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Lentil, Mint & Fetta Salad with Greens

This dish is a celebration of the best of the best that's now in season. Sweet potato and sugar snap peas are surrounded by beautiful broccoli and fresh mint – green as far as the eye can see. For the perfect summer dish, enjoy on a picnic blanket on a sunny evening with a smattering of good company.



Prep: 15 mins

Cook: 25 mins

Total: 40 mins



level 1



gluten
free

Pantry Items



Olive Oil



Apple Cider
Vinegar



Sweet Potato



Sugar Snap Peas



Broccoli



Lentils



Mint



Fetta Cheese

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2P

400 g

1 tbs

1 packet

1 head

1 tsp

1 tin

1 bunch

1 block

4P

800 g

2 tbs

2 packets


2 heads

2 tsp

2 tins

2 bunches

2 blocks

Ingredientssweet potato, unpeeled & cut into 1 cm cubes 

olive oil *

sugar snap peas, trimmed & destring


broccoli, chopped into small florets

apple cider vinegar or white wine vinegar *

lentils, drained & rinsed

mint, leaves picked & roughly chopped

fetta cheese, crumbled

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation**Nutrition per serve**

Energy	1870	Kj
Protein	24.5	g
Fat, total	14.3	g
-saturated	4.9	g
Carbohydrate	45.5	g
-sugars	13.3	g
Sodium	320	mg



You will need: *chef's knife, chopping board, sieve, kettle, oven tray lined with baking paper, heatproof bowl, small bowl and large bowl.*

1 Preheat oven to **200°C/180°C fan-forced**. Bring a kettle full of water to the boil.

2 Toss the **sweet potato** in half of the **olive oil** and season with **salt** and **pepper**. Place in a single layer on the prepared oven tray and cook in the oven for **20 minutes**, or until tender.

3 Meanwhile, place the **sugar snap peas** and **broccoli** in a heatproof bowl. Pour over the boiling water from the kettle and stand for **2-3 minutes**, or until just tender. Drain and refresh under cold water.

4 Combine the remaining oil and **apple cider vinegar** in a small bowl. Season to taste with salt and pepper. Add the **lentils** and toss to coat well in the dressing.

5 In a large bowl combine the **mint**, sugar snap peas, broccoli, dressed lentils, sweet potato and **fetta cheese**.

6 To serve, divide between bowls and enjoy!



Did you know? Broccoli has been enjoyed since at least the 6th Century BC.