



ROAST ROOT VEGGIE MEDLEY

with Goat Cheese, Candied Pecans & Dill



Master
candying nuts



Sweet Potato



Beetroot



Red Onion



Dill



Pecans



Marinated Goat
Cheese



Dijon Mustard



Mixed Salad
Leaves



Hands-on: **20 mins**

Ready in: **45 mins**



Naturally gluten-free

Not suitable for Coeliacs



Low calorie

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 able to decide what to eat first!

Pantry Staples: Olive Oil, Brown Sugar, Vinegar
(White Wine Or Balsamic)

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** • **medium frying pan**



1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. 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.



2 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.



3 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.



4 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**.



5 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.



6 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
Fat, 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](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

Hello@HelloFresh.com.au

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