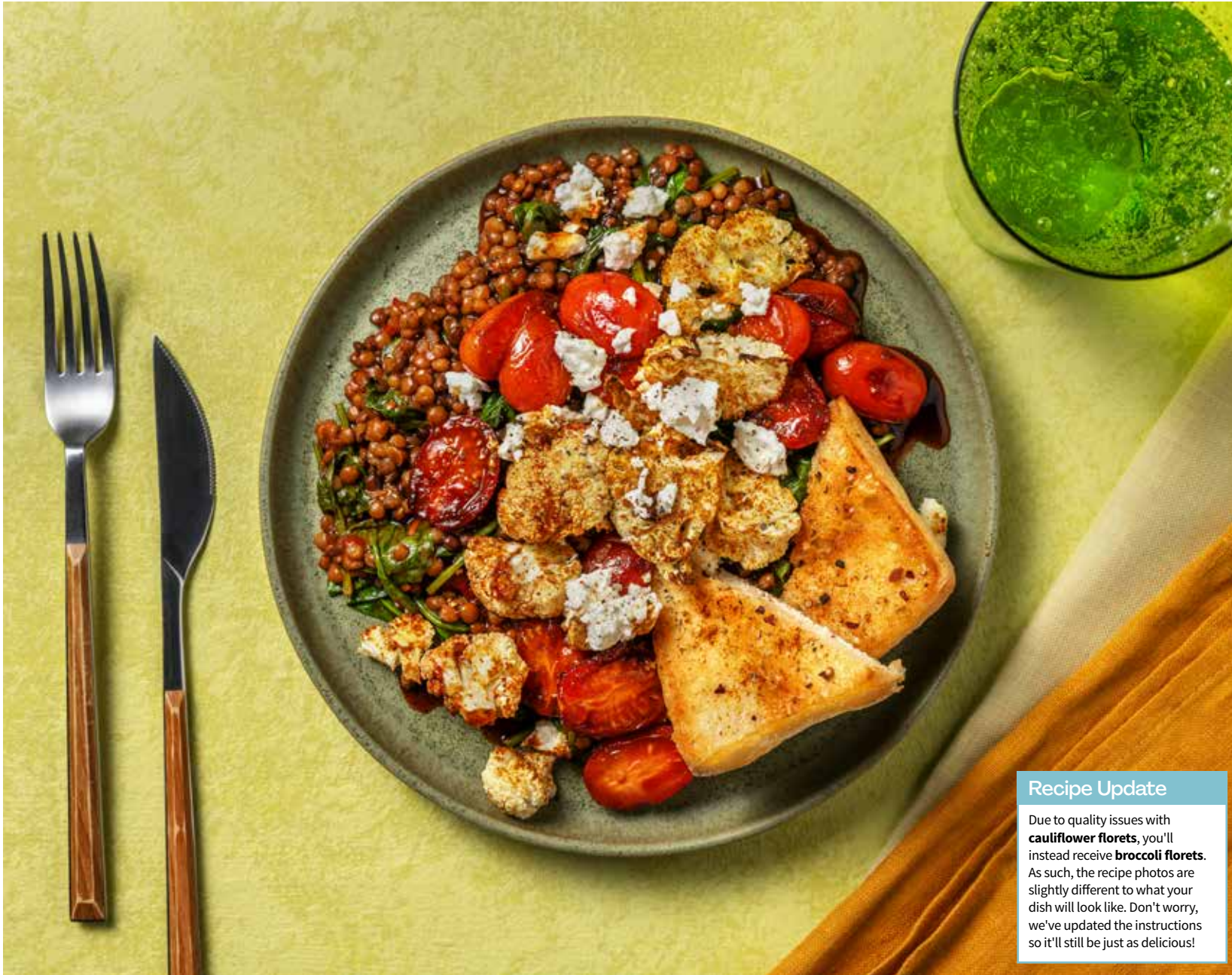
















Chermoula Broccoli on Harissa Lentils with Roasted Tomatoes, Za'atar Ciabatta and Cheese

17

Rapid 20 Minutes • Medium Spice • 3 of your 5 a day • Veggie



-  Broccoli Florets
-  Chermoula Spice Mix
-  Baby Plum Tomatoes
-  Balsamic Glaze
-  Garlic Clove
-  Lentils
-  Harissa Paste
-  Vegetable Stock Paste
-  Ciabatta
-  Za'atar
-  Baby Spinach
-  Greek Style Salad Cheese

Recipe Update

Due to quality issues with **cauliflower florets**, you'll instead receive **broccoli florets**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

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
Broccoli Florets**	200g	300g	400g
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
Za'atar	1 sachet	1½ sachets	2 sachets
Baby Spinach**	40g	100g	100g
Greek Style Salad Cheese** 7)	50g	100g	100g
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	428g	100g
Energy (kJ/kcal)	2067 /494	483 /115
Fat (g)	20.7	4.8
Sat. Fat (g)	5.3	1.2
Carbohydrate (g)	51.8	12.1
Sugars (g)	10.5	2.5
Protein (g)	21.6	5.0
Salt (g)	4.33	1.01

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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Roast the Broccoli

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Halve any large **broccoli 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 them milder).
- Toss to coat, then spread out in a single layer.
- When the oven is hot, roast on the top shelf until the edges are crispy and slightly charred, 12-15 mins. Turn halfway through.



Za'atar 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). Sprinkle with the **za'atar**.
- 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.



Cheese Please

- While the **ciabatta** bakes, crumble the **Greek style salad cheese** into small pieces.



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

- Add the **spinach** to the **lentils** a handful at a time until wilted and piping hot, 1-2 mins. 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 broccoli** and scatter over the **Greek style salad cheese**.
- Cut the **za'atar ciabatta** diagonally into triangles and serve alongside.

Enjoy!