



More than Food

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Roasted Carrot & Baby Kale Salad

with Dates, Yogurt, and Feta

Glazing roasted carrots and dates with thyme, garlic, and butter is the key to this salad. Paired with hearty baby kale and drizzled with a minty yogurt sauce, this Middle East-inspired salad is both delicious and healthy. A sprinkle of feta and walnuts is the finishing touch to this salad masterpiece.



45 min



level 2



veggie



gluten free



Carrots



Baby Kale



Mint



Lemon



Garlic



Thyme



Greek Yogurt



Feta



Dried Dates



Walnuts

Ingredients

	2 People	4 People
Carrots	16 oz	32 oz
Baby Kale	4 oz	8 oz
Mint	1 bunch	2 bunches
Lemon	1	2
Garlic	2 cloves	4 cloves
Thyme	1 bunch	2 bunches
Greek Yogurt	1) 6 oz	12 oz
Feta	1) ¼ C	½ C
Dried Dates	1.5 oz	3 oz
Walnuts	2) 1 oz	2 oz
Butter*	1 T	2 T
Olive Oil*	2 T	4 T

*Not Included

Allergens

- 1) Dairy
- 2) Tree Nuts

Tools

Baking Sheet, Large Pan,
Small Bowl, Peeler, Zester

Ruler

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Nutrition per person Calories: 560 cal | Carbs: 57 g | Fat: 34 g | Protein: 17 g | Fiber: 14 g | Sodium: 370 mg



1 Roast the carrots: preheat oven to 400 degrees. Peel and halve the **carrots**. Toss the **carrots** on a baking sheet with $\frac{1}{2}$ **Tablespoon olive oil** and a large pinch of **salt** and **pepper**. Place in the oven and roast for 30-35 minutes, until beginning to caramelize.



2 Meanwhile, mince or grate **1 garlic clove**. Crush the **other garlic clove** with the flat of your knife. Chop the **mint leaves**. Zest and halve the **lemon**. Roughly chop the **dates**.



3 Make the yogurt sauce: in a small bowl, combine the **yogurt**, **minced garlic**, **lemon zest**, **half the mint**, and a squeeze of **lemon juice**. Season with **salt** and **pepper** and set aside.

4 Toast the walnuts: heat a large pan over medium heat. Add the **walnuts** to the dry pan and cook, tossing, until toasted and fragrant, 2-3 minutes. Set aside to cool then roughly chop.



5 Glaze the carrots: when the carrots are done, heat **1 Tablespoon butter** over medium heat in the same pan you toasted the walnuts in. Add the **crushed garlic**, **thyme sprig**, **dates**, and **roasted carrots** to the pan and cook, tossing, for 1-2 minutes, until carrots are glazed. Season with **salt** and **pepper**. Pick out and discard the crushed garlic clove and the thyme sprig.

6 Plate a mound of **baby kale**, then drizzle with **1½ Tablespoons olive oil** and a squeeze of **lemon**. Season with **salt** and **pepper**. Top with the **roasted carrots**, **dates**, **yogurt sauce**, **toasted walnuts**, **feta**, and **remaining mint**. Top with the **roasted carrots**, **dates**, **yogurt sauce**, **toasted walnuts**, **feta**, and **remaining mint**. Enjoy!