



Roasted Veggie Medley with Goat Cheese and Candied Pecans

Veggie

35 Minutes



CUSTOM RECIPE
This is a Custom Recipe. If you chose to add chicken breasts, simply follow the instructions on the back of this card and you're set.
Happy cooking!

- Goat Cheese
- Chicken Breasts
- Sweet Potato
- Vegetable Broth Concentrate
- Brown Sugar
- Dijon Mustard
- Shallot
- Pecans
- Zucchini
- White Wine Vinegar
- Spring Mix
- Farro

HELLO CANDIED PECANS

Sticky candied pecans are the perfect balance of sweet and crunchy!

Start here

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

Bust out

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

Ingredients

	2 Person	4 Person
Goat Cheese	56 g	112 g
Chicken Breasts*	2	4
Sweet Potato	340 g	680 g
Vegetable Broth Concentrate	1	2
Brown Sugar	2 tbsp	4 tbsp
Dijon Mustard	1 tbsp	2 tbsp
Shallot	50 g	100 g
Pecans	28 g	56 g
Zucchini	200 g	400 g
White Wine Vinegar	2 tbsp	4 tbsp
Spring Mix	56 g	112 g
Farro	½ cup	1 cup
Sugar*	2 tsp	4 tsp
Oil*		
Salt and Pepper*		

* Pantry items

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

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

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.

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Roast veggies

- Peel, then thinly slice **shallot**.
- 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**, then toss to combine.
- Roast 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.)



Candy pecans

- Add **brown sugar** and **1 tbsp water** (dbl for 4 ppl) to the same pan. Season with **salt**. Stir until **brown sugar** melts, 1 min.
- Return **toasted pecans** to the pan. Cook, stirring often, until **mixture** 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 for 5 min.



Cook farro

- Meanwhile, combine **farro, broth concentrate** and **3 cups water** (dbl for 4 ppl) 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.

If you've opted to add **chicken breasts**, while **farro** cooks, pat **chicken** dry with paper towels. Season with **salt and pepper**. Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Pan fry on one side until golden, 6-7 min. Flip, then cover and continue cooking, until cooked through, 6-7 min.**



Finish farro and dress veggies

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



Toast pecans

- Meanwhile, 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 **pecans** to a small bowl.



Finish and serve

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

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

Dinner Solved!