



Harissa Chicken and Lentil Jumble

with Feta and Lemony Dill Drizzle

Calorie Smart 20 Minutes • Under 600 Calories • Little Heat • 2.5 of your 5 a day

15



Bell Pepper



Courgette



Ground Cumin



Red Onion



Lemon



Dill



Feta Cheese



Lentils



Diced Chicken Thigh



Harissa Paste



Vegetable Stock Powder

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Baking Tray, Sieve, Frying Pan and Measuring Jug.

Ingredients

	2P	3P	4P
Bell Pepper***	1	2	2
Courgette**	1	2	2
Ground Cumin	1 small pot	1 large pot	2 small pots
Red Onion**	1	1	2
Lemon**	½	¾	1
Dill**	1 bunch	1 bunch	1 bunch
Feta Cheese 7)**	¾ block	1 block	2 blocks
Lentils	1 carton	1½ cartons	2 cartons
Diced Chicken Thigh**	210g	350g	420g
Harissa Paste	1 sachet	1½ sachets	2 sachets
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Water*	75ml	100ml	150ml
Olive Oil for the Drizzle*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	587g	100g
Energy (kJ/kcal)	2464 /589	420 /100
Fat (g)	28	5
Sat. Fat (g)	10	2
Carbohydrate (g)	40	7
Sugars (g)	18	3
Protein (g)	40	7
Salt (g)	3.24	0.55

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Get Started

- Preheat your oven to 200°C.
- Halve the **pepper** and discard the core and seeds. Chop into 2cm sized chunks.
- Trim the **courgette** then halve lengthways. Thinly slice widthways.
- Pop the **pepper** and **courgette** onto a baking tray, drizzle with **oil**, scatter over the **cumin** and season with **salt** and **pepper**.
- Toss to coat, then arrange in a single layer. Roast until golden brown and soft, 15-18 mins.



Simmer

- Add the **lentils**, **stock powder** and **water** (see ingredients for amount), season with **salt** and **pepper** and stir together.
- Simmer until everything is piping hot and the **chicken** is cooked through, 2-3 mins.
IMPORTANT: *The chicken is cooked when it is no longer pink in the middle.*
- Meanwhile, squeeze the **lemon juice** into a small bowl and add the **dill** and **olive oil** (see ingredients for amount), season with **salt** and **pepper** and stir together.



Finish the Prep

- Halve, peel and thinly slice the **onion**.
- Zest and halve the **lemon**.
- Roughly chop the **dill** (stalks and all).
- Crumble the **feta**.
- Drain and rinse the **lentils** in a sieve.



Finish Up

- Once the veg have roasted, add to the **lentils** along with a pinch of **lemon zest**. Stir together to combine.
- Add a splash more **water** if it is dry.



Chicken Time

- Heat a drizzle of **oil** in a large frying pan over medium high heat.
- Once hot, add the **chicken** and stir fry until golden brown all over, 5-6 mins.
- Add the **onion** and cook until softened, 3-4 mins.
- Stir through the **harissa paste** and cook for a further 1 minute.



Serve!

- Divide the jumble between plates, scatter over the **feta** and drizzle over the **lemony dill dressing**.
- Sprinkle over any remaining **lemon zest**.

Enjoy!