



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

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

21



Potatoes



Red Onion



Carrot



Garlic Clove



Ground Cumin



Fig Jam



Balsamic Glaze



Chopped Kale



Goat's Cheese



Toasted Flaked Almonds



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

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
Diced Chicken Breast**	1 pack	1 pack	1 pack
Pantry	2P	3P	4P
Water for the Sauce*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	573g	100g	618g	100g
Energy (kJ/kcal)	2176 / 520	380 / 91	2663 / 637	431 / 103
Fat (g)	14.8	2.6	23.9	3.9
Sat. Fat (g)	7.1	1.2	9.9	1.6
Carbohydrate (g)	84.8	14.8	85.7	13.9
Sugars (g)	37.6	6.6	37.6	6.1
Protein (g)	16.3	2.8	24.0	3.9
Salt (g)	0.70	0.12	1.93	0.31

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.


SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

 You can recycle me!

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



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.



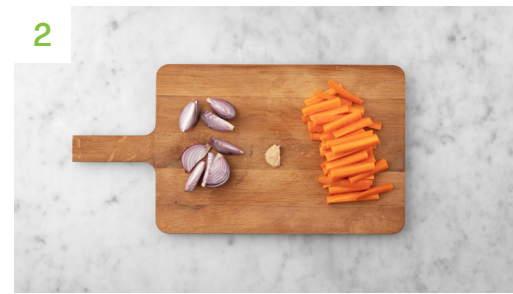
Make the Dressing

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

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

CUSTOM RECIPE

If you've chosen to add **bacon**, while the **kale** is roasting, heat a pan on medium-high heat with a drizzle of **oil**. Once hot, add the **bacon** and fry until golden, 4-5 mins. Serve the **cooked bacon** over your **salad** in the final step. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.



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 to roast, 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 tender, 20-25 mins. Turn halfway through.

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



Finish and Serve

When ready, toss together the **potatoes**, **roasted veg** and **fig balsamic 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!