

# MARLEY SPOON



## Lentils, Silverbeet and Feta

with Roasted Pumpkin



30-40min



4 Portions

Go beyond soups and dhal, and discover the nutty and peppery greatness of a French blue lentil salad. Apart from cooking faster than green or yellow lentils, this legume variety also holds its shape when cooked, adding bite to sweet caramelised pumpkin, sautéed silverbeet and creamy salty feta.

## What we send

- blue lentils
- Japanese pumpkin
- 2 garlic cloves, 2 spring onions, dill and lemon
- silverbeet
- vegetable stock cubes
- feta cheese <sup>7</sup>

## What you'll require

- extra virgin olive oil
- sea salt and pepper
- water

## Utensils

- baking paper
- large saucepan
- oven tray
- sieve

Our veggies come straight from the farm, so please wash them before cooking.

## Allergens

Milk (7). May contain traces of other allergens.

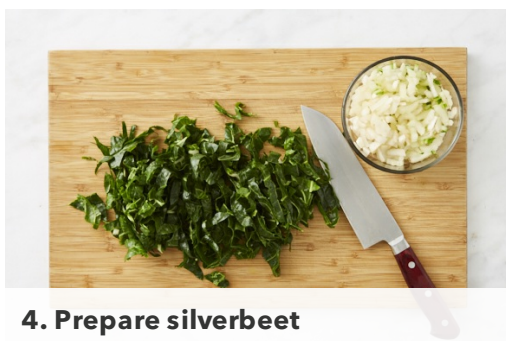
## Nutrition per serving

Energy 525.0kcal, Fat 15.9g, Proteins 33.2g, Carbs 52.1g



### 1. Prepare ingredients

Preheat the oven to 220C. Rinse the **lentils** in a sieve. Crush or finely chop the **garlic**. Thinly slice the **spring onions**. Coarsely chop the **dill**, including the stems. Peel and cut the **pumpkin** into 1.5cm-thick wedges. Line 2 oven trays with baking paper.



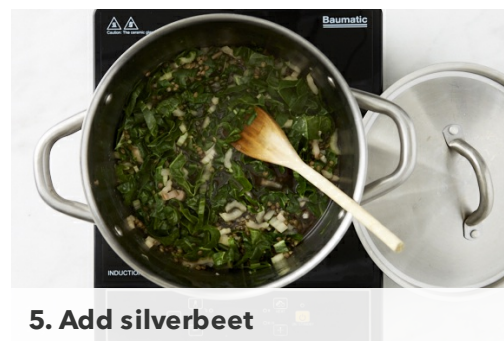
### 4. Prepare silverbeet

Meanwhile, wash the **silverbeet** well. Very thinly slice the leaves, including the stems.



### 2. Start lentils

Crumble the **stock cubes** into a large saucepan. Add the **water** (see staples list), **lentils** and **garlic**, and stir to combine. Bring to the boil over medium-high heat. Reduce heat to a simmer and cook, stirring occasionally, for 15 mins or until the lentils are almost tender.



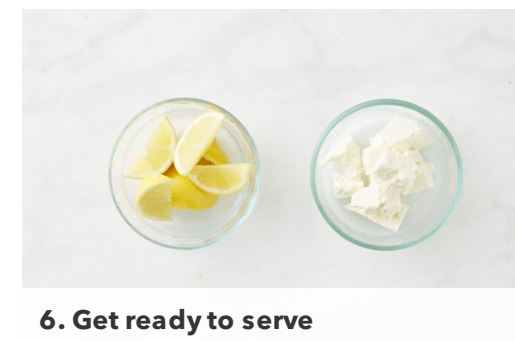
### 5. Add silverbeet

Add the **silverbeet** to the lentil mixture and stir to combine. Cover with a lid and cook, stirring occasionally, for 5 mins or until silverbeet has wilted and the lentils are tender.



### 3. Roast pumpkin

Meanwhile, put the **pumpkin** on the lined trays in a single layer. Drizzle with **oil**, season with **salt and pepper**, and toss to coat. Roast in the oven for 15 mins or until golden and tender, swapping trays around halfway through cooking.



### 6. Get ready to serve

Meanwhile, cut the **lemons** into wedges. Crumble the **feta** into a bowl. Season the lentil mixture with **salt and pepper**. Stir in **half each of the dill, spring onion and feta**. Divide among plates, top with roasted pumpkin and scatter over the **remaining dill, spring onion and feta**. Drizzle with **oil** and serve with **lemon wedges**.