



Roasted Beetroot & Goat Cheese Salad

with Dill & Toasted Walnuts

Grab your Meal Kit with this symbol



Beetroot



Kumara



Parsnip



Walnuts



Dill



Apple



Dijon Mustard



Spinach & Rocket Mix



Goat Cheese

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

Low Calorie

Enjoy a light and breezy dinner with this colourful mix of roasted beetroot, fresh dill and creamy goat cheese. The unique combination of delicious flavours will perk up your tastebuds and bring a brand-new main meal salad to the table.

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

Pantry items

Olive Oil, Honey, White Wine Vinegar

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
walnuts	1 packet	2 packets
dill	1 bunch	1 bunch
apple	1	2
Dijon mustard	1 packet (15g)	1 packet (40g)
honey*	1 tsp	2 tsp
white wine vinegar*	2 tsp	4 tsp
spinach & rocket mix	1 bag (60g)	1 bag (120g)
goat cheese	1 packet (80g)	2 packets (160g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	1930kJ (461Cal)	387kJ (93Cal)
Protein (g)	16.4g	3.3g
Fat, total (g)	20.9g	4.2g
- saturated (g)	5.5g	1.1g
Carbohydrate (g)	48.0g	9.6g
- sugars (g)	28.6g	5.7g
Sodium (g)	259mg	52mg

Allergens

Always read product labels for the most up-to-date allergen information.

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.



1. Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **beetroot, kumara** and **parsnip** (all unpeeled) into 1cm chunks. Place the veggies on an oven tray lined with baking paper, **drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat and roast until tender, **25-30 minutes**. Remove from the oven and set aside to cool slightly.

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

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.



4. Prep the apple

Thinly slice the **apple** into half-moons.



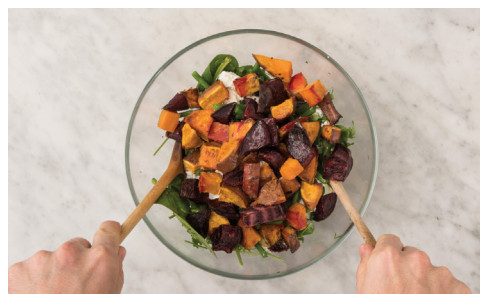
2. Get prepped

While the veggies are roasting, roughly chop the **walnuts**. Pick the **dill** leaves.



3. Toast the walnuts

Heat a medium frying pan over a medium-high heat. Add the **walnuts** and toast, tossing, until golden, **3-4 minutes**. Transfer to a bowl.



5. Bring it all together

In a large bowl, combine the **Dijon mustard, honey, white wine vinegar** and **olive oil (1 tbs for 2 people / 2 tbs for 4 people)**. Add the **spinach & rocket mix**, roasted **veggies, apple, 1/2 the dill** and crumble in **1/2 the goat cheese**. Toss to coat and season to taste with **salt** and **pepper**.



6. Serve up

Divide the roasted beetroot and goat cheese salad between bowls. Sprinkle over the toasted walnuts and the remaining goat cheese. Garnish with the remaining dill.

Enjoy!