



# Warm Roasted Tomato and Lentil Salad with Aubergine and Croutons

**Quick** 20 Minutes • 4 of your 5 a day

17



Aubergine



Baby Plum Tomatoes



Ciabatta



Garlic Clove



Lentils



Balsamic Glaze



Sun-Dried Tomato Paste



Baby Leaf Mix



Greek Style Salad Cheese



Greek Style Natural Yoghurt



Bacon Lardons

### Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

### CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

## Cooking tools

Aluminium foil, baking tray, garlic press, sieve, frying pan and bowl.

## Ingredients

Ingredients	2P	3P	4P
Aubergine**	1	2	2
Baby Plum Tomatoes	125g	190g	250g
Ciabatta <b>13</b> )	1	2	2
Garlic Clove**	1	2	2
Lentils	1 carton	1½ cartons	2 cartons
Balsamic Glaze <b>14</b> )	12ml	18ml	24ml
Sun-Dried Tomato Paste	25g	50g	50g
Baby Leaf Mix**	50g	75g	100g
Greek Style Salad Cheese** <b>7</b> )	50g	100g	150g
Greek Style Natural Yoghurt** <b>7</b> )	75g	120g	150g
Bacon Lardons**	90g	120g	180g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Sugar for the Dressing*	1 tsp	1½ tsp	2 tsp
Olive Oil for the Dressing*	1½ tbsps	2 tbsps	3 tbsps

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	458g	100g	503g	100g
Energy (kJ/kcal)	1970 / 471	430 / 103	2458 / 587	489 / 117
Fat (g)	18.8	4.1	27.9	5.5
Sat. Fat (g)	7.4	1.6	10.2	2.0
Carbohydrate (g)	56.2	12.3	57.1	11.3
Sugars (g)	15.1	3.3	15.2	3.0
Protein (g)	21.5	4.7	29.2	5.8
Salt (g)	2.78	0.61	4.01	0.80

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**7)** Milk **13)** Cereals containing gluten **14)** Sulphites

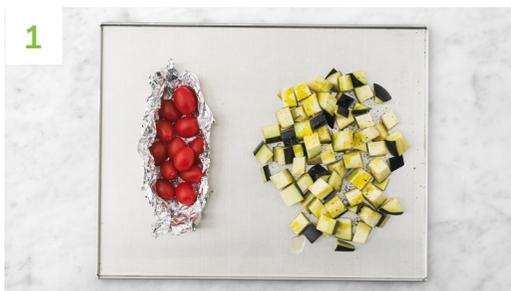
Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

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## Roast the Veg

- Preheat your oven to 240°C/220°C fan/gas mark 9. Trim the **aubergine**, then cut into roughly 2cm pieces.
- Pop the **tomatoes** onto a piece of foil with a drizzle of **oil**. Season with **salt** and **pepper**. Fold the foil, sealing on all sides to create a **parcel**.
- Put the **aubergine** onto a large baking tray. Add a generous drizzle of **oil**, season, then toss to coat. Spread out in a single layer. Place the **tomato parcel** alongside.
- When the oven is hot, roast on the top shelf until soft and golden, 17-18 mins. Turn halfway through.



## Bring on the Lentils

- Heat a drizzle of **oil** in a medium frying pan on medium heat.
- Once hot, add the **garlic** and stir-fry for 1 min.
- Add the **lentils** to the pan and stir together until piping hot, 1-2 mins. Season to taste with **salt** and **pepper**, then remove from the heat.

## CUSTOM RECIPE

If you're adding **bacon**, add it to the pan before the **garlic**. Fry, 4-5 mins, then add the **garlic** and continue as instructed. **IMPORTANT: Wash hands and utensils after handling raw meat. Cook it thoroughly.**



## Make your Croutons

- Meanwhile, tear the **ciabatta** into roughly 2cm chunks and pop onto another baking tray. Drizzle with **oil** and season with **salt** and **pepper**.
- Bake on the middle shelf of the oven until golden, 6-8 mins.
- Once golden, remove from the oven and set aside.



## Assemble your Salad

- In a large bowl, combine the **balsamic glaze**, **sun-dried tomato paste**, **sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**.
- When ready, add the **lentils**, **roasted aubergine** and **tomatoes** to the **dressing** and toss to coat.
- Allow to sit for 1 min to absorb the flavours.



## Prep Time

- While the **croutons** bake, peel and grate the **garlic** (or use a garlic press).
- Drain and rinse the **lentils** in a sieve.



## Finish and Serve

- Just before serving, mix the **baby leaves** and **croutons** into your **salad**, then share between your bowls.
- Crumble the **Greek style salad cheese** over the top and drizzle with the **yoghurt**.

## Enjoy!