



Harissa Chicken and Lentil Jumble

with Feta and Lemony Parsley Drizzle

Classic Eat Me Early • 30 Minutes • Little Spice • 2 of your 5 a day

1



Sweet Potato



Courgette



Ground Cumin



Red Onion



Lemon



Flat Leaf Parsley



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, 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
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Feta Cheese** 7)	100g	150g	200g
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	629g	100g
Energy (kJ/kcal)	3134 /749	498 /119
Fat (g)	36	6
Sat. Fat (g)	13	2
Carbohydrate (g)	57	9
Sugars (g)	19	3
Protein (g)	42	7
Salt (g)	2.91	0.46
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	664g	100g
Energy (kJ/kcal)	3063 /732	461 /110
Fat (g)	28	4
Sat. Fat (g)	11	2
Carbohydrate (g)	60	9
Sugars (g)	19	3
Protein (g)	55	8
Salt (g)	3.05	0.46

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.

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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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.



Simmer

Add the **lentils**, **vegetable 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.** Meanwhile, squeeze the **lemon juice** into a small bowl and add the **parsley** and **olive oil** (see ingredients for amount). Season with **salt** and **pepper** and stir together.



Finish the Prep

Once the **sweet potato** has been in the oven for 2-3 mins, add the **courgette** to the same baking tray, scatter over the **cumin** and season with **salt** and **pepper**. Toss to coat, arrange in a single layer. Roast until golden brown and soft, 15-18 mins (or for the remaining **potato** cooking time). Meanwhile, halve, peel and thinly slice the **red onion**. Zest and halve the **lemon**. Roughly chop the **parsley** (stalks and all). Crumble the **feta**. Drain and rinse the **lentils** in a sieve.



Finish Up

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.



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 raw chicken and its packaging.** Add the **onion** and cook until softened, 3-4 mins. Stir through the **harissa paste** and cook for a further min.



CUSTOM RECIPE

If you've opted to get **diced chicken breast** instead of **thigh**, cook in the same way.



Serve

Divide the jumble between plates, scatter over the **feta** and drizzle over the **lemony parsley 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.