



HONEY & THYME ROASTED FETTA

with Warm Sweet Potato & Carrot Crisp Salad



Bake fetta cheese



Sweet Potato



Carrot



Green Beans



Bake-At-Home Sourdough Baguette



Thyme



Garlic



Fetta Cheese



Walnuts



Rocket Leaves

Pantry Staples



Olive Oil



Honey



Balsamic Vinegar



Hands-on: 20 mins

Ready in: 30 mins

We're pretty excited about this salad; it's been given a winter makeover. Forget haloumi, because tonight we're baking fetta! By the time it's introduced to honey and thyme, it's well and truly ready for winter. Yum.

BEFORE YOU START

You will need: **chef's knife, chopping board, vegetable peeler, two oven trays lined with baking paper, tongs, medium frying pan, garlic crusher and medium bowl.** Let's start cooking the **Honey & Thyme Roasted Fetta with Warm Sweet Potato & Carrot Crisp Salad**



1 BAKE THE SWEET POTATO

Preheat the oven to **200°C/180°C fan-forced**. Peel the **sweet potato** and **carrot** into ribbons using a vegetable peeler. Add to a prepared oven tray, toss with **1/3** of the **olive oil** and season with **salt** and **pepper**. Bake for **20 minutes**, or until golden and starting to crisp. Stir occasionally, using tongs to separate the vegetable ribbons.



4 ROAST THE FETTA

✪ Slice the **fetta cheese** in half widthways and place on the second prepared oven tray. Bake for **7 minutes**, or until lightly golden. Remove from the oven and preheat the grill to high. Add the **walnuts** to the tray, drizzle the **honey** over the fetta and walnuts, and sprinkle over the **thyme**. Grill the fetta and walnuts for **2 minutes**, or until golden.

Fetta cheese is a little different to hard cheeses as it doesn't melt when heated. For delicious results we recommend serving the baked fetta straight from the oven to the table. Use this recipe again as a warm addition to mezze plates prepared at home.



2 GET PREPPED

Trim the **green beans** and cut into quarters. Tear the **bake-at-home sourdough baguette** into 1 cm chunks. Pick the **thyme** leaves.



5 PREPARE THE SALAD

Combine the **balsamic vinegar** and the **remaining olive oil** in a medium bowl. Add the **rocket leaves, green beans** and **sourdough** chunks and toss to coat in the dressing.



3 COOK BEANS AND CROUTONS

Heat **1/3** of the **olive oil** in a medium frying pan over a medium-high heat. Add the **green beans** and **sourdough** chunks and cook for **5-6 minutes**, or until the beans are tender and the sourdough is crisp. Peel the **garlic** and crush into the pan. Cook for **1 minute**, or until fragrant. Season with **salt** and **pepper**.



6 SERVE UP

Divide the salad between bowls, sprinkle over the sweet potato and carrot crisps and top with the honey & thyme roasted fetta and walnuts.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
sweet potato	200 g	400 g
carrot	1	2
olive oil*	3 tbs	6 tbs
green beans	1 bag	2 bags
bake-at-home sourdough baguette	1	2
thyme	1 bunch	2 bunches
garlic ☺	1 clove	2 cloves
fetta cheese	1 block (100g)	2 blocks (200g)
walnuts	1 packet (¼ cup)	2 packets (½ cup)
honey*	2 tsp	1 tbs
balsamic vinegar*	1 tsp	2 tsp
rocket leaves ☺	½ bag	1 bag

*Pantry Items | ☺Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2680kJ (641Cal)	702kJ (168Cal)
Protein (g)	18.2g	4.8g
Fat, total (g)	43.6g	11.4g
- saturated (g)	11.7g	3.1g
Carbohydrate (g)	43.6g	11.4g
- sugars (g)	17.3g	4.5g
Sodium (g)	710mg	186mg

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2017 | WK18 | V3

