



# Nourishing Cannellini Bean & Roast Veggie Salad

with Sweet Dijon Dressing & Feta

SUMMER SALADS

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Beetroot



Cauliflower



Peeled Pumpkin Pieces



Garlic & Herb Seasoning



Cannellini Beans



Garlic



Dijon Mustard



Herb & Mushroom Seasoning



Baby Kale



Cow's Milk Feta



Chicken Breast

Prep in: 20-30 mins  
Ready in: 30-40 mins



Calorie Smart<sup>^</sup>  
<sup>^</sup>Custom Recipe is not Calorie Smart



Eat Me Early\*  
\*Custom Recipe only

We love cannellini beans because they are protein-rich, filling and satisfying but their flavour might best be described as earthy, perfect for a veggie salad! To stay on theme, we've added hearty beetroot, cauliflower and potato. Stir through a sunny dijon dressing to lighten it up and you've got yourself a dinner that's brimming with goodness.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Honey, White Wine Vinegar, Butter

## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
beetroot	1	2
cauliflower	1 portion (200g)	1 portion (400g)
peeled pumpkin pieces	1 bag (200g)	1 bag (400g)
garlic & herb seasoning	1 medium sachet	1 large sachet
cannellini beans	1 tin	2 tins
garlic	1 clove	2 cloves
<b>honey*</b>	2 tsp	1 tbs
dijon mustard	1 medium packet	1 large packet
<b>white wine vinegar*</b>	drizzle	drizzle
<b>butter*</b>	10g	20g
herb & mushroom seasoning	1 sachet	2 sachets
baby kale	1 medium packet	1 large packet
cow's milk feta	½ packet (95g)	1 packet (190g)
chicken breast**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2514kJ (601Cal)	404kJ (97Cal)
Protein (g)	29.1g	4.7g
Fat, total (g)	21.1g	3.4g
- saturated (g)	10.1g	1.6g
Carbohydrate (g)	62g	10g
- sugars (g)	24.6g	4g
Sodium (mg)	1868mg	300mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3209kJ (767Cal)	410kJ (98Cal)
Protein (g)	64.2g	8.2g
Fat, total (g)	24.1g	3.1g
- saturated (g)	11g	1.4g
Carbohydrate (g)	62.9g	8g
- sugars (g)	24.7g	3.2g
Sodium (mg)	1990mg	254mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW09



## Prep the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **beetroot** into small chunks. Cut **cauliflower** into small florets.



## Make the dressing

- In a small bowl, add the **honey**, **dijon mustard**, a drizzle of **white wine vinegar** and **olive oil** and a splash of **water**. Stir to combine and set aside.

**TIP:** Add more or less vinegar to taste.



## Roast the veggies

- Place **peeled pumpkin pieces**, **beetroot** and **cauliflower** on a lined oven tray.
- Drizzle generously with **olive oil**, sprinkle over **garlic & herb seasoning** and season with **salt** and **pepper**.
- Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.

**TIP:** Beetroot stays firm when cooked. It's done when you can pierce it with a fork.



## Cook the cannellini beans

- Heat a large frying pan over medium heat with a drizzle of **olive oil**. Cook **cannellini beans**, **garlic**, the **butter** and **herb & mushroom seasoning**, tossing, until warmed through and fragrant, **3-4 minutes**.
- Remove pan from heat, then stir through **roasted veggies** and **dijon dressing**.
- Add **baby kale** and gently toss to combine. Season to taste.

**Custom Recipe:** Before cooking the beans, heat a large frying pan over high heat with a drizzle of olive oil. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 4-5 minutes. Reduce heat to medium and continue with recipe.



## Get prepped

- Meanwhile, drain and rinse **cannellini beans**. Finely chop **garlic**.

**Custom Recipe:** If you've added chicken breast, cut into 2cm chunks.



## Serve up

- Divide cannellini bean and roast veggie salad between plates.
- Crumble over **feta** (see ingredients) to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)