



OCT
2016

Roasted Beet and Lentil Salad

with Feta Cheese and Walnuts

Roasting transforms beets from crunchy to sweet and tender! It normally takes about one hour to roast beets, so we're saving you time by pre-roasting them for you. Tossed together with roasted potatoes and onions, crunchy walnuts and lentils, this hearty recipe simply can't be 'beet'!



30 min



level 1



veggie



Pre-cooked Beets



Red Onion



Spring Mix



Mini Yukon
Potatoes



Walnuts



Balsamic
Vinegar



Lentils



Thyme



Honey



Vegetable Broth
Concentrate



Feta

Ingredients

	2 People	4 People
Pre-cooked Beets	1 pkg (250 g)	2 pkg (500 g)
Red Onion, sliced	1 pkg (56 g)	2 pkg (113 g)
Spring Mix	1 pkg (56 g)	2 pkg (113 g)
Mini Yukon Potatoes	1 pkg (285 g)	2 pkg (570 g)
Walnuts, chopped	1) 1 pkg (28 g)	2 pkg (56 g)
Balsamic Vinegar	2) 1 bottle (2 tbsp)	2 bottle (4 tbsp)
Feta	3) 1 pkg (28 g)	2 pkg (56 g)
French Green lentils	1 pkg (113 g)	2 pkg (227 g)
Thyme	1 pkg (7 g)	2 pkg (14 g)
Honey	½ pkg (1½ tsp)	1 pkg (3 tsp)
Vegetable Broth Concentrate	1 pkg	2 pkg
Olive or Canola Oil*		

*Not Included

Allergens

- 1) Tree Nuts/Noix
- 2) Sulphites/Sulfites
- 3) Milk/Lait

Tools

Baking Sheet, Large Bowl, Medium Pot, Strainer, Whisk, Measuring Spoons

Nutrition per person Calories: 472 cal | Fat: 17 g | Protein: 16 g | Carbs: 74 g | Sodium: 488 mg | Fiber: 11 g

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

Ruler

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1 Preheat your oven to 400°F. (To roast the potatoes and onion.) Start prepping when your oven comes up to temperature!

2 Prep: Halve, then slice the **potatoes** into ½-inch wedges. Strip **2 tsp thyme** (double for 4 people) from the stems.

3 Roast the potatoes and onions: Toss the **potatoes** and **onions** on a baking sheet with the **thyme**, a drizzle of **oil**, and a pinch of **salt** and **pepper**. Bake in the oven, tossing halfway through, until golden brown, 20-25 mins.

4 Cook the lentils: Meanwhile, rinse the **lentils**, then add to a medium pot and add enough **water** to cover the lentils by 2 inches. Boil over high heat until lentils are tender, 14-15 min.

5 Meanwhile, cut the **beets** into ¼-inch slices. In a large bowl, whisk together the **vinegar**, **broth concentrate**, **honey** (**DO:** measure out) and a drizzle of **oil**.

6 Combine the salad: When **lentils** are cooked through, drain and add to the **dressing**. Once the **roasted veggies** are done, add them to the dressing along with the **beets** and **spring mix**.

7 Finish and serve: Serve the **salad** sprinkled with the **feta cheese** and **walnuts**. Enjoy!

COOKING TIP: Want to make this recipe at a later date? Wrap individual beets tightly in foil, then arrange on a baking sheet. Roast in a 400°F oven until they are tender, about 1 hour. Remove from the oven, and when beets are cool enough to handle, slip off the peel!

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