



# Roasted Veggie Medley with Goat Cheese and Candied Pecans

Veggie

35 Minutes



Goat Cheese



Sweet Potato



Vegetable Broth Concentrate



Brown Sugar



Dijon Mustard



Shallot



Pecans



Zucchini



White Wine Vinegar



Spring Mix



Farro

## HELLO CANDIED PECANS

*Sticky candied pecans 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

## Ingredients

	2 Person	4 Person
Goat Cheese	56 g	112 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	½ cup	1 cup
Sugar*	2 tsp	4 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.*

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## Roast veggies

Peel, then thinly slice **shallot**. Halve **zucchini** lengthwise, then cut into ½-inch half-moons. Cut **sweet potatoes** into ½-inch pieces. Add **sweet potatoes, shallots, zucchini** and **2 tbsp oil** to an unlined baking sheet. (NOTE: For 4 ppl, use 2 baking sheets, with 2 tbsp oil per sheet.) Season with **salt** and **pepper**, then toss to combine. Roast in the **middle** of the oven, stirring halfway through, until **veggies** are tender, 20-22 min. (NOTE: For 4 ppl, 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 until **brown sugar** melts, 1 min. Return **toasted pecans** to the pan. Cook, stirring often, until **mixture** turns into a **caramel-like, thick glaze** and coats **pecans**, 1-2 min. Remove the 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** (dbl for 4 ppl) 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, 16-18 min.



## Finish farro and dress veggies

Whisk together **Dijon, 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, off heat. Stir in **half the dressing**. Add **roasted veggies** to the large bowl with **remaining dressing**. Toss to coat.



## 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 **pecans** to a small bowl.



## Finish and serve

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

## Dinner Solved!