



Roasted Veggie Medley with Goat Cheese and Candied Pecans

Veggie

35 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received. Thank you for your understanding & happy cooking!



Goat Cheese



Sweet Potato



Vegetable Broth Concentrate



Brown Sugar



Dijon Mustard



Shallot



Pecans



Zucchini



White Wine Vinegar



Spring Mix



Farro

HELLO CANDIED PECANS

Pecans roasted in a sticky caramel sauce are the perfect balance of sweet and crunchy!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust Out

Baking sheet, measuring spoons, strainer, small non-stick pan, medium pot, large bowl, parchment paper, small bowl, measuring cups, whisk, vegetable peeler

Ingredients

	2 Person	4 Person
Goat Cheese	56 g	113 g
Sweet Potato	340 g	680 g
Vegetable Broth Concentrate	1	2
Brown Sugar	2 tbsp	4 tbsp
Dijon Mustard	1 tbsp	2 tbsp
Shallot	50 g	100 g
Pecans	28 g	56 g
Zucchini	200 g	400 g
White Wine Vinegar	2 tbsp	4 tbsp
Spring Mix	56 g	113 g
Farro	¾ cup	1 ½ cup
Sugar*	2 tsp	4 tsp
Oil*		
Salt and Pepper*		

* Pantry items

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen 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

Share your photos #HelloFreshLife
Call or email us | (855) 272-7002
hello@hellofresh.ca
HelloFresh.ca



Roast veggies

Peel, then thinly slice **shallot**. Cut **zucchini** in half lengthwise, then into ½-inch thick half-moons. Peel, then cut **sweet potatoes** into ½-inch pieces. Toss **sweet potatoes, shallots** and **zucchini** with **2 tbsp oil** on a baking sheet. Season with **salt** and **pepper**. Roast in the **middle** of the oven, stirring halfway through, until **veggies** are tender, 20-22 min. (**NOTE:** Use 2 baking sheets for 4 ppl, with 2 tbsp oil per sheet. Roast in the top and middle of the oven, rotating sheets halfway through.)



Candy pecans

Add **brown sugar** and **1 tbsp water** (dbl for 4 ppl) to the same pan. Season with **salt**. Stir together until **sugar** melts, 1 min. Return **toasted pecans** to pan. Cook, stirring often, until **mixture** turns into a caramel-like, thick glaze and coats **pecans**, 1-2 min. Remove pan from heat. Carefully transfer **hot candied pecans** to the parchment paper. Spread into an even layer. (**NOTE:** Don't touch pecans – they will be VERY hot.) Set aside to cool for 5 min.



Cook farro

While **veggies** roast, combine **farro, broth concentrate** and **3 cups water** in a medium pot. Cover and bring to a boil over high heat. Once boiling, reduce heat to medium-low. Cook, uncovered, until **farro** is tender, 14-16 min.



Finish farro & assemble salad

Whisk together **mustard, vinegar, 2 tsp white sugar** and **2 tbsp oil** (dbl both 4 ppl) in a large bowl. When **farro** is cooked, drain and rinse under **cold water**. Return **farro** to the same pot. Stir in **half the dressing**. Add **roasted veggies** to the large bowl with **remaining dressing** and toss together.



Toast pecans

While **farro** cooks, arrange a piece of parchment paper on a clean surface. Heat a small non-stick pan over medium heat. When hot, add **pecans** to the dry pan. Toast, stirring often, until darker brown in colour, 4-5 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer to a small bowl.



Finish and serve

Roughly chop **cooled candied pecans**. Divide **spring mix** between bowls. Top with **farro** and **veggies**. Sprinkle over **candied pecans** and crumble over **goat cheese**.

Dinner Solved!