



JUN
2016

Carrot & Beet Bruschetta Toasts

with Lemony Ricotta and Radish-Arugula Salad

Traditional bruschetta is a simple dish made with grilled bread, tomatoes, and olive oil. It's almost like the Italian version of chips and salsa. For a delicious spin, we're using roasted beets and carrots in lieu of tomatoes. A layer of lemony ricotta is the true star of the show.



Prep: 10 min
Total: 30 min



level 1



nut free



veggie



Carrot



Beets



Lemon



Demi Baguettes



Arugula



Radishes



Ricotta Cheese



Garlic



Basil

Ingredients

	2 People	4 People
Carrot	1	2
Beets	1 Pack	2 Packs
Lemon	1	2
Demi Baguettes	1)	4
Arugula	2 oz	4 oz
Radishes	3	6
Ricotta Cheese	2)	14 oz
Garlic	2 Cloves	4 Cloves
Basil	½ oz	½ oz
Olive Oil*	1 T	2 T

*Not Included

Allergens

1) Wheat

2) Milk

Tools

Peeler, Baking sheet, Zester, 2 Medium bowls

Ruler

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Nutrition per person Calories: 560 cal | Fat: 22 g | Sat. Fat: 9 g | Protein: 22 g | Carbs: 72 g | Sugar: 18 g | Sodium: 768 mg | Fiber: 10 g

2



1 Prep and roast the carrots: **Wash and dry all produce.** Preheat the oven to 400 degrees. Peel and dice the **carrot** into ¼-inch cubes. Toss them on a baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Place in the oven for 15-20 minutes, tossing halfway through cooking, until soft and golden brown.

4



2 Prep the remaining ingredients: Thinly slice the **baguettes** on a diagonal. Thinly slice the **radishes**. Thinly slice the **basil leaves**. Zest, then halve the **lemon**. Dice the **beets** into ¼-inch cubes. Mince or grate ¼ **teaspoon garlic**.

5



3 Roast the beets: With about 10 minutes left on the **carrots**, add the **beets** to the baking sheet and cook for about 10 minutes, until the beets are heated through.

4 Make the lemony ricotta: In a medium bowl, combine the **ricotta**, **1 teaspoon lemon zest**, and a squeeze of **lemon juice**. Season with **salt** and **pepper**.

6



5 Make the bruschetta toppings: Once done, place the roasted **carrots** and **beets** into a medium bowl and toss with a drizzle of **olive oil**, a squeeze of **lemon juice**, a pinch of **garlic** (to taste), and a pinch of **salt** and **pepper**. Place the **baguette slices** on the baking sheet and place in the oven for 3-5 minutes to toast.

6 Assemble the bruschetta toasts: Spread each **toast** with the **lemony ricotta** and top with the **bruschetta toppings** and **basil leaves**. Toss the **arugula** and **radishes** with a drizzle of **olive oil** and a squeeze of **lemon juice** in one of the empty bowls. Season the **radish-arugula salad** with **salt** and **pepper** and serve alongside. **TIP:** If you have any extra roasted veggies, you can toss them into the radish-arugula salad. Enjoy!!

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