



Bulgur Wheat and Roasted Butternut Squash Salad with Feta, Mint and Pomegranate

Calorie Smart 35 Minutes • Little Spice • 2 of your 5 a day • Veggie • Under 600 calories

23



Red Onion



Lemon



Mint



Diced Butternut Squash



Chermoula Spice



Baby Plum Tomatoes



Balsamic Vinegar



Bulgur Wheat



Vegetable Stock Paste



Pomegranate



Feta Cheese

Before you start

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

Cooking tools, you will need:

Cutting Board, Knife, Zester, Baking Tray, Saucepan and Bowl.

Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Lemon**	½	¾	1
Mint**	1 bunch	1 bunch	1 bunch
Diced Butternut Squash**	300g	450g	600g
Chermoula Spice	1 sachet	1 sachet	2 sachets
Baby Plum Tomatoes	125g	250g	250g
Balsamic Vinegar 14	1 sachet	1 sachet	2 sachets
Water for the Bulgur*	240ml	360ml	480ml
Bulgur Wheat 13	120g	180g	240g
Vegetable Stock Paste 10	10g	15g	20g
Pomegranate**	½	¾	1
Feta Cheese 7 **	100g	150g	200g
Olive Oil*	1½ tbsp	2½ tbsp	3 tbsp

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	460g	100g
Energy (kJ/kcal)	2331/557	507/121
Fat (g)	20	4
Sat. Fat (g)	10	2
Carbohydrate (g)	71	16
Sugars (g)	19	4
Protein (g)	20	4
Salt (g)	2.14	0.47

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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Packed in the UK

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Get Started

Preheat your oven to 200°C. Halve and peel the **red onion**, then 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).



Roast the Butternut

Pop the **butternut squash** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper** and sprinkle over the **chermoula spice**. 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.



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 paste**, 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.



Prep the Pomegranate

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



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.



Serve

Once the **vegetables** are roasted, add them to 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!

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.