



Beetroot and Feta Salad with Honey and Walnuts

Special Sides 10 Minutes • 1 of your 5 a day

N°1A



Cooked Beetroot



Feta Cheese



Honey



Balsamic Vinegar



Rocket



Walnuts

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Large Bowl, Measuring Spoon, Whisk.

Ingredients

	Quantity
Cooked Beetroot**	250g
Feta Cheese 7) **	100g
Honey	1 sachet
Balsamic Vinegar 14)	1 sachet
Olive Oil for the Dressing*	1 tbsp
Rocket**	40g
Walnuts 2)	20g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	198g	100g
Energy (kJ/kcal)	1102/263	558/133
Fat (g)	17	9
Sat. Fat (g)	6	3
Carbohydrate (g)	19	10
Sugars (g)	17	9
Protein (g)	8	4
Salt (g)	0.74	0.37

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut **7)** Milk **14)** Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



Prep

a) Cut the **beetroot** into roughly 2cm chunks.

b) Crumble the **feta cheese**.

Make the Dressing

a) In a large bowl combine the **honey**, **balsamic vinegar** and **olive oil** (see ingredients for amount). **TIP:** If your honey has hardened, pop the unopened sachet in a bowl of hot water for 1 min.

Dress and Serve

a) Add the **beetroot chunks** and **rocket** to the bowl with the **dressing**.

b) Toss the **rocket** and **beetroot** well to dress.

c) Add **half** the **feta** and **walnuts** to the bowl.

d) Transfer the **salad** to a sharing bowl and sprinkle over the remaining **feta** and **walnuts**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.