



# Roasted Veg and Lentil Jumble with Toasted Almonds and Herby Drizzle

Classic 45 Minutes • Mild Spice • 2 of your 5 a day • Veggie

20



Aubergine



Red Onion



Sweet Potato



Baby Plum Tomatoes



Garlic Clove



Harissa Paste



Greek Style Salad Cheese



Lemon



Coriander



Brown Lentils



Flaked Almonds



Ground Cumin



Vegetable Stock Paste

## Before you start

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

## Cooking tools

Garlic Press, Baking Tray, Sieve, Frying Pan, Bowl and Measuring Jug.

## 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	1 sachet	2 sachets	2 sachets
Greek Style Salad Cheese** (7)	100g	150g	200g
Lemon**	½	¾	1
Coriander**	1 bunch	1 bunch	1 bunch
Brown Lentils	1 carton	1½ cartons	2 cartons
Flaked Almonds (2)	15g	20g	25g
Olive Oil*	1½ tbsp	2½ tbsp	3 tbsp
Ground Cumin	1 sachet	1 sachet	2 sachets
Water for the Lentils*	75ml	100ml	150ml
Vegetable Stock Paste (10)	10g	15g	20g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	646g	100g
Energy (kJ/kcal)	2643/632	409/98
Fat (g)	30	5
Sat. Fat (g)	10	2
Carbohydrate (g)	63	10
Sugars (g)	21	3
Protein (g)	23	4
Salt (g)	3.11	0.48

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

2) Nut 7) Milk 10) Celery

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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## Prep the Veg

Preheat the oven to 200°C. Trim the **aubergine**, then halve lengthways. Chop each half into four long strips then chop widthways into roughly 3cm pieces. Halve and peel the **onion**. Cut one half into 3 wedges and thinly slice the other half. Chop the **sweet potatoes** into 2cm chunks (no need to peel). Halve the **tomatoes**. Peel and grate the **garlic** (or use a garlic press).



## Get Roasting

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



## Prep the Toppings

Meanwhile, crumble the **Greek style salad cheese** into small pieces. Zest and cut the **lemon** into **wedges**. Finely chop the **coriander** (stalks and all). Drain and rinse the **lentils** in a sieve. Heat a large frying pan over medium heat (no oil). Once hot, add the **flaked almonds** and toast until lightly brown, 2-3 mins, stirring regularly. **TIP: Watch them like a hawk as they can burn easily.** Transfer the **almonds** to a small bowl and set aside.



## Make the Drizzle

Squeeze the **lemon juice** into another small bowl and add the **olive oil** (see ingredients for both amounts). Season with **salt** and **pepper**. Add the **coriander** and mix together. Set aside.



## Lentil Time

Heat a drizzle of **oil** in the frying pan on medium-high heat, add the **sliced onion** and cook until soft, 5-6 mins, stirring occasionally. Add the **garlic** and **ground cumin** to the **onion**, stir and cook for 1 min. Pour in the **water for the lentils** (see ingredients for amount) and stir in the **veg stock paste**. Bring to the boil, then simmer until the **water** has reduced by half, 2-3 mins. Stir in the **lentils** and cook for 2-3 mins, then remove from the heat.



## Dish Up

Once the **veg** has finished cooking, remove from the oven and add to the **lentils**. Add the **lemon zest** to the pan and mix everything together. Serve in large bowls with the **Greek style salad cheese** and **toasted almonds** sprinkled on top. Spoon over the **herby drizzle** and serve with any remaining **lemon wedges** alongside.

## Enjoy!