












Loaded Butternut and Harissa Naan with Tomato, Radish and Rocket

Classic 30-35 Minutes • Mild Spice • 5 of your 5 a day • Veggie



-  Butternut Squash
-  Ground Cumin
-  Radish
-  Medium Tomato
-  Greek Style Salad Cheese
-  Harissa Paste
-  Low Fat Natural Yoghurt
-  Flaked Almonds
-  Plain Naan
-  Rocket
-  Dukkah Mix

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 and bowl.

Ingredients

Ingredients	2P	3P	4P
Butternut Squash**	1	1	2
Ground Cumin	1 sachet	1 sachet	2 sachets
Radish**	100g	150g	200g
Medium Tomato	1	2	2
Greek Style Salad Cheese** 7)	50g	75g	100g
Harissa Paste	1 sachet	1½ sachets	2 sachets
Low Fat Natural Yoghurt** 7)	150g	225g	300g
Flaked Almonds 2)	15g	25g	30g
Plain Naan 7)	2	3	4
11) 13)			
Rocket**	20g	40g	40g
Dukkah Mix 1) 2) 3) 10)	1 sachet	1 sachet	1 sachet

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	684g 3122 /746	100g 456 /109
Fat (g)	26.9	3.9
Sat. Fat (g)	6.1	0.9
Carbohydrate (g)	108.1	15.8
Sugars (g)	26.7	3.9
Protein (g)	24.7	3.6
Salt (g)	2.24	0.33

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

Allergens

1) Peanut 2) Nuts 3) Sesame 7) Milk 10) Celery 11) Soya
13) Cereals containing gluten

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

Let us know what you think!

Share your creations with #HelloFreshSnaps


Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



Roast the Butternut

Preheat your oven to 220°C/200°C fan/gas mark 7.

Trim the **butternut squash**, halve lengthways, then scoop out the seeds (peel first if you prefer). Cut into 1cm chunks and pop onto a large baking tray.

Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle over the **ground cumin**. Toss to coat, then spread out in a single layer. **TIP:** Use two baking trays if necessary.

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



Toasting Time

When the **butternut** has 5 mins left, remove from the oven and sprinkle with the **almonds**. Return to the oven for the remaining time.

Meanwhile, put the **naans** onto a baking tray.

Sprinkle with a little **water** and pop them into the oven to warm through, 2-3 mins.



Get Prepped

Meanwhile, trim and thinly slice the **radishes**.

Cut the **tomato** into 1cm chunks.

Crumble the **Greek style salad cheese** into small pieces.



Dress the Salad

Meanwhile, add the **rocket**, **radishes** and **tomato** to the **harissa dressing**. Toss to coat.



Make your Harissa Dressing

In a large bowl, mix together the **yoghurt** and **harissa** (use less if you'd prefer things milder).

Taste and season with **salt** and **pepper** if needed, then set aside.



Assemble and Serve

When everything is ready, lay a **naan** on each plate.

Top with the **roasted butternut** and **harissa dressed salad**.

Scatter over the **flaked almonds**, **Greek style salad cheese** and **dukkah** to finish.

Enjoy!