



Warm Roasted Tomato and Lentil Salad with Aubergine, Rocket and Croutons

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

17



Aubergine



Baby Plum Tomatoes



Balsamic Vinegar



Ciabatta



Garlic Clove



Brown Lentils



Flaked Almonds



Red Wine Vinegar



Sun-Dried Tomato Paste



Rocket



Greek Style Salad Cheese



Greek Yoghurt

Before you start

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

Cooking tools, you will need:

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)	1 sachet	1½ sachets	2 sachets
Ciabatta 11) 13)	1	1½	2
Garlic Clove**	1	2	2
Brown Lentils	1 carton	1½ cartons	2 cartons
Flaked Almonds 2)	15g	25g	25g
Red Wine Vinegar 14)	1 sachet	1½ sachets	2 sachets
Sun-Dried Tomato Paste	1 sachet	2 sachets	2 sachets
Sugar for the Dressing*	1 tsp	1½ tsp	2 tsp
Rocket**	40g	60g	80g
Greek Style Salad Cheese** 7)	50g	100g	100g
Greek Yoghurt** 7)	75g	120g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	498g	100g
Energy (kJ/kcal)	1873 /448	376 /90
Fat (g)	17	3
Sat. Fat (g)	7	2
Carbohydrate (g)	50	10
Sugars (g)	15	3
Protein (g)	20	4
Salt (g)	1.79	0.36

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 7) Milk 11) Soya 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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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 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.



Warm the Lentils

- Pop the (now empty) frying pan back on medium-high heat with a drizzle of **oil**.
- 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.



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, 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.



Assemble

- Meanwhile, combine the **red wine vinegar**, **sun-dried tomato paste** and **sugar** (see ingredients for amount) in a large bowl along with a drizzle of **oil**.
- Season with **salt** and **pepper**.
- When ready, pop the **lentils**, **roasted aubergine** and **tomatoes** into the bowl with the **dressing**. Toss to coat and allow to sit for a min to absorb the flavours.



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.



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.
- Dollop the **Greek yoghurt**.
- Scatter over the **toasted flaked almonds**.

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.