

HELLO French-Inspired Lentil Saladwith Herby Goat Change and Walnuts

with Herby Goat Cheese and Walnuts

Veggie

30 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

Salmon Fillets, 250 g | 500 g

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









Parsley 7 g | 14 g

Lemon 1 | 2









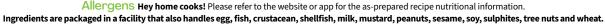
1 tbsp | 2 tbsp



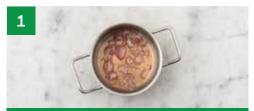
Walnuts, chopped 28 g | 56 g



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 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.



Prep

- Meanwhile, finely chop parsley.
- Halve cucumber lengthwise, then cut into 1/4-inch half-moons.
- Cut ciabatta into ½-inch pieces.
- Using a strainer, drain and rinse lentils.



Marinate 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.



Toast walnuts

🕕 Add | Salmon Fillets

🖶 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.



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 | Salmon Fillets

🛨 Add | Chicken Breast Tenders

- 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

oil

Ingredient

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, reheat the same pan over medium-high. When hot, add 1/2 tbsp (1 tbsp) oil, then salmon. Pan-fry until golden-brown and cooked through, 3-5 min per side.** Transfer to a plate. Carefully wipe out pan before toasting croutons.

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. When walnuts are done, reheat the same pan over medium-high. When hot, add 1/2 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.

6 | Finish and serve

🕂 Add | Salmon Fillets

Top salad with salmon.

6 | Finish and serve

🕕 Add | Chicken Breast Tenders

Top salad 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.