



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Harissa Paste

Made in Tasmania, Island Curries' harissa is a delicious red chilli pepper-based paste frequently seen in Moroccan cuisine. It's gluten free and has no added preservatives or fillers.



Black Lentils with Harissa Roast Veggies

Harissa-marinated sweet potato, mushrooms, capsicum and cherry tomatoes roasted until caramelised, served over beluga lentils with fresh parsley and garlic vinaigrette.



40 minutes



Plant-Based



4/6 servings

Switch it up!

You can transform this dish into a harissa lentil stew instead! Simmer all the vegetables and lentils with the harissa paste and stock. Serve with crusty bread.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	18g	5g	89g

FROM YOUR BOX

	4 PERSON	6 PERSON
BELUGA LENTILS	200g	200g + 100g
HARISSA PASTE	2 sachets	3 sachets
LEMON	1	2
SWEET POTATOES	800g	1.2kg
YELLOW CAPSICUM	1	2
BUTTON MUSHROOMS	200g	2 x 200g
CHERRY TOMATOES	2 x 200g	3 x 200g
GARLIC CLOVE	1	1
PARSLEY	20g	2 x 20g

FROM YOUR PANTRY

olive oil, red wine vinegar, maple syrup (see notes), salt and pepper

KEY UTENSILS

oven tray, saucepan

NOTES

You can use brown sugar instead of maple syrup to sweeten the dressing.



1. COOK THE LENTILS

Set oven to 220°C.

Place **beluga lentils** in a saucepan and cover with plenty of water. Bring to the boil then reduce heat and simmer for 18–20 minutes, or until tender but still firm. Drain and set aside.



4. DRESS THE LENTILS

Whisk together **2 tbsp olive oil**, **1 tbsp red wine vinegar**, **2 tsp maple syrup**, **1 crushed garlic clove** and season with **salt and pepper**. Toss with **lentils**.

6P– whisk together 3 tbsp olive oil, 1 1/2 tbsp red wine vinegar, 3 tsp maple syrup, 1 crushed garlic clove and season with salt and pepper.



2. PREPARE THE MARINADE

Combine **harissa**, juice from **1/2 lemon** (wedge remaining) and **3 tbsp olive oil** in a small bowl. Season with **salt and pepper** and stir to combine.

6P– use juice from 1 lemon and 4 tbsp olive oil. Wedge remaining lemon.



5. FINISH AND SERVE

Spoon **dressed lentils** onto a large sharing plate or divide among bowls. Top with **roasted vegetables** and spoon over any **harissa juices**. Roughly chop **parsley** and use to garnish along with **lemon wedges**.



3. ROAST THE VEGETABLES

Dice **sweet potatoes** and **capsicum**. Halve **mushrooms**. Toss on a lined oven tray with **cherry tomatoes** and **harissa marinade** until coated. Roast for 25–30 minutes until cooked through.



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