












Roasted Pear, Beetroot & Goat's Cheese Salad with Smashed Potatoes and Walnuts

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Festive Flavours Eat Me Early • 35-40 Minutes • 3 of your 5 a day • Veggie



-  Potatoes
-  Pear
-  Walnuts
-  Green Beans
-  Cooked Beetroot
-  Wholegrain Mustard
-  Balsamic Vinegar
-  Premium Baby Leaf Mix
-  Goat's Cheese

Pantry Items
Oil, Salt, Pepper, Sugar, Olive Oil

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, bowl, kettle, saucepan and colander.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Pear**	1	1½	2
Walnuts 2)	20g	40g	40g
Green Beans**	80g	150g	150g
Cooked Beetroot**	250g	250g	500g
Wholegrain Mustard 9)	17g	25g	34g
Balsamic Vinegar 14)	24ml	36ml	48ml
Premium Baby Leaf Mix**	50g	75g	100g
Goat's Cheese** 7)	75g	112g	150g
Pantry	2P	3P	4P
Sugar for the Dressing*	½ tsp	¾ tsp	1 tsp
Olive Oil for the Dressing*	1½ tbsp	2 tbsp	3 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	579g	100g
Energy (kJ/kcal)	2287 /547	395 /94
Fat (g)	23.0	4.0
Sat. Fat (g)	7.3	1.3
Carbohydrate (g)	69.2	12.0
Sugars (g)	29.6	5.1
Protein (g)	17.0	2.9
Salt (g)	0.98	0.17

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

Allergens

2) Nuts 7) Milk 9) Mustard 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, 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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Start the Potatoes

Preheat your oven to 240°C/220°C fan/gas mark 9.

Chop the **potatoes** (no need to peel) into 3cm chunks and pop onto a large baking tray.

Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

When the oven is hot, roast on the top shelf for 20 mins - you'll roast them for longer once you've crushed them.



Roast the Rest

Pop the **beetroot** and **pear slices** onto another lightly oiled baking tray in a single layer.

Bake on the middle shelf of your until tender, 8-10 mins, then remove and set aside.



Get Prepped

Meanwhile, quarter the **pear** lengthways (no need to peel), remove the core and cut into thin wedges lengthways.

Trim and halve the **green beans**. Roughly chop the **walnuts**.

Quarter the **beetroot** and cut into wedges.

TIP: Wear gloves when handling the beetroot to avoid staining your hands.

In a medium bowl, mix together the **wholegrain mustard**, **balsamic vinegar**, **sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**, then set your **dressing** aside.



Cook the Green Beans

While everything roasts, boil a half-full kettle. Pour the **boiled water** into a saucepan with **½ tsp salt** on high heat.

Bring back to the boil, then add the **beans** and cook until just tender, 4-6 mins.

Once cooked, drain in a colander and rinse under **cold water**. **TIP:** Running the beans under cold water will keep them vibrant.



Smash your Potatoes

When the **potatoes** have cooked for 20 mins, remove them from the oven. Use the bottom of a bowl or pan to lightly crush each **potato**.

Drizzle the **smashed potatoes** with more **oil** and return to the top shelf of your oven until golden, 10-15 mins.



Assemble and Serve

Just before you're ready to serve, add the **baby leaves** and **green beans** to the bowl of **dressing** and toss to coat.

Share your **dressed salad** between serving bowls and add the **smashed potatoes**, **roasted pear** and **beetroot**.

Crumble over the **goat's cheese** and scatter with the **walnuts** to finish.

Enjoy!