

Warm Roasted Tomato and Lentil Salad

with Feta, Aubergine, Rocket and Croutons

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











Balsamic Vinegar **Sundried Tomatoes**













Honey

Lentils

Red Wine Vinegar





Feta Cheese

Before you start

Our fruit, veggies and herbs need a wash before vou 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 14)	1 sachet	1⅓ sachets	2 sachets
Sundried Tomatoes	1 small bag	1 small bag	1 large bag
Ciabatta 11) 13)	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 14)	1 sachet	1½ sachets	2 sachets
Honey	1 sachet	1½ sachets	2 sachets
Rocket**	1 bag	1½ bags	2 bags
Feta Cheese 7)**	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

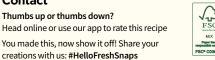
7) Milk 11) Soya 13) Gluten 14) Sulphites

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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Packed in the UK



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.



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.



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.



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.



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.



6. Serve

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

Eniov!

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.