



Roasted Veg and Lentil Jumble

with Feta, Toasted Almonds and Herby Drizzle

N° 8

BALANCED 45 Minutes • Under 600 Calories • 4.5 of your 5 a day • Veggie



Aubergine



Red Onion



Sweet Potato



Baby Plum Tomatoes



Garlic



Harissa Paste



Feta Cheese



Lemon



Coriander



Lentils



Flaked Almonds



Ground Cumin



Vegetable Stock Powder

Before you start

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

Basic cooking tools, you will need:

Fine Grater (or Garlic Press), Baking Tray, Frying Pan, Sieve and Measuring Jug.

Ingredients

	2P	3P	4P
Aubergine**	1	2	2
Red Onion**	1	1	2
Sweet Potato**	1	2	2
Baby Plum Tomatoes	1 small punnet	1 small punnet	1 large punnet
Garlic**	2 cloves	3 cloves	4 cloves
Harissa Paste	50g	75g	100g
Feta Cheese 7)**	1 block	1½ blocks	2 blocks
Lemon**	½	¾	1
Coriander**	1 bunch	1 bunch	1 bunch
Lentils	1 carton	1½ cartons	2 cartons
Flaked Almonds 2)	½ pot	¾ pot	1 pot
Olive Oil for the Dressing*	1½ tbsp	2½ tbsp	3 tbsp
Ground Cumin	1 small pot	¾ large pot	1 large pot
Water for the Lentils*	75ml	100ml	150ml
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	694g	100g
Energy (kJ/kcal)	2483 /594	358 /86
Fat (g)	25	4
Sat. Fat (g)	10	1
Carbohydrate (g)	65	9
Sugars (g)	24	4
Protein (g)	23	3
Salt (g)	3.55	0.51

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 7) Milk 10) Celery

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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Packed in the UK



1. Get Chopping

Preheat the oven to 200°C. Trim the **aubergine**, then halve lengthways. Chop each half into four long strips then chop widthways into roughly 3cm pieces. Halve and peel the **onion**. Cut one half into 3 wedges, thinly slice the other half. Chop the **sweet potatoes** into 2cm chunks (no need to peel!). Halve the **tomatoes**. Peel and grate the **garlic** (or use a garlic press).



4. Make the Drizzle

Squeeze the **lemon juice** into a bowl and add the **olive oil** (see ingredients for amount). Season with **salt** and **pepper**. Add the **coriander** and mix together. Set aside.



2. Get Roasting

Pop the **sweet potato**, **aubergine** and **onion wedges** onto a large baking tray. **TIP: Use two trays if you need to.** Drizzle with **olive oil** then add the **harissa paste**. Season with **salt** and **pepper** and toss to coat. Roast on the top shelf of your oven until tender and golden, 25-30 mins. Halfway through cooking, turn the **veg**, then add the **tomatoes** to the tray to roast for the remaining 10-15 mins.



5. Lentil Time

Heat a drizzle of **oil** in the frying pan on medium high heat, add the sliced **onion** and cook until soft, 5-6 mins, stir occasionally. Add the **garlic** and **ground cumin** to the **onion**, stir and cook for 1 minute. Pour in the **water** (see ingredient for amount) and stir in the **veg stock powder**. Bring to the boil, simmer until the **water** has reduced by half, 2-3 mins. Stir in the **lentils** cook for 2-3 mins, then remove from the heat



3. Toast the Nuts

Meanwhile, crumble the **feta** into small pieces. Zest the **lemon**, cut into wedges. Finely chop the **coriander** (stalks and all), drain and rinse the **lentils** in a sieve. Heat a large frying pan over medium heat (no **oil!**). Once hot, add the **flaked almond** and toast until lightly brown, 2-3 mins, stirring regularly (don't take your eyes off them!). Remove the **almonds** to a bowl and set aside (we'll use the pan again in a second!).



6. Dish up

Once the **veg** has finished cooking, remove from the oven and add the **vegetables** to the lentil pan. Add the **lemon zest** to the pan and mix everything together. Serve into large bowls, with the **feta** and toasted **almonds** sprinkled on top. Spoon over the **herby drizzle**. Serve any remaining **lemon wedges** on the side.

Enjoy!

BALANCED RECIPE

Under 600 Calories • Low Sat Fat • Low Sugar

Featured Ingredient: Lentils are a rich source of non-haem iron, which is found in plant sources. They are not absorbed as easily as the iron that's found in meat or animal sources. To increase iron absorption from non-haem sources, eat a larger quantity of the food itself, and pair it with 'enhancers' for example, vitamin C, which can be found in citrus fruits such as **lemon**.

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.