



Baharat Roasted Chantenay Carrot Salad

with Sweet Potato, Zhoug Bulgur, Dill & Tahini Dressing

Classic 25 Minutes • Little Spice • 2.5 of your 5 a day • Plant-Based

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Sweet Potato



Mixed Chantenay Carrots



Baharat Spice Mix



Baby Plum Tomatoes



Red Onion



Garlic Clove



Dill



Lemon



Bulgur Wheat



Vegetable Stock Powder



Tahini Paste



Zhoug Paste

Before you start

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

Cooking tools, you will need:

Chopping Board, Sharp Knife, Baking Tray, Fine Grater (or Garlic Press), Saucepan, Measuring Jug,

Ingredients

	2P	3P	4P
Sweet Potato**	1	2	2
Mixed Chantenay Carrots**	150g	225g	300g
Baharat Spice Mix	1 small pot	¾ large pot	1 large pot
Baby Plum Tomatoes	125g	190g	250g
Red Onion**	1	1	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Dill**	6g	6g	6g
Lemon**	½	¾	1
Water*	120ml	180ml	240ml
Bulgur Wheat 13)	120g	180g	240g
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Tahini Paste 3)	22g	30g	44g
Zhoug Paste	1 sachet	1½ sachets	2 sachets
Olive Oil*	1 tbsp	1 ½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	464g	100g
Energy (kJ/kcal)	2464 /589	531 /127
Fat (g)	20	4
Sat. Fat (g)	3	1
Carbohydrate (g)	87	19
Sugars (g)	16	4
Protein (g)	15	3
Salt (g)	1.38	0.30

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame **10**) Celery **13**) Gluten

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.

Contact

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Get Started

Preheat your oven to 200°C. Chop the **sweet potatoes** into 2cm chunks (no need to peel!). Trim the **carrots** and halve lengthways. Pop them both onto a wide baking tray, drizzle with **oil** and season with **salt** and **pepper**. Sprinkle over the **Baharat spice mix**, toss to coat and spread out in a single layer. **TIP: Use two trays if you need to, you want everything to be nicely spaced out.** Roast on the top shelf of your oven until golden brown and cooked through, 25-30 mins. Turn halfway through cooking, at this point add the the **tomatoes** to the tray.



Make the Dressing

Meanwhile, pop the **tahini** into a small bowl. Add the **olive oil** (see ingredients for amount), a squeeze of **lemon juice**, a pinch of **sugar** and season with **salt** and **pepper**. Stir together and add enough **water** to make a thick but pourable dressing. **TIP: If it starts to look grainy just keep stirring until it becomes smooth.** Set aside.



Finish the Prep

Meanwhile, halve, peel and chop the **red onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **dill** (stalks and all). Zest and halve the **lemon**.



Finish Up

Once the **bulgur wheat** is cooked, stir through the **zhoug paste**, **lemon zest** and **half** the **dill**. Taste and season with **salt** and **pepper**. Add a squeeze of **lemon juice** if you like.



Cook the Bulgur

Heat a drizzle of **oil** in a medium saucepan over medium-heat. Once hot, add the **chopped red onion** and cook, stirring regularly, until softened, 4-5 mins. Add the **garlic** and cook for 1 minute stirring frequently. 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**, 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.



Serve

Once the **vegetables** are cooked, stir them through the **bulgur wheat**. Divide between plates, drizzle over the **tahini dressing** and top with the remaining **dill**.

Enjoy!

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.