



Beetroot, Green Bean and Orange salad with Bulgur Wheat and Feta

N° 8

BALANCED 30 Minutes • Under 600 Calories • 3 of your 5 a day • Veggie



Red Onion



Green Beans



Mint



Orange



Feta Cheese



Cooked Beetroot



Ground Cumin



Bulgur Wheat



Honey



Wholegrain Mustard



Red Wine Vinegar



Pea Shoots



Flaked Almonds

Before you start

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

Basic cooking tools, you will need:

Two Saucepans, Measuring Jug and Sieve.

Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Green Beans**	1 small pack	1 large pack	1 large pack
Mint**	1 bunch	1 bunch	1 bunch
Orange**	1	1½	2
Feta Cheese 7)**	¾ block	1 block	1½ blocks
Cooked Beetroot**	1 pack	1½ packs	2 packs
Ground Cumin	1 small pot	¾ large pot	1 large pot
Water for the Bulgur*	240ml	360ml	480ml
Bulgur Wheat 13)	120g	180g	240g
Honey	1 sachet	1 sachet	2 sachets
Wholegrain Mustard 9)	1 pot	1 pot	2 pots
Red Wine Vinegar 14)	1 sachet	2 sachets	2 sachets
Olive Oil*	¾ tbsp	1 tbsp	1½ tbsp
Pea Shoots**	1 bag	1 bag	2 bags
Flaked Almonds 2)	1 small pot	1 large pot	1 large pot

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	496g	100g
Energy (kJ/kcal)	2481 /593	500 /120
Fat (g)	22	4
Sat. Fat (g)	8	2
Carbohydrate (g)	74	15
Sugars (g)	26	5
Protein (g)	21	4
Salt (g)	1.20	0.24

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 7) Milk 9) Mustard 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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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You can recycle me!



Packed in the UK



1. Caramelize the Onion

Halve, peel and thinly slice the **red onion**. Heat a drizzle of **oil** in a large saucepan over medium heat. Once hot, add the **onion** and season with **salt** and **pepper**. Cook, stirring occasionally, until the **onion** has softened and is starting to colour, 5-6 mins.



4. Boil the Beans

Meanwhile, once the **water** is boiling, add the **beans** and a ½ tsp of **salt**. Boil until just tender, 3-4 mins. Once cooked, drain in a sieve and run under cold water to cool. Set to one side.



2. Chop Chop!

In the meantime, trim the **green beans**. Pick the **mint leaves**, discard their stalks and roughly chop (discard the stalks). Peel the **orange** and cut in half. Slice widthways into 1cm wide half-moons. Crumble the **feta**. Chop each **beetroot** into 6 segments. Fill a saucepan with **water** and bring to the boil (for the beans later on).



5. Make the Dressing

While the beans are cooking, pop the **honey**, **mustard** and **red wine vinegar** into a large salad bowl. Mix to combine then add the **olive oil** for the dressing (see ingredients for amount), season with **salt** and **pepper**.



3. Cook the Bulgur Wheat

Once the **onions** have caramelised, stir in the **cumin** and cook for 1 minute. Pour the **water** for the bulgur (see ingredients for amount) into the pan and bring to the boil. Once boiling, stir in the **bulgur wheat**, bring back up to the boil, pop a lid on the pan and remove from the heat. Leave to the side to cook for 12-15 mins, or until ready to serve.



6. Serve

Once everything is ready, fluff the **bulgur wheat** up with a fork and stir in **half the mint**. Taste and season with **salt** and **pepper** if necessary. Pop the **beetroot**, **orange**, **green beans**, and **pea shoots** into the salad bowl and toss to coat in the **dressing**. Divide the **bulgur** between your bowls and pop the **beetroot salad** on top. Sprinkle over the **crumbled feta** and **flaked almonds**.

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.

BALANCED RECIPE

Under 600 Calories • Low Salt

Featured Ingredient: Beetroot is a great source of folate, which is required for cell division. One cup of beetroot provides 20% of your daily folate requirement.