

ROAST ROOT VEGGIE MEDLEY

with Goat Cheese, Candied Pecans & Dill



A feast for the eyes as well as the stomach, this medley is a true celebration of the sweet nuttiness that can be found in

a savoury dish. Between sweet potato and beetroot, marinated goat cheese and crunchy candied pecans, you won't be



Master candying nuts













Marinated Goat



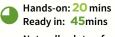
Dijon Mustard



Mixed Salad Leaves

(White Wine Or Balsamic)

Pantry Staples: Olive Oil, Brown Sugar, Vinegar





able to decide what to eat first!





Our fruit and veggies need a little wash first! Along with basic cooking tools, you will use:

· oven tray lined with baking paper · medium frying pan



1 GET PREPPED

Preheat the oven to 220°C/200°C fanforced. Cut the sweet potato (unpeeled) into 2cm chunks. Cut the beetroot (unpeeled) into 1cm chunks. Cut the red onion into 2cm wedges. Finely chop the dill. *TIP: Dill has a distinctive flavour. Feel free to leave it out or use a little less. *TIP: Cut the veggies to the correct size so they cook in the allocated time.



ROAST THE VEGGIES

Place the sweet potato, beetroot and red onion on an oven tray lined with baking paper, drizzle with olive oil and season with a pinch of salt and pepper. Toss to coat, then arrange in a single layer. Roast for 30-35 minutes, or until tender. *TIP: Beetroot retains a lot of its firmness when cooked. You can tell it's cooked when you can easily pierce it with a fork.



CANDY THE PECANS

While the veggies are roasting, heat a medium frying pan over a medium-high heat. Add the **pecans** and toast, stirring, for **3-4 minutes**, or until fragrant. Transfer to a small bowl. Return the frying pan to a medium heat and add the **brown sugar**, **water** and a **pinch** of **salt** and stir until melted and combined. Return the pecans to the pan and cook, stirring, for **2-3 minutes**, or until the caramel has thickened and become sticky. Transfer to a sheet of baking paper and spread out to cool.



MAKE THE MUSTARD DRESSING While the pecans are cooling, pour 1 tbs for 2 people / 2 tbs for 4 people of

the oil from the marinated goat cheese tub into a large bowl. Add the vinegar and Dijon mustard and stir to combine. Season to taste with salt and pepper and set aside. Once slightly cooled, roughly chop the candied pecans.



MIX IT ALL TOGETHER

To the large bowl with the dressing, add the roasted veggies, mixed salad leaves and dill. Tear in 1/2 the marinated goat cheese. Toss to coat. *TIP: Toss the medley just before serving to keep the leaves crisp.



SERVE UP

Divide the roast root vegetable medley between bowls. Top with the candied pecans and the remaining marinated goat cheese.

ENJOY!

2 4 PEOPLE

INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
sweet potato	2	4
beetroot	1	2
red onion	1	2
dill	1 bunch	1 bunch
pecans	1 packet	2 packets
brown sugar*	1 tbs	2 tbs
water*	2 tsp	1 tbs
marinated goat cheese	1 tub (100 g)	2 tubs (200 g)
vinegar* (white wine or balsamic)	3 tsp	1½ tbs
Dijon mustard	1 tub (15 g)	2 tubs (30 g)
mixed salad leaves	1 bag (90 g)	1 bag (180 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2180kJ (521Cal)	458kJ (109Cal)
Protein (g)	15.1g	3.2g
at, total (g)	28.2g	5.9g
saturated (g)	8.5g	1.8g
Carbohydrate (g)	47.3g	9.9g
sugars (g)	27.7g	5.8g
Sodium (g)	627mg	132mg

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

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