













Chermoula Prawns on Harissa Lentils with Roasted Butternut, Spinach and Flaked Almonds

Classic 30-35 Minutes • Medium Spice • 2 of your 5 a day

6



-  Butternut Squash
-  Garlic Clove
-  Brown Lentils
-  Vegetable Stock Paste
-  Harissa Paste
-  Baby Spinach
-  Flaked Almonds
-  King Prawns
-  Chermoula Spice Mix
-  Low Fat Natural Yoghurt

Before you start

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

Cooking tools

Baking tray, garlic press, sieve, saucepan, lid, frying pan and bowl.

Ingredients

| | 2P | 3P | 4P |
|------------------------------------|----------|------------|-----------|
| Butternut Squash** | 1 | 1 | 2 |
| Garlic Clove** | 1 | 1 | 2 |
| Brown Lentils | 1 carton | 1½ cartons | 2 cartons |
| Water for the Lentils* | 50ml | 75ml | 100ml |
| Vegetable Stock Paste 10 | 10g | 15g | 20g |
| Harissa Paste | 1 sachet | 1½ sachets | 2 sachets |
| Baby Spinach** | 100g | 150g | 200g |
| Flaked Almonds 2 | 15g | 25g | 40g |
| King Prawns** 5 | 150g | 225g | 340g |
| Chermoula Spice Mix | 1 pot | 1 pot | 2 pots |
| Low Fat Natural Yoghurt** 7 | 75g | 120g | 150g |

*Not Included **Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|--------------------------------|-------------|-------------|
| for uncooked ingredient | 675g | 100g |
| Energy (kJ/kcal) | 1898/454 | 281/67 |
| Fat (g) | 15.1 | 2.2 |
| Sat. Fat (g) | 1.7 | 0.3 |
| Carbohydrate (g) | 48.3 | 7.1 |
| Sugars (g) | 18.1 | 2.7 |
| Protein (g) | 28.9 | 4.3 |
| Salt (g) | 3.13 | 0.46 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nuts 5) Crustaceans 7) Milk 10) Celery

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 Butternut

Preheat your oven to 200°C.

Trim the **butternut squash**, then halve lengthways and scoop out the seeds (peel first if you prefer). Cut it widthways into 2cm slices, then again into 2cm cubes.

Pop the **squash** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer.

When the oven is hot, roast on the top shelf until soft and golden, 25-30 mins. Turn halfway through.



Toast the Almonds

While the **lentils** cook, heat a large frying pan on medium heat (no oil).

Once hot, add the **flaked almonds** and dry-fry, stirring regularly, until lightly toasted, 3-4 mins.

TIP: Watch them like a hawk as they can burn easily.

When toasted, transfer them to a bowl and set the pan aside.



Build the Flavour

Meanwhile, 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 medium saucepan on medium-high heat. Once hot, add the **garlic** and stir-fry until fragrant, 30 secs.

Pour in the **water for the lentils** (see ingredients for amount), then stir in the **veg stock paste** and **harissa paste**. Bring to the boil, then lower the heat and simmer until the **water** has reduced by half, 2-3 mins.



Fry the Prawns

Pop the **prawns** into a medium bowl with the **chermoula spice mix**. Season with **salt**, then toss to coat the **prawns** well.

When everything is almost ready, pop the (now empty) frying pan back on medium-high heat with a drizzle of **oil**.

When the **oil** is hot, add the **prawns** and stir-fry for 3-4 mins. Once cooked, remove the pan from the heat. **IMPORTANT:** Wash your hands and equipment after handling raw prawns. The prawns are cooked when pink on the outside and opaque in the middle.



Cook the Lentils

Once the **sauce** has reduced, stir in the **lentils** and cook for a further 2-3 mins, stirring occasionally.

Add the **baby spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.

Taste and season with **salt** and **pepper** if needed, then remove from the heat. Cover with a lid to keep warm.



Finish and Serve

When everything is ready, stir the **roasted butternut** through the **harissa lentils** and spoon into your bowls (reheat first if needed). Top with the **chermoula prawns** and drizzle over the **yoghurt**.

Finish with a sprinkling of **toasted almonds** over the top.

Enjoy!