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Too Tasty Beetroot and Lentil Salad

Not only will beetroot keep your eyes busy with its fuchsia tones, this sweet little root veggie is wonderfully versatile. When mixed with goat's cheese, for that melt-in-your-mouth tang, and walnuts, for a smooth but crunchy sensation, you have yourself a tasty, tasty, summer salad. Enjoy!



35 mins



veggie



Beetroot (2)



New Potatoes (1 pack)



Red Onion (1)



Organic Lentils
(1 tin)



Rocket (1 bag)



Balsamic Cream with
Figs (1½ tbsp)



Goat's Cheese (1 roll)



Walnut Pieces
(2 tbsp)

Ingredients

	2 PEOPLE	ALLERGENS
Beetroot, chopped	2	
New Potatoes, quartered	1 pack	
Red Onion, chopped	1	
Organic Lentils	1 tin	
Rocket	1 bag	
Balsamic Cream with Figs	1½ tbsp	Sulphites
Goat's Cheese	1 roll	Milk
Walnut Pieces	2 tbsp	Nut

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

Did you know...

The Ancient Greeks used to use beetroot juice as hair dye!

Nutrition per serving: Calories: 637 kcal | Protein: 33 g | Carbs: 80 g | Fat: 21 g | Saturated Fat: 9 g



1 Pre-heat your oven to 200 degrees.

2 Peel the **beetroots** and chop them into roughly 2cm cubes. Quarter the **potatoes**. Peel the **onion** and slice in half, roughly chop each half into 1cm cubes.



3 On a baking tray, mix the **beetroot, potatoes** and **onions** together with 1 tbsp of **olive oil**, ¼ tsp of **salt** and a few good grinds of **pepper**. Place them on the top shelf of your oven for 20-25 mins.

Tip: *Toss the vegetables after 10 mins to get an even brown colour over the potatoes.*



4 Drain and rinse the **lentils** and add them to the baking tray (with the **beetroot, potatoes** and **onions**) for the final 5 mins of cooking.

5 Remove the vegetables from your oven. Allow them to cool for 5 mins in a bowl before tossing in the **rocket** and **balsamic dressing** and 1 tbsp of **olive oil**.



6 Crumble the **goat's cheese** and add to the salad.

7 Serve in bowls. Scatter over the **walnuts** and enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!