



# Goat's Cheese, Roast Potato and Kale Salad with Fig and Balsamic Dressing

Calorie Smart 40-45 Minutes • 2 of your 5 a day • Veggie • Under 650 Calories

23



Potatoes



Red Onion



Carrot



Garlic Clove



Ground Cumin



Fig Jam



Balsamic Glaze



Chopped Kale



Goat's Cheese



Toasted Flaked Almonds

**Pantry Items**  
Oil, Salt, Pepper

## 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, garlic press, bowl and saucepan.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Red Onion**	1	1	2
Carrot**	2	3	4
Garlic Clove**	1	2	2
Ground Cumin	1 sachet	1 sachet	2 sachets
Fig Jam	80g	120g	160g
Balsamic Glaze <b>14</b>	24ml	36ml	48ml
Chopped Kale**	100g	150g	200g
Goat's Cheese** <b>7</b>	75g	112g	150g
Toasted Flaked Almonds <b>2</b>	15g	25g	25g

Pantry	2P	3P	4P
Water for the Sauce*	2 tbsps	3 tbsps	4 tbsps

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2097 /501	376 /90
Fat (g)	15.0	2.7
Sat. Fat (g)	6.3	1.1
Carbohydrate (g)	79.6	14.3
Sugars (g)	37.3	6.7
Protein (g)	16.1	2.9
Salt (g)	0.80	0.14

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).  
**Point™ values based on low-cal cooking spray oil.**

## Allergens

**2)** Nuts **7)** Milk **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, milk, egg, mustard, celery, soya, 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.

## Contact

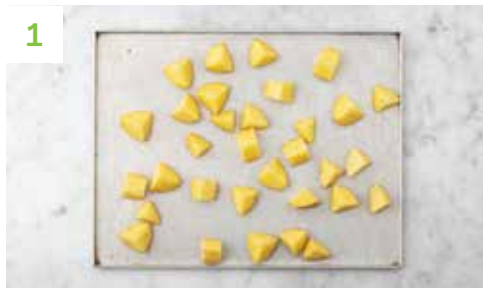
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### Prep the Potatoes

Preheat your oven to 240°C/220°C fan/gas mark 9.

Chop the **potatoes** into 3cm chunks (no need to peel). Pop 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 for 20 mins - you'll roast them for longer once they've been crushed.



### Get Smashing

When the **potatoes** have cooked for 20 mins, remove them from the oven.

Use the bottom of a bowl or pan to lightly crush each **potato**.

Drizzle the **smashed potatoes** with a little more **oil**, season with **salt**, then return to the top shelf of your oven until crispy and golden, 10-15 mins.



### Chop and Grate

Meanwhile, halve and peel the **red onion**. Chop each half into 4 wedges.

Trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.

Peel and grate the **garlic** (or use a garlic press).



### Make the Dressing

Meanwhile, heat a drizzle of **oil** in a small saucepan on medium-high heat.

Add the **garlic**, cook for 1 min, then add the **fig jam**, **half the balsamic glaze** and the **water for the sauce** (see pantry for amount). Bring to the boil, then remove from the heat and set aside.

Once the **carrots** and **onion** are cooked, remove them from the oven. Lay the **kale** on top, drizzle with **oil** and season with **salt** and **pepper**. Return the tray to the oven and roast until crispy, 5-7 mins.



### Roast the Veg

Pop the **carrots** and **onion** onto another baking tray. Drizzle with **oil**, sprinkle over the **cumin**, then season with **salt** and **pepper**.

Toss to coat, then spread out in a single layer.

Roast on the middle shelf of your oven until golden, 20-25 mins. Turn halfway through.



### Finish and Serve

When ready, toss together the **potatoes**, **veg** and **balsamic fig dressing** on one baking tray until well coated.

Share the **roasted veg salad** between your bowls and crumble the **goat's cheese** on top. Drizzle over the remaining **balsamic glaze**.

Finish by scattering over the **flaked almonds**.

Enjoy!



Weight Watchers