

Breaded Goats Cheese Salad

with Beetroot and Pecans

hellóchef

Enjoy a mix of nutty rocket, earthy beetroot, tangy goat cheese and sweet pecans.

Cals 646 • Prot 31 • Carbs 48 • Fat 40

Vegetarian

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🕒 cook: 30 min

R2804



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Cheese	2 ppl	3 ppl	4 ppl	
Rind-on goats cheese barrel 4*	180	360	360	Grams
Plain flour 10*, 11*	30	50	50	Grams
Organic Eggs 5*	1	2	2	Pieces
Panko bread crumbs 10*, 11*, 12*	60	120	120	Grams
Vegetable oil	1	2	2	Tbsp
Salad				
Cooked beetroot	200	400	400	Grams
Rocket	40	80	125	Grams
Baby spinach	60	90	125	Grams
Candied pecans				
Agave syrup	10	20	20	Grams
Honey	20	20	40	Grams
Water	5	5	10	ML
Pecan nuts 2*	40	60	80	Grams
Dressing				
Fresh chives	15	15	30	Grams
White balsamic vinegar 14*	15	22	30	ML
Olive oil	2	3	4	Tbsp
Salt	0.5	1	1	Tsp
Black pepper	0.5	1	1	Tsp

Allergens

*4 Milk, *10 Wheat, *11 Gluten, *5 Eggs, *12 Lupin, *2 Tree Nuts, *14 Sulphur Dioxide

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/koal)	2707 / 646
Fat (g)	40.4
of which saturates (g)	17.9
Carbohydrate (g)	48
of which sugars (g)	16.2
Fiber (g)	5.4
Protein (g)	30.8
Salt (g)	1.9

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Bread cheese

Preheat the oven to 200°C/180°C fan. Slice each goat **cheese barrel** into 10-12 pieces. Add the **flour**, **eggs** and **panko bread crumbs** to three separate shallow bowls. Whisk the **eggs**. Turn the **cheese** slices, one by one, in the **flour**, before dipping them in the **eggs** and finally coating them in **bread crumbs**. Transfer to a plate and refrigerate until step 4.



2 Roast pecans

Combine the **agave syrup** and **honey** with a splash of **water** in a bowl. Add the **pecan nuts** and toss until fully coated. Line an oven tray with **baking paper**. Place the coated **pecan nuts** on the lined baking tray, drizzle in the **syrup** and roast for 3-5 min. Watch them carefully so they don't burn! Set aside to cool.



3 Make dressing

Finely chop the **chives**. Add the **chives**, the **balsamic vinegar**, **olive oil**, **salt** and **black pepper** to a jar or bowl. Whisk or shake until fully combined - this is your **dressing**.



4 Tumble greens

Drain the **beetroots** and pat them dry with kitchen paper. Slice the **beetroots**. In a large bowl, toss the **rocket** and **baby spinach** in the **dressing**. Set aside.



5 Fry cheese

Heat a non-stick pan over a medium-high heat with a generous drizzle of **vegetable oil**. Once hot, add the **breaded cheese** and cook for 3 min on either side or until golden and crispy. If frying in batches, place the fried cheeses on a baking tray and keep warm in the oven.



6 Serve

Layer the **rocket** and **spinach** mix and the **beetroot** slices onto individual plates. Top with the fried goat **cheese** and garnish with the candied **pecan nuts**.