



More than Food

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French Lentil Salad

with Brussels Sprouts

Here it is, your new go-to for a quick and healthy weeknight dinner. We're tossing hearty lentils with shredded Brussels sprouts and honey-roasted sweet potatoes for the perfect combination of flavor and texture. A sprinkling of feta and pepitas finishes off the dish with a bite.



30 min



level 1



nut free



gluten free



veggie



French Lentils



Sweet Potato



Red Onion



Pepitas



Feta Cheese



Brussels Sprouts



Balsamic Vinegar



Honey



Vegetable Stock Concentrate



Italian Seasoning

Ingredients

	2 People	4 People
French Lentils	½ C	1 C
Sweet Potato	12 oz	24 oz
Red Onion	1	2
Pepitas	1 oz	2 oz
Feta Cheese	1) 2 oz	4 oz
Brussels Sprouts	8 oz	16 oz
Balsamic Vinegar	2 T	4 T
Honey	1 t	2 t
Vegetable Stock Concentrate	1	2
Italian Seasoning	1 t	2 t
Olive Oil*	2 T + 2 t	5 T + 1 t

*Not Included

Allergens

1) Milk

Tools

Small Pot, Baking Sheet, Large Bowl, Large Pan, Medium Bowl, Peeler, Strainer, Whisk

Ruler

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Nutrition per person Calories: 744 cal | Carbs: 91 g | Fat: 32 g | Protein: 29 g | Fiber: 17 g | Sodium: 659 mg

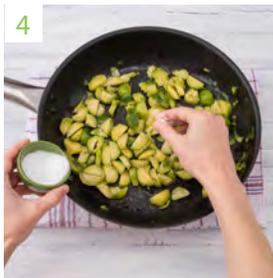
Make sure to wash and dry produce before prepping or cooking!



1 Prep the vegetables: Preheat the oven to 425 degrees. Peel and cut the **sweet potato** into ½-inch cubes. Halve, peel, and finely chop the **red onion**. Trim then halve the **Brussels sprouts** lengthwise then thinly slice into shreds.



2 Roast the sweet potatoes: In a medium bowl, whisk together **1 Tablespoon olive oil**, **1 teaspoon honey**, and the **Italian seasoning**. Add the **sweet potatoes**, toss, and season with **salt** and **pepper**. Spread the **sweet potatoes** out on a baking sheet and roast for 20 minutes, tossing halfway through cooking, until golden brown and tender.



3 Cook the lentils: Heat **1 teaspoon olive oil** in a small pot over medium heat. Add the **onion** and cook, tossing, for 5 minutes, until softened. Season with **salt** and **pepper**. Add the **lentils**, **stock concentrate**, and enough **water** to cover the lentils by 2 inches. Bring to a boil, then reduce to a simmer for 15-20 minutes, until the lentils are tender. Once tender, drain, return the **lentils** to the pot, and season with **salt** and **pepper**. Keep covered until the rest of the meal is ready.



4 While the **lentils** cook, heat **1 teaspoon olive oil** in a large pan over medium-high heat. Add the **Brussels sprouts** and season with **salt** and **pepper**. Cook, tossing, for 3 minutes, until softened and slightly crispy. Set aside.

5 Assemble the lentil salad: In a large bowl, whisk together the **balsamic vinegar** and a large drizzle of **olive oil**. Season with **salt** and **pepper**. Toss in the warm **lentils**, **roasted sweet potatoes**, and the **Brussels sprouts**.

6 Serve the **lentil salad** with a sprinkle of **feta** and **pepitas** on top. Enjoy!