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100% Organic



Puy Lentil Tabbouleh Salad

With Paprika Roasted
Sweet Potato

This box contains

All ingredients are 100% organic

500g sweet potato

1 tsp smoked paprika

100g puy lentils

200g vine tomatoes

1 x small red onion

1 x cucumber

1 x bunch of flat leaf parsley

1 lemon

Cooking Time **35 mins**



Ingredients & Preparation

Serves: 2

Wash vegetables before use

500g organic sweet potato

1 tbsp olive oil

1 tsp organic smoked paprika

100g organic puy lentils,
rinsed

200g organic vine tomatoes

1 small organic red onion

1 organic cucumber

1 bunch of organic flat leaf
parsley

2 tbsp extra virgin olive oil

Juice and zest of ½ an organic
lemon

For allergens see ingredients in **bold**

We've given the traditional tabbouleh a twist by using puy lentils instead of bulgur wheat. Besides being full of protein, they have a delicious rich flavour and hold their shape during cooking – making them perfect for being tossed with fresh herbs and lemon for this Middle Eastern-style salad.

1 Heat oven to 200°C/180°C fan/gas 6. Chop the sweet potato into 3cm chunks, before tossing with 1 tbsp olive oil, salt and paprika. Spread out on a baking paper-lined roasting tray. Roast for 30 minutes or until tender and golden, before removing from the oven and letting it cool.

2 Meanwhile, in a medium pot, combine the lentils with 300ml water. Bring to a boil, before turning the heat down and letting the lentils simmer, covered for about 25-30 minutes, until just tender, before draining and rinsing with cool water.

3 While the sweet potatoes and lentils are cooking, finely dice the tomatoes, red onion, and cucumber. Remove the stalks and finely chop the parsley.

4 Combine everything together and toss with the extra virgin olive oil, lemon juice and zest. Season to taste with salt and freshly ground black pepper.

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