



Warm Roasted Tomato and Lentil Salad

with Cheese, Aubergine, Rocket and Croutons

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

18



Aubergine



Baby Plum Tomatoes



Balsamic Vinegar



Ciabatta



Garlic Clove



Brown Lentils



Flaked Almonds



Sun-Dried Tomato Paste



Rocket



Greek Style Salad Cheese



Greek Style Natural Yoghurt

Pantry Items

Sugar, Olive Oil

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	190g	250g
Balsamic Vinegar 14)	2 sachets	3 sachets	4 sachets
Ciabatta 13)	1	2	2
Garlic Clove**	1	2	2
Brown Lentils	1 carton	1½ cartons	2 cartons
Flaked Almonds 2)	15g	25g	25g
Sun-Dried Tomato Paste	1 sachet	2 sachets	2 sachets
Sugar for the Dressing*	1 tsp	1½ tsp	2 tsp
Olive Oil for the Dressing*	1½ tbsp	2 tbsp	3 tbsp
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	509g	100g
Energy (kJ/kcal)	2175 / 520	427 / 102
Fat (g)	23	4
Sat. Fat (g)	8	2
Carbohydrate (g)	54	11
Sugars (g)	16	3
Protein (g)	21	4
Salt (g)	1.84	0.36

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nuts 7) Milk 13) Cereals containing 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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1



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 **half** 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.

2



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.

3



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.

4



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.

5



Assemble your Salad

- Meanwhile, in a large bowl, combine the remaining **balsamic vinegar**, **sun-dried tomato paste**, **sugar** and **olive oil for the dressing** (see ingredients for both amounts).
- 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.

6



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.
- Add a few spoonfuls of **yoghurt**.
- Scatter over the **toasted flaked almonds**.

Enjoy!