

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



Balsamio Vinegar



Lentils



Thyme



Honey



Vegetable Broth Concentrate



Feta

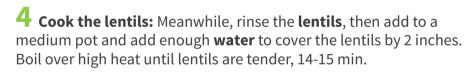
| Ingredients | | 2 People | 4 People | *Not Included | lin_ |
|-----------------------------------|------------|-------------------|---|--|--------------|
| Pre-cooked Beets | | 1 pkg (250 g) | 2 pkg (500 g) | | .⊑ |
| Red Onion, sliced | | 1 pkg (56 g) | 2 pkg (113 g) | Allergens | 44 |
| Spring Mix | | 1 pkg (56 g) | 2 pkg (113 g) | 1) Tree Nuts/Noix | ½ in − |
| Mini Yukon Potatoes | | 1 pkg (285 g) | 2 pkg (570 g) | Sulphites/Sulfites | |
| Walnuts, chopped | 1) | 1 pkg (28 g) | 2 pkg (56 g) | 3) Milk/Lait | ¼ in − |
| Balsamic Vinegar | 2) | 1 bottle (2 tbsp) | 2 bottle (4 tbsp) | Ruler | . <u>=</u> _ |
| Feta | 3) | 1 pkg (28 g) | 2 pkg (56 g) | 2 | 0 |
| French Green lentils | | 1 pkg (113 g) | 2 pkg (227 g) | | |
| Thyme | | 1 pkg (7 g) | 2 pkg (14 g) | Tools | |
| Honey | | ½ pkg (1½ tsp) | 1 pkg (3 tsp) | Baking Sheet, Large Bowl, Medium Pot, Strainer, | |
| Vegetable Broth Concentrate | | 1 pkg | 2 pkg | | |
| Olive or Canola Oil* | | | | Whisk, Measuring Spoo | ns |
| Northitian name of Colorina 470 o | . I I E 4. | 7 - D | lb a . 74 a C a ali 400 ma a Fila a | . 44 . | |

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

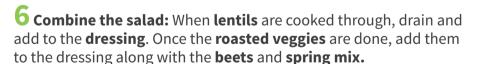
Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



- 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.







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 indiviual 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!



