



French-Inspired Lentil Salad

with Herby Goat Cheese and Walnuts

Veggie 30 Minutes



- Lentils
- Goat Cheese
- Ciabatta Roll
- Arugula and Spinach Mix
- Shallot
- Mini Cucumber
- Chives
- Lemon
- Whole Grain Mustard
- Honey
- Walnuts, chopped
- Garlic Salt

HELLO WALNUTS

These tree nuts have a mild, earthy flavour!

Start here

Before starting, wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Measuring spoons, shallow dish, strainer, zester, large bowl, small pot, large non-stick pan

Ingredients

	2 Person	4 Person
Lentils	370 ml	740 ml
Goat Cheese	113 g	226 g
Ciabatta Roll	1	2
Arugula and Spinach Mix	56 g	113 g
Shallot	50 g	100 g
Mini Cucumber	66 g	132 g
Chives	7 g	14 g
Lemon	1	2
Whole Grain Mustard	1 tbsp	2 tbsp
Honey	1 tbsp	2 tbsp
Walnuts, chopped	28 g	56 g
Garlic Salt	1 tsp	2 tsp
Oil*		
Salt and Pepper*		

* Pantry items

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.

Contact

Call us | (855) 272-7002
HelloFresh.ca

    @HelloFreshCA

1



Pickle shallots

- 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.

4



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, 3-4 min.
- Transfer **croutons** to the plate with **walnuts**.

2



Prep and marinate lentils

- Meanwhile, thinly slice **chives**.
- Peel **cucumber**, if desired. Halve lengthwise, then cut into ¼-inch half-moons.
- Cut **ciabatta** into ½-inch pieces.
- Using a strainer, drain and rinse **lentils**.
- Add **mustard, 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.

5



Coat goat cheese

- Meanwhile, add **chives** and **lemon zest** to a shallow dish. Season with **pepper**, then stir to combine.
- Roll **goat cheese** into **8 equal-sized balls** (16 balls for 4 ppl).
- Roll **each goat cheese ball** in **chive mixture** to coat completely.

3



Toast walnuts

- 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.

6



Finish and serve

- 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 **herby goat cheese** and **walnuts**.

Dinner Solved!