



Chermoula Cauliflower on Harissa Lentils with Roasted Tomatoes, Garlic Ciabatta and Cheese

Rapid 20 Minutes • Medium Spice • 4 of your 5 a day • Veggie

18



Cauliflower Florets



Chermoula Spice Mix



Baby Plum Tomatoes



Balsamic Glaze



Garlic Clove



Lentils



Harissa Paste



Vegetable Stock Paste



Ciabatta



Greek Style Salad
Cheese



Dill



Sumac

Pantry Items

Oil, Salt, Pepper, Olive Oil

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, aluminium foil, garlic press, sieve and frying pan.

Ingredients

Ingredients	2P	3P	4P
Cauliflower Florets**	300g	450g	600g
Chermoula Spice Mix	1 sachet	1 sachet	2 sachets
Baby Plum Tomatoes	125g	190g	250g
Balsamic Glaze 14	12ml	24ml	24ml
Garlic Clove**	3	4	6
Lentils	1 carton	2 cartons	2 cartons
Harissa Paste	50g	75g	100g
Vegetable Stock Paste 10	10g	15g	20g
Ciabatta 13	1	2	2
Greek Style Salad Cheese** 7	50g	100g	100g
Dill**	1 bunch	1 bunch	1 bunch
Sumac	1 sachet	1 sachet	1 sachet
Pantry	2P	3P	4P
Water for the Lentils*	100ml	150ml	200ml
Olive Oil for the Garlic Bread*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	460g	100g
Energy (kJ/kcal)	2092 /500	455 /109
Fat (g)	21.0	4.6
Sat. Fat (g)	5.3	1.2
Carbohydrate (g)	54.9	11.9
Sugars (g)	12.5	2.7
Protein (g)	19.4	4.2
Salt (g)	4.30	0.93

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

Allergens

7) Milk **10)** Celery **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, 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.

Contact

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HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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Roast the Cauliflower

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Halve any large **cauliflower florets** and pop them onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle over the **chermoula spice mix** (add less if you'd prefer things milder).
- Toss to coat, then spread out in a single layer.
- When the oven is hot, roast on the top shelf until tender, 16-18 mins. Turn halfway through.



Garlic Ciabatta Time

- Meanwhile, halve the **ciabatta** and lay onto another baking tray, cut-side up.
- Spread over the remaining **garlic** and drizzle with the **olive oil for the garlic bread** (see pantry for amount).
- Bake the **garlic bread** on the middle shelf of your oven until golden, 5-6 mins.



Add the Tomatoes

- Meanwhile, halve the **tomatoes** and pop them onto a piece of foil. Drizzle with **oil**, then season with **salt** and **pepper**.
- Drizzle the **balsamic glaze** over the **tomatoes**, then fold the foil, sealing on all sides to create a **parcel**.
- Pop the **tomato parcel** onto a baking tray and roast on the bottom shelf of your oven until tender, 12-15 mins.



Prep your Garnishes

- While the **garlic ciabatta** bakes, crumble the **Greek style salad cheese** into small pieces.
- Roughly chop the **dill** (stalks and all).



Bring on the Lentils

- While everything roasts, 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 frying pan on medium-high heat. Once hot, add the **harissa paste** and **half** the **garlic**. Stir-fry for 30 secs.
- Stir in the **lentils**, **vegetable stock paste** and **water for the lentils** (see pantry for amount).
- Bring to the boil, then lower the heat and simmer until thickened, 5-6 mins.



Finish and Serve

- When everything's ready, stir the **sumac** and **half** the **dill** into the **lentils**. Taste and season with **salt** and **pepper** if needed, then share between your bowls.
- Spoon over the **roasted tomatoes**, including the **juices** from the **parcel**.
- Top with the **roasted cauliflower**, **Greek style salad cheese** and remaining **dill**.
- Cut the **garlic ciabatta** diagonally into triangles and serve alongside.

Enjoy!