



Lentil and Goat Cheese Salad

with Herbs and Walnuts

Veggie

20 Minutes

Customized Protein

+ Add

Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)

+ Add



Chicken Breasts
2 | 4

+ Add



Salmon Fillets
250 g | 500 g



Lentils, canned
1 | 2



Goat Cheese
1 cup | 2 cup



Ciabatta Roll
1 | 2



Arugula and Spinach Mix
56 g | 113 g



Shallot
1 | 2



Mini Cucumber
1 | 2



Parsley
7 g | 14 g



Lemon
1 | 2



Whole Grain Mustard
1 tbsp | 2 tbsp



Honey
1 | 2



Walnuts, chopped
28 g | 56 g



Garlic Salt
1 tsp | 2 tsp



Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1



Pickle shallots

- Before starting, wash and dry all produce.

- Peel, then thinly slice **shallot**.
- Zest, then juice **lemon**.
- Add **shallots, lemon juice, honey, ¾ tsp (1 ½ tsp) garlic salt and 1 tbsp (2 tbsp) water** to a small pot.
- Bring to a simmer over medium-high heat. Cook, stirring often, until **salt** dissolves, 1-2 min.
- Remove from heat. Transfer **shallots**, including **pickling liquid**, to a large bowl.

2



Prep

- Meanwhile, finely chop **parsley**.
- Halve **cucumber** lengthwise, then cut into ¼-inch half-moons.
- Cut **ciabatta** into ½-inch pieces.
- Using a strainer, drain and rinse **lentils**.

3



Marinate lentils

- Add **mustard, lemon zest and 1 ½ tbsp (3 tbsp) oil** to the bowl with **shallots** and **pickling liquid**. Season with **pepper**, then stir to combine.
- Add **lentils** and **cucumbers**, then toss to combine.

4



Toast walnuts

+ Add | **Chicken Breast**

+ Add | **Salmon Fillets**

- Meanwhile, heat a large non-stick pan over medium heat.
- When hot, add **walnuts** to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (**TIP:** Keep your eye on walnuts so they don't burn.)
- Transfer to a plate.

5



Toast croutons

- Reheat the same pan over medium.
- When hot, add **1 tbsp oil**, then **ciabatta**. (**NOTE:** Don't overcrowd the pan; cook croutons in 2 batches for 4 ppl, using 1 tbsp oil per batch.)
- Season with **remaining garlic salt and pepper**. Cook, stirring occasionally, until golden-brown on all sides, 3-5 min.
- Transfer **croutons** to the plate with **walnuts**.

6



Finish and serve

+ Add | **Chicken Breast**

+ Add | **Salmon Fillets**

- Add **croutons** and **arugula and spinach mix** to the bowl with **marinated lentils**. Season with **salt and pepper**, to taste, then toss to combine.
- Divide **salad** between plates. Top with **goat cheese, parsley and toasted walnuts**.

Measurements within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

4 | Toast walnuts and cook chicken

+ Add | **Chicken Breast**

If you've opted to add **chicken breasts**, pat **chicken** dry with paper towels. Season with **salt** and **pepper**. When **walnuts** are done and transferred to a plate, add **1 tbsp (2 tbsp) oil** to the same pan, then **chicken**. Pan-fry until cooked through, 6-7 min per side.** Transfer to another plate, then cover loosely with foil and set aside to rest, 2-3 min.

4 | Toast walnuts and cook salmon

+ Add | **Salmon Fillets**

If you've opted to add **salmon**, pat **salmon** dry with paper towels, then season with **salt** and **pepper**. When **walnuts** are done and transferred to a plate, add **1/2 tbsp (1 tbsp) oil**, then **salmon**. Pan-fry until golden-brown and cooked through, 2-3 min per side.**

6 | Finish and serve

+ Add | **Chicken Breast**

Thinly slice **chicken**. Arrange **chicken** on top of **plated salad**.

6 | Finish and serve

+ Add | **Salmon Fillets**

Serve **salmon** alongside main dish.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook chicken breasts to a minimum internal temperature of 74°C/165°F and salmon fillets to a minimum internal temperature of 70°C/158°F.