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## Goat's Cheese, Walnut and Warm Poached Sweet Rhubarb Salad

You know us at the Fresh Farm, we're lovers of good British produce. Cue the rhubarb. It's so British and it's in season. Our Victoria is famed for including a fruity element into a dinner salad. She just loves the mix of flavours and we have to say, it works delightfully in her goat's cheese and walnut salad. Get it while it's hot!

 30 mins

 veggie

 healthy



Ciabatta (1)



Rhubarb (2 sticks)



Walnuts (2 tbsp)



Goat's Cheese (1)



Dijon Mustard  
( $\frac{1}{4}$  tsp)



Baby Leaves  
(1 bag)

## Ingredients

## 2 PEOPLE

## ALLERGENS

Ciabatta	1	Gluten
Rhubarb, chopped	2 sticks	
Walnuts	2 tbsp	Nut
Goat's Cheese	1 roll	Milk
Dijon Mustard	¼ tsp	Mustard
Baby Leaves	1 bag	

Our fruit and veggies come straight from the farm so give them a little wash before using

### Did you know...

Rhubarb was originally grown for medicinal purposes...it hasn't always been made into crumbles!

**Nutrition per serving:** Calories: 377 kcal | Protein: 17 g | Carbs: 25 g | Fat: 20 g | Saturated Fat: 10 g



**1** Pre-heat your oven to 200 degrees. Cut the **ciabatta** in half lengthways, then into ½ cm chunks and pop in a mixing bowl with 2½ tbsp of **oil** and ¼ tsp of **salt**. Mix everything together well with your hands, then transfer the mixture to a baking tray and bake for 15 mins until crispy and golden. These are your delicious crunchy croutons.



**2** In the meantime, remove the woody ends and slice the **rhubarb** into 2cm chunks. Crush the **walnuts**. Slice the **goat's cheese** into 1cm thick rounds.



**3** Put the **rhubarb** and 2 tbsp of cold **water** in a frying pan on medium heat and cook for 3 mins. Add 3 tbsp **sugar** (if you have some) to the pan, combine well and continue to cook for a further minute or until the **rhubarb** just begins to soften. Turn off the heat, remove the **rhubarb** from the pan (leaving the juices in the pan!) and set aside to cool. **Tip:** You need to watch the rhubarb in the pan like a hawk! It can quickly turn to a purée and will continue to cook slightly, whilst sitting on the plate, which is called carry-over cooking!



**4** Quickly return to the pan with the **rhubarb** juices (still off the heat!) and whisk in a ¼ tsp of **dijon mustard**, 1 tbsp of **olive oil**, a pinch of **salt** and sprinkling of **black pepper**. Cover and set aside in the pan. **Tip:** This is your warm and tangy salad dressing which you may wish to reheat just before serving!

**5** Your croutons should now be ready. Remove them from the oven and switch your grill to medium-high.

**6** Season the **goat's cheese** slices with a small pinch of **salt** and **pepper**, then place on an oiled baking tray and grill for 1½ mins, until just heated through and starting to melt. Remove with a spatula.

**7** Toss together the **baby leaves** and poached **rhubarb**. Serve topped with the grilled **goat's cheese**, crushed **walnuts**, warm salad dressing and croutons. Delish!