



UTTERLY UP-BEET SALAD

featuring French Lentils and Baby Potatoes



HELLO BALSAMIC BEETS

The naturally sweet root veg gets a splash of tangy vinegar

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 582



Baby New Potatoes



Thyme



Veggie Stock Concentrate



Balsamic Vinegar



Feta Cheese
(Contains: Milk)



Honey



Red Onion



French Lentils



Cooked Beets



Walnuts
(Contains: Tree Nuts)



Arugula

START STRONG

Beets' deep red color makes them gorgeous, but it also creates deep-red stains. Place a sheet of parchment paper on your cutting board (and wear gloves) to create a protective barrier.

BUST OUT

- Baking sheet
- Small pot
- Strainer
- Large bowl
- Olive oil (4 tsp | 8 tsp)

INGREDIENTS

Ingredient 2-person | 4-person

- Baby New Potatoes 10 oz | 20 oz
- Red Onion 1 | 2
- Thyme ¼ oz | ¼ oz
- French Lentils ½ Cup | 1 Cup
- Veggie Stock Concentrate 1 | 2
- Cooked Beets 1 Pack | 2 Packs
- Honey 2 tsp | 4 tsp
- Balsamic Vinegar 2 TBSP | 4 TBSP
- Arugula 2 oz | 4 oz
- Feta Cheese ½ Cup | 1 Cup
- Walnuts 1 oz | 2 oz

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1 PREP Wash and dry all produce. Preheat oven to 400 degrees. Halve the **potatoes**. Halve, peel, and chop **onion** into ½-inch wedges. Strip **thyme** from stems and discard stems. Roughly chop leaves.



4 ROAST BEETS Meanwhile, cut **beets** into ½-inch wedges. Mix together **honey** and **1 TBSP balsamic vinegar** (we'll be using the rest later) in a large bowl. Add **beets** and toss to coat. Season with **salt** and **pepper**. With 5 minutes to go on the **potatoes** and **onion**, add **beets** to baking sheet and roast together for the last 5 minutes.



2 ROAST POTATOES AND ONIONS Toss **potatoes**, **onion**, **thyme**, a large drizzle of **olive oil**, and a pinch of **salt** and **pepper** on a baking sheet. Roast in oven until browned and tender, about 25 minutes. Toss halfway through.



5 COMBINE SALAD When veggies are done roasting, add them to same large bowl along with the **lentils**, a large drizzle of **olive oil**, and remaining **balsamic vinegar**. Toss until combined. Gently mix in **arugula**. Season with **salt** and **pepper**.



3 COOK LENTILS In a small pot, add **lentils**, **stock concentrate**, and enough **water** to cover by 1 inch. Bring to a boil over medium-high heat, then lower heat and reduce to a simmer. Cook until tender, about 20 minutes. Drain, then season with **salt** and **pepper**.



6 PLATE AND SERVE Divide **salad** between plates. Sprinkle with **feta cheese** and **walnuts** before serving.

LENTIL LOVE!

Got leftovers? This dish will be great served cold the next day.