



Harissa Chicken and Lentil Jumble

with Feta and Lemony Dill Drizzle

Rapid 20 Minutes • Little Spice • 5 of your 5 a day

15



Sweet Potato



Courgette



Ground Cumin



Red Onion



Lemon



Dill



Feta Cheese



Brown Lentils



Diced Chicken Thigh



Harissa Paste



Vegetable Stock Powder



Chorizo



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.

Before you start

Cooking tools, you will need:

Baking Tray, Zester, Sieve, Large Frying Pan, Bowl

Ingredients

	2P	3P	4P
Sweet Potato**	1	2	2
Courgette**	1	2	2
Ground Cumin	1 pot	1 pot	2 pots
Red Onion	1	1	2
Lemon**	½	¾	1
Dill**	1 bunch	1 bunch	1 bunch
Feta Cheese 7)**	75g	100g	150g
Brown Lentils	1 carton	1½ carton	2 cartons
Diced Chicken Thigh**	210g	350g	420g
Harissa Paste	1 sachet	1½ sachets	2 sachets
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Water*	75ml	100ml	150ml
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Chorizo**	90g	120g	180g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	507g	100g
Energy (kJ/kcal)	2344 /560	462 /110
Fat (g)	28	6
Sat. Fat (g)	10	2
Carbohydrate (g)	45	9
Sugars (g)	21	4
Protein (g)	34	7
Salt (g)	1.97	0.39

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	552g	100g
Energy (kJ/kcal)	3061 /732	554 /133
Fat (g)	42	8
Sat. Fat (g)	15	3
Carbohydrate (g)	45	8
Sugars (g)	21	4
Protein (g)	45	8
Salt (g)	4.15	0.75

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery

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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The Fresh Farm

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Get Started

a) Preheat your oven to 220C. Chop the **sweet potatoes** into 2cm chunks (no need to peel). Put the **sweet potato chunks** on a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer and roast on the top shelf of your oven until golden, 17-20 mins.

b) Meanwhile, trim the **courgette** then halve lengthways. Thinly slice widthways. Add the **courgette** to the baking tray with the **sweet potato**, scatter over the **cumin** and season with **salt** and **pepper**.

c) Toss to coat, then arrange in a single layer. Roast until golden brown and soft, 15-18 mins. (or for the remaining potato cook time).



Simmer

a) Add the **lentils**, **stock powder** and **water** (see ingredients for amount), season with **salt** and **pepper** and stir together.

b) Simmer until everything is piping hot and the **chicken** is cooked through, 2-3 mins.

IMPORTANT: *The chicken is cooked when it is no longer pink in the middle.*

c) Meanwhile, squeeze the **lemon juice** into a small bowl and add the **dill** and **olive oil** (see ingredients for amount), season with **salt** and **pepper** and stir together.



Finish the Prep

a) Halve, peel and thinly slice the **onion**.

b) Zest and halve the **lemon**.

c) Roughly chop the **dill** (stalks and all).

d) Crumble the **feta**.

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



Finish Up

a) Once the **veg** has roasted, add to the **lentils** along with a **pinch** of **lemon zest**. Stir together to combine.

b) Add a splash more **water** if it is dry.




Chicken Time

a) Heat a drizzle of **oil** in a large frying pan over medium high heat.

b) Once hot, add the **chicken** and stir fry until golden brown all over, 5-6 mins.

c) Add the **onion** and cook until softened, 3-4 mins.

d) Stir through the **harissa paste** and cook for a further 1 minute.

 **CUSTOM RECIPE**

If you've decided to add **chorizo** to your meal, just add it to the pan when you add the **onion** and cook for the same amount of time.



Serve

a) Divide the **jumble** between plates, scatter over the **feta** and drizzle over the **lemony dill dressing**.

b) Sprinkle over any remaining **lemon zest**.

Enjoy!