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WK10
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Beef with Honey Pumpkin, Lentils & Fetta Cheese

This delightful medley of fetta and honey infused pumpkin and lentils is perfectly hearty without being stodgy. Beware: once you've cooked pumpkin like this, you may not be able to go back!



Prep: 10 mins

Cook: 25 mins

Total: 35 mins



level 1

Pantry Items



Honey



Vinegar



Olive Oil



Pumpkin



Brown Onion



Beef Strips



Garlic



Lentils



Parsley



Fetta Cheese

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2P	4P	Ingredients
1 portion	2 portions	pumpkin, chopped into 2 cm cubes
1 ½ tsp	3 tsp	honey *
1 ½ tsp	3 tsp	vinegar (apple cider or white wine vinegar)*
1 tbs	2 tbs	olive oil *
½	1	brown onion, finely sliced (recommended amount)
1 packet	2 packets	beef strips
2 cloves	4 cloves	garlic, peeled & crushed
1 tin	2 tins	lentils, drained & rinsed
1 bunch	2 bunches	parsley, leaves picked & roughly chopped
1 block	2 blocks	fetta cheese, crumbled

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2430	Kj
Protein	51.3	g
Fat, total	21.8	g
-saturated	8.5	g
Carbohydrate	38.2	g
-sugars	19	g
Sodium	360	mg

2



You will need: *chef's knife, chopping board, garlic crusher, sieve, oven tray lined with baking paper, small bowl or jug, medium frying pan and large bowl.*

1 Preheat the oven to **220°C/200°C fan-forced**.

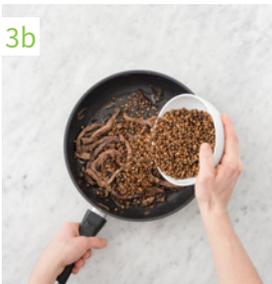
2 Place the **pumpkin** cubes on the prepared oven tray. In a small bowl or jug combine the **honey**, **vinegar** and half of the **olive oil**. Season with **salt** and **pepper**. Pour over the pumpkin and toss to coat. Place the pumpkin in the oven for **15-20 minutes**, or until golden and softened. Set aside.

3a



3 Meanwhile, heat the remaining olive oil in a medium frying pan over a medium-high heat. Cook the **brown onion** for **4-5 minutes**, or until softened. Add the **beef strips** and **garlic** and cook for a further **3-4 minutes**, or until browned. Add the **lentils** and half the **parsley** and cook for **2-3 minutes**, or until heated through. Season with salt and pepper. Remove the pan from the heat.

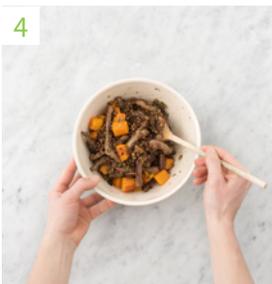
3b



4 In a large bowl combine the beef mixture and roasted pumpkin (stir gently so the pumpkin doesn't become mushy).

5 To serve, divide the beef and pumpkin mixture between bowls. Top with the **fetta cheese** and remaining parsley. Drizzle with a little extra olive oil. Enjoy!

4



Did you know? Onions have been eaten by humans for at least 7,000 years.