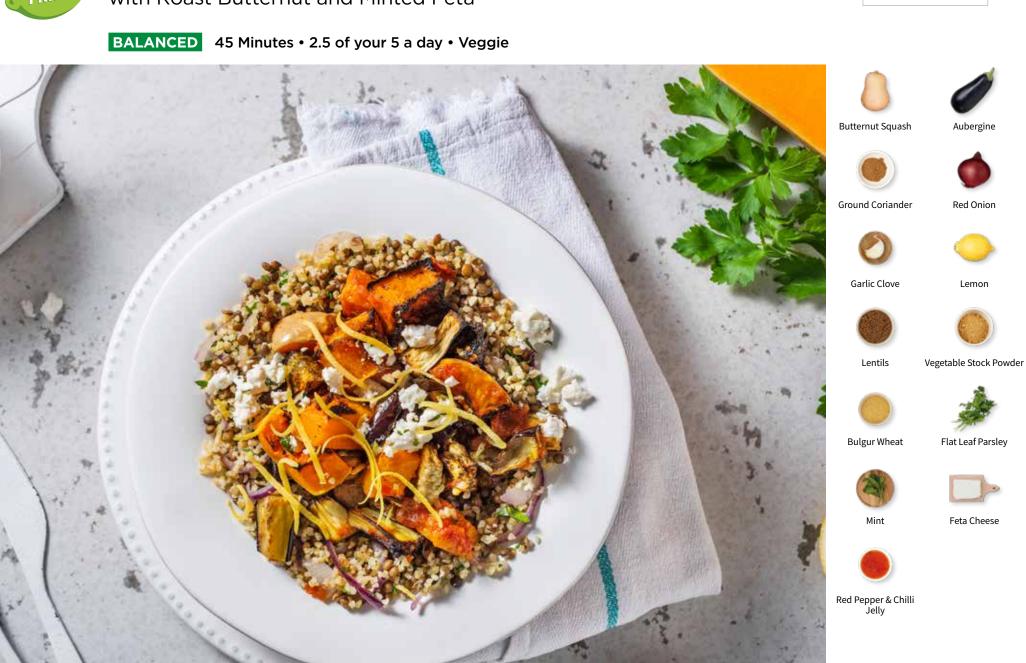


Warm Lentil Salad

with Roast Butternut and Minted Feta



Before you start

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

Basic cooking tools, you will need:

Baking Tray, Fine Grater (or Garlic Press), Sieve, Measuring Jug, Sauceapn, Frying Pan and Mixing Bowl.

Ingredients

| _ | | | |
|---------------------------------------|-------------|-------------|-------------|
| | 2P | 3P | 4P |
| Butternut Squash** | 1 | 1 | 1 |
| Aubergine** | 1 | 2 | 2 |
| Ground Coriander | 1 small pot | 1 large pot | 1 large pot |
| Red Onion** | 1 | 1 | 2 |
| Garlic Clove** | 1 clove | 2 cloves | 2 cloves |
| Lemon** | 1/2 | 1 | 1 |
| Lentils** | 1 carton | 1½ cartons | 2 cartons |
| Water for the Bulgur* | 240ml | 360ml | 480ml |
| Vegetable Stock Powder 10) | 1 sachet | 2 sachets | 2 sachets |
| Bulgur Wheat 13) | 120g | 180g | 240g |
| Flat Leaf Parsley** | 1 bunch | 1 bunch | 1 bunch |
| Mint** | 1 bunch | 1 bunch | 1 bunch |
| Feta Cheese 7)** | 1 block | 1½ blocks | 2 blocks |
| Red Pepper & Chilli Jelly | 2 pots | 3 pots | 4 pots |

^{*}Not Included ** Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 726g | 100g |
| Energy (kJ/kcal) | 2644 /632 | 364 /87 |
| Fat (g) | 15 | 2 |
| Sat. Fat (g) | 9 | 1 |
| Carbohydrate (g) | 93 | 13 |
| Sugars (g) | 21 | 3 |
| Protein (g) | 28 | 4 |
| Salt (g) | 3.09 | 0.43 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

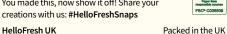
7) Milk 10) Celery 13) Gluten

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

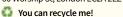
Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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The Fresh Farm 60 Worship St, London EC2A 2EZ







1. Prep the Butternut

Preheat your oven to 200°C. Trim, then cut the **butternut squash** in half lengthways. Scoop out the seeds and cut into 2cm chunks (no need to peel). Pop on a large baking tray. Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into roughly 2cm pieces. Drizzle the **butternut** with **oil**, add the **ground coriander** and season with **salt** and **pepper**. Toss to evenly coat.



2. Prep the Veggies

Pop the tray onto the top shelf of your oven and roast the **butternut** until soft and golden, 30-35 mins. 10 mins into the cooking time, add the **aubergine** to the tray with the **squash** and toss everything together before returning to the oven. Meanwhile, halve, peel and thinly slice the **red onion**. Peel and grate the **garlic** (or use a garlic press). Zest then halve the **lemon**. Drain and rinse the **lentils** in a sieve



3. Cook the Bulgur

Pour the **water** for the bulgur wheat (see ingredients for amount) into a saucepan and bring to the boil. Stir in the **bulgur**, and **stock powder**, bring back up to the boil and simmer for 1 minute. Pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



4. Fry the Veggies

In the meantime, heat a drizzle of **oil** in a frying pan over medium-high heat. Add the **red onion**. Stirfry until softened, 5-6 mins. Add the **garlic**. Cook for 1 minute more, then add the **lentils**. Lower the heat to medium and warm through for 2-3 mins. Remove the pan from the heat and cover with foil to keep warm.



5. Finishing Touches

Roughly chop the **parsley** (stalks and all). Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Keep the **herbs** separate. Crumble the **feta** into a mixing bowl with **half** the **mint** and a glug of **olive oil**. Once the **bulgur** is cooked, fluff it up with a fork and add it to the pan with the **lentils**. Mix in the **parsley** and remaining **mint** along with a pinch of **lemon zest** and a squeeze of **lemon juice**. Season with **salt** and **pepper** to taste.



6. Assemble and Serve

When the **butternut** and **aubergine chunks** are cooked, spoon on the **red pepper and chilli jelly**. Carefully toss the **roasted veg** in the **jelly** so it gets an even coating. Serve the **bulgur lentil mixture** in deep bowls with some **butternut** and **aubergine** on top, a sprinkling of **minty feta** and any remaining **lemon zest**.

Enjoy!

BALANCED RECIPE

Low Salt • Low Sugar

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.