



# Harissa Chicken and Lentil Jumble

with Feta and Lemony Dill Drizzle

**Rapid** **Eat Me Early** 20 Minutes • Little Spice • 2 of your 5 a day

N°15



Sweet Potato



Courgette



Ground Cumin



Red Onion



Lemon



Dill



Feta Cheese



Brown Lentils



Diced Chicken Thigh



Harissa Paste



Vegetable Stock Paste



Diced Chicken Breast



## CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.



## Before you start

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

## Cooking tools, you will need:

Baking Tray, Zester, Sieve, Frying Pan, Measuring Cup, Measuring Spoon, Bowl.

## Ingredients

	2P	3P	4P
Sweet Potato**	1	2	2
Courgette**	1	2	2
Ground Cumin	1 sachet	1 sachet	2 sachets
Red Onion**	1	1	2
Lemon**	½	¾	1
Dill**	1	1	1
Feta Cheese 7)**	75g	100g	150g
Brown Lentils	1 carton	1½ cartons	2 cartons
Diced Chicken Thigh**	210g	350g	420g
Harissa Paste	1 sachet	1½ sachets	2 sachets
Vegetable Stock Paste 10)	10g	15g	20g
Water*	75ml	100ml	150ml
Olive Oil*	1 tbsp	1½ tbsps	2 tbsps
Diced Chicken Breast**	280g	420g	560g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	602g	100g
Energy (kJ/kcal)	2699 / 645	449 / 107
Fat (g)	28	5
Sat. Fat (g)	7	1
Carbohydrate (g)	59	10
Sugars (g)	20	3
Protein (g)	37	6
Salt (g)	2.21	0.37
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	637g	100g
Energy (kJ/kcal)	2627 / 628	413 / 99
Fat (g)	21	3
Sat. Fat (g)	6	1
Carbohydrate (g)	59	9
Sugars (g)	20	3
Protein (g)	50	8
Salt (g)	2.35	0.37

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.

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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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1



## Get Started

- Preheat your oven to 220°C.
- Chop the **sweet potatoes** into 2cm chunks (no need to peel). Put the **sweet potato** chunks on a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer and roast on the top shelf of your oven until golden, 17-20 mins.
- Meanwhile, trim the **courgette** then halve lengthways. Thinly slice widthways.
- Add the **courgette** to the baking tray with the **sweet potato**, scatter over the **cumin** and season with **salt** and **pepper**.

**e)** Toss to coat, then arrange in a single layer. Roast until golden brown and soft, 15-18 mins (or for the remaining **potato** cook time).

4



## Simmer

- Add the **lentils**, **stock paste** 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.

2



## Finish the Prep

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

3



## 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. **IMPORTANT:** Wash your hands after handling chicken and its packaging.
- Add the **onion** and cook until softened, 3-4 mins.
- Stir through the **harissa paste** and cook for a further 1 min.



## CUSTOM RECIPE

**a)** If you've decided to swap **diced thigh** to the **diced breast**, cook in the same way you would cook the **diced thigh**.

5



## Finish Up

- 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.
- Once the **veg** has 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.

6



## Serve

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

**Enjoy!**

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.