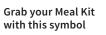


Nourishing Cannellini Bean & Roast Veggie Salad

with Sweet Dijon Dressing & Feta

SUMMER SALADS

CLIMATE SUPERSTAR











Peeled Pumpkin











Cannellini Beans





Dijon Mustard

Herb & Mushroom Seasoning



Baby Kale



Cow's Milk



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.

Olive Oil, Honey, White Wine Vinegar, Butter

Prep in: 20-30 mins

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

in ign concince			
2 People	4 People		
refer to method	refer to method		
1	2		
1 portion (200g)	1 portion (400g)		
1 bag (200g)	1 bag (400g)		
1 medium sachet	1 large sachet		
1 tin	2 tins		
1 clove	2 cloves		
2 tsp	1 tbs		
1 medium packet	1 large packet		
drizzle	drizzle		
10g	20g		
1 sachet	2 sachets		
1 medium packet	1 large packet		
½ packet (95g)	1 packet (190g)		
1 small packet	2 small packets OR 1 large packet		
	refer to method 1 1 portion (200g) 1 bag (200g) 1 medium sachet 1 tin 1 clove 2 tsp 1 medium packet drizzle 10g 1 sachet 1 medium packet 1 medium packet ½ packet (95g)		

^{*}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 for allerge

Visit 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.



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.



Get prepped

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

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



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.



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.



Serve up

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



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