



# Warm Roasted Tomato and Lentil Salad

with Feta, Aubergine, Rocket and Croutons

N° 16

**RAPID** 20 Minutes • 2.5 of your 5 a day • Veggie



Aubergine



Premium Tomato Mix



Balsamic Vinegar



Sundried Tomatoes



Ciabatta



Shallot



Garlic



Lentils



Red Wine Vinegar



Honey



Rocket



Feta Cheese

## Before you start

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

### Basic cooking tools, you will need:

Two Baking Trays, Fine Grater (or Garlic Press), Sieve and Frying Pan.

### Ingredients

|                             | 2P             | 3P             | 4P             |
|-----------------------------|----------------|----------------|----------------|
| Aubergine**                 | 1              | 2              | 2              |
| Premium Tomato Mix          | 1 small punnet | 1 large punnet | 1 large punnet |
| Balsamic Vinegar <b>14)</b> | 1 sachet       | 1½ sachets     | 2 sachets      |
| Sundried Tomatoes           | 1 small bag    | 1 small bag    | 1 large bag    |
| Ciabatta <b>11) 13)</b>     | 1              | 1.5            | 2              |
| Shallot**                   | 1              | 1              | 2              |
| Garlic**                    | 1 clove        | 2 cloves       | 2 cloves       |
| Lentils                     | 1 carton       | 1½ cartons     | 2 cartons      |
| Red Wine Vinegar <b>14)</b> | 1 sachet       | 1½ sachets     | 2 sachets      |
| Honey                       | 1 sachet       | 1½ sachets     | 2 sachets      |
| Rocket**                    | 1 bag          | 1½ bags        | 2 bags         |
| Feta Cheese <b>7)**</b>     | 1 block        | 1½ blocks      | 2 blocks       |

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

### Nutrition

|                         | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 586         | 100g     |
| Energy (kJ/kcal)        | 2320 /555   | 396 /95  |
| Fat (g)                 | 15          | 3        |
| Sat. Fat (g)            | 9           | 2        |
| Carbohydrate (g)        | 67          | 12       |
| Sugars (g)              | 22          | 4        |
| Protein (g)             | 27          | 5        |
| Salt (g)                | 3.14        | 0.54     |

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**7)** Milk **11)** Soya **13)** Gluten **14)** Sulphites

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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## 1. Roast the Veg

**a)** Preheat your oven to 220°C. Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into roughly 2cm pieces.

**b)** Pop the **aubergine** and **tomatoes** on a large baking tray and drizzle with **oil** and **balsamic vinegar**. Season with **salt** and **pepper**, toss to coat then spread out and roast until soft and charred, 15-18 mins.

**c)** In a small bowl, soak the **sundried tomatoes** in **hot water**.



## 4. Make the Dressing

**a)** Meanwhile, combine the **red wine vinegar** and **honey** in a large mixing bowl along with a drizzle of **oil**.

**b)** Season with **salt** and **pepper**.



## 2. Prep

**a)** Meanwhile, tear the **ciabatta** into roughly 2cm chunks and pop on another baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Bake on the middle shelf of the oven until golden, 8-10 mins.

**b)** Meanwhile, halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press). Drain and rinse the **lentils** in a sieve.

**c)** Drain the **sundried tomatoes** and roughly chop.



## 5. Assemble

**a)** Tip the **lentil mixture** into the bowl with the dressing along with the **roasted aubergine** and **tomatoes**. Toss to coat and allow to sit for a minute to absorb all the flavours.

**b)** Just before serving, toss through the **rocket** and **croutons**.



## 3. Start Frying

**a)** Heat a drizzle of **oil** in a frying pan on medium-high heat and add the **shallot**. Fry until soft, 2-3 mins, then stir in the **garlic** and **sundried tomatoes**.

**b)** Fry for another minute then add the **lentils** to the pan and stir together. Season to taste with **salt** and **pepper** and turn the heat to low.



## 6. Serve

**a)** Divide the **salad** between your bowls and crumble the **feta** over the top.

**Enjoy!**

*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.