



# HONEY-GLAZED FETA

with Garlicky Lentils and Sweet Potato Wedges



## HELLO HONEY

Bees from a single hive visit approximately 225,000 flowers per day!



Sweet Potato



Echalion Shallot



Cherry Plum Tomatoes



Garlic Clove



Feta Cheese



Lentils



Lemon



Honey



Rocket



Pomegranate Seeds

MEAL BAG

30 mins

3.5 of your 5 a day

Veggie

Cook within 2 Days of Delivery

If you've never honey-roasted your feta before, you're about to take your taste buds into the taste stratosphere. Golden, creamy feta with lemony garlic lentils, earthy sweet potato, peppery rocket and fresh pomegranate seeds is a flavour combination you're going to love and one you'll be creating time and time again. You can thank us later.

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got some **Baking Paper**, two **Baking Trays**, a **Fine Grater** (or **Garlic Press**), **Sieve** and a **Frying Pan**. Now, let's get cooking!



### 1 MAKE THE WEDGES

Preheat your oven to 200°C. Chop the **sweet potato** into wedges about 1cm wide (no need to peel). Put them on a lined baking tray and drizzle over some **oil**. Season with a pinch of **salt** and **pepper**. Roast on the top shelf of your oven until crispy and golden, 25-30. Turn halfway through cooking.



### 2 DO THE PREP

Halve, peel and chop the **shallot** into ½cm pieces. Halve the **cherry plum tomatoes**. Peel and grate the **garlic** (or use a garlic press). Slice the **feta cheese** into six long rectangles. Drain and rinse the **lentils** in a sieve.



### 3 ROAST THE FETA

Lay some baking paper on another baking tray and pop the **tomatoes** on one half. Drizzle over some **oil** and season with a pinch of **salt** and **pepper**. Put the **feta slices** on the other half and drizzle over some **oil**. Once the wedges have been in the oven for 15 mins, put the **tomatoes** and **feta** on the middle shelf for the last 7-10 mins of cooking time.



### 4 COOK THE LENTILS

Heat a drizzle of **oil** in a frying pan on medium heat and add the **shallot**. Cook, stirring frequently until soft, 4 mins. Add the **garlic** and cook for 1 minute more. Tip the **lentils** into the pan along with a good pinch of **salt** and a grind of **pepper**. Stir well. Warm the **lentils** through, 3 mins, then remove from the heat.



### 5 GRILL THE FETA

Pour the **olive oil** (see ingredients for amount) into a small bowl and squeeze in the **lemon juice**. Season with a pinch of **salt** and a grind of **pepper** and whisk together with a fork. Once the **wedges**, **tomatoes** and **feta** are cooked, remove from the oven. Turn your grill to high. Add the **tomatoes** to the **lentil mixture** along with the **lemony dressing**. Squeeze the **honey** over the **feta** and pop under the grill for 2 mins.



### 6 PLATE AND SERVE

Spoon the **garlicky lentils** into bowls and top with a handful of **rocket**. Place your **wedges** and **feta** on top (if it breaks up don't worry, it will still be delicious!) and sprinkle over the **pomegranate seeds**. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

|                      | 2P       | 3P         | 4P        |
|----------------------|----------|------------|-----------|
| Sweet Potato         | 2        | 3          | 4         |
| Echalion Shallot     | 1        | 1          | 2         |
| Cherry Plum Tomatoes | 1 punnet | 1 punnet   | 2 punnets |
| Garlic Clove         | 1        | 2          | 2         |
| Feta Cheese 7)       | 1 block  | 1½ blocks  | 2 blocks  |
| Lentils              | 1 carton | 1½ cartons | 2 cartons |
| Olive Oil*           | 1 tbsp   | 1½ tbsp    | 2 tbsp    |
| Lemon                | ½        | 1          | 1         |
| Honey                | 1 sachet | 1½ sachets | 2 sachets |
| Rocket               | 1 bag    | 1 bag      | 2 bags    |
| Pomegranate Seeds    | 1 pack   | 1 pack     | 2 packs   |

\*Not Included

| NUTRITION PER UNCOOKED INGREDIENT | PER SERVING 653G | PER 100G |
|-----------------------------------|------------------|----------|
| Energy (kcal)                     | 515              | 79       |
| (kJ)                              | 2155             | 329      |
| Fat (g)                           | 14               | 2        |
| Sat. Fat (g)                      | 9                | 1        |
| Carbohydrate (g)                  | 79               | 12       |
| Sugars (g)                        | 31               | 5        |
| Protein (g)                       | 19               | 3        |
| Salt (g)                          | 2.55             | 0.39     |

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

7) Milk

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

### THUMBS UP OR THUMBS DOWN?

Head online or use our app to rate this recipe or get in touch via: [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk)

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