



More Than Food
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Roasted Butternut and Bulgur Wheat Jumble with Toasted Pine Nuts and Halloumi

Apparently, some chefs recommend soaking halloumi in buttermilk for two days before eating it. Our chefs thought they might try this, but owing to the fact that they're pretty greedy (and really like halloumi), they've never been able to wait that long!



40 mins



2 of your
5 a day



mealkit



veggie



Butternut Squash
(½)



Red Pepper
(1)



Smoked Paprika
(1½ tsp)



Water
(150ml)



Vegetable Stock Pot
(½)



Bulgur Wheat
(75g)



Pine Nuts
(25g)



Halloumi
(1 block)




Red Wine Vinegar
(1 tbsp)



Rocket
(1 bag)

2 PEOPLE INGREDIENTS

- Butternut Squash, chopped ½
- Red Pepper, chopped 1
- Smoked Paprika 1½ tsp
- Water 150ml
- Vegetable Stock Pot ½
- Bulgur Wheat 75g
- Pine Nuts 25g
- Halloumi 1 block
- Red Wine Vinegar 1 tbsp
- Rocket 1 bag

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Depending on the size of the serrano ham, curing can take anywhere between nine months and two years.

Allergens: Milk, Gluten, Celery, Sulphites.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	599 kcal / 2507 kJ	33 g	15 g	42 g	10 g	32 g	4 g
Per 100g	147 kcal / 614 kJ	8 g	4 g	10 g	3 g	8 g	1 g

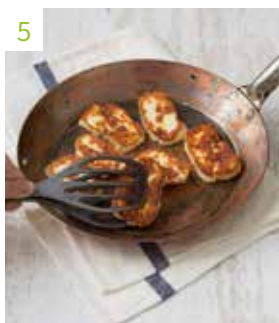
Vegetable Stock Pot Ingredients: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains **Sulphites**), Stabiliser [Tara Gum], **Celery** Salt, **Celery** Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.



1 Preheat your oven to 210 degrees. Chop the **butternut squash** in half lengthways, then scoop out the seeds (no need to peel). Turn it over and slice it widthways into 1cm wide strips, then chop the strips into 1cm cubes. Remove the core from the **red pepper** and chop a third into cubes as small as your knife skills allow. Chop the remaining **pepper** into 2cm chunks.



2 Toss your **squash** and your large chunks of **pepper** in a splash of **oil**, the **smoked paprika**, a pinch of **salt** and a good grind of **black pepper**. Lay out on a baking tray and cook on the top shelf of your oven for 25 mins.



3 Bring a pot of **water** (amount specified in the ingredient list) to the boil with the **vegetable stock pot**. Pour in the **bulgur wheat**, place a lid on the pot and rest off the heat for 25 mins, or until the water has completely soaked into the wheat.

4 Toast the **pine nuts** in a dry frying pan over medium heat. As always, watch your nuts closely as they can burn quickly. Once toasted, take them out of the pan and set aside.

5 Cut the **halloumi** into 1cm thick slices. Rub a little bit of **olive oil** on each slice and put your frying pan on medium-high heat (use the same one you used for your pine nuts to save washing up!). Add your slices of **halloumi** and cook on each side for 2-3 mins or until golden.

6 Mix your **bulgur wheat**, roasted **squash** and **pepper** and your **raw pepper** in a bowl. Add the **red wine vinegar** and a drizzle of **olive oil**. Lastly, gently stir through the **rocket** and season with a pinch of **black pepper**.



7 Divide your **jumble** between your bowls. Top with your **halloumi** and **pine nuts**, and tuck in!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!