

Nourishing Roast Root Veggie & Lentil Salad

with Toasted Walnuts & Dijon Dressing

Grab your Meal Kit with this symbol



Potato



Beetroot



Cauliflower



Garlic & Herb Seasoning



Lentils



Lemon



Garlic



Walnuts



Dijon Mustard



Chilli Flakes (Optional)



Herb & Mushroom Seasoning



Baby Kale



Cow's Milk Feta



Chicken Breast

Prep in: 30-40 mins
Ready in: 40-50 mins

Eat Me Early*
**Custom Recipe only*

Calorie Smart*
**Custom Recipe is not Calorie Smart*

We love lentils because they are protein-rich, filling and satisfying but their flavour might best be described as earthy, perfect for a root veggie salad! To stay on theme, we've added hearty beetroot, cauliflower and potato. Stir through a squeeze of sunny lemon and crisp salad leaves to lighten it up and you've got yourself a dinner that's brimming with goodness.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Honey, Butter

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
beetroot	1	2
cauliflower	1 portion (200g)	1 portion (400g)
garlic & herb seasoning	1 medium sachet	1 large sachet
lentils	1 tin	2 tins
lemon	½	1
garlic	1 clove	2 cloves
walnuts	1 packet	2 packets
dijon mustard	1 packet (25g)	2 packets (50g)
honey*	½ tbs	1 tbs
butter*	10g	20g
chilli flakes (optional) 🌶️	pinch	pinch
herb & mushroom seasoning	1 sachet	2 sachets
baby kale	1 medium bag	1 large bag
cow's milk feta	½ packet (95g)	1 packet (190g)
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2509kJ (600Cal)	437kJ (104Cal)
Protein (g)	23.7g	4.1g
Fat, total (g)	27.4g	4.8g
- saturated (g)	10.4g	1.8g
Carbohydrate (g)	57.9g	10.1g
- sugars (g)	25g	4.4g
Sodium (mg)	1821mg	317mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3254kJ (778Cal)	443kJ (106Cal)
Protein (g)	56.8g	7.7g
Fat, total (g)	32.6g	4.4g
- saturated (g)	12g	1.6g
Carbohydrate (g)	58.7g	8g
- sugars (g)	25g	3.4g
Sodium (mg)	1920mg	261mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



1



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Peel and cut **potato** into bite-sized chunks. Cut **beetroot** into small chunks. Cut **cauliflower** into small florets.
- Place **potato, beetroot** and **cauliflower** on a lined oven tray. Drizzle generously with **olive oil**, sprinkle over **garlic & herb seasoning** and season with **salt** and **pepper**.
- Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.

4



Make the dijon dressing

- In a small bowl, add **lemon zest, dijon mustard**, the **honey**, a generous squeeze of **lemon juice**, a drizzle of **olive oil** and a splash of **water**. Stir to combine and set aside.

TIP: Add more or less lemon juice to taste.

2



Get prepped

- Meanwhile, drain and rinse **lentils**. Zest **lemon** to get a pinch, then slice into wedges. Finely chop **garlic**.

Custom Recipe: If you've added chicken breast, cut chicken into 2cm chunks.

5



Bring it all together

- Wipe out the frying pan, then return to medium heat with a drizzle of **olive oil**. Cook **lentils, garlic**, the **butter**, a pinch of **chilli flakes** (if using) and **herb & mushroom seasoning**, tossing, until warmed through and fragrant, **2-3 minutes**.
- Remove from heat, then stir through **roasted veggies** and **dijon dressing**.
- Add **baby kale** and gently toss to combine. Season to taste.

Custom Recipe: Before cooking lentils, wipe out the frying pan, then return to high heat with a drizzle of olive oil. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 4-5 minutes. Reduce heat to medium and continue with step as above.

3



Toast the walnuts

- Heat a large frying pan over medium-high heat. Toast **walnuts**, tossing, until golden, **3-4 minutes**. Transfer to a bowl.

6



Serve up

- Divide roast root veggie and lentil salad between bowls.
- Crumble over **feta** (see ingredients). Garnish with toasted walnuts.
- Serve with any remaining lemon wedges. Enjoy!

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