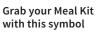


Hearty White Bean & Roast Root Veggie Salad

with Feta & Dijon Dressing

SUMMER SALADS

CLIMATE SUPERSTAR











Peeled Pumpkin







Cannellini Beans









Dijon Mustard





Baby Leaves



Cow's Milk



Prep in: 20-30 mins Ready in: 30-40 mins Calorie Smart^

^Custom Recipe is

not Calorie Smart



We love cannellini beans 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 pumpkin. Stir through a sunny dijon dressing 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
beetroot	1	2
cauliflower	1 medium portion	1 large portion
peeled pumpkin pieces	1 small packet	1 medium packet
garlic & herb seasoning	1 medium sachet	1 large sachet
cannellini beans	1 tin	2 tins
garlic	1 clove	2 cloves
honey*	2 tsp	1 tbs
dijon mustard	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
butter*	10g	20g
herb & mushroom seasoning	1 sachet	2 sachets
baby leaves	1 medium packet	1 large packet
cow's milk feta	½ packet	1 packet
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2482kJ (593Cal)	400kJ (96Cal)
Protein (g)	28.9g	4.7g
Fat, total (g)	21.1g	3.4g
- saturated (g)	10.1g	1.6g
Carbohydrate (g)	60.6g	9.8g
- sugars (g)	24.1g	3.9g
Sodium (mg)	1868mg	301mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3285kJ (785Cal)	411kJ (98Cal)
Protein (g)	68g	8.5g
Fat, total (g)	24.4g	3.1g
- saturated (g)	11.1g	1.4g
Carbohydrate (g)	63g	7.9g
- sugars (g)	24.7g	3.1g
Sodium (mg)	2003mg	250mg

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 | CW13



Prep the veggies

- Preheat oven to 220°C/200°C fan-forced.
- · Cut beetroot into small chunks.
- · Cut cauliflower into small florets.



Roast the veggies

- Place 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.
- · When there is 12 minutes cooking time remaining, add **peeled pumpkin** pieces to the tray. Drizzle with olive oil, season and toss to coat. Return tray to oven.

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



Get prepped

• Meanwhile, drain and rinse cannellini beans. Finely chop garlic.

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



Make the dressing

• In a small bowl, add the honey, dijon mustard, a drizzle of 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 beans

- In a large frying pan, heat a drizzle of olive oil over medium heat. Cook cannellini beans, garlic, the butter and herb & mushroom seasoning, tossing, until warmed through and fragrant, 3-4 minutes.
- Remove pan from heat, then stir through the roasted veggies and dijon dressing.
- · Add baby leaves and gently toss to combine. Season to taste.

Custom Recipe: Before cooking cannellini beans, heat frying pan over high heat with a drizzle of olive oil. Cook chicken, tossing until browned and cooked through (when no longer pink inside), 4-5 minutes. Reduce heat to medium and continue as above.



Serve up

- Divide cannellini bean and roast veggie salad between bowls.
- Crumble over feta (see ingredients) to serve. Enjoy!



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

