



French Style Lentils with Roasted Roots and Cheesy Garlic Bread

Classic 35 Minutes • 2 of your 5 a day

19



Carrot



Parsnip



Red Onion



Garlic Clove



Flat Leaf Parsley



Brown Lentils



Red Wine Vinegar



Vegetable Stock Paste



Ciabatta



Grated Hard Italian Style Cheese



Baby Spinach



Creme Fraiche



Wholegrain Mustard



Honey



Bacon Lardons



CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Bowl, Sieve, Saucepan, Baking Tray and Garlic Press.

Ingredients

| | 2P | 3P | 4P |
|--|----------|------------|-----------|
| Carrot** | 2 | 3 | 4 |
| Parsnip** | 2 | 3 | 4 |
| Red Onion** | 1 | 1½ | 2 |
| Garlic Clove** | 2 | 3 | 4 |
| Flat Leaf Parsley** | 1 bunch | 1 bunch | 1 bunch |
| Brown Lentils | 1 carton | 1½ cartons | 2 cartons |
| Red Wine Vinegar 14 | 1 sachet | 1 sachet | 2 sachets |
| Water for the Stock* | 100ml | 150ml | 200ml |
| Vegetable Stock Paste 10 | 10g | 15g | 20g |
| Ciabatta 11 13 | 1 | 1½ | 2 |
| Grated Hard Italian Style Cheese** 7 8 | 40g | 65g | 80g |
| Olive Oil* | 2 tbsp | 3 tbsp | 4 tbsp |
| Baby Spinach** | 100g | 150g | 200g |
| Creme Fraiche** 7 | 75g | 120g | 150g |
| Wholegrain Mustard 9 | 17g | 25g | 34g |
| Honey | 1 sachet | 2 sachets | 2 sachets |
| Bacon Lardons** | 90g | 120g | 180g |

*Not Included **Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|--------------------------------|--------------------|-----------------|
| for uncooked ingredient | 586g | 100g |
| Energy (kJ/kcal) | 2611/624 | 446/106 |
| Fat (g) | 30 | 5 |
| Sat. Fat (g) | 13 | 2 |
| Carbohydrate (g) | 63 | 11 |
| Sugars (g) | 21 | 4 |
| Protein (g) | 24 | 4 |
| Salt (g) | 2.66 | 0.45 |
| Custom Recipe | Per serving | Per 100g |
| for uncooked ingredient | 631g | 100g |
| Energy (kJ/kcal) | 3099/741 | 491/117 |
| Fat (g) | 39 | 6 |
| Sat. Fat (g) | 16 | 2 |
| Carbohydrate (g) | 64 | 10 |
| Sugars (g) | 21 | 3 |
| Protein (g) | 31 | 5 |
| Salt (g) | 3.89 | 0.62 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 9) Mustard 10) Celery 11) Soya 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens! Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between). Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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Roast the Roots

Preheat your oven to 200°C. Trim the **carrots** and **parsnips** (no need to peel). Halve lengthways, then chop into roughly 1cm wide, 5cm long batons.

Pop them onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary. Once hot, roast on the top shelf of your oven until soft and golden, 25-30 mins. Turn halfway through.



Garlic Bread Time

Meanwhile, cut the **ciabatta** in half. In a small bowl, mix the **hard Italian style cheese** with the **remaining garlic** and the **olive oil** (see ingredients for amount). Lay the **ciabatta** onto a baking tray, cut-side up, and spread the **cheesy mixture** on top. Bake on the middle shelf in your oven until the **cheese** is bubbling, 6-8 mins, then remove.



Prep the Veggies

Meanwhile, halve, peel and thinly slice the **red onion**. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **parsley** (stalks and all). Drain and rinse the **lentils** in a sieve.



Add the Lentils

Once the **stock** has reduced, add the **spinach** a handful at a time and cook until wilted, 2-3 mins. Stir in the **lentils**, **creme fraiche**, **wholegrain mustard** and **half the parsley**. Bring to the boil to make sure the **lentils** and **spinach** are piping hot. Season to taste with **salt** and **pepper**, then remove from the heat.



Cook the Onion

Heat a drizzle of **oil** in a large saucepan over medium heat. When hot, add the **onion** and cook until softened, 6-7 mins, stirring regularly. Add **half the garlic**, cook for 1 min, then add the **red wine vinegar**. Allow to evaporate completely before stirring in the **water** (see ingredients for amount) and the **vegetable stock paste**. Bring to the boil, then simmer until reduced by half, 3-4 mins.



CUSTOM RECIPE

If you've added **bacon lardons** to your recipe, add to the pan before you add the **onion**. Stir-fry until golden, 4-5 mins. Then the **onion** to the pan and continue. **IMPORTANT:** Wash your hands after handling raw meat. Cook lardons thoroughly.



Finish and Serve

Remove the roasted roots from the oven and drizzle with **honey**. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min. Toss to coat, then sprinkle over the **remaining parsley**. Spoon the **lentils** into bowls, top with the **roasted roots** and serve with the **cheesy garlic bread**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.