














Roasted Veg and Lentil Jumble

with Greek Style Salad Cheese and Pesto

39

Customer Favourites 40-45 Minutes • Mild Spice • 3 of your 5 a day • Veggie



-  Aubergine
-  Red Onion
-  Sweet Potato
-  Baby Plum Tomatoes
-  Garlic Clove
-  Harissa Paste
-  Greek Style Salad Cheese
-  Brown Lentils
-  Ground Cumin
-  Vegetable Stock Paste
-  Fresh Pesto

Pantry Items
Oil, Salt, Pepper, Olive Oil

Before you start

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

Cooking tools

Garlic press, baking tray, sieve and frying pan.

Ingredients

Ingredients	2P	3P	4P
Aubergine**	1	2	2
Red Onion**	1	1	2
Sweet Potato	1	2	2
Baby Plum Tomatoes	125g	190g	250g
Garlic Clove**	2	3	4
Harissa Paste	1 sachet	2 sachets	2 sachets
Greek Style Salad Cheese** 7)	100g	150g	200g
Brown Lentils	1 carton	1½ cartons	2 cartons
Ground Cumin	1 sachet	1 sachet	2 sachets
Vegetable Stock Paste 10)	10g	15g	20g
Fresh Pesto** 7)	32g	50g	64g
Pantry	2P	3P	4P
Water for the Lentils*	75ml	100ml	150ml

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	636g	100g
Energy (kJ/kcal)	2496 / 597	393 / 94
Fat (g)	26.2	4.1
Sat. Fat (g)	9.4	1.5
Carbohydrate (g)	63.3	10.0
Sugars (g)	22.5	3.5
Protein (g)	19.4	3.1
Salt (g)	3.34	0.53

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery

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, 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.

Contact

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Prep the Veg

Preheat your oven to 220°C/200°C fan/gas mark 7.

Trim the **aubergine**, then halve lengthways. Cut into roughly 3cm pieces.

Halve and peel the **onion**. Cut one half into 3 wedges and thinly slice the other half.

Chop the **sweet potatoes** into 2cm chunks (no need to peel).

Halve the **tomatoes**. Peel and grate the **garlic** (or use a garlic press).



Simmer the Lentils

Once softened, add the **garlic** and **ground cumin** to the **onion**, then stir and cook for 1 min more.

Stir in the **veg stock paste** and **water for the lentils** (see ingredients for amount). Bring to the boil, then simmer until the **water** has reduced by half, 2-3 mins.

Stir through the **lentils** and cook for 2-3 mins more, then remove from the heat.



Get Roasting

Pop the **sweet potato**, **aubergine** and **onion wedges** onto a large baking tray. **TIP:** Use two baking trays if necessary.

Drizzle with **olive oil**, then add the **harissa paste**. Season with **salt** and **pepper** and toss to coat using your hands.

When your oven is hot, roast on the top shelf until tender and golden, 25-30 mins.

Halfway through, turn the **veg**, then add the **tomatoes** to the tray to roast for the remaining 10-15 mins.



Jumble It Up

Once the **veg** has roasted, add to the **lentil mixture** and gently stir to combine.

Taste and season with **salt** and **pepper** if needed.



Finish the Prep

Meanwhile, crumble the **Greek style salad cheese** into small pieces. Drain and rinse the **lentils** in a sieve.

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **sliced onion** and cook until soft, 5-6 mins, stirring occasionally.



Serve

Share the **roasted veg and lentil jumble** between your bowls with the **Greek style salad cheese** sprinkled on top.

Dollop the **pesto** all over to finish.

Enjoy!