



Roasted Chermoula Veg and Balsamic Lentils with Herby Pesto and Flaked Almonds

Calorie Smart 30 Minutes • Little Spice • 4 of your 5 a day • Veggie • Under 600 Calories

23



Sweet Potato



Grated Hard Italian Style Cheese



Garlic Clove



Radish



Cauliflower Florets



Chermoula Spice Mix



Red Onion



Brown Lentils



Chives



Flat Leaf Parsley



Lemon



Flaked Almonds



Balsamic Vinegar



Vegetable Stock Paste



Honey

Before you start

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

Cooking tools, you will need:

Cutting Board, Knife, Baking Tray, Garlic Press, Sieve, Zester, Frying Pan and Bowl.

Ingredients

	2P	3P	4P
Sweet Potato**	1	2	2
Grated Hard Italian Style Cheese** (7) 8)	40g	60g	80g
Garlic Clove**	1	2	2
Radish**	100g	150g	200g
Cauliflower Florets**	300g	450g	600g
Chermoula Spice Mix	1 pot	1 pot	1 pot
Red Onion**	1	1	2
Brown Lentils	1 carton	1½ cartons	2 cartons
Chives**	1 bunch	1 bunch	1 bunch
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Lemon**	1	1	1
Flaked Almonds 2)	15g	25g	25g
Olive Oil*	2 tbsp	3tbsp	4tbsp
Balsamic Vinegar 14)	1 sachet	1 sachet	2 sachets
Water*	75ml	100ml	150ml
Vegetable Stock Paste 10)	10g	15g	20g
Honey	1 sachet	2 sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	613g	100g
Energy (kJ/kcal)	2375 / 568	388 / 93
Fat (g)	21	3
Sat. Fat (g)	6	1
Carbohydrate (g)	67	11
Sugars (g)	24	4
Protein (g)	22	4
Salt (g)	2.16	0.35

Nutrition for uncooked ingredients based on 2 person recipe.

SmartPoints® values based on low-cal cooking spray oil.

Allergens

2) Nut 7) Milk 8) Egg 10) Celery 14) Sulphites

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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Roast the Sweet Potato

Preheat your oven to 200°C. Chop the **sweet potato** into 2cm chunks (no need to peel). Pop the **sweet potato** on a baking tray, drizzle with **oil** and season with **salt** and **pepper**. Toss to coat and spread out in a single layer. Roast on the top shelf of your oven until golden and tender, 25-30 mins. Turn halfway through cooking. Once the **potatoes** have been cooking for 20 mins, sprinkle **half** the **cheese** onto the **potatoes**.



Toast the Almonds

Heat a frying pan on medium-high heat (no **oil**). Once hot, add the **almonds** and toast them until golden, 2-3 mins. Toss occasionally. **TIP: Watch them like a hawk as they can burn easily.** Transfer to a bowl. Pop your pan back on medium heat with a glug of **oil** and add the **red onion**. Cook until the **onion** is soft, 8-10 mins. Turn down the heat if necessary.



Finish Prepping

Peel and grate the **garlic** (or use a **garlic** press). Trim and halve the **radishes**. Halve any larger **cauliflower florets**. Pop the **radish** and **cauliflower** onto a baking tray and drizzle with **oil**. Season with **salt** and **pepper** and sprinkle over the **chermoula spice mix**. Toss to coat the **veg** in the **spices**, then roast on the middle shelf of your oven until golden and tender, 20-25 mins. Turn halfway through cooking.



Make the Pesto

Meanwhile, pop the **herbs** in another bowl and add the remaining **cheese** and **lemon zest**. Add the **olive oil** (see ingredients for amount) and a squeeze of **lemon juice**. Season with **salt** and **pepper** and add more **oil** if you want the **pesto** a bit looser. Set aside. Once the **onion** is soft, stir in the **garlic** and cook for 1 min. Add the **balsamic vinegar** and cook until it has evaporated, 1-2 mins. Pour in the **water** (see ingredients for amount) and stir in the **stock paste**. Bring to the boil and simmer until reduced by half.



Finish the Prep

Meanwhile, halve, peel and thinly slice the **red onion**. Drain and rinse the **lentils** in a sieve. Finely chop the **chives** and **parsley** (stalks and all). Zest and halve the **lemon**.



Finish and Serve

Stir the **lentils** into the pan, cook until piping hot, 2-3 mins. Taste and add **salt** and **pepper** if needed. Remove from the heat. Drizzle the **honey** over the **cauliflower** and **radish** and toss to coat. **TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.** Serve the **lentils** in bowls with the **roasted veg** on top. Spoon over the **pesto** and finish with a sprinkling of **toasted almonds**. Serve with any remaining **lemon wedges**.

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.