



Sweet Potato and Goat's Cheese Salad

with apple and baked lentils

Veggie Calorie Smart 20 – 25 mins

10



Apple



Goat's Cheese



Lentils



Italian Herbs



Honey



Mustard



Carrot



Salad Leaves



Sweet Potato



Parsnip

Pantry Items: Oil, Salt, Pepper, Sugar, Water



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Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper, sieve

Ingredients

	2P	4P
Apple	1 unit	2 units
Goat's Cheese	100 g	200 g
Lentils	1 pack	2 packs
Italian Herbs	1 sachet	2 sachets
Honey	1 sachet	2 sachets
Mustard	1 sachet	2 sachets
Carrot	1 unit	2 units
Salad Leaves	120 g	240 g
Sweet Potato	1 unit	2 units
Parsnip	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	663.5 g	100 g
Energy (kJ/kcal)	2711.2 kJ/ 648 kcal	408.6 kJ/ 97.7 kcal
Fat (g)	14.3 g	2.2 g
Sat. Fat (g)	8.9 g	1.3 g
Carbohydrate (g)	88.2 g	13.3 g
Sugars (g)	40.9 g	6.2 g
Protein (g)	29.6 g	4.5 g
Salt (g)	3.9 g	0.6 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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Cook the Veg

- Preheat oven to 240°C/220°C fan/gas mark 9.
- Drain and rinse **lentils**. Place on a lined baking tray.
- Trim the **carrot** and **parsnip** and halve both lengthways (unpeeled). Chop into 1cm wide, 5cm long batons.
- Chop the **sweet potato** into 2cm chunks.
- Place the veg next to the **lentils**. Toss everything together with **salt, pepper** and a drizzle of **oil**. Roast on the top shelf until veg is tender, 18-20 mins.

TIP: Use two baking trays if necessary.



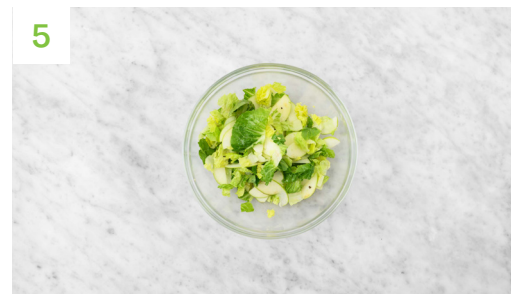
Get Prepped

- Trim the **salad leaves**, quarter lengthways and roughly chop widthways.
- Quarter the **apple** and remove the core and seeds. Chop into thin slices.



Bake the Goat's Cheese

- Meanwhile, place the **goat's cheese** on a separate lined baking tray.
- In a small bowl, mix the **Italian herbs** with a good glug of **oil**.
- Pour the herby **oil** over the **goat's cheese**.
- When 5 mins of cooking time remain for the veg, bake the **goat's cheese** in the oven until starting to melt, 5-6 mins.



Dress the Salad

- When everything is almost ready, add the **salad leaves** and **apple** to the bowl with the dressing.
- Toss to coat everything in the **honey mustard** dressing.



Make the Dressing

- Meanwhile, in a large bowl for the salad, mix together the **honey** and **mustard**.
- Stir in 1 tsp **sugar**, ½ tsp **salt** and 2 tbsp **oil** (double all for 4p).
- Taste and season with more **salt** and **pepper** if desired.

TIP: If your honey has hardened, pop the sachet into a bowl of hot water to soften, 1-2 mins.



Garnish and Serve

- Divide your dressed salad between bowls.
- Top with the warmed **goat's cheese, lentils** and roasted veg.

Enjoy!