



Everything But The Chef

hello@hellofresh.com.au | 02 81 888 722

hello@hellofresh.com.au | 02 81 888 722

WK50
2015



Share your masterpiece to enter into our weekly photo contest! Simply post your delicious pic on [f](#) [t](#) [i](#) with #HelloFreshAU

Lentil & Beetroot Salad with Fetta

Did you know Australia has a love affair with beetroot? We consume more beetroot per head of population than any other country in the world, and unlike our borscht loving Northern European cousins, we don't mind it cold either. And why not? Life's too short to bother with stewing and stirring sometimes. These cooked Love Beets will leave your heart racing, as they frolic along in a veritable cacophony of fetta, green beans and walnuts.

Prep: 15 mins
Cook: 35 mins
Total: 50 mins

level 1
 high fibre
 diabetes friendly

Pantry Items

Olive Oil
 Dijon Mustard



Pearl Barley



Green Beans



Lemon



Garlic



Lentils



Cooked Beetroot



Walnuts



Parsley



Fetta Cheese

2P	4P	Ingredients
½ cup	1 cup	pearl barley
100 g	200 g	green beans, trimmed
1 tbs	2 tbs	olive oil *
1 tsp	2 tsp	Dijon mustard *
½	1	lemon, juiced
1 clove	2 cloves	garlic, peeled & crushed
1 tin	2 tins	lentils, drained & rinsed
1 packet	2 packets	cooked beetroot, cut into wedges
¼ cup	½ cup	walnuts
1 bunch	2 bunches	parsley, finely chopped
½ block	1 block	fetta cheese, crumbled

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2380	Kj
Protein	20.7	g
Fat, total	25	g
-saturated	6.3	g
Carbohydrate	59.1	g
-sugars	11.5	g
Sodium	410	mg

Measuretool

0 cm	1 cm	2 cm



You will need: *chef's knife, chopping board, garlic crusher, whisk, large saucepan, colander, small bowl, large bowl, and a medium frying pan.*

1 Add the **pearl barley** to a large saucepan of salted water and bring to the boil. Cook, stirring occasionally, for **30 minutes** or until soft in texture but slightly chewy. Add the **green beans** in the final **2 minutes**. You may need to add more boiling water if it runs dry. Drain. Transfer to a large bowl.

2 Meanwhile, in a small bowl whisk the **olive oil, Dijon mustard** and **lemon juice** until well combined. Set aside.

3 Heat a dash of olive oil in a medium frying pan over a medium-high heat. Add the **garlic** and cook for **1 minute** or until fragrant. Add the **lentils** and stir until heated through. Transfer lentils to the bowl with the pearl barley and beans.

4 Add the **cooked beetroot, walnuts, parsley** and **fetta cheese**. Pour over the dressing and toss to combine. Season to taste with **salt** and **pepper**.

5 Divide between plates and dig in!



Did you know? Lentils are a fantastic source of iron, and a great blood-building tonic for vegetarians :)