



ROAST VEG AND LENTIL AND FETA WARM SALAD

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

Serves 2

Vegetables for roasting - carrots, courgettes, pepper, sweet potato, beetroot, squash, onion and leek all work well.

2 tablespoon olive oil

1 teaspoon dried herbs

Kale, large handful per person

220g jar of lentils

Feta cheese, 100g per person

1 tablespoon of pumpkin seeds, sesame seeds or sunflower seeds to top

Dressing

50g extra virgin olive oil

3 tablespoons of apple cider vinegar

1 tsp harissa paste (we use Belazu rose harissa paste)

METHOD

1. Cut the vegetables into bite sized pieces and add to a baking tray.
2. Toss the vegetables in 2 tablespoon of olive oil and scatter in 1 teaspoon of dried herbs.
3. Cook in oven for 30-40 minutes, giving the tray a stir mid way through, until the vegetables are soft and starting to caramelise.
4. Strip the kale into small pieces and add to a plate or bowl.
5. Top with the lentils which you can warm through or leave cold.
6. Add the roasted vegetables.
7. For the dressing add all the ingredients to a small jar and shake well.
8. Add the dressing to the salad.
9. Top with the feta cheese and the seeds. You could add all the seeds - or just your favourites.

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