



NUTRITION *per serving* 45g carbohydrates 25g fat 9g protein 1281mg sodium | calorie-conscious, vegetarian



Calories
426



Prep & Cook Time
25-35 min.



Cook Within
7 days



Difficulty
Easy



Spice Level
Not Spicy



Asparagus Panzanella Primavera and creamy dill dressing

IN YOUR BOX

- 6 oz. Carrot
- 5 oz. Asparagus
- 2 Sourdough Bread Slices
- 2 Dill Sprigs
- 6 Chive Sprigs
- 2 Persian Cucumbers
- 6 oz. Grape Tomatoes
- 3 oz. Snap Peas
- 1 ½ oz. Mayonnaise
- 1 fl. oz. Seasoned Rice Vinegar

CONTAINS: eggs, wheat, soy

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- 2 Baking Sheets
- 2 Mixing Bowls

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BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat oven to **425 degrees**
- Thoroughly rinse produce and pat dry
- Prepare two baking sheets with foil and cooking spray

WHILE YOU COOK

- **Heads Up!** Seasoned rice vinegar is used twice. Half is added to **dressing** and remaining dresses **vegetables**.

FROM THE CHEF

This salad has hot and cold elements, however, if you are temperature sensitive, feel free to let vegetables cool.

Did you know...

We've all heard of garlic and vampires, but what about dill and witches? In medieval times, hanging dill in the doorway or planting it in the garden was believed to keep away witches.



1

Prepare the Ingredients.

Peel, trim, and cut **carrot** into very thin slices. (If carrots are 1" diameter or larger, halve before slicing.) Trim woody ends off **asparagus** and cut into 1" lengths on an angle. Cut **sourdough bread** into ½" cubes. Mince **dill**, leaves and stems. Mince **chives**. Trim **cucumbers** and cut on an angle into ¼" ovals. Halve **grape tomatoes**. Remove strings from **sugar snap peas**, if necessary. Halve sugar snap peas lengthwise.



4

Make the Creamy Dill Dressing

In a small mixing bowl, combine **mayonnaise**, half the **seasoned rice vinegar** (reserve remaining for vegetables), **dill**, **chives**, and a pinch of **salt** and **pepper**.



2

Roast the Asparagus and Carrot

Place **carrot** and **asparagus** on one prepared baking sheet. Add 1 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**. Toss to coat and spread into a single layer. Roast until asparagus is crisp tender and carrot slices are just beginning to brown, 11-13 minutes. While vegetables roast, make croutons.



5

Toss the Salad

Place **cucumbers**, **grape tomatoes**, **sugar snap peas**, remaining **seasoned rice vinegar**, 2 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper** in reserved mixing bowl. Add toasted **croutons** and toss.



3

Make the Croutons

In a large mixing bowl, add 1½ Tbsp. **olive oil** and **bread cubes** and toss to coat. Place bread cubes on second prepared baking sheet and spread into a single layer. Bake until golden brown and crunchy, 6-8 minutes. Reserve bowl; no need to wipe clean. While croutons bake, make dressing.



6

Plate the Dish

Place **salad** on plate and top with **roasted vegetables**. Drizzle with the **creamy dill dressing** or serve on the side.