



Hazelnut, Beetroot and Goat's Cheese Side Salad with an Orange-Balsamic Dressing and Rocket

Special Sides 10-15 Minutes • 2 of your 5 a day • Veggie

5A

Find all your unchilled Market items in bag A.



Hazelnuts



Orange



Balsamic Vinegar



Wild Rocket



Cooked Beetroot



Goat's Cheese

Pantry Items

Olive Oil, Honey, 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

Rolling pin, fine grater and bowl.

Ingredients

| Ingredients | Quantity |
|-----------------------------|----------|
| Hazelnuts 2) | 25g |
| Orange** | ½ |
| Balsamic Vinegar 14) | 12ml |
| Wild Rocket** | 20g |
| Cooked Beetroot | 250g |
| Goat's Cheese** 7) | 75g |

| Pantry | Quantity |
|-----------------------------|----------|
| Olive Oil for the Dressing* | 2 tbsp |
| Honey* | 1 tbsp |

*Not Included **Store in the Fridge

Nutrition

| Typical Values for uncooked ingredient | Per serving 250g | Per 100g 100g |
|---|---------------------|------------------|
| Energy (kJ/kcal) | 1534 /367 | 613 /146 |
| Fat (g) | 24.9 | 9.9 |
| Sat. Fat (g) | 8.1 | 3.3 |
| Carbohydrate (g) | 24.0 | 9.6 |
| Sugars (g) | 23.0 | 9.2 |
| Protein (g) | 11.0 | 4.4 |
| Salt (g) | 0.50 | 0.20 |

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. Be careful when adding water to hot pans while cooking.

Contact

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



1



Get Prepped

a) Roughly crush the **hazelnuts** in the unopened sachet using a rolling pin.

b) Zest **half** the **orange**, then slice it in half and juice one half into a small bowl.

TIP: Keep the remaining orange for another recipe.

2



Make the Dressing

a) Add the **orange zest** and **balsamic vinegar** to the bowl of **orange juice**.

b) Pour in the **olive oil for the dressing** and the **honey** (see pantry for both amounts). Season with **salt** and **pepper**, then mix to combine.

c) Add the **rocket** and **one third** of the **orange-balsamic dressing** to a large bowl, then toss to coat.

3



Finish and Serve

a) Slice the **beetroot** into rounds, as thin as possible. Place in a medium bowl with **half** the remaining **dressing**, then toss to coat. **TIP:** Wear gloves when handling the beetroot to avoid staining your hands.

b) Lay the **dressed beetroot** onto your serving plate, creating one even layer. Place the **dressed rocket** into the centre of the plate.

c) Crumble over the **goat's cheese** and **chopped hazelnuts**. Finish with a drizzle of the remaining **dressing**.

Enjoy!