

## Autumn immune boosting recipe...

### Spiced Sweet Potato, Red Pepper and Kiev Traybake



Created for Goodlife by Lily Soutter [@lily\\_soutter\\_nutrition](https://www.instagram.com/lily_soutter_nutrition)

Serves 2

Cooking & prep time – 30 mins

#### Ingredients

- 2 Goodlife Mushroom and Spinach Kievs
- 400g can green lentils, drained (240g drained weight)
- 2 tsp cumin powder
- 1/2 tsp chilli flakes
- 2 red peppers, deseeded and sliced
- 2 large handfuls of spinach
- 1 sweet potato, diced
- 2 large garlic cloves, diced
- 60g feta
- ½ lemon and zest

To serve (optional)

- Handful parsley leaves
- 2 tbsp natural or plant-based yoghurt

## Method

1. Preheat the oven to 220C gas / 200C fan. Place the sweet potato, red peppers, cumin powder and chilli flakes onto a baking tray. Drizzle with lemon juice, olive oil, salt and pepper and toss together so coated well. Place the Goodlife Mushroom and Spinach Kiev's on top. Bake for 25 minutes.
2. Take the pan out of the oven. Place Kiev's onto a cooling rack. Toss the lentils and spinach into the rest of the traybake mix. Drizzle over a small dash of oil until coated, season with salt, pepper and an extra squeeze of lemon juice. Top with crumbled feta. Finally, place Kiev's back on top of the lentil mix. Place under the grill for 3-5 minutes until the feta is golden.
3. Serve with scattered lemon zest, parsley leaves, an optional dollop of natural yoghurt and black pepper.



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**ENDS**

## Notes to Editors

*Recipe to be credited to Goodlife, created by nutritionist Lily Soutter*

## About Goodlife

- Packed with nutritious veggies and bursting with flavour, Goodlife is your go-to freezer must-have. With all dishes ready in under 30 minutes, they help free up your time in the kitchen, leaving more time to live your best life with the Goodlife.

- Starting from £1.80 - £2.49 per pack, find the range at leading retailers nationwide. Shop online and instore across Ocado, Waitrose, Tesco, and Sainsbury's. For more mouth-watering recipes or for information on the full Goodlife range, visit [www.goodlife.co.uk](http://www.goodlife.co.uk).

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