



# FRENCH-STYLE LENTILS

with Roasted Roots and Cheesy Toasts



## HELLO PARSNIP

*In Europe, parsnips were used to sweeten jams and cakes before sugar was widely available.*



Carrot



Parsnip



Red Onion



Garlic Clove



Tarragon



Lentils



Red Wine Vinegar



Vegetable Stock Powder



Ciabatta



Italian Style Grated Hard Cheese



Baby Spinach



Crème Fraîche



Wholegrain Mustard



Honey

Little heat

This French-inspired dish is a delight, bursting with aromatics from tarragon and the earthy tones of lentils. Then there's the warmth of wholegrain mustard and everything gets topped off with crunchy croutons. It's a winner!

35 mins

2 of your 5 a day

Veggie

MEAL BAG



# BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got some **Baking Paper**, two **Baking Trays**, a **Fine Grater** (or **Garlic Press**), **Sieve**, **Large Saucepan** (with a **Lid**) and **Measuring Jug**. Now. Let's get cooking!



## 1 ROAST THE ROOTS

Preheat your oven to 200°C. Remove the top and bottom from the **carrot** and **parsnip** (no need to peel). Chop into batons the size of your little finger. Pop on a lined baking tray and drizzle over a glug of **olive oil**. Season with a pinch of **salt** and **pepper**. Toss together, then roast on the top shelf of your oven until soft and golden, 25-30 mins. Turn halfway through cooking.



## 2 PREP THE VEGGIES

Meanwhile, halve, peel and thinly slice the **red onion**. Peel and grate the **garlic** (or use a garlic press). Pick the **tarragon leaves** from their stalks and roughly chop (discard the stalks). Drain and rinse the **lentils** in a sieve.



## 3 SOFTEN THE ONION

Heat a splash of **oil** in a large saucepan over medium heat. When the **oil** is hot, add the **onion**. Cook until softened, stirring regularly, 6-7 mins. Add **half** the **garlic**, cook for 1 minute, then add the **red wine vinegar**. Allow to evaporate completely before stirring in the **water** (see ingredients for amount) and **stock powder**. Simmer until the **stock** has reduced by half, about 8-10 mins.



## 4 GARLIC BREAD TIME

Cut the **ciabatta** in half as if you were making a sandwich and place on another baking tray cut side up. In a small bowl, mix the **olive oil** (see ingredients for amount) with the **cheese** and remaining **garlic**. Spread the **cheesy garlic mixture** on top (make sure each piece gets about the same amount!). Bake on the middle shelf of your oven until the **cheese** is bubbling, 6-8 mins, then remove.



## 5 ADD THE LENTILS

Once the **stock** has reduced, stir in the **baby spinach** and cover with a lid. Cook until the **spinach** has wilted, 2-3 mins. **TIP:** Add the **spinach** a handful at a time. Stir in the **lentils**, **crème fraîche**, **wholegrain mustard** and **half** the **tarragon leaves**. Bring to the boil to make sure the **lentils** are piping hot. Season to taste with **salt** and **pepper**, then remove from the heat.



## 6 FINISH AND SERVE

Remove the **roasted roots** from the oven, drizzle on the **honey**. Toss to coat in the **honey** and sprinkle on the remaining **tarragon**. Spoon the **lentils** into bowls, top with the **roasted roots** and serve with the **cheesy garlic bread**. **Enjoy!**

# 2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Carrot *	2	3	4
Parsnip *	2	3	4
Red Onion	1	1	2
Garlic Clove	2	3	4
Tarragon *	2 sprigs	3 sprigs	4 sprigs
Lentils	1 carton	1½ cartons	2 cartons
Red Wine Vinegar 14)	1 sachet	1½ sachets	2 sachets
Water*	100ml	150ml	200ml
Vegetable Stock	½	¾	1
Powder 10)	sachet	sachet	sachet
Ciabatta 11) 13) *	1	1½	2
Olive Oil*	3 tbsp	4 tbsp	6 tbsp
Italian Style Grated	1 pack	1½ packs	2 packs
Hard Cheese 7) 8) *	1 small	1 small	1 large
Baby Spinach	bag	bag	bag
Crème Fraîche 7)	¾	1	1½
Wholegrain Mustard 9)	pouch	pouch	pouches
Honey	1	1½	2
	sachet	sachets	sachets

\*Not Included

\* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING: 752G	PER 100G
Energy (kcal)	734	98
(kJ)	3069	408
Fat (g)	39	5
Sat. Fat (g)	14	2
Carbohydrate (g)	78	10
Sugars (g)	33	4
Protein (g)	24	3
Salt (g)	1.71	0.23

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

7) Milk 8) Egg 9) Mustard 10) Celery 11) Soya 13) Gluten

14) Sulphites

🧼 Wash your hands before and after handling ingredients.

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

### THUMBS UP OR THUMBS DOWN?

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