



Lentil Nut Roast and Proper Roast Potatoes

with Roasted Chantenays and Purple Sprouting Broccoli

Roast 60 Minutes • 3 of your 5 a day • Veggie

27



Potato



Plain Flour



Red Onion



Closed Cup Mushrooms



Carrot



Cheddar Cheese



Walnuts



Lentils



Panko Breadcrumbs



Vegetable Stock Powder



Chantenay Carrots



Purple Sprouting Broccoli



Balsamic Vinegar



Red Wine Stock Paste

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Baking Tray x3, Chopping Board, Sharp Knife, Vegetable Peeler, Saucepan, Colander, Grater, Sieve, Frying Pan,

Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Plain Flour 13)	24g	36g	48g
Red Onion**	2	3	4
Closed Cup Mushrooms**	1 small punnet	1 large punnet	2 small punnets
Carrot**	1	2	2
Cheddar Cheese 7)**	30g	45g	60g
Lentils	1 carton	1½ cartons	2 cartons
Panko			
Breadcrumbs 13)	25g	40g	50g
Vegetable Stock Powder 10)	2 sachets	3 sachets	4 sachets
Walnuts 2)	1 small bag	1 small & 1 large bag	2 large bags
Chantenay Carrots**	1 pack	2 packs	2 packs
Purple Sprouting Broccoli**	1 small pack	1 large pack	2 small packs
Balsamic Vinegar 14)	1 sachet	1 sachet	2 sachets
Red Wine Stock Paste 14)	1 sachet	1½ sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	892g	100g
Energy (kJ/kcal)	3194 / 764	358 / 86
Fat (g)	22	3
Sat. Fat (g)	5	1
Carbohydrate (g)	114	12
Sugars (g)	31	4
Protein (g)	28	3
Salt (g)	4.99	0.56

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 7) Milk 10) Celery 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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Start the Potatoes

Preheat your oven to 200°C. Pour a good glug of **oil** onto a baking tray and pop in your oven. Bring a large saucepan of **water** to the boil on a high heat with ½ tsp **salt**. Peel the **potatoes**, chop them into 3cm chunks. Add the **potatoes** to the boiling **water** and cook for 7-8 mins or until the edges have softened when you poke them with a knife. Once the **potatoes** are ready, drain in a colander, pop back into the pan then sprinkle on **half the flour**. Give your pan a shake to fluff up the **potato**. Set aside.



Roast the Potatoes

Meanwhile, take your hot baking tray out of your oven, carefully transfer your **potatoes** onto it in a single layer, turning in the **oil**. Season with **salt**. Roast the **potatoes** on the top shelf of your oven for 35-40 mins, turn halfway through.



Make the Nut Roast

Meanwhile, halve and peel the **red onions**. Chop **half the onions** and all the **mushrooms** into 1 cm sized chunks. Thinly slice the remaining **red onion**, coarsely grate the normal **carrot** and grate the **Cheddar**. Roughly chop the **walnuts** and set aside. Drain and rinse the **lentils** in a sieve. Heat a drizzle of **oil** in a large frying pan on a medium high heat. When hot, add the **chopped onion, mushroom and grated carrot** to the pan and cook stirring frequently until softened, 7-8 mins. Once soft, add the **lentils, panko breadcrumbs and veg stock powder**.



Cook the Veg

When everything has 30 mins left, pop the **chantenay carrots** onto a baking tray and drizzle with **oil**. Season with **salt** and **pepper** and mix well, lay in a single layer and bake on the middle shelf of your oven until tender and starting to turn golden, 25-30 mins. Half way through, add the **broccoli** and pop back into the oven for the remaining time. While everything is cooking, heat a drizzle of **oil** in a small frying pan on a medium high heat. When hot, add the **sliced red onion** and **balsamic vinegar** and cook stirring frequently until soft, 4-5 mins.



Cook the Nut Roast

Mash the mixture until you get a mixture that binds together. Chop the **walnuts** and add to the pan along with the **grated Cheddar**. Mix well and shape into a log and place on baking tray lined with baking paper. **TIP: Wet your hands before shaping to avoid sticking.** Bake on the middle of your oven until firm in the middle, 35-40 mins.



Finish & Serve

Once the **onion** is soft add the remaining **flour** and cook stirring frequently for 1-2 mins, add the **red wine stock paste** and **water** (see ingredients for amount). Bring to the boil, then reduce the heat to a simmer. Stir frequently until the **sauce** has reduced and thickened, 6-8 mins. Once everything has cooked, share the **nut roast** between your plates with the **potatoes** along side. Serve with the **roasted veg** on the side and drizzle the **gravy** over the nut roast.

Enjoy!