

# HELLO Lentil and Goat Cheese Salad Walnuts

with Herbs and Walnuts

Veggie

20 Minutes





Customized Protein Add Swap

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 降

Chicken Breasts 4

Salmon 250 g | 500 g



Lentils, canned 1 | 2



**Goat Cheese** 1 cup | 2 cup



Ciabatta Roll



1 | 2









1 | 2

Mini Cucumber 1 | 2



Parsley 7 g | 14 g











1 tbsp | 2 tbsp

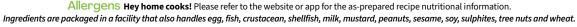




Walnuts, chopped 28 g | 56 g



Garlic Salt 1tsp | 2tsp



Cooking utensils | Large bowl, large non-stick pan, measuring spoons, small pot, strainer, zester



#### 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.



## 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.



#### 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.



#### 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.



#### 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.



#### 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)

p) **oil** 

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.