















Feta, Serrano Ham and Butternut Salad

with Lentils and Peashoots

N° 17

BALANCED 40 Minutes • Under 600 Calories • 3 of your 5 a day



-  Butternut Squash
-  Chermoula Spice
-  Red Onion
-  Lentils
-  Lemon
-  Tahini Paste
-  Honey
-  Balsamic Vinegar
-  Vegetable Stock Powder
-  Serrano Ham
-  Feta Cheese
-  Pea Shoots

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Baking Tray, Sieve, Large Frying Pan and Measuring Jug.

Ingredients

	2P	3P	4P
Butternut Squash**	1	1	1
Chermoula Spice	1 small pot	1 large pot	1 large pot
Red Onion**	1	1	2
Lentils	1 carton	1 carton	2 cartons
Lemon**	1	1	1
Tahini Paste 3)	1 small sachet	1 large sachet	2 small sachets
Honey	1 sachet	2 sachets	2 sachets
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Water for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Balsamic Vinegar 14)	1 sachet	1 sachet	2 sachets
Water for the Lentils*	100ml	100ml	200ml
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
Serrano Ham**	3 slices	5 slices	6 slices
Feta Cheese 7)**	1 block	1½ blocks	2 blocks
Pea Shoots**	1 bag	2 bags	2 bags

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	596g	100g
Energy (kJ/kcal)	2245 /537	377 /90
Fat (g)	26	4
Sat. Fat (g)	11	2
Carbohydrate (g)	43	7
Sugars (g)	23	4
Protein (g)	29	5
Salt (g)	3.52	0.59

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 7) Milk 10) Celery 14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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You can recycle me!



Packed in the UK



1. Roast the Squash

Preheat your oven to 200°C. Trim the **butternut squash** then halve lengthways and scoop out the seeds. Chop it widthways into 2cm slices, then chop into 2cm chunks (no need to peel). Pop the **butternut squash** onto a baking tray, drizzle with **oil**, sprinkle over the **chermoula** and a pinch of **salt** and **pepper**. Toss to coat. Roast on the top shelf of your oven until golden on the outside and soft in the middle, 30-35 mins. Turn halfway through cooking.



4. Cook the Lentils

Once the **onion** is soft, stir in the **balsamic vinegar**, cook for 1 minute. Pour in the **water** (see ingredient list for amount) and the **stock powder**. Stir, bring to the boil and simmer until reduced slightly, 2-3 mins. Add in the **lentils**, bring to the boil, remove the pan from the heat. Set aside.



2. Finish the Prep

Halve, peel and thinly slice the **red onion**. Drain and rinse the **lentils** in a sieve. Heat a drizzle of **oil** in large frying pan on medium high heat. Once hot, add the **red onion**, cook until soft and golden, 8-10 mins. Stir occasionally.



5. Finish Off

Meanwhile, roughly tear the **Serrano ham rashers** into pieces. Break up the **feta** into small chunks. Re-heat the **lentil mixture** if necessary and once the **squash** is cooked, add it to the pan with the **lentils**. Add **half** the **feta** and stir to combine.



3. Make the Dressing

While the **onion** cooks, halve the **lemon** and squeeze **half** the **juice** into a small bowl. Add the **tahini**, **honey** and season with **salt** and **pepper**. Add the **olive oil** and **water** (see ingredient list for both amounts), stir together with a fork until well combined. Taste and add more **lemon juice**, **salt** and **pepper** to taste. **TIP:** Add a splash more water if it's a bit thick.



6. Serve

Spoon the **lentil and squash mixture** into bowls and top with the **peashoots** and remaining **feta**. Drizzle with the **dressing** and share the **ham** between the bowls.

Enjoy!

BALANCED RECIPE

Under 600 Calories • Low Sugar • High Protein

Featured Ingredient: *Butternut squash* is a good source of vitamin A, especially beta carotene, which gives the butternut squash its rich orange colour. Vitamin A contributes to the maintenance of normal vision.

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.