



# Warm Lentil Salad

with Roast Butternut and Minted Feta

**BALANCED** 45 Minutes • 2.5 of your 5 a day • Veggie



Butternut Squash



Aubergine



Ground Coriander



Red Onion



Garlic Clove



Lemon



Lentils



Vegetable Stock Powder



Bulgur Wheat



Flat Leaf Parsley



Mint



Feta Cheese



Red Pepper & Chilli Jelly

## Before you start

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

### Basic cooking tools, you will need:

Baking Tray, Fine Grater (or Garlic Press), Sieve, Measuring Jug, Saucepan, Frying Pan and Mixing Bowl.

### Ingredients

	2P	3P	4P
Butternut Squash**	1	1	1
Aubergine**	1	2	2
Ground Coriander	1 small pot	1 large pot	1 large pot
Red Onion**	1	1	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Lemon**	½	1	1
Lentils**	1 carton	1½ cartons	2 cartons
Water for the Bulgur*	240ml	360ml	480ml
Vegetable Stock Powder <b>10</b>	1 sachet	2 sachets	2 sachets
Bulgur Wheat <b>13</b>	120g	180g	240g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Mint**	1 bunch	1 bunch	1 bunch
Feta Cheese <b>7</b> **	1 block	1½ blocks	2 blocks
Red Pepper & Chilli Jelly	2 pots	3 pots	4 pots

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	726g	100g
Energy (kJ/kcal)	2644 / 632	364 / 87
Fat (g)	15	2
Sat. Fat (g)	9	1
Carbohydrate (g)	93	13
Sugars (g)	21	3
Protein (g)	28	4
Salt (g)	3.09	0.43

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**7)** Milk **10)** Celery **13)** Gluten

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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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## 1. Prep the Butternut

Preheat your oven to 200°C. Trim, then cut the **butternut squash** in half lengthways. Scoop out the seeds and cut into 2cm chunks (no need to peel). Pop on a large baking tray. Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into roughly 2cm pieces. Drizzle the **butternut** with **oil**, add the **ground coriander** and season with **salt** and **pepper**. Toss to evenly coat.



## 4. Fry the Veggies

In the meantime, heat a drizzle of **oil** in a frying pan over medium-high heat. Add the **red onion**. Stir-fry until softened, 5-6 mins. Add the **garlic**. Cook for 1 minute more, then add the **lentils**. Lower the heat to medium and warm through for 2-3 mins. Remove the pan from the heat and cover with foil to keep warm.



## 2. Prep the Veggies

Pop the tray onto the top shelf of your oven and roast the **butternut** until soft and golden, 30-35 mins. 10 mins into the cooking time, add the **aubergine** to the tray with the **squash** and toss everything together before returning to the oven. Meanwhile, halve, peel and thinly slice the **red onion**. Peel and grate the **garlic** (or use a garlic press). Zest then halve the **lemon**. Drain and rinse the **lentils** in a sieve.



## 5. Finishing Touches

Roughly chop the **parsley** (stalks and all). Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Keep the **herbs** separate. Crumble the **feta** into a mixing bowl with **half the mint** and a glug of **olive oil**. Once the **bulgur** is cooked, fluff it up with a fork and add it to the pan with the **lentils**. Mix in the **parsley** and remaining **mint** along with a pinch of **lemon zest** and a squeeze of **lemon juice**. Season with **salt** and **pepper** to taste.



## 3. Cook the Bulgur

Pour the **water** for the bulgur wheat (see ingredients for amount) into a saucepan and bring to the boil. Stir in the **bulgur**, and **stock powder**, bring back up to the boil and simmer for 1 minute. Pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



## 6. Assemble and Serve

When the **butternut** and **aubergine** chunks are cooked, spoon on the **red pepper and chilli jelly**. Carefully toss the **roasted veg** in the **jelly** so it gets an even coating. Serve the **bulgur lentil mixture** in deep bowls with some **butternut** and **aubergine** on top, a sprinkling of **minty feta** and any remaining **lemon zest**.

Enjoy!

### BALANCED RECIPE

Low Salt • Low Sugar

**Featured Ingredient: Butternut squash**, is a good source of vitamin A, especially beta carotene, which gives the butternut squash its rich orange colour. Vitamin A contributes to the maintenance of normal vision.

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.