



French-Inspired Lentil Salad

with Herby Goat Cheese and Walnuts

Veggie

30 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



Salmon Fillets, skin-on
250 g | 500 g

+ Add



Chicken Breast Tenders
310 g | 620 g



Lentils, canned
1 | 2



Goat Cheese
1 cup | 2 cups



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.

Pantry items | Pepper, salt, oil

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

1



Pickle shallots

• Before starting, wash and dry all produce.

- Peel, then thinly slice **shallot**.
- Zest, then juice **lemon**.
- Add **shallots, lemon juice, honey** and **1 tbsp** (2 tbsp) **water** to a small pot. Season with **salt**.
- 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

- 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**.
- Add **mustard, lemon zest, half the garlic salt** and **1 tbsp** (2 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 Tenders**

- 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

+ Add | **Salmon Fillets**

- 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 | **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 bowls. 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 Tenders**

If you've opted to add **chicken breast tenders**, pat dry with paper towels. Season with **salt** and **pepper**. Reheat the same pan used to toast the **walnuts** over medium-high. When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **chicken breast tenders**. Sear until **tenders** are golden-brown and cooked through, 3-4 min per side.** Transfer to a plate. Cover to keep warm.

5 | Toast croutons and cook salmon

+ Add | **Salmon Fillets**

If you've opted to add **salmon**, pat dry with paper towels, then season with **salt** and **pepper**. Reheat the same pan used to cook the **croutons** over medium-high. When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **salmon**. Pan-fry until golden-brown and cooked through, 3-5 min per side.**

6 | Finish and serve

+ Add | **Salmon Fillets**

Arrange **salmon** on top of **salad**.

6 | Finish and serve

+ Add | **Chicken Breast Tenders**

Slice **chicken tenders**. Top bowls with **chicken**.

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

** Cook salmon to a minimum internal temperature of 70°C/158°F, and chicken to a minimum internal temperature of 74°C/165°F, as size may vary.