

Roasted Root Veggie & Lentil Salad

with Caramelised Walnuts, Feta & Dijon Dressing

Grab your Meal Kit with this symbol



Red Kumara



Parsnip



Beetroot



Lentils



Walnuts



Lemon



Garlic



Chilli Flakes (Optional)



Dijon Mustard



Garlic & Herb Seasoning



Baby Spinach Leaves





Parsley



Feta

Keep an eye out...
Due to recent sourcing challenges, we've replaced orange kumara with red kumara, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

 Hands-on: **30-40 mins**
Ready in: **40-50 mins**
 Spicy (Optional chilli flakes)

We toyed with calling this delish little salad 'Fruits of the Forest' because we're whimsical and a little bit ridiculous if we're being honest. But come on! This winning combo of nuts, feta and root veggies will have you feeling a bit Disney-princess-with-a-forest-animal-sidekick too.

Pantry items

Olive Oil, Brown Sugar, Honey

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red kumara	1 (medium)	1 (large)
parsnip	1	2
beetroot	1	2
lentils	1 tin	2 tins
walnuts	1 packet	2 packets
lemon	½	1
garlic	½ clove	1 clove
brown sugar*	1 tbs	2 tbs
water*	½ tbs	1 tbs
chilli flakes (optional)	pinch	pinch
Dijon mustard	1 packet (15g)	2 packets (30g)
honey*	½ tbs	1 tbs
garlic & herb seasoning	1 sachet	1 sachet
baby spinach leaves	1 bag (60g)	1 bag (120g)
parsley	1 bunch	1 bunch
feta	1 block (100g)	2 blocks (200g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2309kJ (551Cal)	436kJ (104Cal)
Protein (g)	21.2g	4g
Fat, total (g)	24.9g	4.7g
- saturated (g)	9.1g	1.7g
Carbohydrate (g)	58.7g	11.1g
- sugars (g)	19.3g	3.6g
Sodium (mg)	1306mg	246mg

Allergens

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

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



Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **red kumara** and **parsnip** (both unpeeled) into 2cm chunks. Cut the **beetroot** (unpeeled) into 1cm cubes. Place the **veggies** on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat and roast until tender, **25-30 minutes**.

TIP: Cut the veggies to size so they cook in time.

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



Make the Dijon dressing

In a small bowl, combine the **lemon zest**, a generous squeeze of **lemon juice**, the **garlic**, **Dijon mustard**, **honey** and **olive oil** (1 1/2 tbs for 2 people / 3 tbs for 4 people).

TIP: Add more or less lemon juice to taste.

TIP: Hold back on the garlic if you're not a fan of the raw flavour!



Get prepped

While the veggies are roasting, drain and rinse the **lentils**. Roughly chop the **walnuts**. Zest the **lemon** to get a pinch, then slice into wedges. Grate the **garlic** (see ingredients).



Caramelise the walnuts

Heat a large frying pan over a medium heat. Add the **brown sugar**, the **water**, a pinch of **salt** and a pinch of **chilli flakes** (if using). Cook until melted and bubbling. Add the **walnuts** and cook, stirring, until sticky, **2-3 minutes**. Spread the caramelised **walnuts** out on a sheet of baking paper and leave to cool.

TIP: Cooking the caramel fully will ensure the coating is crunchy and not chewy.



Bring it all together

Wash and dry the frying pan, then return to a medium heat with a generous drizzle of **olive oil**. Cook the **lentils** and **garlic & herb seasoning**, tossing, until warmed through and fragrant, **1-2 minutes**. Remove from the heat, then stir through the roasted **veggies** and **Dijon dressing**. Add the **baby spinach leaves**, then gently toss to combine. Season to taste.



Serve up

Roughly chop the **parsley** leaves. Divide the roasted root veggie salad between bowls. Crumble over the **feta**. Garnish with the caramelised walnuts and parsley. Serve with any remaining lemon wedges.

Enjoy!