



# Beetroot, Cheese and Walnut Salad with Honey Balsamic Dressing

Special Sides 5-10 Minutes • 1 of your 5 a day • Veggie

1A



Cooked Beetroot



Greek Style  
Salad Cheese



Honey



Balsamic  
Vinegar



Rocket



Walnuts

Pantry Items  
Olive Oil

## Before you start

Our fruit and veggies need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Chopping board and bowl.

## Ingredients

	2P
Cooked Beetroot	250g
Greek Style Salad Cheese** 7)	50g
Honey	1 sachet
Balsamic Vinegar 14)	1 sachet
Olive Oil for the Dressing*	1 tbsp
Rocket**	40g
Walnuts 2)	20g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	198g	100g
Energy (kJ/kcal)	1052/251	533/127
Fat (g)	15.7	8.0
Sat. Fat (g)	5.3	2.7
Carbohydrate (g)	19.0	9.6
Sugars (g)	17.1	8.7
Protein (g)	7.8	4.0
Salt (g)	0.84	0.43

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

2) Nuts 7) Milk 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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2



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## Get Prepped

a) Cut the **beetroot** into roughly 2cm chunks.

b) Crumble the **Greek style salad cheese**.

## Make the Dressing

a) In a large bowl, combine the **honey**, **balsamic vinegar** and **olive oil for the dressing** (see ingredients for amount). **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.

b) Add the **beetroot** and **rocket** to the **dressing**, then toss to coat.

## Finish and Serve

a) Add **half** the **Greek style salad cheese** and **walnuts** to the bowl.

b) Stir gently to combine.

c) Transfer the **salad** to a sharing bowl and sprinkle over the remaining **Greek style salad cheese** and **walnuts**.

Enjoy!