



Cooking Made Easy

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Roasted Beet & Lentil Salad with Goat Cheese



Root veggies are in their prime during the winter months, and we're taking full advantage! Roasted potatoes and red onion are tossed with sweet beets and tender lentils to create a textural masterpiece. Toss it with peppery arugula and a honey-balsamic vinaigrette with walnuts and goat cheese.

30 min

level 1

gluten-free

veggie



Precooked Beets



Arugula



Balsamic Vinegar



Lentils



Stock Concentrate



Honey



Red Onion



Yukon Potatoes



Walnuts



Crumbled Goat Cheese



Thyme

Ingredients

	2 Person	4 Person
Precooked Beets	8 oz	16 oz
Arugula	2 oz	4 oz
Red Onion	1	2
Yukon Potatoes	10 oz	20 oz
Walnuts	8) 1 oz	2 oz
Balsamic Vinegar	2 T	4 T
Crumbled Goat Cheese	7) 2 oz	4 oz
Lentils	½ C	1 C
Thyme	1 sprig	2 sprigs
Honey	½ T	1 T
Stock Concentrate	1	2
Olive Oil*	2 T	4 T

*Not included

Allergens

7) Milk

8) Nuts

Nutrition per person | Calories: 691 | Carbs: 72 g | Fat: 34 g | Protein: 30 g | Fiber: 23 g

1



1 Preheat your oven to 400 degrees. Quarter the **potatoes**. Halve, peel, and cube the **onion** into 1-inch pieces. Strip the **thyme leaves** off the sprig. **Hint:** Make sure you don't cut the onion too small or it will cook faster than the potatoes!

2 Toss the **potatoes** and **onions** with 1 tablespoon **olive oil**, **thyme**, **salt**, and **pepper**. Spread them out on a baking sheet and roast for 20 minutes.

2



3 Meanwhile, place the **lentils** in a pot with **stock concentrate** and enough **water** to cover them by 1 inch. Bring to a boil, reduce to a simmer, cook for 20 minutes, until tender. Drain and season with **salt** and **pepper**. Add more water if necessary.

4 Meanwhile, cut the **beets** into wedges. In a bowl, whisk 1 tablespoon **balsamic vinegar** with ½ tablespoon **honey**. Toss in the **beets** and season with **salt** and **pepper**. When the potatoes and onions are almost done, add the beets to the baking sheet and roast for about 5 minutes.

4



5 Once the potatoes are cooked, transfer the **roasted veggies** to a bowl. Add the **arugula**, **warm lentils**, 1 tablespoon **olive oil**, and **remaining balsamic**. Toss and season with **salt** and **pepper**.

6 Serve the **lentil salad** with **walnuts** and **goat cheese** on top!

5



Tip: Love cooking lentils but hate the wait? We use French lentils, which cook in half the time! Be sure to only salt them towards the end of cooking, otherwise they will take all night!