



Harissa Butternut Squash Tacos

with Oregano Chips and Greek Style Salad Cheese

Classic 40-45 Minutes • Medium Spice • 2 of your 5 a day • Veggie

20



Potatoes



Dried Oregano



Butternut Squash



Chermoula Spice Mix



Red Onion



Red Wine Vinegar



Baby Gem Lettuce



Harissa Paste



Plain Taco Tortillas



Greek Style Salad Cheese

Pantry Items

Oil, Salt, Pepper, Sugar, Honey, Mayonnaise

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 and bowl.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Dried Oregano	1 sachet	1 sachet	2 sachets
Butternut Squash	1	1	2
Chermoula Spice Mix	1 sachet	1 sachet	2 sachets
Red Onion	½	1	1
Red Wine Vinegar 14)	12ml	24ml	24ml
Baby Gem Lettuce**	1	2	2
Harissa Paste 14)	50g	75g	100g
Plain Taco Tortillas 13)	4	6	8
Greek Style Salad Cheese** 7)	50g	100g	100g

Pantry	2P	3P	4P
Sugar for the Pickle*	1 tsp	1½ tsp	2 tsp
Honey*	1 tbsp	1½ tbsp	2 tbsp
Mayonnaise*	4 tbsp	6 tbsp	8 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	771g	100g
Energy (kJ/kcal)	3600 /860	467 /112
Fat (g)	35.1	4.5
Sat. Fat (g)	6.6	0.9
Carbohydrate (g)	121.7	15.8
Sugars (g)	31.8	4.1
Protein (g)	18.2	2.4
Salt (g)	2.24	0.29

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **13)** Cereals containing gluten **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.

Contact

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Chip, Chip, Hooray

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

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop the **chips** onto a large baking tray. Drizzle with **oil**, sprinkle over the **oregano**, 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, bake on the middle shelf until golden, 30-35 mins. Turn halfway through.



Baby Gem Time

Trim the **baby gem**, halve lengthways, then thinly slice.



Roast the Butternut

Meanwhile, 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**, sprinkle over the **chermoula**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

Roast on the top shelf until golden and cooked through, 25-30 mins. Turn halfway through.



Hello Harissa

When the **butternut squash** has 5 mins remaining, remove the tray from the oven.

Drizzle over the **harissa** (add less if you'd prefer things milder) and **honey** (see pantry for amount). Toss to coat, then return to the oven for the remaining time.

Pop the **tortillas** (2 per person) into the oven to warm through, 1-2 mins.

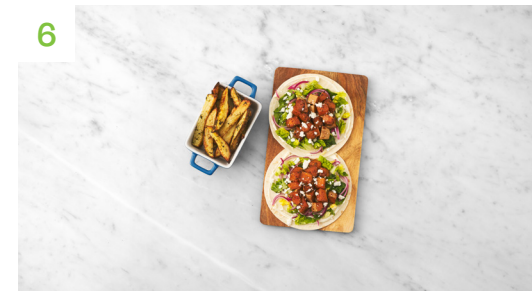


Get in a Pickle

While everything roasts, halve, peel and thinly slice the **red onion** (see ingredients for amount).

In a medium bowl, combine the **red wine vinegar**, **sugar for the pickle** (see pantry for amount) and a pinch of **salt** and **pepper**.

Add the **sliced onion**, toss to coat, then set aside to pickle.



Serve Up

When everything's ready, add the **baby gem** to the bowl of **pickled onion** with a drizzle of **oil**. Toss to combine.

Spread the **base** of each **tortilla** with **mayo** (see pantry for amount), then top with the **pickled onion salad** and **harissa butternut** - as much as you'd like. Crumble over the **Greek style cheese** to finish.

Serve the **oregano chips** alongside. **TIP:** Tacos are best enjoyed eaten by hand - get stuck in!

Enjoy!