



ROASTED BEETROOT SALAD

with Dill & Goat Cheese



Add apple to a salad for a touch of sweetness



Beetroot



Sweet Potato



Walnuts



Asparagus



Apple



Dill



Spinach & Rocket Mix



Goat Cheese



Mustard Cider Dressing

- Hands-on: 15 mins
- Ready in: 35 mins
- Naturally gluten-free
- Not suitable for Coeliacs
- Low calorie

Enjoy a light and breezy dinner with this colourful mix of roasted beetroot, fresh dill and creamy goat cheese. The unique combination of delicious flavours will perk up your tastebuds and bring a brand-new main meal salad to the table.

Pantry Staples: Olive Oil

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
• **oven tray** lined with **baking paper** • **medium frying pan**



1 ROAST THE VEGGIES

Preheat the oven to **220°C/200°C fan-forced**. Cut the **beetroot** (unpeeled) and **sweet potato** (unpeeled) into 1cm cubes. Place on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat. Roast until tender, **25-30 minutes**. Set aside to cool.

TIP: Beetroot retains a lot of its firmness when cooked. It's cooked when you can pierce it with a fork.



2 GET PREPPED

While the veg are roasting, roughly chop the **walnuts**. Trim the woody ends of the **asparagus** (about 3cm) then slice into thirds. Pick the **dill** leaves. Thinly slice the **apple** and place in a bowl of water. **TIP:** This prevents the apple from discolouring.



3 TOAST THE WALNUTS

Heat a medium frying pan over a medium-high heat. Add the **walnuts** and toast, stirring, until golden, **3-4 minutes**. Transfer to a plate.



4 COOK THE ASPARAGUS

Once the roasted veggies are cooling, return the frying pan to medium-high heat. Add the **asparagus** and a **dash of water** and cook, tossing occasionally, until tender, **4-5 minutes**.



5 DRESS THE SALAD

Drain the **apple**. In a large bowl, add the **apple**, **spinach & rocket mix**, **beetroot**, **sweet potato**, **asparagus**, **1/2 the dill** and **1/2 the goat cheese**. Add the **mustard cider dressing** and toss to coat. Season to taste with **salt** and **pepper**.

6 SERVE UP

Divide the roasted beetroot salad between bowls. Sprinkle with the walnuts and the remaining goat cheese. Garnish with the remaining dill.

ENJOY!

2|4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
beetroot	1	2
sweet potato	1	2
walnuts	1 packet	2 packets
asparagus	1 bunch	2 bunches
dill	1 bunch	1 bunch
apple	1	2
spinach & rocket mix	1 bag (60 g)	1 bag (120 g)
goat cheese	1 packet (80 g)	2 packets (160 g)
mustard cider dressing	1 tub (40 g)	2 tubs (80 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	1840kJ (441Cal)	455kJ (109Cal)
Protein (g)	14.6g	3.6g
Fat, total (g)	26.4g	6.5g
- saturated (g)	6.1g	1.5g
Carbohydrate (g)	33.7g	8.3g
- sugars (g)	22.4g	5.5g
Sodium (g)	392mg	97mg

For allergens and ingredient information, visit HelloFresh.com.au/foodinfo

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