



Honeyed Goat's Cheese Ciabatta Toasts with Beetroot and Walnut Potato Salad

Classic 30-35 Minutes • 2 of you 5 a day

41



Potatoes



Red Onion



Ciabatta



Cooked Beetroot



Cider Vinegar



Wholegrain Mustard



Honey



Goat's Cheese



Baby Leaf Mix



Walnuts

Pantry Items

Oil, Salt, Pepper, Olive Oil

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 and bowl.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Red Onion	1	1½	2
Ciabatta 13)	1	2	2
Cooked Beetroot	250g	375g	500g
Cider Vinegar 14)	15ml	22ml	30ml
Wholegrain Mustard 9)	17g	25g	34g
Honey	30g	45g	60g
Goat's Cheese** 7)	75g	112g	150g
Baby Leaf Mix**	50g	70g	100g
Walnuts 2)	20g	40g	40g

Pantry	2P	3P	4P
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	573g	100g
Energy (kJ/kcal)	2712 /648	474 /113
Fat (g)	21.9	3.8
Sat. Fat (g)	7.9	1.4
Carbohydrate (g)	98.0	17.1
Sugars (g)	32.9	5.7
Protein (g)	19.5	3.4
Salt (g)	1.33	0.23

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

Allergens

2) Nuts **7)** Milk **9)** Mustard **13)** Cereals containing gluten **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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

Contact

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Roast the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm chunks (no need to peel).

Halve and peel the **red onion**, then cut each **half** into 3 wedges.

Pop the **potatoes** and **onion** 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 until golden, 25-35 mins. Turn halfway through.



Cheese Please

Once your **ciabatta toasts** have finished cooking, remove from the oven and spread your **goat's cheese** over the top of each slice.



Get Prepped

Meanwhile, slice your **ciabatta roll** widthways, into 6 slices.

Place your **ciabatta slices** onto a medium baking tray, drizzle with **oil**, season with **salt** and **pepper** and toss to coat well.

When the **potatoes** have 10 mins left, bake on the middle shelf until golden, 8-10 mins.



Finishing Touches

Add your **beetroot**, **roasted potatoes**, **onion** and **baby leaves** to your **dressing** and toss well to coat.

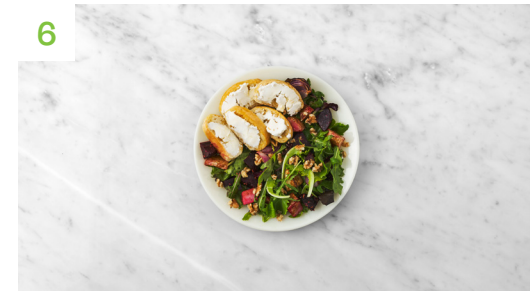


Mix Things Up

While everything bakes, chop each **beetroot** into 2cm chunks. **TIP:** Wear gloves when handling the beetroot to avoid staining your hands.

In a large bowl, add the **cider vinegar**, **wholegrain mustard**, **olive oil for the dressing** (see pantry for amount) and **half the honey**. **TIP:** If your honey has hardened, put the sachet in a bowl of hot water for 1 min to loosen.

Season with **salt** and **pepper** and mix well.



Serve Up

Share your **salad** between your bowls.

Top with your **toasts** and drizzle over the remaining **honey**.

Sprinkle over the **walnuts** to finish.

Enjoy!