

DINNERLY



Beet & Roasted Carrot Salad & Chicken Cutlets

with Lentils, Spinach & Feta



30-40min



2 Servings

Tender roasted carrots. Sweet and earthy beets. Cool and tangy feta. Ready to heat chicken cutlet. Say hello to the salad that has it all! Toss everything together with a super simple, mustardy vin and sprinkle with dill for that finishing touch. We've got you covered!

WHAT WE SEND

- 3 oz French green lentils
- 2 carrots
- 1 red beet
- ½ oz whole-grain mustard¹⁷
- ½ oz fresh dill
- 2 oz feta⁷
- ½ lb pkg ready to heat chicken cutlet^{1,3}
- 5 oz baby spinach

WHAT YOU NEED

- neutral oil
- kosher salt & ground pepper
- white wine vinegar (or vinegar of your choice)¹⁷
- sugar
- olive oil

TOOLS

- small saucepan
- rimmed baking sheet
- microwave
- medium skillet

ALLERGENS

Wheat (1), Egg (3), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

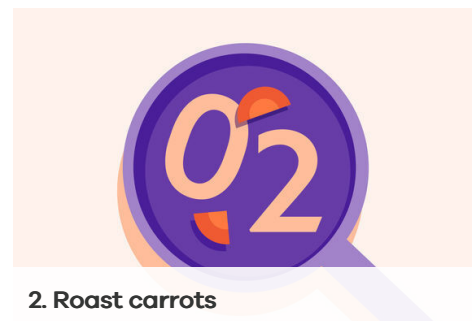
Calories 970kcal, Fat 62g, Carbs 65g, Protein 37g



1. Cook lentils

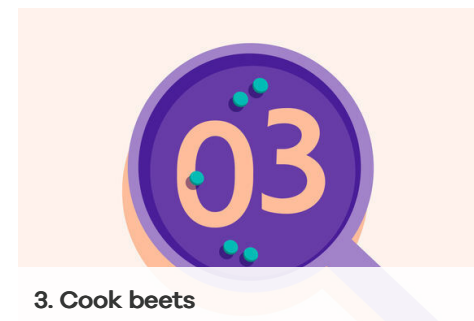
Preheat oven to 450°F with a rack in the center.

In a small saucepan, combine **lentils**, **3 cups water**, and **1 tablespoon salt**. Cover and bring to a boil over high heat. Uncover, then simmer over medium heat until lentils are just tender but not falling apart, 15–18 minutes. Drain lentils then spread on a plate to cool.



2. Roast carrots

Meanwhile, peel **carrots**; cut on an angle into 1½-inch pieces. Toss on a rimmed baking sheet with **1 tablespoon neutral oil**; season with **salt** and **pepper**. Roast until browned in spots and tender, stirring halfway through, 12–15 minutes. Remove from oven and let cool.



3. Cook beets

Trim top and bottom of **beet** and peel; cut into ¾-inch thick wedges. Add to a medium microwave-safe bowl with **2 tablespoons water**; season with **salt** and **pepper**. Cover and microwave until beets are easily pierced with a knife, stirring halfway through, 6–8 minutes. Drain any excess liquid and let cool.



4. Mix vinaigrette

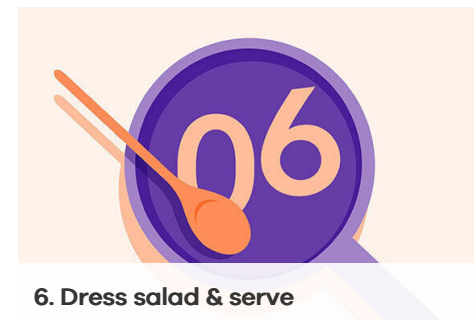
In a jar or other lidded container, combine **mustard**, **⅓ cup olive oil**, **2 tablespoons vinegar**, and **1½ teaspoons sugar**. Shake vigorously until dressing is opaque and fully combined. Season to taste with **salt** and **pepper**.

Pick **dill** leaves from stems; discard stems. Crumble **feta**.



5. CHICKEN CUTLET VARIATION

Heat **2 tablespoons oil** in a medium skillet over medium-high until shimmering. Add **chicken cutlets**; cook until golden brown, crispy, and warmed through, 2–4 minutes per side. Transfer to a paper towel-lined plate. Lightly season with **salt** and **pepper**. Transfer to a cutting board and cut into ½-inch slices.



6. Dress salad & serve

In a large bowl, combine **carrots**, **lentils**, **spinach**, **half of the dill**, and enough **vinaigrette** to coat; toss well and season to taste with **salt** and **pepper**. Divide between plates. In same bowl, toss **beets** with remaining vinaigrette to coat; season to taste with **salt** and **pepper**.

Arrange **chicken**, **beets**, **feta**, and **remaining dill** over **salad**. Enjoy!