














Warm Roasted Tomato and Lentil Salad with Butternut Squash, Croutons and Flaked Almonds

Classic 25-30 Minutes • 5 of your 5 a day • Veggie

19



-  Butternut Squash
-  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, sieve, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Butternut Squash**	1	1	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	25g	25g
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 tbsps	2 tbsps	3 tbsps

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	653g	100g
Energy (kJ/kcal)	2478 /592	379 /91
Fat (g)	22.2	3.6
Sat. Fat (g)	7.7	1.2
Carbohydrate (g)	72.7	11.1
Sugars (g)	23.9	3.7
Protein (g)	22.4	3.4
Salt (g)	2.81	0.43

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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



Roast the Veg

Preheat your oven to 240°C/220°C fan/gas mark 9.

Trim the **butternut squash**, halve lengthways, then scoop out the seeds (peel first if you prefer). Cut into 1cm chunks.

Pop the **butternut** 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, 18-20 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 pantry for both amounts). Season with **salt** and **pepper**.

When ready, add the **lentils**, **roasted butternut** 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 the **baby leaves** and **croutons** into your **salad**, then share 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!