



# ROASTED BUTTERNUT TAGINE

with Bulgur and Dukkah



## HELLO BULGUR

*In Pakistan bulgur wheat is used as a porridge with milk and sugar.*



Butternut Squash



Vegetable Stock Pot



Bulgur Wheat



Courgette



Flat Leaf Parsley



Chickpeas



Chermoula Spice Blend



Finely Chopped Tomatoes with Garlic & Onion



Raisins



Natural Yoghurt



Dukkah Spice Mix

MEAL BAG

35 mins

4 of your 5 a day

Medium heat

Veggie

Traditionally, a tagine was cooked in the remaining heat of the bakers' ovens in Morocco. The easily recognisable conical clay pot would be filled with meat, dried fruit and vegetables and a small amount of liquid and left to slow cook for a few hours. On the table in 35 minutes, tonight's butternut squash tagine proves that you can create the same depth of flavour and delicious texture without a clay pot to hand and hours to spare!

## BEFORE YOU START

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



### 1 ROAST THE SQUASH

Preheat your oven to 220°C. Remove the top from the **butternut squash**, halve lengthways, remove the seeds, then cut into 1cm wide slices (no need to peel). Chop into 1cm chunks. Pop the **squash** onto a lined baking tray and drizzle over some **oil**, a pinch of **salt** and **pepper**. Roast on the top shelf of your oven until crispy on the outside and soft in the middle, 25-30 mins.



### 2 COOK THE BULGUR

Pour the **water** (see ingredients for amount) into a saucepan on medium-high heat and add **half** the **stock pot**. Stir together to dissolve the **stock pot**. Once boiling, add the **bulgur wheat** and bring back to the boil. Cover with a lid, remove from the heat and leave to the side until everything else is cooked.



### 3 GET PREPPED

Meanwhile, remove the ends from the **courgette**, quarter lengthways then chop into 1cm chunks. Finely chop the **parsley** (stalks and all). Drain and rinse the **chickpeas** in a sieve.



### 4 START THE TAGINE

Heat a frying pan on medium-high heat (no oil!). Add the **courgette** with a pinch of **salt** and **pepper**. Dry-fry until slightly browned, 4-5 mins. Turn the heat to medium, add a splash of **oil** and the **chermoula spice blend**, stir together and cook for 1 minute more. Pour in the **water** (see ingredients for amount) and finely **chopped tomatoes**, and stir in the remaining **stock pot**.



### 5 SIMMER!

Add in the **chickpeas** and **raisins**, and bring the **sauce** to the boil, then reduce the heat and simmer until thick and tomatoey, about 10 mins. ★**TIP:** Add a splash of water if it's looking a bit dry. Once the **squash** is cooked, stir it into the **tagine** as well. When it's done, taste and add **salt** and **pepper** if you feel it needs it.



### 6 FINISH AND SERVE

Once everything is ready, fluff up the **bulgur**, taste and add **salt** and **pepper** if required. Stir in **half** the **parsley**. Serve the **bulgur** with the **tagine** on top and a spoonful of **yoghurt** on the side. Sprinkle over the remaining **parsley** and the **dukkah spice mix**. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Butternut Squash	1	1	2
Water for the Bulgur*	200ml	300ml	400ml
Vegetable Stock Pot (10) (14)	1	1	2
Bulgur Wheat (13)	100g	150g	200g
Courgette	1	2	2
Flat Leaf Parsley	1 bunch	1 bunch	1 bunch
Chickpeas	1 carton	1 carton	2 cartons
Chermoula Spice Blend	1 tsp	1½ tsp	2 tsp
Water for the Tagine*	75ml	100ml	150ml
Finely Chopped Tomatoes with Garlic & Onion	1 carton	1½ cartons	2 cartons
Raisins	40g	40g	80g
Natural Yoghurt (7)	½ pot	1 pot	1 pot
Dukkkah Spice Mix (1) (2) (3) (10)	1 tbsp	2 tbsp	2 tbsp

\*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING: 785G	PER 100G
Energy (kcal)	633	81
(kJ)	2648	338
Fat (g)	10	1
Sat. Fat (g)	2	1
Carbohydrate (g)	105	13
Sugars (g)	42	5
Protein (g)	26	3
Salt (g)	4.97	0.63

Nutrition for uncooked ingredients based on 2 people recipe.

### ALLERGENS

1) Peanut 2) Nut 3) Sesame 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?

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