



Roasted Chermoula Veg and Balsamic Lentils with Dill Drizzle and Flaked Almonds

23

Calorie Smart 45 Minutes • Mild Spice • 3 of your 5 a day • Veggie • Under 600 Calories



Sweet Potato



Garlic Clove



Radish



Cauliflower Florets



Chermoula Spice Mix



Red Onion



Brown Lentils



Dill



Lemon



Flaked Almonds



Balsamic Vinegar



Vegetable Stock Paste

Pantry Items

Olive Oil, Water, Honey

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, sieve, fine grater, frying pan, bowl and measuring jug.

Ingredients

	2P	3P	4P
Sweet Potato**	1	2	2
Garlic Clove**	1	2	2
Radish**	100g	150g	200g
Cauliflower Florets**	300g	450g	600g
Chermoula Spice Mix	1 sachet	1 sachet	2 sachets
Red Onion**	1	1	2
Brown Lentils	1 carton	1½ cartons	2 cartons
Dill**	1 bunch	1 bunch	1 bunch
Lemon**	1	1	1
Flaked Almonds 2)	15g	25g	40g
Olive Oil for the Drizzle*	2 tbsp	3 tbsp	4 tbsp
Balsamic Vinegar 14)	1 sachet	1 sachet	2 sachets
Water for the Lentils*	75ml	100ml	150ml
Vegetable Stock Paste 10)	10g	15g	20g
Honey*	1 tbsp	2 tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	586g	100g
Energy (kJ/kcal)	2040 / 488	348 / 83
Fat (g)	15	3
Sat. Fat (g)	2	1
Carbohydrate (g)	66	11
Sugars (g)	24	4
Protein (g)	15	3
Salt (g)	1.63	0.28

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

2) Nut 10) Celery 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Roast the Sweet Potatoes

Preheat your oven to 200°C. Chop the **sweet potatoes** into 2cm chunks (no need to peel). Put the **chunks** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. **TIP: Use two baking trays if necessary.** When the oven is hot, roast on the top shelf until golden, 30-40 mins. Turn halfway through.



Toast the Almonds

Heat a frying pan on medium-high heat (no oil). Once hot, add the **almonds** and dry-fry, stirring occasionally, until lightly toasted, 3-4 mins. **TIP: Watch them like a hawk as they can burn easily.** Transfer the toasted **almonds** to a bowl. Pop your pan back on medium heat with a drizzle of **oil**. When hot, add the **red onion** and cook until soft and sweet, 8-10 mins. Turn down the heat if necessary.



5-11

Scan to get your exact PersonalPoints™ value



Radish and Cauli Time

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



Mix the Dill Drizzle

Meanwhile, pop the **dill** in another small bowl with the **lemon zest**, **olive oil for the drizzle** (see ingredients for amount) and a squeeze of **lemon juice**. Season with **salt** and **pepper** and add more **oil** if you want the **drizzle** 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 evaporated, 1-2 mins. Pour in the **water for the lentils** (see ingredients for amount) and stir in the **veg stock paste**. Bring to the boil and simmer until reduced by half.



Finish the Prep

While everything roasts, halve, peel and thinly slice the **red onion**. Drain and rinse the **lentils** in a sieve. Finely chop the **dill** (stalks and all). Zest and halve the **lemon**.



Finish and Serve

Stir the **lentils** into the pan and cook until piping hot, 2-3 mins. Taste and add **salt** and **pepper** if needed. When the **cauliflower** and **radish** are roasted, drizzle with the **honey** (see ingredients for amount). Serve the **lentils** in bowls with the **roasted veg** on top. Spoon over the **drizzle** and finish with a sprinkling of **toasted almonds**. Serve with any remaining **lemon wedges**.

Enjoy!