

# Roasted Veggie Medley with Goat Cheese and Candied Pecans

Veggie

30 Minutes



Chicken Tenders \* 310 g | 620 g







×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 🦫







56 g | 113 g









1 | 2



Dijon Mustard



1 1/2 tsp | 3 tsp



Pecans 28 g | 56 g



1 | 2



White Wine Vinegar 2 tbsp | 4 tbsp



56 g | 113 g



½ 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. Cooking utensils | Baking sheet, vegetable peeler, measuring spoons, strainer, small non-stick pan, medium pot, large bowl, parchment paper, small bowl, measuring cups, whisk



## 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.)



#### 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.



### 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

Measurements

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

1/2 tbsp (1 tbsp) oil, then chicken. Sear until golden-brown and cooked through, 3-4 min

within steps

(2 tbsp)

oil

1 tbsp

Add | Chicken Tenders

per side.\*\* Remove pan from heat.

Top final bowls with **chicken**.



## 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.



# Finish farro and dress veggies

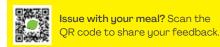
- Whisk together Dijon, vinegar, 2 tsp (4 tsp) white sugar and 2 tbsp (4 tbsp) oil in a large bowl. Season, to taste, with salt and pepper.
- When cooked, drain and rinse farro under cold water.
- Return to the same pot, off heat. Stir in half the dressing.
- Add roasted veggies to the large bowl with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



#### Finish and serve

#### Add | Chicken Tenders

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



- 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.