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Roast Waldorf Jumble with Quinoa

When the Waldorf Astoria in New York gave birth to their eponymous salad, they knew the combination of apples, walnuts and celery was a winner. 60 years later, the world famous dish is on our menu, with some extra weeknight wonders. Everything you need to bring the Big Apple to your kitchen.



Prep: 15 mins
Cook: 20 mins
Total: 35 mins



level 2



omega 3 rich



gluten free



Pantry Items: Olive Oil, Water, Butter



2P	4P	Ingredients	
1	2	apple, cored & cut into 2 cm thick wedges	
1	2	beetroot, washed & cut into 1 cm thick wedges	
300 g	600 g	potatoes, cut into 5 mm slices	
1 tbs	2 tbs	olive oil *	
½ cup	1 cup	quinoa, rinsed	
1½ cups	3 cups	water *	
1/2	1	lemon, zested & juiced	
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1 tsp	2 tsp	butter *	QD.
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1 tsp	2 tsp	butter *	QD.
1 tsp 1 bunch	2 tsp 2 bunches	butter * sage, leaves picked & torn	A
1 tsp 1 bunch ½ cup	2 tsp 2 bunches 1 cup	butter * sage, leaves picked & torn walnuts	A
1 tsp 1 bunch ½ cup 1 stalk	2 tsp 2 bunches 1 cup 2 stalks	butter * sage, leaves picked & torn walnuts celery, finely sliced on the diagonal	A

- May feature in another recipe
 - * Pantry Items

Nutrition per serving

Energy	3120	Kj
Protein	22.2	g
Fat, total	39.4	g
-saturated	11.2	g
Carbohydrate	76.8	g
-sugars	17	g
Sodium	345	mg

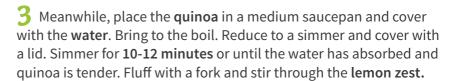
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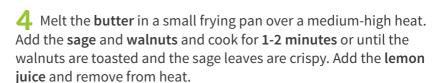
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You will need: chopping board, chef's knife, zester, two oven trays, baking paper, medium saucepan, fork, small frying pan and a large bowl.

- Preheat oven to 200°C/180°C fan forced. Line two oven trays with baking paper.
- 2 Place the **apple** and **beetroot** on one prepared tray and the **potato** on the remaining tray (if you're concerned about pink fingers pop on some gloves when handling the beetroot). Drizzle everything with the **olive oil** and season with **salt** and **pepper**. Place both trays in the oven and cook for **20 minutes** or until the apple and vegetables are tender. Swap the trays half way through to ensure even cooking.





- 5 In a large bowl toss the apple, vegetables, walnut mixture, quinoa, celery, rocket, and fetta.
- To serve, divide the Roast Waldorf Jumble between bowls.







Did you know? An ancient text from 800BC reports that beetroot was grow in the Hanging Gardens of Babylon.