



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



Bell Pepper



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:

Baking Tray, Garlic Press, Sieve, Frying Pan, Wooden Spoon, Bowl.

Ingredients

	2P	3P	4P
Bell Pepper***	1	2	2
Red Onion**	1	1	2
Sweet Potato**	1	2	2
Baby Plum Tomatoes	125g	190g	250g
Garlic**	2	3	4
Harissa Paste	1 sachet	2 sachets	2 sachets
Feta Cheese 7 **	100g	150g	200g
Lemon**	½	¾	1
Coriander**	1 bunch	1 bunch	1 bunch
Lentils	1 carton	1½ cartons	2 cartons
Flaked Almonds 2)	12g	20g	25g
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 *** Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	585g	100g
Energy (kJ/kcal)	2443 / 584	417 / 100
Fat (g)	25	4
Sat. Fat (g)	10	2
Carbohydrate (g)	65	11
Sugars (g)	22	4
Protein (g)	22	4
Salt (g)	2.58	0.44

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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Get Chopping

Preheat the oven to 200°C. Halve the **pepper** and discard the core and seeds. Slice into thin strips. 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).



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.



Get Roasting

Pop the **sweet potato**, **pepper strips** 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.



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



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 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!).



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.