



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

Rapid 20 Minutes • 1 of your 5 a day • Veggie

17



Aubergine



Baby Plum Tomatoes



Balsamic Vinegar



Ciabatta



Garlic Clove



Brown Lentils



Flaked Almonds



Cider Vinegar



Sun-Dried Tomato Paste



Rocket



Greek Style Salad Cheese



Greek Style Natural Yoghurt

Pantry Items
Sugar

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, garlic press, sieve, frying pan and bowl.

Ingredients

| | 2P | 3P | 4P |
|---|----------|------------|-----------|
| Aubergine** | 1 | 2 | 2 |
| Baby Plum Tomatoes | 125g | 250g | 250g |
| Balsamic Vinegar 14) | 1 sachet | 1½ sachets | 2 sachets |
| Ciabatta 13) | 1 | 2 | 2 |
| Garlic Clove** | 1 | 2 | 2 |
| Brown Lentils | 1 carton | 1½ cartons | 2 cartons |
| Flaked Almonds 2) | 15g | 25g | 40g |
| Cider Vinegar 14) | 1 sachet | 2 sachets | 2 sachets |
| Sun-Dried Tomato Paste | 1 sachet | 2 sachets | 2 sachets |
| Sugar for the Dressing* | 1 tsp | 1½ tsp | 2 tsp |
| Rocket** | 40g | 60g | 80g |
| Greek Style Salad Cheese** 7) | 50g | 100g | 100g |
| Greek Style Natural Yoghurt** 7) | 75g | 120g | 150g |

*Not Included **Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 500g | 100g |
| Energy (kJ/kcal) | 1874 /448 | 375 /90 |
| Fat (g) | 16 | 3 |
| Sat. Fat (g) | 7 | 1 |
| Carbohydrate (g) | 50 | 10 |
| Sugars (g) | 14 | 3 |
| Protein (g) | 20 | 4 |
| Salt (g) | 1.79 | 0.36 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 7) Milk 13) Gluten 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Roast the Veg

- 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.
- Pop the **aubergine** and **tomatoes** onto a large baking tray and drizzle with **oil** and the **balsamic vinegar**.
- Season with **salt** and **pepper**, toss to coat then spread out and roast until soft and golden, 15-18 mins. Turn halfway through.



Warm the Lentils

- Pop the (now empty) frying pan back on medium-high heat with a drizzle of **oil**.
- When hot, add the **garlic** and fry for 1 min.
- Add the **lentils** to the pan and stir together until piping hot, 1-2 mins.
- Season to taste with **salt** and **pepper** and remove from the heat.



Make your Croutons

- 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, 6-8 mins, and remove once cooked.
- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Drain and rinse the **lentils** in a sieve.



Assemble your Salad

- Meanwhile, combine the **cider vinegar**, **sun-dried tomato paste** and **sugar** (see ingredients for amount) in a large bowl along with a drizzle of **oil**.
- Season with **salt** and **pepper**.
- When ready, pop the **lentils**, **roasted aubergine** and **tomatoes** into the **dressing** bowl. Toss to coat and allow to sit for a min to absorb the flavours.



Toast the Almonds

- Heat a medium frying pan on medium heat (no oil).
- Once hot, add the **flaked almonds** and dry-fry, stirring regularly, until lightly toasted, 3-4 mins. **TIP:** Watch them like a hawk as they can burn easily.
- Transfer the **toasted flaked almonds** into a bowl to cool down.



Serve

- Just before serving, mix in the **rocket** and **croutons**, then divide the **salad** between your bowls.
- Crumble the **Greek style salad cheese** over the top.
- Dollop on or drizzle over a spoonful of **yoghurt**.
- Scatter over the **toasted flaked almonds**.

Enjoy!