



Roasted Veggie 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



Ras-el-Hanout



Chilli Flakes



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), Large Baking Tray, Sieve, Large Frying Pan and Measuring Jug.

Ingredients

	2P	3P	4P
Aubergine**	1	1½	2
Red Onion**	1	1½	2
Sweet Potato**	1 small	¾ large	1 large
Baby Plum Tomatoes	1 small punnet	¾ large punnet	1 large punnet
Garlic**	2 cloves	3 cloves	4 cloves
Ras-el-Hanout	1 small pot	¾ large pot	1 large pot
Chilli Flakes	a pinch	a pinch	a pinch
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
Ground Cumin	1 small pot	¾ large pot	1 large pot
Water for the Lentils*	75ml	100ml	150ml
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	671g	100g
Energy (kJ/kcal)	1935 / 463	288 / 69
Fat (g)	18	3
Sat. Fat (g)	9	1
Carbohydrate (g)	53	8
Sugars (g)	21	3
Protein (g)	20	3
Salt (g)	2.00	0.30

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, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly 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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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 a glug of **olive oil**. 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. Drizzle with **olive oil** then sprinkle over the **ras al hanout** and a pinch of **chilli flakes** (careful they're hot!). 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** and 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 eye 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 tip the **lentils** into the tray. Add the **lemon zest** to the tray and mix everything together. Serve into large bowls, with the **feta** and **toasted almonds** sprinkled on top. Spoon over the **herby drizzle** and add another pinch of **chilli** if you want to! Serve any remaining **lemon wedges** on the side.

Enjoy!

BALANCED RECIPE

Under 600 Calories • Low Sugar

Featured Ingredient: *Sweet potatoes are higher in Vitamin A and fibre compared to regular white potatoes. Vitamin A contributes to the maintenance of normal vision and also plays an important role in the normal functioning of the immune system.*

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.