



Cooking Made Easy

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A Lentil and Aubergine Stack

Did you know that the word lentil comes from the ancient French word for freckle? Those little red lentils do look as cute as a freckle, I must say. For this dish, we are however using their big brother – the puy lentil. These guys have a rich sophisticated flavour and there is nothing cute about it! Excellent when combined with the soft, sweet taste of our cheesy roux sauce and our sumptuously soft baked aubergine. This is a pile of pure pleasure! Enjoy.

30 min

veggie



Aubergine



Cherry Tomatoes



Cheddar Cheese



Hard Italian Cheese



Chestnut Mushrooms



Flat Leaf Parsley



Netherend Butter



Flour



Milk



Boursin



Lentils



Ciabatta

Ingredients

	2P	4P
Aubergine, sliced	2	4
Cherry Tomatoes, halved	½ punnet	1 punnet
Cheddar Cheese, grated 1	2 tbsp	4 tbsp
Hard Italian Cheese, grated 1	1 tbsp	2 tbsp
Chestnut Mushrooms, chopped	½ punnet	1 punnet
Flat Leaf Parsley, chopped	3 tbsp	5 tbsp
Netherend Butter 1	1½ tbsp	3 tbsp
Flour 2	1½ tbsp	3 tbsp
Milk 1	1 cup	2 cups
Boursin 1	2 blocks	4 blocks
Lentils	1 tin	2 tins
Ciabatta 2	1	2

Nutrition per serving: Calories: 633 kcal | Protein: 33 g | Carbs: 83 g | Fat: 19 g | Saturated Fat: 10 g

🌱 May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Milk | **2)** Gluten



1 Pre-heat your oven to 200 degrees. Wash the aubergine and slice widthways into discs approximately ½cm thick, discarding the very top and bottom. Slice your cherry tomatoes in half. Grate the cheddar cheese and hard Italian cheese and keep separate. Roughly chop the mushrooms and the parsley.

but keep on stirring until you have a smooth consistency.



2 Rub 1 tbsp of oil over the aubergine slices with ½ tsp of salt. Lay out on a baking tray and cook on the top shelf of the oven for 15-20 mins. Put your cherry tomatoes on a different baking tray and roast on the bottom shelf of the oven for 15-20 mins.

5 Turn your grill to its highest setting. Once the sauce is smooth turn the heat to low and add another pinch of salt. Add the cheddar and the Boursin and mix well.



3 Melt the butter in a pan on medium heat. Once the butter is melted, add in the flour and mix it thoroughly. This mixture is called a 'roux' and you need to cook it for a few more minutes until it changes colour slightly.

6 Drain and rinse the lentils thoroughly. Add these to your cheese sauce and cook for another 3-4 mins until warmed through. Taste for seasoning and add salt and pepper to your liking. Put your ciabatta under the grill for 2 mins, then remove.



4 Add in a quarter of your milk and stir it thoroughly into the roux. Now add another quarter of the milk and keep stirring. Add the remaining milk with a ¼ of a tsp of salt and cook until it has thickened.

7 Heat a large frying pan over a high heat with 1 tbsp of oil. Add the mushrooms and fry off quickly in two batches then add to the lentil mix.

8 Stack the cooked aubergine, cherry tomatoes and lentil mix in alternate layers in an ovenproof dish. Top with the hard Italian cheese and put under your grill until it melts. Sprinkle over the parsley, serve with your ciabatta on the side and tuck in.

Tip: The sauce will be lumpy at first,

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!