



Warm Lentil Salad

with Roast Butternut and Minted Feta

BALANCED 45 Minutes • Under 600 Calories • 4 of your 5 a day • Veggie



Butternut Squash



Aubergine



Ground Coriander



Red Onion



Garlic Clove



Lemon



Lentils



Vegetable Stock Powder



Bulgur Wheat



Flat Leaf Parsley



Mint



Feta Cheese



Red Pepper & Chilli Jelly

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools, you will need:

Baking Tray, Fine Grater (or Garlic Press), Sieve, Measuring Jug, Large Saucepan (with Lid), Frying Pan and Mixing Bowl.

Ingredients

	2P	3P	4P
Butternut Squash**	1	1	1
Aubergine**	1	1½	2
Ground Coriander	1 small pot	¾ large pot	1 large pot
Red Onion**	1	1½	2
Garlic Clove**	1	2	2
Lemon**	1	1	2
Lentils	1 carton	1½ cartons	2 cartons
Water for the Bulgur*	240ml	360ml	480ml
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
Bulgar Wheat 13)	120g	180g	240g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Mint**	1 bunch	1 bunch	1 bunch
Feta Cheese 7)**	1 block	1½ blocks	2 blocks
Red Pepper & Chilli Jelly	2 pots	3 pots	4 pots

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	755g	100g
Energy (kJ/kcal)	2448 / 585	324 / 77
Fat (g)	14	2
Sat. Fat (g)	9	1
Carbohydrate (g)	84	11
Sugars (g)	21	3
Protein (g)	26	4
Salt (g)	1.89	0.25

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery 13) Gluten

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.

Contact

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1. Prep the Butternut

Preheat your oven to 200°C. Trim, then cut the **butternut squash** in half lengthways. Scoop out the seeds and cut into 2cm chunks (no need to peel). Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into roughly 2cm pieces. Pop the **squash** onto a large baking tray and drizzle over some **olive oil**. Add the **ground coriander** and season with **salt** and **black pepper**. Toss to evenly coat.



4. Fry the Veggies

In the meantime, heat a splash of **oil** in a frying pan over medium-high heat. Add the **red onion**. Stir-fry until softened, about 5 mins. Add the **garlic**. Cook for 1 minute more. Then add the **lentils**. Lower the heat to medium and warm through for 2-3 mins. Remove the pan from the heat and cover with foil to keep warm.



2. Prep the Veggies

Pop the tray onto the top shelf of your oven and roast until soft and golden, 30-35 mins. Halfway through cooking, add the **aubergine** to the tray with the **squash** and toss everything together before returning to the oven. Meanwhile, halve, peel and thinly slice the **red onion**. Peel and grate the **garlic** (or use a garlic press). Zest then halve the **lemon**. Drain and rinse the **lentils** in a sieve.



5. Finishing Touches

Roughly chop the **parsley** (stalks and all). Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Keep the **herbs** separate. Crumble the **feta** into a mixing bowl with **half** the **mint** and a glug of **olive oil**. After 10 mins, fluff up the **bulgur wheat** with a fork and add it to the pan with the **lentils**. Mix in the **parsley** and remaining **mint** along with a pinch of **lemon zest** and a squeeze of **lemon juice**. Season with **salt** and **pepper** to taste.



3. Cook the Bulgur

Boil the **water** for the bulgur (see ingredients for amount) in a large saucepan. Add the **vegetable stock powder** and stir to dissolve. Then add the **bulgur wheat**, bring to the boil and simmer for 1 minute. Remove the pan from the heat and cover with a lid. Set aside for 12-15 mins or until everything else is ready.



6. Assemble and Serve

When the **butternut** and **aubergine** chunks are cooked, spoon on the **red pepper** and **chilli jelly**. Carefully toss the **roasted veg** in the **jelly** so it gets an even coating. Serve the **bulgur lentil mixture** in deep bowls with some **butternut** and **aubergine** on top, a sprinkling of **minty feta** and any remaining **lemon zest**.

Enjoy!

BALANCED RECIPE

Under 600 Calories • Low Sat Fat • Low Salt • Low Sugar

Featured Ingredient: Butternut squash, is a good source of vitamin A, especially beta carotene, which gives the butternut squash its rich orange colour. Vitamin A contributes to the maintenance of normal vision.