



# Sweet Potato and Goat's Cheese Salad

with root veg, apple and lentils

20 – 25 mins • Veggie

10



Apple



Goat's Cheese



Lentils



Italian Herbs



Carrot



Salad Leaves



Sweet Potato



Parsnip



Honey Mustard Dressing

Pantry Items: Oil, Salt, Pepper



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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
Carrot	1 unit	2 units
Salad Leaves	120 g	240 g
Sweet Potato	1 unit	2 units
Parsnip	1 unit	2 units
Honey Mustard Dressing	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>667 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2669.4 kJ/ 638 kcal	400.2 kJ/ 95.7 kcal
Fat (g)	18.4 g	2.8 g
Sat. Fat (g)	9.1 g	1.4 g
Carbohydrate (g)	86.7 g	13 g
Sugars (g)	39.6 g	5.9 g
Protein (g)	29.1 g	4.4 g
Salt (g)	3.6 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe.

## 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.

## Contact

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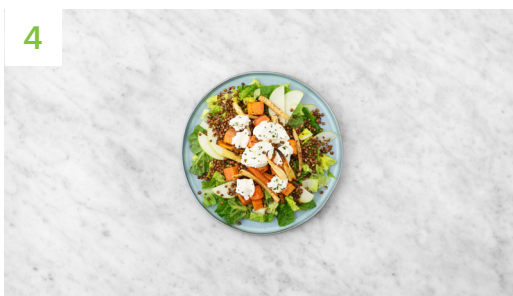
You can recycle me!



## Cook the Veg

- Preheat oven to 240°C/220°C fan/gas mark 9.
- Drain and rinse the **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 the veg is tender, 18-20 mins.

**TIP:** Use two baking trays if necessary.



## Garnish and Serve

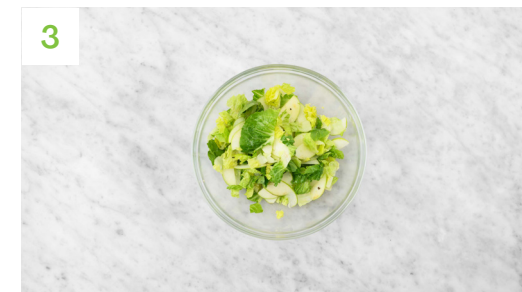
- Divide your dressed **salad** between bowls.
- Top with the warmed goat's **cheese, lentils** and roast veg.

## Enjoy!



## 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

- Trim the **salad leaves**, quarter lengthways and roughly chop widthways.
- Quarter the **apple**, remove the core and **seeds** and thinly slice.
- When everything is almost ready, add the **salad leaves** and **apple** to a bowl.
- Add the **honey mustard dressing** and toss to coat.