



# Roasted Veggie Medley

## with Goat Cheese and Candied Pecans

Veggie

30 Minutes

↗ Custom Recipe

+ Add

↻ Swap

or

\*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)

+ Add



Chicken Tenders<sup>+</sup>

310 g | 620 g



Goat Cheese  
56 g | 113 g



Sweet Potato  
1 | 2



Vegetable Broth Concentrate  
1 | 2



Brown Sugar  
2 tbsp | 4 tbsp



Dijon Mustard  
1 1/2 tsp | 3 tsp



Shallot  
1 | 2



Pecans  
28 g | 56 g



Zucchini  
1 | 2



White Wine Vinegar  
2 tbsp | 4 tbsp



Spring Mix  
56 g | 113 g



Farro  
1/2 cup | 1 cup

**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.

1



## Roast veggies

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

4



## Candy pecans

- Add **brown sugar** and **1 tbsp** (2 tbsp) **water** to the same pan. Season with **salt**. Stir until **brown sugar** melts, 1 min.
- Return **toasted pecans** to the pan.
- Cook, stirring often, until **liquid** 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, 5 min.

2



## Cook farro

- + Add | **Chicken Tenders**
- Meanwhile, combine **farro, broth concentrate** and **3 cups** (6 cups) **water** 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.

5



## Finish farro and dress veggies

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

3



## Toast pecans

- 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 **toasted pecans** to a small bowl.

6



## Finish and serve

- + Add | **Chicken Tenders**
- Divide **spring mix** between bowls. Top with **farro** and **veggies**.
- Sprinkle **candied pecans** and **goat cheese** over top.

2 | Cook chicken

+ Add | **Chicken Tenders**

If you've opted to add **chicken tenders**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When the pan is hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **chicken**. Sear until golden-brown and cooked through, 3-4 min per side.\*\* Remove pan from heat.

6 | Finish and serve

+ Add | **Chicken Tenders**

Top final bowls with **chicken**.

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

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



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