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French Lentil Salad

with Honey Roasted Sweet Potatoes and Brussels Sprouts

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



30 min



level 1



nut free



veggie



gluten free



French Lentils



Sweet Potatoes



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 Potatoes	12 oz	24 oz
Red Onion	1	2
Pepitas	1 oz	2 oz
Feta Cheese ¹⁾	½ c	1 c
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
Oil*	2 T	4 T

*Not Included

Allergens

1) Milk

Tools

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

Ruler

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Nutrition per person Calories: 672 cal | Fat: 27 g | Sat. Fat: 7 g | Protein: 27 g | Carbs: 85 g | Sugar: 24 g | Sodium: 661 mg | Fiber: 17 g

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

1



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

2



2 Roast the sweet potatoes: In a medium bowl, toss together the **sweet potatoes**, **1 teaspoon honey**, a large drizzle of **olive oil**, and the **Italian seasoning**. Spread out on a baking sheet and roast for 20-25 minutes, tossing halfway through cooking, until golden brown.

5



3 Cook the onions: Heat a drizzle of **olive oil** in a medium pot over medium heat. Add the **onion** and cook, tossing for about 5 minutes, until softened.

4 Cook the lentils: Add in the **lentils**, **stock concentrate**, and enough water to cover the lentils by 2 inches. Bring to a boil, reduce to a simmer, and cook for 15-20 minutes, or until tender. Five minutes before they are done, season with a large pinch of **salt**. Once tender, drain, return to the pot, and cover to keep warm.

5 Sauté the Brussels sprouts: Heat a drizzle of **oil** in a medium pan over medium heat. Add the **Brussels sprouts** to the pan and cook, tossing for 4-5 minutes, until slightly golden brown. Season to taste with **salt** and **pepper**.

6



6 Assemble the French lentil salad: In a large bowl, combine the **balsamic vinegar** and a pinch of **salt** and **pepper**. Slowly whisk in a large drizzle of **olive oil**. Toss in the warm **lentils**, **Brussels sprouts**, and **roasted sweet potatoes**. Season to taste with **salt** and **pepper**.

7 Finish and plate: Serve the **French lentil salad** with a sprinkle of **feta** and **pepitas** on top. Enjoy!