

Spiced Roasted Veg and Harissa Lentil Jumble



with Yoghurt and Greek Style Salad Cheese

Classic 40-45 Minutes • Medium Spice • 4 of your 5 a day • Veggie



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, sieve, garlic press and frying pan.

Ingredients

Ingredients	2P	3P	4P				
Aubergine**	1	2	2				
Red Onion	1	1	2				
Sweet Potato	1	2	2				
Roasted Spice and Herb Blend	1 sachet	1 sachet	2 sachets				
Baby Plum Tomatoes	125g	190g	250g				
Lentils	1 carton	1½ cartons	2 cartons				
Garlic Clove**	2	3	4				
Harissa Paste 14)	50g	75g	100g				
Vegetable Stock Paste 10)	10g	15g	20g				
Greek Style Natural Yoghurt** 7)	75g	120g	150g				
Greek Style Salad Cheese** 7)	50g	100g	100g				
Diced British Chicken Breast**	240g	390g	520g				
Pantry	2P	3P	4P				
Water for the Lentils*	75ml	100ml	150ml				
Honey*	1 tbsp	1½ tbsp	2 tbsp				
Butter*	10g	20g	20g				
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Nutrition

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Tupical Values	Per	Per	Per	Per
01	serving	100g	serving	100g
for uncooked ingredient	640g	100g	770g	100g
Energy (kJ/kcal)	2438 /583	381/91	3085 /737	401/96
Fat (g)	22.8	3.6	25.2	3.3
Sat. Fat (g)	9.6	1.5	10.3	1.3
Carbohydrate (g)	73.2	11.4	73.3	9.5
Sugars (g)	30.8	4.8	30.9	4.0
Protein (g)	22.2	3.5	53.6	7.0
Salt (g)	3.69	0.58	3.88	0.50

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

Allergens

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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

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MIX

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Prep the Veg

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

Trim the **aubergine**, then halve lengthways. Cut into roughly 3cm chunks.

Halve and peel the **red onion**. Cut one **half** into 3 wedges and thinly slice the other **half**.

Chop the **sweet potato** into 2cm chunks (no need to peel).



Get Roasting

Pop the **sweet potato**, **aubergine** and **onion wedges** onto a large baking tray. **TIP**: Use two baking trays if necessary.

Drizzle with **oil**, then sprinkle over the **roasted spice and herb blend**. Season with **salt** and **pepper**, then toss together.

When the oven is hot, roast on the top shelf until it begins to go tender and golden, about 15 mins.



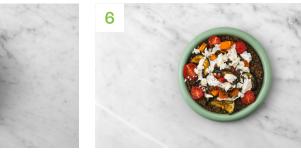
Fry the Onion

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

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **sliced onion** and cook, stirring occasionally, until softened, 5-6 mins.

🤌 Make it Higher Protein

If you've chosen a higher protein version, add the **chicken** to the pan with the **onion**. Continue as instructed, the **chicken** will cook through while simmering. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



Finish and Serve

Share the **roasted veg and lentil jumble** between your bowls.

Drizzle over the **yoghurt** and finish by crumbling over the **Greek style salad cheese**.

Enjoy!



Simmer your Lentils

Once softened, add the **garlic** and **harissa paste** (add less if you'd prefer things milder) to the **onion**. Stir-fry for 1 min.

Stir in the **lentils**, **veg stock paste**, **water for the lentils** and **honey** (see pantry for both amounts).

Bring to the boil, then simmer until slightly reduced, 2-3 mins. Season with **salt** and **pepper**, stir in the **butter** (see pantry for amount), then remove from the heat.



Jumble It Up

When the **veg** has roasted for 15 mins, turn them over, then add the **tomatoes** to the same tray. Drizzle with a little more **oil** if needed and roast for another 10-15 mins.

Once roasted, add the **veg** to the **lentil mixture** and gently stir to combine.

Taste and season with more **salt** and **pepper** if needed. Add a splash more **water** if you feel it needs it.