



Roasted Veg and Lentil Jumble

with Feta, Toasted Almonds and Herby Drizzle

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

17



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 and veggies need a little wash before you use them!

Cooking tools, you will need:

Chopping Board, Sharp Knife, Fine Grater (or Garlic Press), Baking Tray, Sieve, Frying Pan, Small Bowl 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 | 1 large pot | 2 small pots |
| 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 | 657g | 100g |
| Energy (kJ/kcal) | 2466/590 | 375/90 |
| Fat (g) | 25 | 4 |
| Sat. Fat (g) | 10 | 2 |
| Carbohydrate (g) | 65 | 10 |
| Sugars (g) | 23 | 4 |
| Protein (g) | 23 | 3 |
| Salt (g) | 3.55 | 0.54 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 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.

Contact

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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** and 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 almonds** and toast until lightly brown, 2-3 mins, stirring regularly (don't take your eye 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 ingredients 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!

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.