



Chermoula Prawns on Harissa Lentils with Roasted Butternut, Spinach and Flaked Almonds

Classic 30-35 Minutes • Medium Spice • 5 of your 5 a day

6



Butternut Squash



Garlic Clove



Lentils



Vegetable Stock Paste



Harissa Paste



Baby Spinach



King Prawns



Chermoula Spice Mix



Low Fat Natural Yoghurt



Toasted Flaked Almonds



King Prawns

Pantry Items
Oil, Salt, Pepper

CUSTOM RECIPE

If you choose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Baking tray, garlic press, sieve, saucepan, lid and bowl.

Ingredients

Ingredients	2P	3P	4P
Butternut Squash**	1	1	2
Garlic Clove**	1	1	2
Lentils	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste 10)	10g	15g	20g
Harissa Paste 14)	50g	75g	100g
Baby Spinach**	40g	100g	150g
King Prawns** 5)	150g	225g	300g
Chermoula Spice Mix	½ sachet	¾ sachet	1 sachet
Low Fat Natural Yoghurt** 7)	75g	120g	150g
Toasted Flaked Almonds 2)	15g	25g	25g
King Prawns** 5)	150g	225g	300g
Pantry	2P	3P	4P
Water for the Lentils*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	644g	100g	719g	100g
Energy (kJ/kcal)	1854 /443	288 /69	2073 /495	288 /69
Fat (g)	14.5	2.3	15.3	2.1
Sat. Fat (g)	1.7	0.3	1.9	0.3
Carbohydrate (g)	49.9	7.8	49.9	6.9
Sugars (g)	19.6	3.0	19.6	2.7
Protein (g)	27.4	4.3	39.2	5.5
Salt (g)	3.90	0.61	4.80	0.67

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

2) Nuts **5)** Crustaceans **7)** Milk **10)** Celery **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

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Roast the Butternut

Preheat your oven to 220°C/200°C fan/gas mark 7.

Trim the **butternut squash**, halve lengthways, then scoop out the seeds (peel first if you prefer). Cut into 2cm chunks.

Pop the **diced butternut** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden and cooked through, 25-30 mins. Turn halfway through.



Spice up the Prawns

Meanwhile, drain the **prawns**.

Pop the **prawns** into a medium bowl with the **chermoula spice mix** (add less if you'd prefer things milder). Season with **salt**, then toss to coat the **prawns** well. **IMPORTANT:** Wash your hands and equipment after handling raw prawns.

CUSTOM RECIPE

If you've chosen to double up on **king prawns**, drain them, then cook the recipe in the same way.



Build the Flavour

Meanwhile, peel and grate the **garlic** (or use a garlic press). Drain and rinse the **lentils** in a sieve.

Heat a drizzle of **oil** in a medium saucepan on medium-high heat. Once hot, add the **garlic** and stir-fry until fragrant, 30 secs.

Pour in the **water for the lentils** (see pantry for amount), then stir in the **veg stock paste** and **harissa paste** (add less if you'd prefer things milder). Bring to the boil, then lower the heat and simmer until the **water** has reduced by half, 2-3 mins.



Time to Fry

When the **squash** has 5 mins remaining, heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **prawns** to the pan and stir-fry for 4-5 mins.

Once cooked, remove the pan from the heat. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle.



Cook the Lentils

Once the **sauce** has reduced, stir in the **lentils** and cook for a further 2-3 mins, stirring occasionally.

Add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins. Taste and season with **salt** and **pepper** if needed, then remove from the heat.

Cover with a lid (or foil) to keep warm.



Finish and Serve

When everything's ready, stir the **roasted butternut** through the **harissa lentils** and spoon into your bowls (reheat first if needed).

Top with the **chermoula prawns** and drizzle over the **yoghurt**.

Finish with a sprinkling of **toasted almonds** over the top.

Enjoy!