



# Beetroot, Lentil and Goat's Cheese Salad

with Walnuts, Fresh Dill and Lemon

N° 8

**BALANCED** 25 Minutes • Under 600 Calories • 2.5 of your 5 a day • Veggie



Echalion Shallot



Garlic Clove



Lentils



Lemon



Red Wine Vinegar



Wholegrain Mustard



Dill



Walnuts



Cooked Beetroot



Honey



Premium Baby Leaf Mix



Goat's Cheese

## Before you start

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

### Basic cooking tools, you will need:

Fine Grater (or Garlic Press), Sieve and Saucepan.

### Ingredients

	2P	3P	4P
Echalion Shallot**	1	1	2
Garlic Clove**	2 cloves	3 cloves	4 cloves
Lentils	1 carton	1½ cartons	2 cartons
Lemon**	½	1	1
Red Wine Vinegar (14)	1 sachet	2 sachets	2 sachets
Wholegrain Mustard (9)	1 pot	1 pot	2 pots
Olive Oil for the Lentils*	1 tbsp	1½ tbsp	2 tbsp
Dill**	1 bunch	1 bunch	1 bunch
Walnuts (2)	1 small pot	1 large pot	1 large pot
Cooked Beetroot**	1 pack	1½ packs	2 packs
Honey	1 sachet	2 sachets	2 sachets
Olive Oil for the Salad*	2 tbsp	3 tbsp	4 tbsp
Premium Baby Leaf Mix**	1 pack	1½ packs	2 packs
Goat's Cheese (7)**	1 pack	1½ packs	2 packs

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	443g	100g
Energy (kJ/kcal)	2433/582	549/131
Fat (g)	35	8
Sat. Fat (g)	12	3
Carbohydrate (g)	38	9
Sugars (g)	20	5
Protein (g)	22	5
Salt (g)	2.42	0.55

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

2) Nut 7) Milk 9) Mustard 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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Packed in the UK



## 1. Prep

Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press). Drain and rinse the **lentils** in a sieve. Chop the **lemon** in half.



## 2. Start the Lentils

Heat a drizzle of **oil** in a small saucepan on medium heat. When hot, add the **shallot** and cook, stirring, until soft, 3-4 mins. Stir in the **garlic** and cook for another 30 seconds. Stir the **lentils** through the **shallot** and **garlic** until piping hot, 2-3 mins, then remove the pan from the heat.



## 3. Finish the Lentils

Off the heat, stir the **red wine vinegar** and **mustard** into the **lentils** along with the **olive oil** (see ingredients for amount). Season with **salt** and **pepper**, set aside.



## 4. Prepare the Rest

Roughly chop the **dill** (stalks and all). Roughly chop the **walnuts**. Chop each **beetroot** into 6 segments. **TIP:** Wear gloves when handling the beetroot to avoid staining your hands!



## 5. Salad Dressing

In a large bowl, stir together the **honey**, **lemon juice** and **olive oil** (see ingredients for amount). Season with **salt** and **pepper**. Add the **baby leaves** and **half** the **walnuts** and toss to coat.



## 6. Serve

Gently toss **half** the **dill** through the **lentils**. Arrange the **baby leaf salad** on your plates and top with the **lentils**. Arrange the **beetroot** on top and crumble over the **goat's cheese**. Finish with the remaining **walnuts** and **dill**.

Enjoy!

### BALANCED RECIPE

Under 600 Calories • Low Salt • Low Sugar

**Featured Ingredient:** Beetroot is a great source of folate. 1 cup of beetroot provides 20% of your daily folate requirement, which is required for cell division.

### 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.