



# Spiced Roasted Veg and Harissa Lentil Jumble with Yoghurt and Greek Style Salad Cheese

40

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



Aubergine



Red Onion



Sweet Potato



Roasted Spice and Herb Blend



Baby Plum Tomatoes



Lentils



Garlic Clove



Harissa Paste



Vegetable Stock Paste



Greek Style Natural Yoghurt



Greek Style Salad Cheese



Diced British Chicken Breast

### Pantry Items

Oil, Salt, Pepper, Honey, Butter

### Make it Higher Protein

If you chose to make this recipe higher 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, 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 <b>14)</b>	50g	75g	100g
Vegetable Stock Paste <b>10)</b>	10g	15g	20g
Greek Style Natural Yoghurt** <b>7)</b>	75g	120g	150g
Greek Style Salad Cheese** <b>7)</b>	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

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 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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## 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.



## 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.



## 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!