



ROASTED BEET AND CHARRED GREEN ONION SALAD

with Sweet Potato, Goat Cheese and Pecans

VEGGIE



HELLO

CHARRED GREEN ONIONS

Roasting green onions give it a sweet and smoky flavour

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 486



Sweet Potatoes, cubed



Roasted Beets



Green Onions



Balsamic Vinegar



Honey



Dijon Mustard



Spring Mix



Pecans



Goat Cheese, crumbled

BUST OUT

- Baking Sheet
- Medium Bowl
- Whisk
- Salt
- Pepper
- Olive or Canola oil

INGREDIENTS

2-person

- Sweet Potatoes, cubed 1 pkg (340 g)
- Roasted Beets 1 pkg (250 g)
- Green Onions 4
- Balsamic Vinegar 9 1 bottle (2 tbsp)
- Honey 1 pkg (1 tbsp)
- Dijon Mustard 6,9 1 pkg (1 ½ tsp)
- Spring Mix 1 pkg (113 g)
- Pecans 5 1 pkg (28 g)
- Goat Cheese, crumbled 2 1 pkg (28 g)

ALLERGENS

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

START STRONG

Preheat the oven to **425°F** (to roast the sweet potatoes and green onions). Start prepping when the oven comes up to temperature!



1 ROAST VEGGIES
Wash and dry all produce. Trim ¼-inch off the root ends of the **green onions**. On a baking sheet, toss the **sweet potatoes** and green onions with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of oven, stirring halfway through cooking, until the veggies are golden-brown and tender, 22-23 min.



4 ASSEMBLE SALAD
When the **veggies** are done roasting, roughly chop the **roasted green onions**. Toss the **sweet potatoes**, **beets**, **spring mix** and green onions into the dressing.



2 PREP
Meanwhile, cut the **beets** into ½-inch cubes.



5 FINISH AND SERVE
Divide the **salad** between plates. Sprinkle with **pecans** and **goat cheese**.



3 MAKE DRESSING
In a medium bowl, whisk together the **vinegar**, **honey**, **mustard** and a drizzle of **oil**. Season with **salt** and **pepper**.

GENIUS!

A spectacularly colourful salad to bring us into early Fall.