



DUKKAH ROASTED SWEET POTATO & BEETROOT SALAD

with Yoghurt Dressing & Fetta



Roast root vegetables
with dukkah!



Beetroot



Sweet Potato



Dukkah



Snow Peas



Roasted Hazelnuts



Dill & Parsley
Mayonnaise



Greek Yoghurt



Pear



Spinach & Rocket
Mix



Fetta

Pantry Staples: Olive Oil

Hands-on: **15 mins**
Ready in: **35 mins**

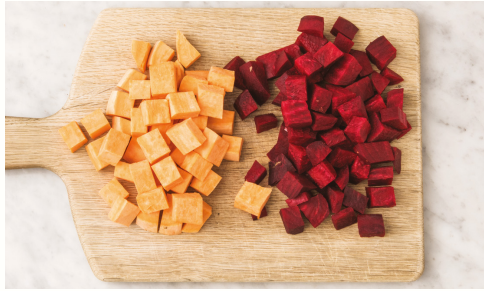
Naturally gluten-free
Not suitable for Coeliacs

Say hello to a salad that ticks all the boxes, yet tastes totally different. With a creamy herb dressing plus sweet pear, nutty hazelnuts and rich fetta, this mix brings favourite flavours together in a bright and colourful bowl.

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**



1 PREP THE VEGGIES

Preheat the oven to **220°C/200°C fan-forced**. Cut the **beetroot** (unpeeled) and **sweet potato** (unpeeled) into 1cm cubes.



2 ROAST THE VEGGIES

Place the **beetroot** and **sweet potato** on an oven tray lined with baking paper. Season with **salt** and **pepper** and **drizzle** with **olive oil**. Toss to coat. Roast until tender, **20-25 minutes**. Sprinkle with the **dukkah** and roast until golden, **5 minutes**. Set aside to cool slightly. **TIP:** Beetroot retains a lot of its firmness when cooked. You can tell it's cooked when it can be easily pierced with a fork.



3 PREP THE SNOW PEAS & NUTS

While the veggies are roasting, trim and thinly slice the **snow peas**. Roughly chop the **roasted hazelnuts**.



4 MAKE THE DRESSING

In a large bowl, place the **dill & parsley mayonnaise**, **Greek yoghurt** (see ingredients list), a **pinch** of **salt** and **pepper** and mix well to combine. Slice the **pear** into thin batons.



5 TOSS THE SALAD

When the **roasted sweet potato** and **beetroot** have cooled slightly, make the salad. Add the **spinach & rocket mix**, **snow peas** and **pear** to the bowl with the dressing and toss well to coat. **TIP:** Toss the salad just before serving to keep the leaves crisp.



6 SERVE UP

Divide the salad between plates and top with the dukkah-roasted sweet potato and beetroot. Crumble over the **fetta** and sprinkle with the hazelnuts.

ENJOY!

2|4 PEOPLE INGREDIENTS

| | 2P | 4P |
|---------------------------|-----------------|------------------|
| olive oil* | refer to method | refer to method |
| beetroot | 1 | 2 |
| sweet potato | 2 | 4 |
| dukkah | 1 sachet | 2 sachets |
| snow peas | 1 bag (100 g) | 1 bag (200 g) |
| roasted hazelnuts | 1 packet | 2 packets |
| dill & parsley mayonnaise | 1 tub (50 g) | 1 tub (100 g) |
| Greek yoghurt | ½ packet (50 g) | 1 packet (100 g) |
| pear | 1 | 2 |
| spinach & rocket mix | 1 bag (60 g) | 1 bag (120 g) |
| fetta | 1 block (50 g) | 1 block (100 g) |

*Pantry Items

| NUTRITION | PER SERVING | PER 100G |
|------------------|-----------------|----------------|
| Energy (kJ) | 2520kJ (603Cal) | 495kJ (118Cal) |
| Protein (g) | 17.2g | 3.4g |
| Fat, total (g) | 36.7g | 7.2g |
| - saturated (g) | 7.1g | 1.4g |
| Carbohydrate (g) | 48.6g | 9.5g |
| - sugars (g) | 29.0g | 5.7g |
| Sodium (g) | 862mg | 169mg |

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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