



Warm Vegetable Pan Roast

with Feta & Arugula-Pepita Salad



30-40min



2 Servings

Never have we been so strategic with our forks when building a bite of this dynamic salad: golden brown sweet potato, roasted red onion, crunchy pumpkin seeds, creamy feta and nutty mushrooms—all aboard! Tossed in a tangy vinaigrette and served with toasty ciabatta, this salad is an exciting marriage of textures and flavors. Cook, relax, and enjoy!

What we send

- cremini mushrooms
- red onion
- sweet potatoes
- raw pumpkin seeds
- red wine vinegar
- baby arugula

What you need

- coarse salt
- freshly ground black pepper
- olive oil

Tools

- rimmed baking sheet
- small skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

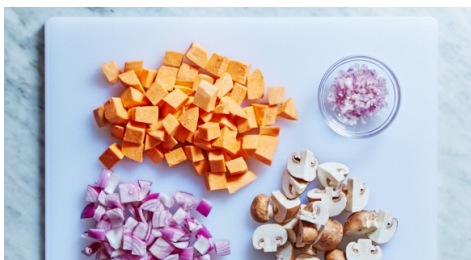
We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Energy 810.0kcal, Fat 36.1g, Proteins 29.1g, Carbs 84.1g



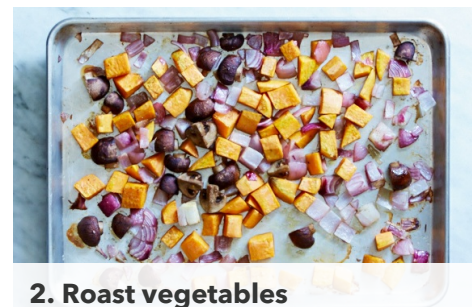
1. Prep ingredients

Preheat oven to 425°F with racks in center and top positions. Peel **sweet potatoes** and cut into 1-inch pieces. Wipe **mushrooms** with a paper towel and trim stem ends. Halve or quarter mushrooms. Halve, peel, and cut **all of onion** into 1-inch dice. Finely chop **¼ cup of diced onion** and transfer to a small bowl.



4. Finish vegetables

Turn on broiler. Slice **feta** into ¼-inch thick slices and place over **vegetables** on baking sheet. Broil on the top rack until vegetables are lightly charred, 3-4 minutes (watch closely as broilers vary in intensity). Set aside while you toast the **ciabatta** and finish the **salad**.



2. Roast vegetables

Combine **sweet potatoes**, mushrooms, and large-diced onion on a rimmed baking sheet. Toss with 2 tablespoons **oil** and season with ½ teaspoon **salt** and several grinds **pepper**. Roast on center rack until tender and lightly browned in spots, 20-25 minutes.



5. Toast ciabatta

Split **ciabatta** horizontally and drizzle cut sides with **oil**. Broil directly on the top rack until sizzling and toasted, 2-3 minutes (watch closely).



3. Toast pepitas

Meanwhile, heat 2 tablespoons **oil** in a medium skillet over medium-high. Add **finely chopped onion** and cook until softened, about 2 minutes. Add **pumpkin seeds** and cook, stirring, until golden and popped, about 2 minutes more. Season with ¼ teaspoon **salt**, remove from heat, and let cool in the skillet.



6. Finish salad

Add **red wine vinegar** to skillet (off the heat) with **pumpkin seeds** and stir to combine. Coarsely chop **arugula** and add to skillet. Season with **salt** and **pepper** and toss to combine. Using a spatula, scrape up **vegetables** and divide between plates. Top with **salad** and serve with **ciabatta**. Enjoy!