



Goat's Cheese, Roast Potato and Kale Salad with Fig and Balsamic Dressing

Classic 40-45 Minutes • 2 of your 5 a day

4



Potatoes



Red Onion



Carrot



Garlic Clove



Ground Cumin



Fig Jam



Balsamic Glaze



Chopped Kale



Goat's Cheese



Toasted Flaked Almonds



Bacon Lardons

Pantry Items
Oil, Salt, Pepper

CUSTOM RECIPE

If you choose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, garlic press, bowl and saucepan.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Red Onion**	1	1	2
Carrot**	2	3	4
Garlic Clove**	1	2	2
Ground Cumin	1 sachet	1 sachet	2 sachets
Fig Jam	80g	120g	160g
Balsamic Glaze 14)	24ml	36ml	48ml
Chopped Kale**	100g	150g	200g
Goat's Cheese** 7)	75g	112g	150g
Toasted Flaked Almonds 2)	15g	25g	25g
Bacon Lardons**	90g	120g	180g
Pantry	2P	3P	4P
Water for the Sauce*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	573g	100g	618g	100g
Energy (kJ/kcal)	2173 /519	379 /91	2660 /636	430 /103
Fat (g)	14.8	2.6	23.9	3.9
Sat. Fat (g)	6.3	1.1	9.2	1.5
Carbohydrate (g)	84.3	14.7	85.2	13.8
Sugars (g)	37.6	6.6	37.6	6.1
Protein (g)	15.7	2.7	23.4	3.8
Salt (g)	0.59	0.10	1.82	0.29

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

2) Nuts **7)** Milk **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

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Prep the Potatoes

Preheat your oven to 240°C/220°C fan/gas mark 9.

Chop the **potatoes** into 3cm chunks (no need to peel). Pop onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.

Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf for 20 mins - you'll roast them for longer once you've crushed them.



Get Smashing

When the **potatoes** have cooked for 20 mins, remove them from the oven.

Use the bottom of a bowl or pan to lightly crush each potato.

Drizzle the **smashed potatoes** with a little more **oil**, season with **salt**, then return to the top shelf of your oven until crispy and golden, 10-15 mins.

Meanwhile, heat a drizzle of **oil** in a small saucepan on medium-high heat.



Chop and Grate

Meanwhile, halve and peel the **red onion**. Chop each half into 3 wedges.

Trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.

Peel and grate the **garlic** (or use a garlic press).



Make the Dressing

Once the **oil** is hot, add the **garlic**, cook for 1 min, then add the **fig jam**, **half** the **balsamic glaze** and the **water for the sauce** (see pantry for amount). Bring to the boil, then remove from the heat. Set aside.

Once the **carrots** and **onion** are cooked, remove them from the oven. Lay the **kale** on top, drizzle with **oil** and season. Return the tray to the oven and roast until crispy, 4-6 mins.

CUSTOM RECIPE

If you've chosen to add **bacon**, while the **kale** is roasting, heat a pan on medium-high heat with a drizzle of **oil**. Once hot, add the **bacon** and fry until golden, 4-5 mins. Serve the **cooked bacon** over your **salad** in the final step. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.



Roast the Veg

Pop the **carrots** and **onion wedges** onto another baking tray. Drizzle with **oil**, sprinkle over the **cumin**, then season with **salt** and **pepper**.

Toss to coat, then spread out in a single layer.

Roast on the middle shelf of your oven until golden, 20-25 mins. Turn halfway through.



Finish and Serve

When ready, toss together the **potatoes**, **veg** and **balsamic fig dressing** on one baking tray until well coated.

Share the **roasted veg salad** between your bowls and crumble the **goat's cheese** on top. Drizzle over the remaining **balsamic glaze**.

Finish by scattering over the **flaked almonds**.

Enjoy!