

Bulgur Salad with Roasted Butternut Squash



with Feta, Mint and Pomegranate

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









Lemon

Red Onion









Diced Butternut Squash

Chermoula Spice







Bulgur Wheat

Balsamic Vinegar



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**	1/2	3/4	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 14)	1 sachet	1 sachet	2 sachets
Water for the Bulgur*	240ml	360ml	480ml
Bulgur Wheat 13)	120g	180g	240g
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Pomegranate**	1/2	3/4	1
Feta Cheese 7)**	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).

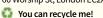
Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ





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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

Meawhile, 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.