



LEMON-DIJON BEETROOT & BROWN RICE BOWL

with Herby Goat Cheese & Walnuts



Make a herby goat cheese



Brown Rice



Vegetable Stock



Beetroot



Spring Onion



Lemon



Chives



Parsley



Marinated Goat Cheese



Walnuts



Dijon Mustard



Green Beans

Hands-on: **25 mins**
Ready in: **35 mins**

Low calorie

Naturally gluten-free
Not suitable for Coeliacs

Don't grumble, we're having a crumble! Dad jokes aside, we think this herby goat cheese crumbled over your brown rice bowl is the perfect decadent finish to a superfood supper.

Pantry Staples: Olive Oil

BEFORE YOU START

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**.



1 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.



2 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.



3 TOAST THE WALNUTS

Heat a medium frying pan over a medium-high heat. Add the **walnuts** and toast, tossing, for **3-4 minutes** or until golden.



4 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.



5 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.



6 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.

ENJOY!

2 | 4 PEOPLE 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](https://www.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

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