

LEMON-DIJON BEETROOT & BROWN RICE BOWL

Don't grumble, we're having a crumble! Dad jokes aside, we think this herby goat cheese crumbled over your brown rice

with Herby Goat Cheese & Walnuts



bowl is the perfect decadent finish to a superfood supper.



Make a herby goat cheese





Vegetable Stock





Spring Onion









Marinated Goat Cheese



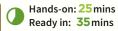


Dijon Mustard



Green Beans

Pantry Staples: Olive Oil







Naturally gluten-free Not suitable for Coeliacs

BEFORE YOU = STAR

Our fruit and veggies need a little wash before you use them!! You will need: sieve, medium saucepan with a lid, chef's knife, chopping board, rubber gloves, small bowl, medium frying pan, wooden spoon and a medium bowl.



COOK THE BROWN RICE Rinse the **brown rice** well. Place the rice and the water (check the ingredients list for the amount) in a medium saucepan and crumble in the vegetable stock cube (use suggested amount). Bring to the boil over a high heat, then cover with a lid and reduce the heat to medium. Simmer, covered, for **25-30 minutes**, or until the rice is soft. Drain and return to the saucepan. Cover with a lid to keep warm.



GET PREPPED While the **rice** is cooking, dice the **beetroot** (unpeeled) into 1 cm chunks. TIP: Wear gloves to avoid stained fingers! TIP: Cut the beetroot to the right size to ensure it cooks in the allocated time! Trim the green beans and slice in half. Finely slice the spring onion. Juice the lemon. Finely chop the chives and the parsley. In a small bowl, combine 1/2 the chopped chives and parsley with the **marinated goat cheese** (reserve the oil for step 5). Set aside.



TOAST THE WALNUTS Heat a medium frying pan over a mediumhigh heat. Add the walnuts and toast, tossing, for 3-4 minutes or until golden.



COOK THE BEETROOT Return the pan to a medium-high heat with a good drizzle of olive oil and the beetroot. Cook for 6-7 minutes, or until starting to soften. Add the green beans and cook for a further 3-4 minutes, or until the beetroot and beans are tender. *TIP: Beetroot retains some bite when cooked. Add the **spring onion** and cook for a further 1 minute, or until softened.



MAKE THE DRESSING In a medium bowl, combine 1 tbs for 2 people / 2 tbs for 4 people of the reserved oil (from the marinated goat cheese tub), the Dijon mustard (use suggested amount) and the **lemon** juice. Season to taste with a pinch of salt and pepper. * TIP: Feel free to add more Dijon mustard if you like! Add the beetroot, green beans, spring onion and brown rice and toss to coat.



SERVE UP Divide the beetroot and rice between plates. Top with the herby goat cheese and the walnuts. Sprinkle over the remaining chives and parsley.

ENJOYI

INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
brown rice	1 packet (¾ cup)	2 packets (1½ cups)
water*	3 cups	6 cups
vegetable stock	1 cube	2 cubes
beetroot	1	2
green beans	1 bag	1 bag
spring onion	1 bunch	1 bunch
lemon	1	2
chives	1 bunch	1 bunch
parsley	1 bunch	1 bunch
marinated goat cheese	1 tub (100 g)	2 tubs (200 g)
walnuts	1 packet	2 packets
Dijon mustard	¾ tub (1½ tsp)	1½ tubs (3 tsp)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2260kJ (541Cal)	426kJ (102Cal)
Protein (g)	17.4g	3.3g
Fat, total (g)	22.2g	4.2g
- saturated (g)	7.8g	1.5g
Carbohydrate (g)	64.7g	12.2g
- sugars (g)	6.9g	1.3g
Sodium (g)	984mg	185mg

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

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722 Hello@HelloFresh.com.au

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