



Beetroot, Lentil and Goat's Cheese Salad

with Walnuts and Dill

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 Small Saucepan.

Ingredients

	2P	3P	4P
Echalion Shallot**	1	1	2
Garlic Clove**	2 cloves	3 cloves	4 cloves
Lentils	1 cartons	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	1½ 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	1½	2

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	439g	100g
Energy (kJ/kcal)	2059 /492	469 /112
Fat (g)	30	7
Sat. Fat (g)	11	3
Carbohydrate (g)	30	7
Sugars (g)	20	5
Protein (g)	20	5
Salt (g)	1.22	0.28

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 7) Milk 9) Mustard 14) Sulphites

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and 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.



4. Finish the Prep

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!



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.



5. Dress the Salad

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.



3. Finish the Lentils

Take the pan off the heat. Stir in 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.



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 Sat Fat • Low Salt • Low Sugar

Featured Ingredient: Lentils are considered to have one of the highest protein contents for a legume. Protein is a vital macronutrient in the diet, and has several roles including contributing to the maintenance of normal bones.

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.