



Warm Lentil Salad

with Honey Roasted Butternut and Minty Feta

Classic 45 Minutes • 2.5 of your 5 a day

N° 21



Butternut Squash



Aubergine



Ground Coriander



Red Onion



Garlic Clove



Lemon



Lentils



Bulgur Wheat



Vegetable Stock Powder



Salmon Fillet



Mint



Feta Cheese



Honey



Natural Yoghurt



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.

Happy cooking!

Before you start

Cooking tools, you will need:

Baking Tray, Fine Grater, Sieve, Measuring Jug, Saucepan and Frying Pan.

Ingredients

	2P	3P	4P
Butternut Squash**	1	1	1
Aubergine**	1	2	2
Ground Coriander	1 small sachet	1 large sachet	2 small sachets
Red Onion**	1	1	2
Garlic Clove**	1	2	2
Lemon**	½	1	1
Lentils	1 carton	1½ cartons	2 cartons
Water*	240ml	360ml	480ml
Bulgur Wheat 13	120g	180g	240g
Vegetable Stock Powder 10	1 sachet	2 sachets	2 sachets
Salmon Fillet 4 **	2	3	4
Mint**	1 bunch	1 bunch	1 bunch
Feta Cheese 7 **	1 block	1½ blocks	2 blocks
Honey	1 sachet	2 sachets	2 sachets
Natural Yoghurt 7 **	75g	100g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	765g	100g
Energy (kJ/kcal)	2833/677	371/89
Fat (g)	15	2
Sat. Fat (g)	9	1
Carbohydrate (g)	101	13
Sugars (g)	29	4
Protein (g)	30	4
Salt (g)	4.41	0.58
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	864g	100g
Energy (kJ/kcal)	3607/862	100/417
Fat (g)	26	3
Sat. Fat (g)	12	1
Carbohydrate (g)	102	12
Sugars (g)	29	3
Protein (g)	51	6
Salt (g)	4.57	0.53

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish **7**) Milk **10**) Celery **13**) Gluten

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

60 Worship St, London EC2A 2EZ

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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). Pop on a large baking tray. Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into roughly 2cm pieces. Drizzle the **butternut** with **oil**, add the **ground coriander** and season with **salt** and **pepper**. Toss to evenly coat.



2 Prep the Veggies

Pop the tray onto the top shelf of your oven and roast the **butternut** until soft and golden, 30-35 mins. 10 mins into the cooking time, 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.



3 Cook the Bulgur

Pour the **water** for the bulgur wheat (see ingredients for amount) into a saucepan and bring to the boil. Stir in the **bulgur**, and **stock powder**, bring back up to the boil and simmer for 1 minute. Pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



CUSTOM RECIPE

If you've added **salmon** to your meal, once the you've set the **bulgur** aside off the heat, lay the **salmon fillets** (skin side down) onto a lightly **oiled** baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Pop the **salmon** onto the middle shelf of the oven and bake for 12-15 mins. **IMPORTANT:** The fish is cooked when the centre is opaque.



4 Fry the Veggies

In the meantime, heat a drizzle of **oil** in a frying pan over medium-high heat. Add the **red onion**. Stir-fry until softened, 5-6 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.



5 Finishing Touches

Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Crumble the **feta** into a mixing bowl with **half** the **mint** and a glug of **olive oil**. Once the **bulgur** is cooked, fluff it up with a fork and add it to the pan with the **lentils**. Mix in the remaining **mint** along with a pinch of **lemon zest** and a squeeze of **lemon juice**. Season with **salt** and **pepper** to taste.



6 Assemble and Serve

When the **butternut** and **aubergine chunks** are cooked, drizzle over the **honey**. Carefully toss the **roasted veg** in the **honey** so it gets an even coating. Serve the **bulgur lentil mixture** in deep bowls with some **butternut** and **aubergine** on top. Drizzle over the **yoghurt** and finish with a sprinkling of **minty feta** and any remaining **lemon zest**.

Enjoy!



CUSTOM RECIPE

If you've opted for **salmon**, follow the step above and top with the **roasted salmon**, followed by the **yoghurt**, **minty feta** and **lemon zest**.