4

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kj)	2394 kj
Energy (kcal)	572 kcal
Fat	25.1 g
of which saturates	7.8 g
Carbohydrate	52.7 g
of which sugars	25.9 g
Dietary Fibre	8.8 g
Protein	19.9 g
Salt	3.2 g

Allergens

Milk, Wheat, May contain traces of allergens, Barley, Cereals containing gluten, Rye, Sulphites

Always check the product labels for allergen information.



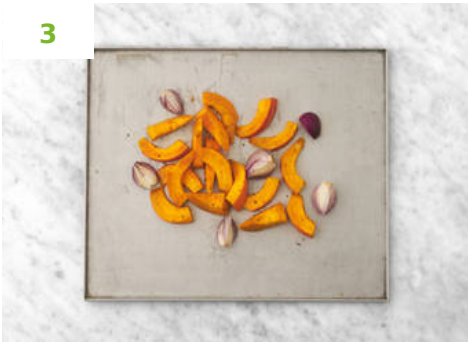
Get Started

Preheat your oven to 220°C/200°C fan/gas mark 7. Trim the **Hokkaido pumpkin**, then halve lengthways and scoop out the seeds. Cut the **pumpkin** halves into 2cm wide wedges (no need to peel), then half the wedges widthways.



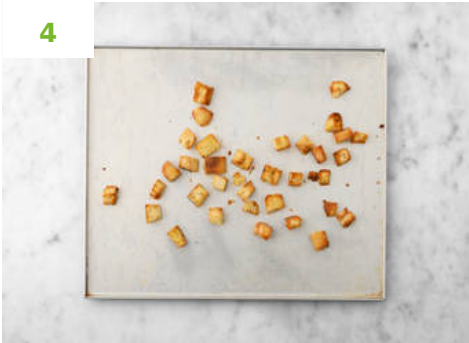
Spice and Roast

Pop the **pumpkin** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, sprinkle over the **Middle Eastern style spice mix**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary. When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Finish Prepping

Meanwhile, halve and peel the **red onion**, then cut each half into roughly 3cm wedges. When the **pumpkin** is halfway through cooking, add the **onion** to the same tray, drizzle with **oil** and roast until softened, 15-18 mins. While everything cooks, cut the **ciabatta** into roughly 2cm chunks.



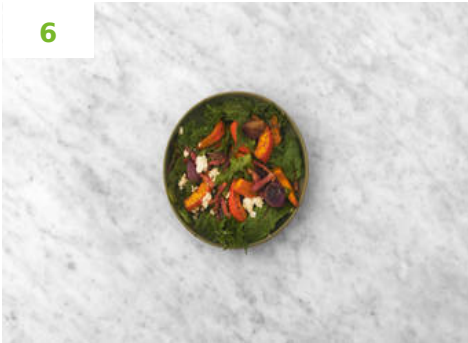
Make the Croutons

Pop the **ciabatta** onto another baking tray in a single layer. Drizzle with **oil**, season with **salt** and **pepper** and toss to coat well. Bake the **croutons** on the middle shelf until golden, 8-10 mins, then remove from the oven and set aside. In a large bowl, mix together the **balsamic vinegar**, **honey** and **oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**.



All Together Now

Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **bacon lardons**. Stir-fry until golden, 4-5 mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook bacon thoroughly. When everything's ready, add the **baby leaves**, **pumpkin** and **onion** to the bowl of **dressing** and toss together. Stir in the **croutons**.



Serve

Share the **pumpkin salad** between your serving bowls. Crumble over the **Greek style salad cheese** and scatter over the **bacon lardons**.

Enjoy your meal!