



Warm Roasted Tomato and Lentil Salad

with Feta, Aubergine, Rocket and Croutons

RAPID 20 Minutes • 3 of your 5 a day • Veggie



Aubergine



Premium Tomato Mix



Balsamic Vinegar



Sundried Tomatoes



Ciabatta



Shallot



Garlic



Lentils



Red Wine Vinegar



Honey



Rocket



Feta Cheese

Before you start

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

Basic cooking tools you will need:

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

Ingredients

	2P	3P	4P
Aubergine**	1	1½	2
Premium Tomato Mix	1 small punnet	1 large punnet	1 large punnet
Balsamic Vinegar 14)	1 sachet	1½ sachets	2 sachets
Sundried Tomatoes	1 small bag	1 large bag	1 large bag
Ciabatta 11) 13)	1	1½	2
Shallot**	1	1	2
Garlic**	1 clove	2 cloves	2 cloves
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**	1 bag	1½ bags	2 bags
Feta Cheese 7)**	1 block	1½ blocks	2 blocks

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	516g	100g
Energy (kJ/kcal)	1835 /439	356 /85
Fat (g)	15	3
Sat. Fat (g)	9	2
Carbohydrate (g)	49	10
Sugars (g)	22	4
Protein (g)	21	4
Salt (g)	2.69	0.52

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK

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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** on a large baking tray and drizzle with **oil** and **balsamic vinegar**. Season with **salt** and **pepper**, toss to coat then spread out and roast until soft and charred, 15-18 mins.
- In a small bowl, soak the **sundried tomatoes** in hot **water**.



4. Make the Dressing

- Meanwhile, combine the **red wine vinegar** and **honey** in a large mixing bowl along with a drizzle of **oil**.
- Season with **salt** and **pepper**.



2. Prep

- 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, 8-10 mins.
- Meanwhile, halve, peel and thinly slice the **shallot**.
- Peel and grate the **garlic** (or use a **garlic** press).
- Drain and rinse the **lentils** in a sieve.
- Drain the **sundried tomatoes** and roughly chop.



5. Assemble

- Tip the **lentil mixture** into the bowl with the **dressing** along with the **roasted aubergine** and **tomatoes**.
- Toss to coat and allow to sit for a minute to absorb all the **flavours**.
- Just before serving, toss through the **rocket** and **croutons**.



3. Start Frying

- Heat a drizzle of **oil** in a frying pan on medium-high heat and add the **shallot**.
- Fry until soft, 2-3 mins, then stir in the **garlic** and **sundried tomatoes**.
- Fry for another minute then add the **lentils** to the pan and stir together.
- Season to taste with **salt** and **pepper** and turn the heat to low.



6. Serve

- Divide the **salad** between your bowls and crumble the **feta** over the top.
- Enjoy!**

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.