



# CHERMOULA ROASTED CAULIFLOWER

with Garlicky Beans, Caramelised Onion Bulgur and Herby Drizzle



BALANCED RECIPE



## HELLO CAULIFLOWER

*Cauliflower is high in vitamin K which is a fat soluble vitamin, essential for bone health.*



Cauliflower



Red Onion



Green Beans



Garlic Clove



Chermoula Spice Blend



Balsamic Vinegar



Bulgur Wheat



Vegetable Stock Powder



Mint



Flat Leaf Parsley



Lemon



Feta Cheese

MEAL BAG

35 mins

2.5 of your 5 a day

Very hot

Balanced

Under 550 calories

Veggie

Originating in North Africa, Chermoula is a marinade made with cumin and other spices. It has a fresh grassy flavour with a zingy lemon, salty finish. Chermoula's flavour blends well with the nutty, buttery taste of cauliflower and bulgur wheat. Coat the cauliflower with the marinade and roast until the veg is crisp and charred at the edges. Serve with a side of garlicky green beans for a supreme veggie dish.

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater**, **Mixing Bowl**, **Baking Tray**, **Large Saucepan** (with a **Lid**) and **Measuring Jug**. Now, let's get cooking!



### 1 GET PREPPED

Preheat your oven to 200°C. Remove and discard the leaves from the **cauliflower**, then cut into quarters. Halve, peel and thinly slice the **red onion**. Trim the **green beans** and chop into thirds. Peel and grate the **garlic** (or use a garlic press).



### 2 ROAST THE CAULI

Put the **chermoula spice blend** in a mixing bowl and add a good glug of **oil** and a pinch of **salt** and **pepper**. Stir together, then add the **cauliflower** to the bowl and mix around to coat it in the **spice** and **oil**. Pop the **cauliflower** on a baking tray and roast on the top shelf of your oven until golden and charred, about 20 mins.



### 3 FRY THE BEANS

Meanwhile, heat a drizzle of **oil** in a large saucepan on medium-high heat. Once hot, add the **green beans** with a pinch of **salt** and **pepper** and fry until tender and slightly charred, stirring occasionally, 4-5 mins. Add the **garlic** to the pan, stir and cook for 1 minute, then remove the **beans** to a bowl and set aside.



### 4 BULGUR TIME!

Pop your pan back on medium heat, with another drizzle of **oil**. Add the **onion**, stir and cook until softened, 4-5 mins. Add the **balsamic vinegar** to the **onion**, stir and cook for 1-2 mins until evaporated. Pour in the **bulgur**, **water** (see ingredients for amount) and **stock powder**. Bring to the boil, simmer for 1 minute, then cover with a lid, remove from the heat and leave to the side until the **bulgur** has absorbed the **stock**, 12-15 mins.



### 5 MAKE THE DRIZZLE

Remove the **mint leaves** from their stalks and finely chop (discard the stalks). Finely chop the **parsley** (stalks and all). Zest and halve the **lemon**. Put **half** the **mint** and **half** the **parsley** in a small bowl and add the **olive oil** (see ingredients for amount), a pinch of **salt** and **pepper** and a squeeze of **lemon juice**. Mix together, taste and add more **salt** and **pepper** if you feel it needs it. Break up the **feta** into chunks.



### 6 FINISH AND SERVE

Fluff up the **bulgur wheat** with a fork and stir in the **garlicky beans**, remaining **herbs** and **lemon zest**. Stir together, then taste and add **salt**, **pepper** and a squeeze of **lemon juice** if you feel it needs it. Serve in bowls with the **cauliflower** on top, sprinkle on the **feta** and spoon over the **herby drizzle**. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Cauliflower *	1	1½	2
Red Onion *	1	1½	2
Green Beans *	1 pack	1 pack	2 packs
Garlic Clove *	1	2	2
Chermoula Spice Blend	1 small pot	¾ large pot	1 large pot
Balsamic Vinegar 14)	1 sachet	1½ sachets	2 sachets
Bulgur Wheat 13)	100g	150g	300g
Water*	240ml	360ml	580ml
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
Mint *	1 bunch	1 bunch	1 bunch
Flat Leaf Parsley *	1 bunch	1 bunch	1 bunch
Lemon *	1	1	1
Olive Oil*	2 tbsps	3 tbsps	4 tbsps
Feta Cheese 7) *	¾ block	1 block	1½ blocks

\*Not Included \* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 592G	PER 100G
Energy (kJ/kcal)	2111 / 505	357 / 85
Fat (g)	17	3
Sat. Fat (g)	8	1
Carbohydrate (g)	61	10
Sugars (g)	17	3
Protein (g)	22	4
Salt (g)	1.84	0.31

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

7) Milk 10) Celery 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.

### THUMBS UP OR THUMBS DOWN?

Head online or use our app to rate this recipe or get in touch via [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk)



You made this, now show it off! Share your creations with us:

#HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm  
60 Worship St, London EC2A 2EZ

YOU CAN RECYCLE ME!

HelloFRESH