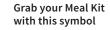


# Nourishing Roast Root Veggie & Lentil Salad

with Feta & Dijon Dressing

CLIMATE SUPERSTAR













Cauliflower

Garlic & Herb Seasoning







Lentils



Diion Mustard

Herb & Mushroom Seasoning





Cow's Milk



Prep in: 20-30 mins Ready in: 30-40 mins

Calorie Smart\* \*Custom Recipe is Eat Me Early\* not Calorie Smart \*Custom Recipe only

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.

**Pantry items** 

Olive Oil, Honey, White Wine Vinegar, 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  $\cdot$  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 sachet	1 sachet
lentils	1 tin	2 tins
garlic	1 clove	2 cloves
dijon mustard	1 medium packet	1 large packet
honey*	2 tsp	1 tbs
white wine vinegar*	drizzle	drizzle
butter*	10g	20g
herb & mushroom seasoning	1 sachet	2 sachets
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

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2018kJ (482Cal)	370kJ (88Cal)
Protein (g)	21.3g	3.9g
Fat, total (g)	20.2g	3.7g
- saturated (g)	9.8g	1.8g
Carbohydrate (g)	47.5g	8.7g
- sugars (g)	23.7g	4.4g
Sodium (mg)	1818mg	334mg
Custom Recipe		

Avg Qty	Per Serving	Per 100g		
Energy (kJ)	2763kJ (660Cal)	392kJ (94Cal)		
Protein (g)	54.4g	7.7g		
Fat, total (g)	25.4g	3.6g		
- saturated (g)	11.3g	1.6g		
Carbohydrate (g)	48.3g	6.9g		
- sugars (g)	23.7g	3.4g		
Sodium (mg)	1917mg	272mσ		

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

**2024** | CW01



# Prep 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.



# Roast the veggies

- 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.



# Get prepped

Meanwhile, drain and rinse lentils. Finely chop garlic.

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



# Make the dressing

 In a small bowl, add the dijon mustard, the honey, a drizzle white wine vinegar and olive oil and a splash of water. Stir to combine and set aside.

**TIP:** Add more or less vinegar to taste.



## Cook the lentils

- Heat a large frying pan over medium heat with a drizzle of olive oil. Cook lentils, garlic, the butter 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 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.



# Serve up

- Divide roast root veggie and lentil salad between bowls.
- Crumble over **feta (see ingredients)**. Enjoy!

#### Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate