

Nourishing Roast Root Veggie & Lentil Salad

with Feta & Dijon Dressing

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Beetroot



Cauliflower



Garlic & Herb Seasoning



Lentils



Garlic



Dijon Mustard



Herb & Mushroom Seasoning



Kale



Cow's Milk Feta



Chicken Breast

Recipe Update

Due to local availability, the ingredients you receive may be a little different to what's pictured. It'll be just as delicious, just follow your recipe card!

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



Calorie Smart*

*Custom Recipe is not Calorie Smart



Eat Me Early*

*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.

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

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 · 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

*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	272mg

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



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.



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.



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.



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.



Get prepped

- Meanwhile, drain and rinse **lentils**. Finely chop **garlic**.

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



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