



# BAKED HERBY CORN

with Caramelised Onion Bulgur, Roasted Pepper and Feta



## HELLO FETA

*Feta is one of the world's oldest cheeses, it is mentioned in Homer's Odyssey.*



Corn on the Cob



Red Onion



Red Pepper



Coriander



Lime



Garlic Salt



Mild Paprika



Balsamic Vinegar



Bulgur Wheat



Tomato Purée



Vegetable Stock Powder



Rocket



Feta

MEAL BAG

35 mins

3 of your 5 a day

Veggie

Cook within 3 Days of Delivery

7

# BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got **Fine Grater, Mixing Bowl**, some **Foil**, a **Baking Tray**, **Large Saucepan** (with a **Lid**) and **Measuring Jug**. Now, let's get cooking!



## 1 PREP TIME!

Run a knife around the middle of each **corn on the cob**, then use your hands to snap in half. Halve, peel and thinly slice the **onion** into half moons. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Finely chop the **coriander** stalks and all. Grate the **lime zest** into a mixing bowl and squeeze in **half the lime juice**.



## 2 SMOTHER THE CORN

Add the **garlic salt**, **olive oil** (see ingredients for amount), **mild paprika** and **half the coriander** to the bowl and stir to combine. Then add the **corn** and smother in the **marinade**. Lay a laptop sized piece of foil on a baking tray and place the **corn** and all the **marinade** on top. Scrunch the foil to enclose the **corn**. Roast on the top shelf of your oven for 15 mins.



## 3 COOK THE ONION

Heat a glug of **oil** in a large saucepan on medium heat, add the **onion**. Cook until starting to soften, stirring occasionally, 5 mins. Add the **balsamic vinegar**, stir and cook, until soft and caramelised, 5 mins more. Add the **bulgur** and **tomato purée**, stir together. Pour in the **water** (see ingredients for amount) and stir in the **stock powder**, bring back to the boil, pop a lid on and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



## 4 ROAST THE PEPPER

When the **corn** has been roasting for 10-15 mins, remove from your oven and open the foil. Add the **pepper** to the tray with the **corn** (on top of the foil) and drizzle with a little more **oil** and a pinch of **salt** and **black pepper**. Pop back into your oven (keeping the foil open this time) to cook until the **pepper** is soft and the **corn** has finished cooking, another 15 mins.



## 5 MAKE THE DRESSING

Squeeze the remaining **lime juice** into a large bowl and drizzle in a little **oil**. Season with a pinch of **salt** and **pepper** and mix together (this is your dressing for later). Once the **bulgur** has absorbed all the **stock**, fluff it up with a fork and stir through your remaining **coriander**.



## 6 FINISH AND SERVE

Once everything is ready, add the **rocket** to your **dressing** and toss to coat. Serve the **bulgur** in bowls with the **corn** and **red pepper** on top and a handful of **rocket**. Crumble the **feta** over to finish. **Enjoy!**

# 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Corn on the Cob	2	3	4
Red Onion	1	1½	2
Red Pepper	1	1½	2
Coriander	1 bunch	1 bunch	1 bunch
Lime	1	1	2
Garlic Salt	1 small pot	1 small pot	2 small pots
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Mild Paprika	1 small pot	1 small pot	1 large pot
Balsamic Vinegar 14)	1 sachet	1 sachet	2 sachets
Bulgur Wheat 13)	150g	225g	300g
Tomato Purée	1 sachet	1½ sachets	2 sachets
Water*	300ml	450ml	600ml
Vegetable Stock Powder 10)	½ pot	¾ pot	1 pot
Rocket	1 bag	1 bag	2 bags
Feta 7)	1 block	1½ blocks	2 blocks

\*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING: 651G	PER 100G
Energy (kcal)	678	104
(kJ)	2835	435
Fat (g)	24	4
Sat. Fat (g)	10	2
Carbohydrate (g)	86	13
Sugars (g)	19	3
Protein (g)	24	4
Salt (g)	3.53	0.54

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

7) Milk 10) Celery 13) Gluten 14) Sulphites

🧼 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.

### 👍 THUMBS UP OR THUMBS DOWN?

Head online or use our app to rate this recipe or get in touch via: [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk)



You made this, now show it off! Share your creations with us:

📷 🐦 📘 🌐 #HelloFreshSnaps

HelloFresh UK

The Fresh Farm  
60 Worship St, London EC2A 2EZ

Packed in the UK

♻️ YOU CAN RECYCLE ME!

