



# Beetroot, Green Bean and Orange Salad with Bulgur Wheat and Feta

Calorie Smart 35 Minutes • 3 of your 5 a day • Under 600 calories • Veggie

N° 17



Red Onion



Green Beans



Mint



Orange



Feta Cheese



Cooked Beetroot



Ground Cumin



Vegetable Stock Paste



Bulgur Wheat



Honey



Wholegrain Mustard



Red Wine Vinegar



Rocket

## Before you start

Our fruit and veg need a little wash before you use them!

## Cooking tools, you will need:

Cutting Board, Knife, Saucepan, Colander and Bowls.

## Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Green Beans**	80g	99.99g	150g
Mint**	1 bunch	1 bunch	1 bunch
Orange**	1	1½	2
Feta Cheese 7)**	75g	100g	150g
Cooked Beetroot**	250g	375g	500g
Ground Cumin	1 sachet	1 sachet	2 sachets
Water for the Bulgur*	240ml	360ml	480ml
Vegetable Stock Paste 10)	10g	15g	20g
Bulgur Wheat 13)	120g	180g	240g
Honey	1 sachet	1 sachet	2 sachets
Wholegrain Mustard 9)	1 sachet	1 sachet	2 sachets
Red Wine Vinegar 14)	1 sachet	2 sachets	2 sachets
Olive Oil for the Dressing*	¾ tbsp	1 tbsp	1½ tbsp
Rocket**	40g	60g	80g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	457g	100g
Energy (kJ/kcal)	1960 /468	429 /102
Fat (g)	11	2
Sat. Fat (g)	4	1
Carbohydrate (g)	74	16
Sugars (g)	26	6
Protein (g)	16	3
Salt (g)	1.90	0.42

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 9) Mustard 10) Celery 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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HelloFresh UK

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♻️ You can recycle me!



### Caramelize the Onion

Halve, peel and thinly slice the **red onion**. Heat a drizzle of **oil** in a large saucepan on 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.



### Chop Chop

Meanwhile, 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 half-moons. Crumble the **feta**. Chop each **beetroot** into 6 segments. Fill a saucepan with **water** for the **beans**, and bring to the boil.



### Cook the Bulgur

Once the **onions** have caramelised, stir in the **cumin** and cook for 1 min. Pour the **water** (see ingredients for amount) into the pan along with the **vegetable stock paste**, bring to the boil. Stir in the **bulgur**, 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.



### Boil the Beans

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



### Make the Dressing

While the **beans** are cooking, pop the **honey**, **mustard** and **red wine vinegar** into a large bowl. **TIP:** If your **honey** has hardened, pop it in a bowl of hot water for 1 min. Mix well then add the **olive oil** for the dressing (see ingredients for amount), season with **salt** and **pepper**.



### 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 needed. Pop the **beetroot**, **orange**, **green beans** and **rocket** into the **salad** bowl and toss to coat in the **dressing**. Divide the **bulgur** between your bowls and pop the **veg** on top. Scatter over the the crumbled **feta**.

### 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.