



Goat's Cheese, Roast Potato and Kale Salad with Fig and Balsamic Dressing

Classic 35-40 Minutes • 2 of your 5 a day • Veggie

4



Potatoes



Red Onion



Carrot



Garlic Clove



Ground Cumin



Fig Jam



Balsamic Glaze



Chopped Kale



Goat's Cheese



Toasted Flaked Almonds

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, garlic press and saucepan.

Ingredients

| Ingredients | 2P | 3P | 4P |
|----------------------------------|-----------|-----------|-----------|
| Potatoes | 450g | 700g | 900g |
| Red Onion** | 1 | 1 | 2 |
| Carrot** | 2 | 3 | 4 |
| Garlic Clove** | 1 | 2 | 2 |
| Ground Cumin | 1 sachet | 1 sachet | 2 sachets |
| Fig Jam | 80g | 120g | 160g |
| Balsamic Glaze 14) | 24ml | 36ml | 48ml |
| Chopped Kale** | 100g | 150g | 200g |
| Goat's Cheese** 7) | 75g | 112g | 150g |
| Toasted Flaked Almonds 2) | 15g | 25g | 25g |
| Pantry | 2P | 3P | 4P |
| Water for the Sauce* | 2 tbsp | 3 tbsp | 4 tbsp |

*Not Included **Store in the Fridge

Nutrition

| Typical Values for uncooked ingredient | Per serving | Per 100g |
|--|-------------|----------|
| Energy (kJ/kcal) | 2176 /520 | 380 /91 |
| Fat (g) | 14.8 | 2.6 |
| Sat. Fat (g) | 7.1 | 1.2 |
| Carbohydrate (g) | 84.8 | 14.8 |
| Sugars (g) | 37.6 | 6.6 |
| Protein (g) | 16.3 | 2.8 |
| Salt (g) | 0.70 | 0.12 |

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

2) Nuts **7)** Milk **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.


Contact

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Roast the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm chunks (no need to peel).

Pop the **chunks** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP: Use two baking trays if necessary.**

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Make the Dressing

Meanwhile, heat a drizzle of **oil** in a small saucepan on medium heat.

Once hot, add the **garlic**, cook for 1 min, then stir in the **fig jam**, **balsamic glaze** and **water for the sauce** (see pantry for amount).

Bring to the boil, then remove from the heat and set aside.



Chop and Grate

Meanwhile, halve and peel the **red onion**. Chop each half into 3 wedges.

Trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.

Peel and grate the **garlic** (or use a garlic press).



Kale Me Maybe

Once the **carrots** and **onion** are cooked, remove them from the oven. Lay the **kale** on top, drizzle with **oil** and season with **salt** and **pepper**.

Return the tray to the oven and roast for 4-6 mins.



Roast the Veg

Pop the **carrots** and **onion wedges** onto another baking tray. Drizzle with **oil**, sprinkle over the **ground cumin**, then season with **salt** and **pepper**.

Toss to coat, then spread out in a single layer.

Roast on the middle shelf of your oven until golden, 20-25 mins. Turn halfway through.



Finish and Serve

When ready, toss together the **potatoes**, **roasted veg** and **balsamic fig dressing** on one baking tray until well coated.

Share the **roasted veg salad** between your bowls. Crumble the **goat's cheese** on top.

Finish by scattering over the **flaked almonds**.

Enjoy!