

# Baharat Roasted Root Veg and Aubergine

with Zhoug Bulgur and Yoghurt Tahini Dressing



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









Aubergine



Carrot









Baby Plum Tomatoes



**Baharat Spice** 



Lemon



Garlic Clove

**Bulgur Wheat** 



Vegetable Stock





Natural Yoghurt



Zhoug Style Paste

### 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

3. 5				
Ingredients	2P	3P	4P	
Aubergine**	1	11/2	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**	1/2	3/4	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**

ypical Values	Per serving	Per 100g
or uncooked ingredient	632g	100g
nergy (kJ/kcal)	3004 /718	475/114
at (g)	28.3	4.5
at. Fat (g)	4.4	0.7
arbohydrate (g)	101.4	16.0
ugars (g)	27.8	4.4
rotein (g)	18.8	3.0
alt (g)	2.44	0.39
at (g) at. Fat (g) arbohydrate (g) ugars (g) rotein (g)	28.3 4.4 101.4 27.8 18.8	4.5 0.7 16.0 4.4 3.0

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

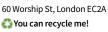
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### Roast your Veg

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.



# **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).



# 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.



### 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.



# 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.



### 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!