



More than Food

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Roasted Beet and Lentil Salad with Feta Cheese, Arugula, and Walnuts

Root veggies are in their prime during the winter months, and we're taking full advantage! Roasted potatoes and red onion are tossed with sweet beets, crunchy walnuts, and tender lentils to create a textural masterpiece.



30 min



level 1



veggie



Precooked Beets



Red Onion



Arugula



Baby New Potatoes



Walnuts



Balsamic Vinegar



Feta



Lentils



Thyme



Honey



Vegetable Stock Concentrate

Ingredients

	2 People	4 People
Precooked Beets	8 oz	16 oz
Red Onion	1	2
Arugula	2 oz	4 oz
Baby New Potatoes	10 oz	20 oz
Walnuts	1)	2 oz
Balsamic Vinegar	2 T	4 T
Feta	2)	4 oz
Lentils	½ C	1 C
Thyme	¼ oz	¼ oz
Honey	½ T	1 T
Vegetable Stock Concentrate	1	2
Olive Oil*	1 T	2 T

*Not Included

Allergens

- 1) Nuts
- 2) Milk

Tools

Baking Sheet, Large Bowl, Small Pot, Strainer, Whisk

Ruler

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Nutrition per person Calories: 602 cal | Fat: 22 g | Sat. Fat: 6 g | Protein: 23 g | Carbs: 81 g | Sugar: 27 g | Sodium: 622 mg | Fiber: 14 g

Make sure to wash and dry produce before prepping or cooking!



1 Prep the ingredients: Preheat the oven to 400 degrees. Halve and slice the **potatoes** into ½-inch wedges. Halve, peel, and chop the **onion** into 1-inch cubes. Strip the **thyme** from the stems and roughly chop the leaves.

HINT: We're roasting the onions in the oven, so don't chop them too small or they will cook faster than the potatoes.



2 Roast the potatoes and onions: Toss the **potatoes** and **onions** on a baking sheet with the **thyme**, a drizzle of **olive oil**, and a pinch of **salt** and **pepper**. Place in the oven for about 20 minutes, tossing halfway through, until golden brown.



3 Cook the lentils: Place the **lentils** in a small pot with the **stock concentrate** and enough water to cover by 1-inch. Bring to a boil, then reduce to a simmer for 20 minutes, until tender. Drain and season with **salt** and **pepper**.

4 Roast the beets: Meanwhile, cut the **beets** into ½-inch wedges. In a large bowl, whisk together **1 Tablespoon balsamic** and **½ Tablespoon honey**. Toss in the **beets** and season with **salt** and **pepper**. When the **potatoes** and **onions** are almost done, add the **beets** to the baking sheet and cook for 5 minutes.



5 Combine the salad: Once the **roasted veggies** are done, toss them in the same large bowl with the warm **lentils**, a large drizzle of **olive oil**, and the **remaining balsamic**. Carefully toss in the **arugula** and season with **salt** and **pepper**.

6 Plate: Serve the **salad** sprinkled with the **feta cheese** and **walnuts**, and enjoy!