



# Roasted Veggie Medley

## with Goat Cheese and Candied Pecans

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



Chicken Breasts  
2 | 4

+ Add



Salmon Fillets, skin-on  
250 g | 500 g



Goat Cheese  
½ cup | 1 cup



Sweet Potato  
1 | 2



Vegetable Broth Concentrate  
1 | 2



Brown Sugar  
2 tbsp | 4 tbsp



Dijon Mustard  
½ tbsp | 1 tbsp



Shallot  
1 | 2



Pecans  
28 g | 56 g



Zucchini  
1 | 2



White Wine Vinegar  
2 tbsp | 4 tbsp



Spring Mix  
56 g | 113 g



Farro  
½ cup | 1 cup

**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** | Oil, salt, pepper, sugar, brown sugar

**Cooking utensils** | Baking sheet, large bowl, measuring cups, measuring spoons, medium pot, parchment paper, small bowl, small non-stick pan, strainer, vegetable peeler, whisk

1



### Prep veggies

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

**+ Add | Chicken Breasts**

- Peel, then cut **shallot** into ¼-inch slices.
- Halve **zucchini** lengthwise, then cut into ½-inch half-moons.
- Peel, then cut **sweet potatoes** into ½-inch pieces.
- Add **sweet potatoes, shallots, zucchini** and **2 tbsp oil** to an unlined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets, with 2 tbsp oil per sheet.)
- Season with **salt** and **pepper**. Toss to combine.

4



### Candy pecans

- Add **brown sugar** and **1 tbsp** (2 tbsp) **water** to the same pan. Season with **salt**. Stir until **brown sugar** melts, 1 min.
- Return **toasted pecans** to the pan.
- Cook, stirring often, until liquid turns into a caramel-like, thick glaze and coats **pecans**, 1-2 min. Remove the pan from heat.
- Carefully transfer **hot candied pecans** to the parchment paper. Spread into an even layer. (**NOTE:** Don't touch pecans; they will be VERY hot!) Set aside to cool, 5 min.

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

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

2



### Roast veggies and cook farro

- Roast **veggies** in the **middle** of the oven, stirring halfway through, until **veggies** are tender, 20-22 min. (**NOTE:** For 4 ppl, roast in the top and middle of the oven, rotating sheets halfway through.)
- Meanwhile, combine **farro, broth concentrate** and **3 cups** (6 cups) **water** in a medium pot. Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium-low. Cook uncovered until **farro** is tender, 16-18 min.

5



### Finish farro and dress veggies

- Whisk together **Dijon, vinegar, 2 tsp** (4 tsp) **white sugar** and **2 tbsp** (4 tbsp) **oil** in a large bowl. Season with **salt** and **pepper**, to taste.
- When cooked, drain and rinse **farro** under cold water.
- Return to the same pot, off heat. Stir in **half the dressing**.
- Add **roasted veggies** to the bowl with **remaining dressing**. Toss to coat.

3



### Toast pecans

**+ Add | Salmon Fillets**

- Arrange a piece of parchment paper on a clean surface.
- Heat a small non-stick pan over medium heat.
- When hot, add **pecans** to the dry pan.
- Toast, stirring often, until darker brown in colour, 4-5 min. (**TIP:** Keep your eye on them so they don't burn!)
- Transfer **toasted pecans** to a small bowl.

6



### Finish and serve

**+ Add | Chicken Breasts**

**+ Add | Salmon Fillets**

- Divide **spring mix** between bowls. Top with **farro** and **veggies**.
- Sprinkle **candied pecans** and **goat cheese** over top.

**Measurements within steps**

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

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

### 1 | Prep veggies and roast chicken

**+ Add | Chicken Breasts**

If you've opted to add **chicken breasts**, pat dry with paper towels. Season with **salt** and **pepper**. Arrange **chicken** on another unlined baking sheet. Drizzle **1 tbsp** (2 tbsp) **oil** over top. Roast in the **top** of the oven until golden and cooked through, 18-22 min.\*\*

### 3 | Toast pecans 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**. Heat a large non-stick pan over medium-high heat. 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 | Chicken Breasts**

Thinly slice **chicken**. Top bowls with **chicken**.

### 6 | Finish and serve

**+ Add | Salmon Fillets**

Top bowls with **salmon**.