



Warm Roasted Tomato and Lentil Salad with Aubergine, Croutons and Flaked Almonds

Rapid 20 Minutes • 2 of your 5 a day • Veggie

18



Aubergine



Baby Plum Tomatoes



Ciabatta



Garlic Clove



Brown Lentils



Flaked Almonds



Balsamic Glaze



Sun-Dried Tomato Paste



Premium Baby Leaf Mix



Greek Style Salad Cheese



Greek Style Natural Yoghurt

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

Before you start

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

Cooking tools

Baking tray, garlic press, bowl and frying pan.

Ingredients

Ingredients	2P	3P	4P
Aubergine**	1	2	2
Baby Plum Tomatoes	125g	190g	250g
Ciabatta 13	1	2	2
Garlic Clove**	1	2	2
Brown Lentils	1 carton	1½ cartons	2 cartons
Flaked Almonds 2	15g	40g	40g
Balsamic Glaze 14	1 sachet	1½ sachets	2 sachets
Sun-Dried Tomato Paste	1 sachet	2 sachets	2 sachets
Premium Baby Leaf Mix**	50g	75g	100g
Greek Style Salad Cheese** 7	50g	100g	150g
Greek Style Natural Yoghurt** 7	75g	120g	150g
Pantry	2P	3P	4P
Sugar for the Dressing*	1 tsp	1½ tsp	2 tsp
Olive Oil for the Dressing*	1½ tbsp	2 tbsp	3 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	510g	100g
Energy (kJ/kcal)	2191 /524	430 /103
Fat (g)	22.6	4.4
Sat. Fat (g)	7.6	1.5
Carbohydrate (g)	54.8	10.8
Sugars (g)	16.4	3.2
Protein (g)	21.0	4.1
Salt (g)	1.82	0.36

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

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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Roast the Veg

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Trim the **aubergine**, then cut into roughly 2cm pieces.
- Pop the **aubergine** and **tomatoes** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until soft and golden, 15-18 mins. Turn halfway through.



Warm the Lentils

- Add the **lentils** to the pan and stir together until piping hot, 1-2 mins.
- Season to taste with **salt** and **pepper**, then remove from the heat.



Make your Croutons

- Meanwhile, tear the **ciabatta** into roughly 2cm chunks and pop onto 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, then remove once cooked.
- While the **croutons** bake, peel and grate the **garlic** (or use a garlic press).
- Drain and rinse the **lentils** in a sieve.



Assemble your Salad

- In a large bowl, combine the **balsamic glaze**, **sun-dried tomato paste**, **sugar** and **olive oil for the dressing** (see ingredients for both amounts). Season with **salt** and **pepper**.
- When ready, add the **lentils**, **roasted aubergine** and **tomatoes** to the **dressing** and toss to coat.
- Allow to sit for 1 min to absorb the flavours.



Toasting Time

- 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.
- Once toasted, transfer the **almonds** to a small bowl and pop the pan back on medium heat with a drizzle of **oil**.
- Once hot, add the **garlic** and stir-fry for 1 min.



Finish and Serve

- Just before serving, mix in the **baby leaves** and **croutons**, then divide the **salad** between your bowls.
- Crumble the **Greek style salad cheese** over the top and drizzle with the **yoghurt**.
- Finish with a scattering of the **toasted flaked almonds**.

Enjoy!