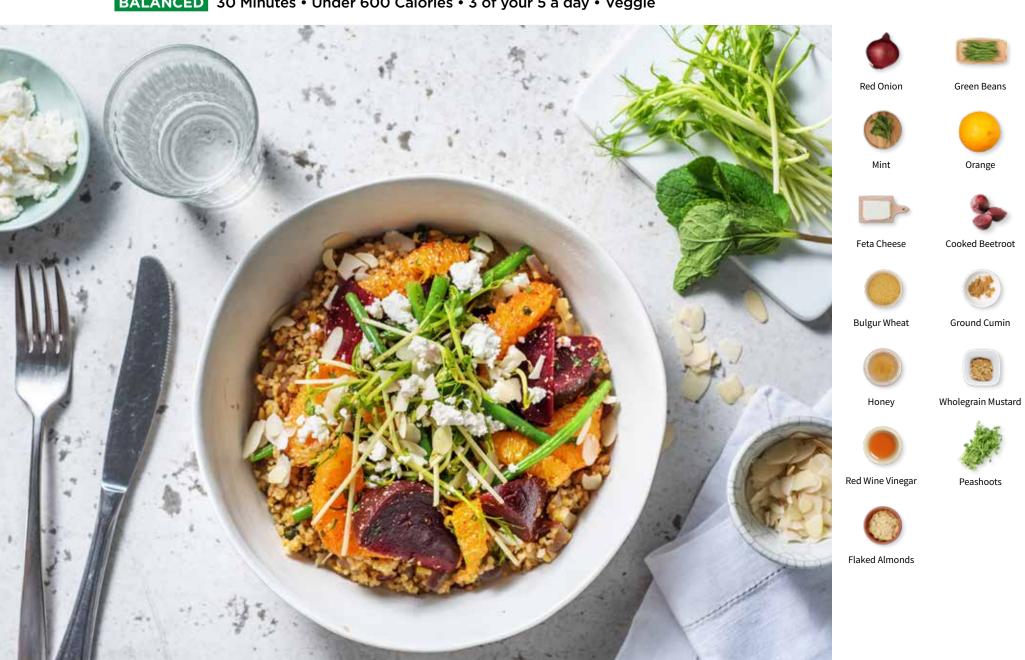


Beetroot, Green Bean and Orange Salad

with Bulgur Wheat and Feta Cheese



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



Before you start

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

Basic cooking tools, you will need:

Frying Pan (with a Lid), Measuring Jug, Saucepan, Sieve and Large Bowl.

2|3|4 People-Ingredients

| | 2P | 3P | 4P |
|-------------------------------------|-----------------|-----------------|------------------|
| Red Onion** | 1 | 1½ | 2 |
| Green Beans** | 1 small pack | 1 large pack | 2 small packs |
| Mint** | 1 bunch | 1 bunch | 1 bunch |
| Orange** | 1 | 1½ | 2 |
| Feta Cheese 7)** | 1 block | 1½ block | 2 blocks |
| Cooked Beetroot** | 1 pack | 1½ packs | 2 packs |
| Water* | 240ml | 360ml | 480ml |
| Bulgur Wheat 13) | 120g | 180g | 240g |
| Ground Cumin | 1 small pot | ¾ large pot | 1 large pot |
| Honey | 1 sachet | 1½ sachets | 2 sachets |
| Wholegrain Mustard 9) | 1 pot | 1½ pots | 2 pots |
| Red Wine Vinegar 14) | 1 sachet | 1½ sachets | 2 sachets |
| Olive Oil* | 1 tbsp | 1½ tbsp | 2 tbsp |
| Peashoots** | 1 bag | 1½ bags | 2 bags |
| Flaked Almonds 2) | 1 small pot | ¾ large pot | 1 large pot |
| *Not Included **Store in the Fridge | | | |

Nutrition

| | Per serving | Per 100g | | |
|--------------------------|-------------|----------|--|--|
| for uncooked ingredients | 511g | 100g | | |
| Energy (kJ/kcal) | 2640 /631 | 517/123 | | |
| Fat (g) | 25 | 5 | | |
| Sat. Fat (g) | 10 | 2 | | |
| Carbohydrate (g) | 74 | 14 | | |
| Sugars (g) | 26 | 5 | | |
| Protein (g) | 23 | 5 | | |
| Salt (g) | 1.44 | 0.28 | | |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

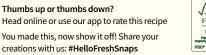
2) Nut 7) Milk 9) Mustard 13) Gluten 14) Sulphites

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.

Contact

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Packed in the UK



1. Caramelise the Onion

Halve, peel and thinly slice the onion. Heat a drizzle of **oil** in a frying pan over medium heat. Once hot, add the onion and season well 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 lengthways. Slice widthways into 1cm wide halfmoons. Crumble the feta. Chop each beetroot into 6 segments.



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, fill a saucepan with water and bring to the boil. Once boiling, add the beans and a pinch 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) and season with salt and pepper to taste.



6. Serve

Once everything is ready, fluff the **bulgur wheat** up with a fork and stir in half the mint. 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 place the beetroot salad on top. Sprinkle the the crumbled feta and flaked almonds.

Enjoy!

BALANCED RECIPE

Under 600 Calories • Low Salt

Featured Ingredient: Beetroot is a great source of folate. 1 cup of beetroot provides 20% of your daily folate requirement. Folate is required for cell division.