



# Hearty White Bean & Roast Root Veggie Salad

with Feta & Dijon Dressing

SUMMER SALADS

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Beetroot



Cauliflower



Peeled Pumpkin Pieces



Garlic & Herb Seasoning



Cannellini Beans



Garlic



Dijon Mustard



Herb & Mushroom Seasoning



Baby Leaves



Cow's Milk Feta



Chicken Breast

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



Calorie Smart<sup>^</sup>  
<sup>^</sup>Custom Recipe is not Calorie Smart



Eat Me Early\*  
\*Custom Recipe only

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
<b>olive oil*</b>	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
<b>honey*</b>	2 tsp	1 tbs
dijon mustard	1 medium packet	1 large packet
<b>white wine vinegar*</b>	drizzle	drizzle
<b>butter*</b>	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](https://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.



## 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.



## 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.



## 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.



## Get prepped

- Meanwhile, drain and rinse **cannellini beans**. Finely chop **garlic**.

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



## Serve up

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

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)