



Cooking Made Easy

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## Roasted Vegetable and Feta Medley with Walnuts

OK we admit, 'medley' is a bit of an old-fashioned word, but we weren't quite sure how else to describe this little marriage of deliciousness. The idea was to create something that you could knock up with minimum effort that combined both sweet and earthy flavours. The result was such a corker we've seen it in at least 5 lunch boxes at the Fresh Farm since!

40 min

veggie

healthy



Feta Cheese



Sweet Potatoes



Yellow Pepper



Green Pepper



Red Pepper



Long Dutch Red Chilli



Organic Lentils



Red Onion



Walnuts



Red Wine Vinegar

## Ingredients

|                                       | 2P      | 4P       |
|---------------------------------------|---------|----------|
| Feta Cheese <b>1</b>                  | 1 block | 2 blocks |
| Sweet Potato, cubed                   | 1       | 2        |
| Yellow Pepper, cubed                  | 1       | 2        |
| Green Pepper, cubed                   | 1       | 2        |
| Red Pepper, cubed                     | 1       | 2        |
| Long Dutch Red Chilli, finely chopped | ½       | 1        |
| Organic Lentils                       | 1 tin   | 2 tins   |
| Red Onion, cubed                      | 1       | 2        |
| Walnuts <b>2</b>                      | 3 tbsp  | 6 tbsp   |
| Red Wine Vinegar <b>3</b>             | 1 tbsp  | 2 tbsp   |

⊕ May feature in another recipe

\* Good to have at home

## Allergens

1) Milk | 2) Nuts

3) Sulphites

**Nutrition per serving:** Calories: 500 kcal | Protein: 23 g | Carbs: 60 g | Fat: 18 g | Saturated Fat: 5 g



**1** Heat your oven to 200 degrees. Scrub your sweet potato but leave the nutritious skin on and chop into rough 2cm cubes. Cut the core out of the peppers and cut the flesh into 2cm cubes. Peel the red onion and chop into 2cm cubes. Slice the chilli in half lengthways and finely chop as much as you dare.



**2** Toss all the vegetables and the chilli in 1 tbsp of olive oil and ½ tsp of salt and pepper. Lay out on a tray and cook on the top shelf for 20-25 mins.



**3** Toast off the walnuts in a dry frying pan. Watch your nuts like a hawk as they can burn easily.



**4** Drain and rinse the lentils thoroughly. Toss the lentils together with the cooked vegetables and ¼ tsp of salt and some pepper. Put back in the oven for a couple of mins for the lentils to warm through. When done add the red wine vinegar to the roasting tray.

**5** Crumble the feta into the medley along with the walnuts and stir through carefully.

**6** Divide your medley between your plates and tuck in.