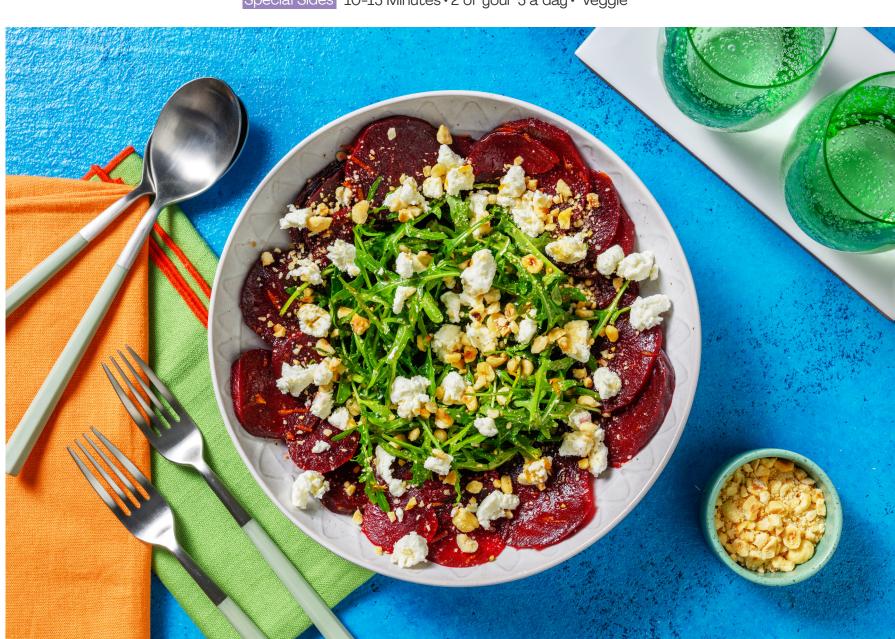


Hazelnut, Beetroot and Goat's Cheese Side Salad

with an Orange-Balsamic Dressing and Rocket

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









Hazelnuts

Orani





Balsamic Vinegar

Wild Rocket





Cooked Beetroot

Goat's Cheese

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**	1/2		
Balsamic Vinegar 14)	12ml		
Wild Rocket**	20g		
Cooked Beetroot	250g		
Goat's Cheese** 7)	75g		

Quantity
2 tbsp
1 tbsp

^{*}Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	250g	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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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.



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.



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!