













Moroccan Inspired Lentil Salad

with Dried Apricots and Greek Style Cheese

Classic 30-35 Minutes • **Mild Spice** • 5 of your 5 a day • Veggie

41



-  Sweet Potato
-  Chermoula Spice Mix
-  Carrot
-  Lentils
-  Dried Apricots
-  Pistachios
-  Red Wine Vinegar
-  Honey
-  Greek Style Salad Cheese
-  Baby Leaf Mix

Pantry Items
Oil, Salt, Pepper, Olive Oil

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in **red** are hot!

Cooking tools

Baking tray, sieve and bowl.

Ingredients

Ingredients	2P	3P	4P
Sweet Potato	1	2	2
Chermoula Spice Mix	1½ sachets	2 sachets	3 sachets
Carrot**	2	3	4
Lentils	1 carton	1½ cartons	2 cartons
Dried Apricots 14)	40g	60g	80g
Pistachios 2)	13g	19g	25g
Red Wine Vinegar 14)	24g	36g	48g
Honey	30g	45g	60g
Greek Style Salad Cheese** 7)	100g	100g	200g
Baby Leaf Mix**	50g	70g	100g

Pantry	2P	3P	4P
Olive Oil for the Dressing*	2½ tbsp	3½ tbsp	5 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2701 /646	542 /129
Fat (g)	26.8	5.4
Sat. Fat (g)	10.3	2.1
Carbohydrate (g)	77.6	15.6
Sugars (g)	36.3	7.3
Protein (g)	21.1	4.2
Salt (g)	3.53	0.71

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

Allergens

2) Nuts **7)** Milk **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 Sweet Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **sweet potatoes** into 2cm chunks (no need to peel).

Put the **sweet potato chunks** onto a large baking tray. Drizzle with **oil**, sprinkle over **half the chermoula spice mix**, season with **salt and pepper**, then toss to coat. Spread out in a single layer. **TIP: Use two baking trays if necessary.**

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Mix the Dressing

In a large bowl, add the **red wine vinegar**, **honey** and **olive oil for the dressing** (see pantry for amount). **TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.**

Mix well to combine. Season with **salt and pepper**, then set aside.



Bring on the Carrots

Meanwhile, trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.

Pop the **carrots** onto another large baking tray. Drizzle with **oil**, sprinkle over the remaining **chermoula spice mix**, season with **salt and pepper**, then toss to coat. Spread out in a single layer.

Roast on the middle shelf until tender, 20-25 mins. Turn halfway through.



Assemble your Salad

When everything's ready, add the **lentils**, **dried apricots**, **roasted sweet potato** and **carrots** to your bowl of **dressing**.

Crumble in **half the Greek style salad cheese**, then toss to coat. Taste and season with **salt and pepper** if needed.

Just before serving, toss through the **baby leaf mix**. **TIP: Don't do this too early or the leaves will go soggy.**



Get Prepped

Meanwhile, drain and rinse the **lentils** in a sieve. Cut the **dried apricots** into small pieces.

Remove the **pistachios** from their shells, then roughly chop.



Serve Up

Share the **lentil salad** between your bowls.

Crumble over the remaining **Greek style salad cheese** and garnish with the **pistachios** to finish.

Enjoy!