



FEB
2017

Roasted Squash and Apple Salad

with Arugula, Goat Cheese and Ginger-Vinaigrette

Get your fill of veggies with this hearty squash and apple salad! A ginger-spiked dressing and a touch of chili adds warmth to this winter salad.



Prep
30 min



level 1



veggie



Butternut Squash



Arugula



Thyme



Granny Smith Apple



Honey



Lemon



Pepitas



Goat Cheese



Dried Cranberries



Chili Flakes




Dijon Mustard



Ground Ginger

Ingredients

	2 People	4 People
Butternut Squash, cubed	1 pkg (340 g)	2 pkg (680 g)
Arugula	1 pkg (113 g)	2 pkg (227 g)
Thyme	1 pkg (7 g)	1 pkg (7 g)
Granny Smith Apple	1	2
Honey	½ pkg (½ tbsp)	1 pkg (1 tbsp)
Lemon	1	1
Pepitas	1 pkg (28 g)	2 pkg (56 g)
Goat Cheese, crumbled	1) 1 pkg (56 g)	2 pkg (113 g)
Dried Cranberries	1 pkg (28 g)	2 pkg (56 g)
Chili Flakes 	1 pkg (1 tsp)	1 pkg (1 tsp)
Dijon Mustard	2) 3) 1 pkg (1½ tsp)	2 pkg (3 tsp)
Ground Ginger	1 pkg (1 tsp)	1 pkg (1 tsp)
Olive or Canola Oil*		

*Not Included

Allergens

- 1) Milk/Lait
- 2) Mustard/Moutarde
- 3) Sulphites/Sulfites

Tools

Measuring Spoons, Baking Sheet, Zester, Small Pan, Medium Bowl

Ruler

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Nutrition per person Calories: 389 cal | Fat: 16 g | Protein: 13 g | Carbs: 56 g | Fibre: 8 g | Sodium: 261 mg

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



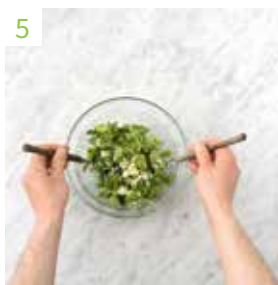
1 Preheat the oven to 400°F (to roast the butternut squash.) Start prepping when the oven comes up to temperature!

2 Prep: Wash and dry all produce. Strip **1 tbsp thyme leaves** (double for 4 people) from the stems. Chop the **apple(s)** into ½-inch cubes.





3 Roast the apples and squash: Toss the **squash** and **apple** on a baking sheet with a drizzle of **oil, thyme, salt, pepper** and as much **chili flakes** as you like. Bake in the centre of the oven, stirring halfway through, until golden-brown, 23-25 min.

4 Toast the pepitas: Meanwhile, heat a small pan over medium heat. Add the **pepitas** to the dry pan. Cook, stirring often, until golden and toasted, 3-4 min. Set aside. (**TIP:** Keep your eye on them so they don't burn!)



5 Make the ginger-vinaigrette: Zest, then juice the **lemon**. In a medium bowl, whisk drizzle of **oil** with the **mustard, ½ tbsp honey** (double for 4 people), **lemon zest** and **2 tbsp lemon juice** (double for 4 people). Sprinkle in as much **ground ginger** as you like. Season with **salt** and **pepper**. Toss in the **arugula**.

6 Finish and serve: Divide the **salad** between plates. Top with the **roasted squash** and **apples**. Sprinkle over the **goat cheese, cranberries** and **pepitas**. Enjoy!

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