

Cosy Burrata and Warm Harissa Lentil Salad

with Roasted Chermoula Carrots, Ciabatta Toasts and Rocket

Classic 30-35 Minutes • **Medium Spice** • 3 of your 5 a day • Veggie



Carrot



Chermoula Spice Mix



Red Onion



Garlic Clove



Lentils



Ciabatta



Tomato Puree



Vegetable Stock Paste



Harissa Paste



Wild Rocket



Burrata



Translated from the Italian for 'buttery', burrata is a cheese typical of the Puglia region, consisting of a casing of mozzarella with filled with soft stracciatella and clotted cream. Serve on top of this warm, spiced salad for an autumn treat.

Pantry Items

Oil, Salt, Pepper, Sugar, Butter, Honey

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 and frying pan.

Ingredients

Ingredients	2P	3P	4P
Carrot**	3	5	6
Chermoula Spice Mix	1 sachet	1 sachet	2 sachets
Red Onion	1	1½	2
Garlic Clove**	2	3	4
Lentils	1 carton	1½ cartons	2 cartons
Ciabatta 13)	1	2	2
Tomato Puree	30g	45g	60g
Vegetable Stock Paste	10g	15g	20g
Harissa Paste 14)	50g	75g	100g
Wild Rocket**	20g	40g	40g
Burrata** 7)	125g	187g	250g
Pantry	2P	3P	4P
Sugar*	½ tsp	¾ tsp	1 tsp
Water for the Lentils*	100ml	150ml	200ml
Butter*	20g	30g	40g
Honey*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	592g	100g
Energy (kJ/kcal)	2889 /691	488 /117
Fat (g)	33.7	5.7
Sat. Fat (g)	15.7	2.6
Carbohydrate (g)	73.1	12.3
Sugars (g)	28.1	4.8
Protein (g)	24.1	4.1
Salt (g)	4.25	0.72

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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Roast the Carrots

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

Trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.

Pop the **carrots** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, sprinkle over the **chermoula spice mix** (add less if you'd prefer things milder), then toss to coat. Spread out in a single layer.

When the oven is hot, roast on the top shelf until tender, 20-25 mins.



Prep Time

In the meantime, halve, peel and thinly slice the **red onion**.

Peel and grate the **garlic** (or use a garlic press).

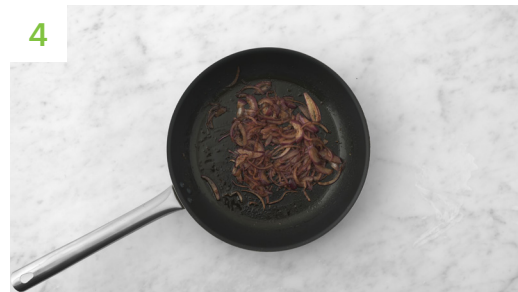
Drain and rinse the **lentils** in a sieve.



Make your Toasts

Cut the **ciabatta** into 1cm slices.

Pop them onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Set aside for now.



Lentil Time

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **onion** and fry until softened, 10-12 mins. Season with **salt**, **pepper** and a pinch of **sugar** (if you have any).

When the **carrots** are halfway through cooking, turn them. At the same time, bake the **ciabatta toasts** on the middle shelf of your oven until golden, 8-10 mins. Set aside to cool.

Stir the **garlic** and **tomato puree** into the **onions**. Cook for 1 min more.



Finishing Touches

Stir in the **lentils**, **veg stock paste**, **sugar** and **water for the lentils** (see pantry for both amounts) into the pan. Bring to the boil, then reduce the heat to simmer. Cook until the **lentils** have softened, 5-6 mins.

Once cooked, stir in the **harissa** and **butter** (see pantry for amount) until melted. Remove from the heat.

When the **carrots** are ready, drizzle over the **honey** (see pantry for amount) and toss to coat. Toss them into the **lentils**.



Serve Up

Share the **lentils** between your serving bowls and arrange over the **rocket leaves**.

Halve your **burrata** and place in the centre of **salad**. Drizzle some **olive oil** over the **rocket** and **cheese**. Season with **salt** and **pepper**.

Place the **ciabatta toasts** on the side for dipping.

Enjoy!