



Baharat Roasted Root Veg and Aubergine with Zhoug Bulgur and Yoghurt Tahini Dressing

41

Classic 30-35 Minutes • Medium Spice • 5 of your 5 a day • Veggie



Aubergine



Sweet Potato



Carrot



Baharat Spice Mix



Baby Plum Tomatoes



Garlic Clove



Lemon



Bulgur Wheat



Vegetable Stock Paste



Tahini



Low Fat Natural Yoghurt



Zhoug Style Paste

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, garlic press, fine grater, saucepan, lid and bowl.

Ingredients

Ingredients	2P	3P	4P
Aubergine**	1	1½	2
Sweet Potato	1	2	2
Carrot**	2	3	4
Baharat Spice Mix	1 sachet	1 sachet	2 sachets
Baby Plum Tomatoes	125g	190g	250g
Garlic Clove**	1	2	2
Lemon**	½	¾	1
Bulgur Wheat 13	120g	180g	240g
Vegetable Stock Paste 10	10g	15g	20g
Tahini 3	30g	30g	60g
Low Fat Natural Yoghurt** 7	75g	120g	150g
Zhoug Style Paste	50g	75g	100g

Pantry	2P	3P	4P
Water for the Bulgur*	240ml	360ml	480ml
Sugar for the Dressing*	1 tsp	1½ tsp	2 tsp
Olive Oil for the Dressing*	1 tsp	1½ tsp	2 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	632g / 3004 / 718	100g / 475 / 114
Fat (g)	28.3	4.5
Sat. Fat (g)	4.4	0.7
Carbohydrate (g)	101.4	16.0
Sugars (g)	27.8	4.4
Protein (g)	18.8	3.0
Salt (g)	2.44	0.39

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

3) Sesame **7**) Milk **10**) Celery **13**) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Roast your Veg

Preheat your oven to 220°C/200°C fan/gas mark 7.

Trim the **aubergine**, then cut into roughly 2cm pieces. Chop the **sweet potato** into 2cm chunks (no need to peel).

Trim the **carrot**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.

Pop the **aubergine, sweet potato and carrot** onto a large baking tray. Drizzle with **oil**, season with **salt and pepper**, then sprinkle with the **baharat**.

Toss to coat, then spread out in a single layer.

TIP: Use two baking trays if necessary.



Make your Tahini Dressing

Meanwhile, pop the **tahini** into a small bowl. Mix in the **sugar** and **olive oil for the dressing** (see pantry for both amounts), then add a squeeze of **lemon juice** and season with **salt and pepper**.

Stir to combine, then mix in the **yoghurt** until smooth. Add a splash of **water** if it's a little too thick.

Set the **tahini dressing** aside.



Chop and Grate

When the oven is hot, roast the **veg** on the top shelf until golden and tender, 25-35 mins. Turn halfway through, then add the **tomatoes** to the tray to roast for the remaining time.

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Zest and halve the **lemon** (see ingredients for amount).



Finish Up

Once the **bulgur wheat** is cooked, stir through the **zhoug style paste** (add less if you'd prefer things milder) and **lemon zest**.

Taste and season with **salt and pepper**. Add a squeeze of **lemon juice** if you'd like.



Cook the Bulgur

Heat a drizzle of **oil** in a medium saucepan on medium heat.

Once hot, add the **garlic** and stir-fry for 1 min.

Pour the **water for the bulgur** (see pantry for amount) into the pan and bring to the boil. Stir in the **bulgur** and **veg stock paste**, bring back up to the boil and simmer for 1 min.

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**, then share between your plates.

Drizzle over the **tahini dressing** to finish.

Enjoy!