







More Than Food  
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## Roasted Honey Feta with Garlicky Lentils and Sweet Potato Wedges

Don't let the amazing flavours of this dish distract you from the fantastic nutritional benefits you'll find in the ingredients! The lentils and sweet potato are great sources of fibre to keep your blood sugar stable and your tummy feeling full! In addition rocket, pomegranate seeds, garlic and cherry tomatoes provide an array of phytonutrients - just look at their beautiful rainbow colours to give you an idea!



30 mins



veggie



healthy



2 of your  
5 a day



Sweet Potato (2)



Echalion Shallot (1)



Cherry Tomatoes  
(1 punnet)



Garlic Clove (1)



Feta Cheese (1 block)



Lentils (1 tin)



Lemon (1/2)



Olive Oil (1 tbsp)



Honey (1 tbsp)



Rocket (1 bag)



Pomegranate Seeds  
(1 pack)

## 2 PEOPLE INGREDIENTS

- Sweet Potato, chopped
- Echalion Shallot, chopped
- Cherry Tomatoes, halved
- Garlic Clove, grated
- Feta Cheese
- Lentils

- 2
- 1
- 1 punnet
- 1
- 1 block
- 1 tin

- Lemon
- Olive Oil
- Honey
- Rocket
- Pomegranate Seeds

- ½
- 1 tbsp
- 1 tbsp
- 1 bag
- 1 pack

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

Honey bees from a single hive visit approximately 225,000 flowers per day. Bees collect nectar from approximately 2 million flowers and fly over 55,000 miles to make 1 pound of honey.

**Allergens:** Milk.

### Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrates	Sugars	Protein	Salt
Per serving	410 kcal / 1714 kJ	13 g	8 g	53 g	21 g	19 g	2 g
Per 100g	92 kcal / 385 kJ	3 g	2 g	12 g	5 g	4 g	0 g

1



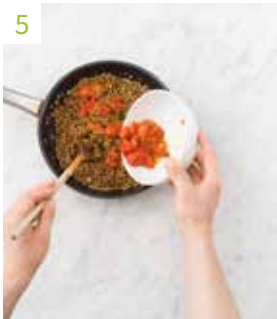
1 Preheat your oven to 200 degrees. Chop the **sweet potato** into wedges about 1cm wide (no need to peel). Pop your wedges on a baking tray lined with baking paper, drizzle over some **oil**, a pinch of **salt** and a grind of **black pepper** and pop in your oven. Cook on the top shelf for 25-30 mins until slightly crispy and golden.

4



2 Peel and chop the **shallot** into ½cm pieces (or as small as you can). Cut the **cherry tomatoes** in half through the equator. Peel and grate the **garlic** (or use a garlic press if you have one). Cut each **feta** block into six long rectangles. Drain and rinse the **lentils** in a sieve.

5



3 Squeeze the **lemon juice** into a bowl and drizzle in the **olive oil** (the amount specified in the ingredient list). Sprinkle in a pinch of **salt** and a grind of **black pepper** and whisk together with a fork. This is your **lemony dressing**!

7



4 Lay some baking paper on another baking tray. Put your **cherry tomato halves** on one side of the tray and drizzle over some **oil**, a pinch of **salt** and a grind of **black pepper**. Put your **feta** rectangles on the other half of your baking tray and drizzle over some **oil**. Once your wedges have been in your oven for 15 mins, pop in your **tomatoes** and **feta** for 7-10 mins of cooking time.

5 Put a frying pan on medium heat with a drizzle of **oil** and add your **shallot**. Cook for 4 mins until soft, then add your **garlic** and cook for 1 minute more. Add your **lentils** to the pan along with a good pinch of **salt** and a grind of **black pepper**. Stir together. Cook for 3 mins just to warm your **lentils** through, then remove from the heat.

6 Once your **wedges**, **tomatoes** and **feta** are cooked, remove them from the oven. Turn your grill to high. Add your **tomatoes** to your **garlicky lentils** along with your **lemony dressing**.

7 Drizzle the **honey** over your **feta** and pop under your grill for 2 mins.

8 Spoon your **garlicky lentils** into bowls and top with a handful of **rocket**. Place your **wedges** and **feta** on top (if it breaks up don't worry, it will still be delicious!). Sprinkle over the **pomegranate seeds** and enjoy!

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