



Roasted Pear, Beetroot & Goat's Cheese Salad with Roast Potatoes, Croutons and Walnuts

Fruits Galore 35-40 Minutes • 3 of your 5 a day • Veggie

43



Potatoes



Ciabatta



Pear



Baby Plum Tomatoes



Walnuts



Cooked Beetroot



Dijon Mustard



Cider Vinegar



Baby Leaf Mix



Goat's Cheese

Pantry Items

Oil, Salt, Pepper, Sugar, 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
Ciabatta 13)	1	2	2
Pear**	2	3	4
Baby Plum Tomatoes	125g	190g	250g
Walnuts 2)	20g	40g	40g
Cooked Beetroot**	250g	250g	500g
Dijon Mustard 9) 14)	10g	20g	30g
Cider Vinegar 14)	30ml	45ml	60ml
Baby Leaf Mix**	50g	75g	100g
Goat's Cheese** 7)	75g	120g	150g
Pantry	2P	3P	4P
Sugar for the Dressing*	1 tsp	1½ tsp	2 tsp
Olive Oil for the Dressing*	1½ tbsp	2 tbsp	3 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	736g	100g
Energy (kJ/kcal)	2856/683	388/93
Fat (g)	23.6	3.2
Sat. Fat (g)	8.1	1.1
Carbohydrate (g)	102.7	14.0
Sugars (g)	39.1	5.3
Protein (g)	19.3	2.6
Salt (g)	1.33	0.18

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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Bring on the Potatoes

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

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

Pop them 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.

Meanwhile, tear the **ciabatta** into roughly 2cm chunks.



Bring the Beet in

Once the **crotons** are golden, remove from the oven and set aside. Wipe the (now empty) baking tray clean.

Pop the **beetroot** to one side of the baking tray, drizzle with **oil** and season with **salt** and **pepper**. Add the **pear slices** to the other side. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

Bake on the middle shelf until tender, 8-10 mins, then remove and set aside.



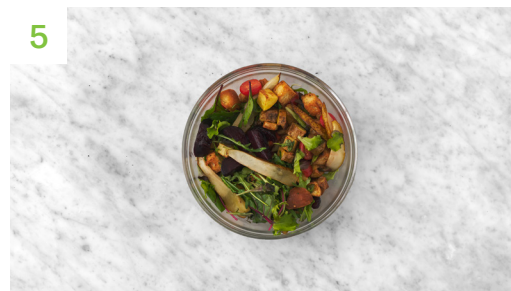
Get Prepped

Pop the **ciabatta** onto a baking tray in a single layer. Drizzle with **oil**, season with **salt** and **pepper** and toss to coat well. Bake the **crotons** on the middle shelf until golden, 8-10 mins.

Meanwhile, quarter the **pear** lengthways (no need to peel), remove the core and cut into thin wedges lengthways.

Halve the **baby plum tomatoes**. Roughly chop the **walnuts**.

Quarter the **beetroot** and cut into wedges. **TIP:** Wear gloves when handling the beetroot to avoid staining your hands.



Toss the Salad

Just before you're ready to serve, toss the **potatoes**, **beetroot** and **pear** through the **dressing**. Add the **baby leaves** at the end and give it a final mix. **TIP:** Don't add the leaves too early or they'll go soggy.



Mix your Dressing

In a medium bowl, mix together the **Dijon mustard** (use less if you'd prefer), **cider vinegar**, **sugar** and **olive oil for the dressing** (see pantry for both amounts).

Season with **salt** and **pepper**, toss through the **tomatoes**, then set your **dressing** aside.



Assemble and Serve

Share your **dressed salad** between your serving bowls.

Break up the **goat's cheese** and scatter over the **cheese** and **walnuts** to finish.

Enjoy!