

Roasted Veg and Lentil Jumble

with Feta, Toasted Almonds and Herby Drizzle

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









Aubergine







Sweet Potato



Baby Plum Tomatoes





Harissa Paste



Feta Cheese



Lemon



Coriander





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

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	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**	1/2	3/4	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

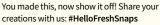
Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

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

Contact

HelloFresh UK

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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).



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.



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!).



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.



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



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.

