



Everything
But The Chef

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Warm Lentil & Blue Cheese Salad

Winter salads are all the rage, so HelloFresh has come up with a real winter winner. This lentil dream ticks all the boxes, sweet cherry tomatoes, aromatic thyme, vitamin-packed spinach and creamy Australian blue cheese. We know you'll be pleasantly surprised by this quick and filling salad.



Prep: 15 mins

Cook: 20 mins

Total: 35 mins



level 1



gluten free



2 pantry items



Potatoes



Cherry Tomatoes



Thyme



Red Onion



Lentils



Garlic



Baby Spinach



Lemon



Blue Cheese

2P	4P	Ingredients	
450 g	900 g	potatoes, very thinly sliced	A
1 tbs	2 tbs	olive oil *	
1 punnet	2 punnets	cherry tomatoes, halved	
1 bunch	2 bunches	thyme, leaves removed	
1 tbs	2 tbs	balsamic vinegar *	
1	2	red onion, very finely sliced	
1	2	garlic clove, peeled & crushed	⊕
140 g	280 g	baby spinach, washed	
1 tin	2 tins	lentils, drained & rinsed	
1/2	1	lemon, juiced	
1 wedge	2 wedges	blue cheese, cut into chunks	

⊕ May feature in another recipe

* Good to have at home

Nutrition per serving

Energy	2470	Kj
Protein	26.4	g
Fat, total	28.4	g
-saturated	12.2	g
Carbohydrate	51.4	g
-sugars	12.3	g
Sodium	963	mg

Measuretool

0 cm	1 cm	2 cm



1 Preheat oven to **200°C/180°** fan-forced.



2 Place the **potatoes** on a lined baking tray with half of the **olive oil**, season with **salt** and **pepper** and cook for **10 minutes**.

3 Meanwhile, place the **cherry tomatoes** in a bowl with the remaining olive oil, **thyme** and **balsamic vinegar** and marinate for **10 minutes**. Drain tomatoes, reserving the marinade and add them to the baking tray with the potatoes. Roast for a further **10 minutes** or until the potatoes are tender and tomatoes have slightly collapsed.



4 Place the **red onion** in the reserved marinade from the tomatoes and let it sit for about **5 minutes**.

5 Meanwhile, in a saucepan, add a little olive oil and the **garlic** and fry for **1 minute**, or until fragrant. Stir in the **baby spinach** for **1-2 minutes** or until the spinach begins to wilt. Add the **lentils**, marinated onions and **lemon juice** and stir gently until warmed through.



6 Divide the potato slices and roasted tomatoes among plates, then top with the lentils and **blue cheese**.

Did you know? Blue cheeses were originally produced in caves, where the mold was naturally present, many producers still mature their cheese in caves.