

# Beetroot, Green Bean and Orange Salad

with Bulgur Wheat and Feta

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







**Red Onion** 



Green Beans









Feta Cheese





**Ground Cumin** 



**Bulgur Wheat** 







Wholegrain Mustard



Red Wine Vinegar





Flaked Almonds

# Before you start

Our fruit, veggies and herbs need a wash before vou 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 <b>9)</b>	1 pot	1 pot	2 pots
Red Wine Vinegar <b>14)</b>	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)	2498 /597	504/120
Fat (g)	22	4
Sat. Fat (g)	8	2
Carbohydrate (g)	76	15
Sugars (g)	27	6
Protein (g)	22	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

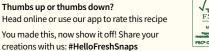
Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

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

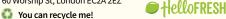
#### Contact

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Packed in the UK



## 1. Caramelise 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.



## 2. Chop Chop!

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



## 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 for 12-15 mins or until ready to serve.



## 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.



# 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.



## 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 peashoots 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 the crumbled feta and flaked almonds.

# **Eniov!**

#### **BALANCED RECIPE**

Under 600 Calories • Low Salt • Source of Protein

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

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.