



Roasted Veg and Lentil Jumble with Feta, Toasted Almonds and Herby Drizzle

Classic 45 Minutes • Little Spice • 3 of your 5 a day

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Aubergine



Red Onion



Sweet Potato



Baby Plum Tomatoes



Garlic Clove



Harissa Paste



Feta Cheese



Lemon



Coriander



Brown Lentils



Flaked Almonds



Ground Cumin



Vegetable Stock Paste



Chorizo



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Before you start

Cooking tools, you will need:

Garlic Press, Baking Tray, Zester, Sieve, Frying Pan, Bowl.

Ingredients

	2P	3P	4P
Aubergine**	1	2	2
Red Onion**	1	1	2
Sweet Potato**	1	2	2
Baby Plum Tomatoes**	125g	190g	250g
Garlic Clove	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
Brown Lentils	1 carton	1½ cartons	2 cartons
Flaked Almonds 2	15g	20g	25g
Olive Oil*	1½ tbsps	2½ tbsps	3 tbsps
Ground Cumin	1 sachet	1 sachet	2 sachets
Water*	75ml	100ml	150ml
Vegetable Stock Paste 10	10g	15g	20g
 Chorizo**	90g	120g	180g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	646g	100g
Energy (kJ/kcal)	2688 /642	416 /99
Fat (g)	32	5
Sat. Fat (g)	11	2
Carbohydrate (g)	62	10
Sugars (g)	21	3
Protein (g)	23	4
Salt (g)	2.84	0.44
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	691g	100g
Energy (kJ/kcal)	3405 /814	493 /118
Fat (g)	46	7
Sat. Fat (g)	16	2
Carbohydrate (g)	62	9
Sugars (g)	21	3
Protein (g)	34	5
Salt (g)	5.02	0.73

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.

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The Fresh Farm

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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).



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.



CUSTOM RECIPE

If you've opted to add **chorizo** to your meal, add it to the baking tray when you add the **tomatoes** and continue with the recipe as instructed.



Toast the Nuts

Meanwhile, crumble the **feta** into small pieces. Zest and cut the **lemon** 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). Transfer the **almonds** to a bowl and set aside (we'll use the pan again in a second).



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.



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 paste**. Bring to the boil, simmer until the **water** has reduced by half, 2-3 mins. Stir in the **lentils** and cook for 2-3 mins, then remove from the heat.



Dish Up

Once the **veg** has finished cooking, remove from the oven and add 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.