



HEARTY LENTIL SALAD

with Roasted Sweet Potatoes and Brussel Sprouts

VEGGIE



HELLO PEPITAS

Pepitas are the insides of pumpkin seeds and have a light, nutty flavour

PREP: 10 MIN | **TOTAL: 30 MIN** | **CALORIES: 634**



French Green Lentils



Sweet Potato, cubed



Italian Seasoning



Honey



Brussels Sprouts



Onion, chopped



Vegetable Broth Concentrate



Balsamic Vinegar



Pepitas



Feta Cheese, crumbled

BUST OUT

- Strainer
- Whisk
- Medium Pot
- Salt
- Baking Sheet
- Pepper
- Large Pan
- Olive or Canola oil
- Large Bowl

INGREDIENTS

2-person

- French Green Lentils 1 pkg (113 g)
- Sweet Potato, cubed 1 pkg (340 g)
- Italian Seasoning 1 pkg (1 tsp)
- Honey 1 pkg (1 tbsp)
- Brussels Sprouts 1 pkg (227 g)
- Onion, chopped 1 pkg (113 g)
- Vegetable Broth Concentrate 1
- Balsamic Vinegar 9 1 bottle (2 tbsp)
- Pepitas 1 pkg (28 g)
- Feta Cheese, crumbled 2 1 pkg (56 g)

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

*Laver et sécher tous les aliments.

START STRONG

Preheat the oven to **425°F** (to roast the sweet potatoes). Start prepping when your oven comes up to temperature!



1 COOK LENTILS

Rinse the **lentils** under tap water. In a medium pot, combine the lentils with enough **water** to cover them by 2-inches. Boil over high heat until lentils are tender, 14-15 min. (Drain when the lentils are cooked.)



2 ROAST POTATOES

Meanwhile, **wash and dry all produce.*** On a baking sheet, toss the **sweet potatoes** with the **Italian seasoning**, **½ pkg honey** and a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of oven, stirring halfway through cooking, until golden-brown and tender, 22-23 min.



3 COOK VEGGIES

Meanwhile, trim and cut the **Brussels sprouts** into quarters. Heat a large pan over medium heat. Add a drizzle of oil, then the **onion** and Brussels sprouts. Cook, stirring occasionally, until the veggies are golden-brown and tender, 4-5 min. Stir in the **broth concentrate**.



4 ASSEMBLE SALAD

In a large bowl, whisk together the **vinegar**, **remaining honey** and a drizzle of **oil**. Add the **lentils**, **Brussels sprouts mixture** and **sweet potatoes**. Season with **salt** and **pepper**. Toss to combine.



5 FINISH AND SERVE

Divide the **lentil salad** between bowls. Sprinkle with the **feta** and **pepitas**.

LENTIL LOVE!

Lentils are packed with nutritional benefits and protein.



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