



French-Inspired Lentil Salad

with Herby Goat Cheese and Walnuts

Veggie

30 Minutes



Lentils



Ciabatta Roll



Goat Cheese



Arugula and Spinach Mix



Shallot



Celery



Chives



Lemon



Whole Grain Mustard



Honey



Walnuts, chopped



Garlic Salt

HELLO GOAT CHEESE

Savory, tangy, creamy cheese that pairs perfectly with lentils!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, shallow dish, strainer, zester, large bowl, small pot, large non-stick pan

Ingredients

	2 Person	4 Person
Lentils	370 ml	740 ml
Ciabatta Roll	1	2
Goat Cheese	84 g	168 g
Arugula and Spinach Mix	56 g	113 g
Shallot	50 g	100 g
Celery	3	6
Chives	7 g	14 g
Lemon	1	2
Whole Grain Mustard	1 tbsp	2 tbsp
Honey	1 tbsp	2 tbsp
Walnuts, chopped	28 g	56 g
Garlic Salt	1 tsp	2 tsp
Oil*		
Salt and Pepper*		

* Pantry items

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

    @HelloFreshCA

1



Pickle shallots

Peel, then thinly slice **shallot**. Zest, then juice **lemon**. Add **shallots, lemon juice, honey** and **2 tbsp water** (dbl for 4 ppl) to a small pot. Season with **salt**. Bring to a simmer over medium-high heat. Cook, stirring often, until **salt** dissolves, 1-2 min. Remove the pot from heat. Transfer **shallots**, including **pickling liquid**, to a large bowl.

2



Prep and marinate lentils

Meanwhile, thinly slice **chives**. Thinly slice **celery** crosswise. Cut **ciabatta** into ½-inch pieces. Using a strainer, drain and rinse **lentils**. Add **mustard, half the garlic salt**, and **1 tbsp oil** (dbl for 4 ppl) to the large bowl with **shallots and pickling liquid**. Season with **pepper**, then stir to combine. Add **lentils** and **celery**, then toss to combine.

3



Toast walnuts

Meanwhile, heat a large non-stick pan over medium heat. When hot, add **walnuts** to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (**TIP:** Keep your eye on walnuts so they don't burn!) Transfer to a plate.

4



Toast croutons

Reheat the same pan over medium. When hot, add **1 tbsp oil**, then **ciabatta**. (**NOTE:** Don't overcrowd the pan; cook **croutons** in 2 batches, using 1 tbsp oil per batch!) Season with **remaining garlic salt** and **pepper**. Cook, stirring occasionally, until golden-brown on all sides, 3-4 min. Transfer **croutons** to the plate with **walnuts**.

5



Coat goat cheese

Meanwhile, add **chives** and **lemon zest** to a shallow dish. Season with **pepper**, then stir to combine. Roll **goat cheese** into **6 equal-sized balls** (12 balls for 4 ppl). Roll **each goat cheese ball** in **chive mixture** to coat completely.

6



Finish and serve

Add **croutons** and **arugula and spinach mix** to the bowl with **marinated lentils**. Toss to combine. Divide **salad** between plates. Top with **herby goat cheese** and **walnuts**.

Dinner Solved!