



FRENCH STYLE LENTILS

with Roasted Roots, Walnuts and Cheesy Croutons



HELLO WALNUTS

Ancient Romans considered these nuts a symbol of fertility and threw them at weddings. Ouch!



Carrot



Baby Parsnip



Red Onion



Garlic Clove



Flat Leaf Parsley



Tarragon



Lentils



Red Wine Vinegar



Water



Vegetable Stock Pot



Ciabatta



Hard Italian Cheese



Baby Spinach



Crème Fraîche



Wholegrain Mustard



Honey



Walnuts

35 mins

Veggie

5 of your 5 a day

eat within 3 days

Little Heat

This French-inspired dish is a delight, bursting with aromatics from tarragon and garlic and the earthy tones of lentils and walnuts. Then there's the warmth of wholegrain mustard, the sweetness of honey and everything gets topped off with crunchy croutons. It's a winner!

BEFORE YOU START

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



1 ROAST THE ROOTS

Preheat your oven to 220°C. Remove the top and bottom from the **carrot** and **baby parsnip**. Chop into batons the size of your little finger (no need to peel). Pop on a lined baking tray and drizzle over a glug of **olive oil**. Season with a pinch of **salt** and a good grinding of **black pepper**. Roast on the top shelf of your oven until soft and golden, 25-30mins. Turn halfway through.



2 PREP THE VEGGIES

Halve, peel and thinly slice the **red onion** into half moons. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **parsley**. Pick the **tarragon leaves** from their stalks and roughly chop (discard the **stalks**). Keep the two herbs separate. Drain and rinse the **lentils** in a sieve.



3 SOFTEN THE ONION

Heat a splash of **oil** in a large frying pan over medium heat. When the **oil** is hot, add the **onion**. Cook until softened, 5 mins. Add the **garlic** and cook for 1 minute more. Add the **red wine vinegar** and allow to evaporate completely before stirring in the **vegetable stock pot** and the **water** (amount specified in the ingredient list). Simmer until the **stock** has reduced by half, about 10 mins.



4 MAKE THE CROUTONS

Meanwhile, slice the ciabatta into 2cm chunks and place on another baking tray. Drizzle over a glug of **olive oil**, sprinkle on the **hard Italian cheese** and season with a good grind of **black pepper**. Toss together. Bake on the middle shelf of your oven until golden, 7-8 mins.



5 ADD THE LENTILS

Once the **stock** has reduced, stir in the **baby spinach**, **lentils** and **crème fraîche**. Bring to a simmer and cook until the **spinach** has wilted, 3-4 mins. **★ TIP: Stir a few times whilst this is happening to ensure the spinach wilts evenly.** Add the **wholegrain mustard** and **parsley** then remove from the heat. Season to taste with **salt** and **black pepper**.



6 FINISH AND SERVE

Remove the **roasted veggies** from the oven. Squeeze the **honey** over them and sprinkle on the **tarragon**. Toss to coat. Spoon the **lentils** into bowls, top with the **roasted veggies** and sprinkle on the **walnuts**. Scatter over the **cheesy croutons** and **enjoy!**

2 PEOPLE INGREDIENTS

Carrot, chopped	2
Baby Parsnip, chopped	1 pack
Red Onion, sliced	1
Garlic Clove, grated	1
Flat Leaf Parsley, chopped	1 bunch
Tarragon, chopped	1 bunch
Lentils	1 tin
Red Wine Vinegar 12)	1 tbsp
Water*	100ml
Vegetable Stock Pot 9) 12)	½
Ciabatta, sliced 1)	1
Hard Italian Cheese 7)	40g
Baby Spinach	1 small bag
Crème Fraîche 7)	1 small pot
Wholegrain Mustard 10)	1 tbsp
Honey	1 tbsp
Walnuts 8)	25g

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	714	104
(kJ)	2884	421
Fat (g)	32	5
Sat. Fat (g)	15	2
Carbohydrate (g)	74	11
Sugars (g)	32	5
Protein (g)	26	4
Salt (g)	2.96	0.43

ALLERGENS

1)Gluten 7)Milk 8)Nuts 9)Celery 10)Mustard 12)Sulphites

Vegetable Stock Pot Ingredients: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains **Sulphites**), Stabiliser [Tara Gum], **Celery** Salt, **Celery** Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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