



# Bulgur Salad with Roasted Butternut Squash

with Feta, Mint and Pomegranate

N° 17

**BALANCED** 35 Minutes • Under 600 Calories • Little Heat • 1.5 of your 5 a day • Veggie



Red Onion



Lemon



Mint



Diced Butternut Squash



Chermoula Spice



Baby Plum Tomatoes



Balsamic Vinegar



Bulgur Wheat



Vegetable Stock Powder



Pomegranate



Feta Cheese

## Before you start

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

### Basic cooking tools, you will need:

Fine Grater, Baking Tray, Saucepan and Measuring Jug.

### Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Lemon**	½	¾	1
Mint**	1 bunch	1 bunch	1 bunch
Diced Butternut Squash**	1 small pack	1 large pack	2 small packs
Chermoula Spice	1 small pot	¾ large pot	1 large pot
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Balsamic Vinegar <b>14</b>	1 sachet	1 sachet	2 sachets
Water for the Bulgur*	240ml	360ml	480ml
Bulgur Wheat <b>13</b>	120g	180g	240g
Vegetable Stock Powder <b>10</b>	1 sachet	2 sachets	2 sachets
Pomegranate**	½	¾	1
Feta Cheese <b>7</b> **	1 block	1½ blocks	2 blocks
Olive Oil for the Drizzle*	1½ tbsp	2½ tbsp	3 tbsp

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	473g	100g
Energy (kJ/kcal)	2134 /510	452 /108
Fat (g)	14	3
Sat. Fat (g)	9	2
Carbohydrate (g)	75	16
Sugars (g)	21	4
Protein (g)	20	4
Salt (g)	2.79	0.59

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**7)** Milk **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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## 1. Get Started!

Preheat your oven to 200°C. Halve and peel the **red onion**. Finely chop one **half** of the **onion**. Cut the other **half** into wedges. Zest and halve the **lemon**. Pick the **mint leaves** from their stalks and roughly chop (discard the stalks).



## 2. Roast the Butternut

Pop the **butternut squash** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper** and sprinkle over the **chermoula**. Toss to coat then spread out in a single layer. Roast on the top shelf of your oven until golden and cooked through, 25-30 mins. Halfway through cooking, add the **red onion wedges** and **tomatoes** and turn to coat, adding a little more **oil** if you need to. Turn everything to coat evenly and roast for the remaining time.



## 3. Cook the Bulgur

Meanwhile, heat a drizzle of **oil** in a medium saucepan over medium heat. Once hot, add the **finely chopped red onion** and cook, stirring frequently, until soft, 3-4 mins. Once soft, add the **balsamic vinegar** and cook, stirring, until evaporated, 1 minute. Pour the **water** for the bulgur wheat (see ingredients for amount) into the saucepan and bring to the boil. Stir in the **bulgur** and **vegetable stock powder**, bring back up to the boil and simmer for 1 minute. 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. Prep the Pomegranate

Quarter the **pomegranate** (see ingredients for amount). Holding the **pomegranate pieces** over a bowl of **water**, scoop out the **seeds** into the bowl of water. **TIP:** Use a fork to do this, it helps to release the seeds. Scoop out the seeds and set aside. Discard the white pith.



## 5. Make the Drizzle

Crumble the **feta**. Pop **half** of the **mint** into a small bowl with a squeeze of **lemon juice** and the **olive oil** (see ingredients for amount). Season with **salt** and **pepper** and mix together.



## 6. Serve!

Once the **vegetables** are roasted add them into the **bulgur** with any **cooking juices**. Add the **lemon zest** and remaining **mint** and carefully combine everything together. Taste and season with **salt** and **pepper** if you think it needs it. Carefully stir everything together then divide between plates. Top with the **crumbled feta**, spoon over the drizzle and finish with the **pomegranate seeds**.

Enjoy!

### BALANCED RECIPE

Under 600 Calories • Low Sugar • Source of Protein

**Featured Ingredient: Butternut squash**, is a good source of vitamin A, especially beta carotene, which gives the butternut squash its rich orange colour. Vitamin A contributes to the maintenance of normal vision.