



Roasted Veg and Lentil Jumble

with Greek Style Salad Cheese and Pesto

23

Calorie Smart 40-45 Minutes • Mild Spice • 5 of your 5 a day • Veggie • Under 650 Calories



Aubergine



Red Onion



Sweet Potato



Baby Plum Tomatoes



Garlic Clove



Harissa Paste



Greek Style Salad Cheese



Lentils



Ground Cumin



Vegetable Stock Paste



Fresh Pesto

Pantry Items
Oil, Salt, Pepper

Before you start

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

Cooking tools

Garlic press, baking tray, sieve and frying pan.

Ingredients

Ingredients	2P	3P	4P
Aubergine**	1	2	2
Red Onion**	1	1	2
Sweet Potato	1	2	2
Baby Plum Tomatoes	125g	190g	250g
Garlic Clove**	2	3	4
Harissa Paste 14	50g	100g	100g
Greek Style Salad Cheese** 7	100g	150g	200g
Lentils	1 carton	1½ cartons	2 cartons
Ground Cumin	1 sachet	1 sachet	2 sachets
Vegetable Stock Paste 10	10g	15g	20g
Fresh Pesto** 7	32g	48g	64g

Pantry	2P	3P	4P
Water for the Lentils*	75ml	100ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	636g 2542/608	100g 400/96
Fat (g)	26.6	4.2
Sat. Fat (g)	9.4	1.5
Carbohydrate (g)	68.2	10.7
Sugars (g)	24.2	3.8
Protein (g)	21.3	3.4
Salt (g)	4.33	0.68

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Point™ values based on low-cal cooking spray oil.

Allergens

7) Milk 10) Celery 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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The Fresh Farm

60 Worship St, London EC2A 2EZ

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1 Prep the Veg

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

Trim the **aubergine**, then halve lengthways. Cut into roughly 3cm chunks.

Halve and peel the **red onion**. Cut one half into 3 wedges and thinly slice the other half.

Chop the **sweet potato** into 2cm chunks (no need to peel).

Halve the **tomatoes**. Peel and grate the **garlic** (or use a garlic press).



4 Simmer the Lentils

Once softened, add the **garlic** and **ground cumin** to the **onion**, then stir and cook for 1 min more.

Stir in the **veg stock paste** and **water for the lentils** (see pantry for amount). Bring to the boil, then simmer until reduced by half, 2-3 mins.

Stir through the **lentils** and cook for 2-3 mins more, then remove from the heat.



2 Get Roasting

Pop the **sweet potato**, **aubergine** and **onion wedges** onto a large baking tray. **TIP:** Use two baking trays if necessary.

Drizzle with **oil**, then add the **harissa paste**. Season with **salt** and **pepper** and toss to coat using your hands.

When your oven is hot, roast on the top shelf until tender and golden, 25-30 mins.

Halfway through, turn the **veg**, then add the **tomatoes** to the tray to roast for the remaining 10-15 mins.



5 Jumble It Up

Once the **veg** has roasted, add to the **lentil mixture** and gently stir to combine.

Taste and season with **salt** and **pepper** if needed.



3 Finish the Prep

Meanwhile, crumble the **Greek style salad cheese** into small pieces. Drain and rinse the **lentils** in a sieve.

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **sliced onion** and cook, stirring occasionally, until softened, 5-6 mins.



6 Serve

Share the **roasted veg and lentil jumble** between your bowls with the **Greek style salad cheese** sprinkled on top.

Dollop the **pesto** all over to finish.

Enjoy!

