



Autumn Kumara & Beetroot Salad

with Pear & Roasted Hazelnuts

Grab your Meal Kit with this symbol



Beetroot



Kumara



Parsnip



Dukkah



Broccolini



Roasted Hazelnuts



Dill & Parsley Mayonnaise



Sour Cream



Pear



Spinach & Rocket Mix



Feta

Hands-on: 15-25 mins
Ready in: 35-45 mins

Say hello to a salad that ticks all the boxes yet tastes totally different. With a creamy herb dressing plus sweet pear, roasted hazelnuts and rich feta, this mix has all the flavours of autumn in a bright and colourful bowl!

Unfortunately, this week's green beans were in short supply, so we've replaced them with broccolini. Don't worry, the recipe will be just as delicious!

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper
Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
beetroot	1	2
kumara	2 (medium)	2 (large)
parsnip	1	2
dukkah	1 sachet	2 sachets
broccolini	1 bunch	1 bunch
roasted hazelnuts	1 packet	2 packets
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)
sour cream	½ packet (50g)	1 packet (100g)
pear	1	2
spinach & rocket mix	1 bag (60g)	1 bag (120g)
feta	1 packet	1 packet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2650kJ (632Cal)	506kJ (121Cal)
Protein (g)	16.6g	3.2g
Fat, total (g)	40.8g	7.8g
- saturated (g)	9.5g	1.8g
Carbohydrate (g)	47.3g	9.1g
- sugars (g)	27.7g	5.3g
Sodium (g)	876mg	168mg

Allergens

Please visit [HelloFresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. Prep the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **beetroot** and **kumara** (unpeeled) into 1cm cubes. Cut the **parsnip** into 1cm chunks.

TIP: Cut the veggies to the correct size so they cook in the allocated time.



2. Roast the veggies

Place the **beetroot**, **kumara** and **parsnip** on an oven tray lined with baking paper. Season with **salt** and **pepper** and **drizzle** with **olive oil**. Toss to coat. Roast until tender, **20-25 minutes**. Remove the tray from the oven and sprinkle with the **dukkah**. Bake until golden, a further **5 minutes**. Set aside to cool slightly.

TIP: Beetroot retains a lot of its firmness when cooked. You can tell it's cooked when it can be easily pierced with a fork.



3. Cook the broccolini

While the veggies are roasting, cut the **broccolini** into 2cm pieces. Roughly chop the **roasted hazelnuts**. In a medium frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **broccolini**, then a **generous splash of water** with a **pinch of salt** and **pepper** and cook, tossing regularly, until tender, **4-5 minutes**. Drain any excess liquid from the pan and set aside.



4. Prep the salad & dressing

In a large bowl, combine the **dill & parsley mayonnaise**, **sour cream** (see ingredients list) and a **pinch of salt** and **pepper** and mix well to combine. Thinly slice the **pear** into matchsticks.



5. Toss the salad

When the roasted **veggies** have cooled slightly, add the **spinach & rocket mix**, **broccolini** and **pear** to the bowl with the **dressing** and toss well to coat.

TIP: Toss the salad just before serving to keep the leaves crisp.



6. Serve up

Divide the salad between plates and top with the dukkah roasted veggies. Crumble over the **feta** and sprinkle with the hazelnuts.

Enjoy!