



Everything
But The Chef

hello@hellofresh.com.au

02 81 888 722

WK31
2015



Share your masterpiece to enter into our weekly photo contest! Simply post your delicious pic on [f](#) [t](#) [i](#) with #HelloFreshAU

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



omega 3
rich



level 2



gluten
free



Pantry Items: Olive Oil, Water, Butter



Apple



Beetroot



Potatoes



Quinoa



Lemon



Walnuts



Sage



Celery



Fetta



Rocket

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 *	
½	1	lemon, zested & juiced	⊕
1 tsp	2 tsp	butter *	
1 bunch	2 bunches	sage, leaves picked & torn	
½ cup	1 cup	walnuts	
1 stalk	2 stalks	celery, finely sliced on the diagonal	A
1 bag	2 bags	rocket, washed	
½ block	1 block	fetta, crumbled	⊕

⊕ 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

Measuretool

0 cm	1 cm	2 cm



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

1 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.

3 Meanwhile, place the **quinoa** in a medium saucepan and cover with the **water**. Bring to the boil. Reduce to a simmer and cover with a lid. Simmer for **10-12 minutes** or until the water has absorbed and quinoa is tender. Fluff with a fork and stir through the **lemon zest**.

4 Melt the **butter** in a small frying pan over a medium-high heat. Add the **sage** and **walnuts** and cook for **1-2 minutes** or until the walnuts are toasted and the sage leaves are crispy. Add the **lemon juice** and remove from heat.

5 In a large bowl toss the apple, vegetables, walnut mixture, quinoa, **celery**, **rocket**, and **fetta**.

6 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.