



Warm Roasted Tomato and Lentil Salad with Feta, Aubergine, Rocket and Croutons

Customer Favourites 20 Minutes • 1 of your 5 a day



Aubergine



Premium Tomatoes



Balsamic Vinegar



Sundried Tomatoes



Ciabatta



Echalion Shallot



Garlic Clove



Brown Lentils



Red Wine Vinegar



Honey



Rocket



Feta Cheese

Before you start

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

Cooking tools, you will need:

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

Ingredients

	2P	3P	4P
Aubergine**	1	2	2
Premium Tomatoes	125g	190g	250g
Balsamic Vinegar 14)	1 sachet	1½ sachets	2 sachets
Sundried Tomatoes	30g	30g	60g
Ciabatta 11) 13)	1	1½	2
Echalion Shallot	1	1	2
Garlic Clove	1	2	2
Brown 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**	40g	60g	80g
Feta Cheese 7)**	100g	150g	200g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	488g	100g
Energy (kJ/kcal)	2024/484	395/94
Fat (g)	15	3
Sat. Fat (g)	9	2
Carbohydrate (g)	57	11
Sugars (g)	22	4
Protein (g)	23	5
Salt (g)	2.87	0.56

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Roast the Veg

a) Preheat your oven to 220C.

b) Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into roughly 2cm pieces.

c) Pop the **aubergine** and **tomatoes** on a large baking tray and drizzle with **oil** and **balsamic vinegar**.

d) Season with **salt** and **pepper**, toss to coat then spread out and roast until soft and charred, 15-18 mins.

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



Make the Dressing

a) Meanwhile, combine the **red wine vinegar** and **honey** in a large mixing bowl along with a drizzle of **oil**. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.

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



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**.

b) Bake on the middle shelf of the oven until golden, 8-10 mins.

c) Meanwhile, halve, peel and thinly slice the **shallot**.

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

e) Drain and rinse the **lentils** in a sieve.

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



Assemble

a) Tip the **lentil mixture** into the bowl with the **dressing** along with the roasted **aubergine** and **tomatoes**.

b) Toss to coat and allow to sit for a minute to absorb all the flavours.

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



Start Frying

a) Heat a drizzle of **oil** in a frying pan on medium-high heat and add the **shallot**.

b) Fry until soft, 2-3 mins, then stir in the **garlic** and **sundried tomatoes**.

c) Fry for another minute then add the **lentils** to the pan and stir together.

d) Season to taste with **salt** and **pepper** and turn the heat to low.



Serve

a) Divide the **salad** between your bowls

b) Crumble the **feta** over the top.

Enjoy!