



# Super Green Lentil Caesar Salad

with Asparagus, Mangetout and Charred Courgette



**BALANCED** 25 Minutes • Under 600 Calories • 4 of your 5 a day • Veggie



Courgette



Asparagus



Echalion Shallot



Lentils



Lemon



Ciabatta



Mangetout



Mayonnaise



Dijon Mustard



Grated Italian Style Hard Cheese



Baby Gem Lettuce



Walnuts

## Before you start

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

### Basic cooking tools you will need:

Large Saucepan, Sieve, Baking Tray, Fryin Pan and Colander.

### Ingredients

	2P	3P	4P
Courgette**	1	1	2
Asparagus**	1 small pack	1 large pack	1 large pack
Echalion Shallot**	1	1	2
Lentils	1 carton	1½ cartons	2 cartons
Lemon**	1	1½	2
Ciabatta <b>11</b> <b>13</b> )	1	2	2
Mangetout**	1 small pack	1 large pack	1 large pack
Mayonnaise <b>8</b> <b>9</b> )**	1 sachet	2 sachets	2 sachets
Dijon Mustard <b>9</b> )	½ pot	¾ pot	1 pot
Grated Italian Style Hard Cheese <b>7</b> <b>8</b> )**	1 pack	1½ packs	2 packs
Olive Oil for the Dressing*	2 tbsp	3 tbsp	4 tbsp
Water for the Dressing*	2 tbsp	3 tbsp	4 tbsp
Baby Gem Lettuce**	1	2	2
Walnuts <b>2</b> )	1 small bag	1 large bag	1 large bag

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	544g	100g
Energy (kJ/kcal)	2042 / 488	375 / 90
Fat (g)	24	5
Sat. Fat (g)	5	1
Carbohydrate (g)	41	8
Sugars (g)	14	3
Protein (g)	24	4
Salt (g)	1.10	0.20

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**2)** Nut **7)** Milk **8)** Egg **9)** Mustard **11)** Soya **13)** Gluten

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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## 1. Get Chopping

Preheat the oven to 180°C. Fill a large saucepan with **water** and bring to the boil. Trim the **courgette** then slice into rounds about 1cm thick. Trim 1cm from the bottom of the **asparagus** (discard the bottom) then slice down the middle lengthways. Halve, peel and thinly slice the **shallot**. Drain and rinse the **lentils** using a sieve. Halve the **lemon**.



## 4. Make the Dressing

In a small bowl, mix together the **mayonnaise**, **mustard** (see ingredients for amount) and **three quarters** of the **hard Italian style cheese**. Squeeze in the **lemon juice** and add the **olive oil** for the **dressing** (see ingredients for amount). Add the **water for the dressing** (see ingredients for amount) and season to taste with **salt** and **pepper**, mix together. **TIP: The dressing will be quite thin, but that's fine - it will coat the salad nicely.**



## 2. Crouton Time

Tear the **ciabatta** into roughly 2cm chunks and pop on a baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Bake on the middle shelf of the oven until golden, 8-10 mins. Once golden, remove from your oven and set aside.



## 5. Caramelize the Shallot

Return your now-empty frying pan to a medium heat. with a drizzle of **oil**. Once hot, add the **shallot** to the pan. Cook until soft, 4-5 mins, stirring occasionally. Once soft, stir in the **lentils** and season with **salt** and **pepper**. Cook until warmed through, 2-3 mins stirring occasionally, then remove from the heat.



## 3. Cook the Veg

In the meantime, heat a frying pan on high heat (no oil). Add the **courgette** and season with **salt**. Leave to cook until charred, 5 mins each side. Meanwhile, add the **asparagus** to the boiling **water** along with ¼ tsp of **salt**. Cook for 1 minute then add the **mangetout** to the pan, cook for 1 minute more. Drain in a colander. Quickly run under cold **water** until cool then allow to drain fully. Once the **courgette** is charred, add to a large bowl, set aside to cool.



## 6. Dish Up

Meanwhile, trim the **lettuce**, then roughly tear the **leaves** into large pieces. Pop them in the large bowl with the **courgette**. Add the **asparagus**, **mangetout** and **croutons**. Pour over **half** of the **dressing**, toss to coat the **leaves** well, then divide the **salad** between your bowls. Spoon the **lentils** on top of the **salad** then sprinkle over the **walnuts** and the remaining **hard Italian style cheese**. Drizzle the rest of **dressing** all over the top.

Enjoy!

### BALANCED RECIPE

Under 600 Calories • Low Sat Fat • Low Salt • Low Sugar

**Featured Ingredient: Asparagus** is a source of Vitamin K, which is an essential vitamin in bone metabolism. One cup of asparagus contains 38% of your daily vitamin K intake. .