



Roasted sweet potato puy lentils

with vegan feta and house-made dukkah



This hearty bowl of braised French lentils will have your taste buds dancing with creamy vegan feta, punchy house-made dukkah and zesty lemon! Roasted sweet potato is the ultimate companion for this French comfort dish.



Make this dish within 5 days of receiving your meal kit



Cooking equipment: baking tray, medium/large pot



Pantry items needed: olive oil



Hands-on: 20 minutes
Ready in: 45 minutes



Serves: 2 or 4

NO ADDED GLUTEN | HIGH PROTEIN | Freezer friendly, Great for leftovers

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Sweet potato	300g	600g
Olive oil for baking*	2 tsp	4 tsp
Brown onion	150g	300g
Garlic	8g	16g
Celery	50g	100g
Carrot	120g	240g
French puy lentils	1 packet	1 packet
Parsley	15g	30g
Olive oil for lentils*	1 tbsp	2 tbsp
Provençal herbs	1 packet	1 packet
Boiling water*	2½ cups	5 cups
Beef-style stock cube/s	1	2
Lemon	100g	100g
Vegan feta	1 packet	1 packet
Dukkah	1 packet	1 packet

* Pantry items

Allergens and ingredients

Allergens: sesame, hazelnut, pine nut.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Bake sweet potato

Preheat the oven to 180°C and line a baking tray. Peel **sweet potato** and dice into 1cm cubes. Place **sweet potato** and **olive oil for baking*** onto prepared tray and toss to coat. Bake until golden brown, about **25 minutes**.

2. Prepare ingredients

Dice **onion**. Mince **garlic**. Finely dice **celery** and **carrot** (unpeeled). Rinse **lentils** in a sieve until water runs clear. Roughly chop **parsley**, separating parsley **stems** for cooking and **leaves** for garnish.

3. Cook lentils

In a medium/large pot over medium heat, add **olive oil for lentils***, **onion, garlic, celery** and **carrot** and cook until golden brown, about **5 minutes**. Add **lentils, parsley stems, provençal herbs, boiling water*** and **stock cube/s**. Bring to a boil, reduce to a simmer and allow to cook, covered, stirring occasionally, for **35 minutes**.

4. Prepare garnishes

Cut **lemon** into wedges (use **½ for 2 serves** and **1 for 4 serves**). Dice **feta**.

5. Serve

Serve **lentils** into bowls, top with **sweet potato, feta, dukkah** and **parsley leaves**, and **lemon wedges** on the side.

Eat your way
to healthy!



Lentils are a great source of protein and fibre, and an excellent source of B vitamins, iron, magnesium, potassium and zinc.

Lentils have been linked to various health benefits, including improved gut health, blood-pressure management, and lower risk of heart disease and type 2 diabetes.

Nutritional information*

	Per 607g serve	Per 100g
Energy	3170kJ (758Cal)	523kJ (125Cal)
Protein	37.1g	6.1g
Fat, total	29.7g	4.9g
- Saturated	13.5g	2.2g
Carbohydrate	59.1g	9.7g
- Sugars	22.4g	3.7g
Sodium	1170mg	192mg

* Nutritional information is based on averages