



ROAST CURRIED PARSNIPS

with Cumin Bulgur Pilaf and Raisins



HELLO MINT

The Ancient Greeks used mint in their perfumes.



Parsnip



Onion



Bulgur Wheat



Vegetable Stock Powder



Flat Leaf Parsley



Natural Yoghurt



Raisins



Curry Powder



Garlic Clove



Ground Cumin



Baby Spinach



Mint



Pistachios

Parsnips are such a sweet and delicious vegetable and actually pretty diverse (they don't just belong in a Sunday roast!). Who'd have thought that coating them in curry powder and roasting them would make them such a great accompaniment to a bulgur pilaf!

40 mins

2.5 of your 5 a day

Veggie

MEAL BAG



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**, **Fine Grater** (or **Garlic Press**), **Large Saucepan** (with a **Lid**), **Measuring Jug**, **Small Bowl** and a **Frying Pan**. Now, let's get cooking!



1 ROAST THE PARSNIPS

Preheat your oven to 200°C. Trim the **parsnips** (no need to peel), halve lengthways, then place on a lined baking tray. Drizzle over some **oil**, sprinkle on the **curry powder** and season with a pinch of **salt**. Mix with your hands to ensure they get a good coating of **oil** and **curry powder**. Spread out and roast on the top shelf of your oven until cooked through and golden, turning halfway through cooking, about 30 mins.



4 NOW THE YOGHURT

While the **parsnips** and **bulgur** cook, roughly chop the **parsley** (stalks and all). Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Put the **yoghurt** in a small bowl, add the **mint** and stir through.



2 START THE BULGUR

Meanwhile, halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). Heat a drizzle of **oil** in a large saucepan on medium heat. Add the **onion** and cook, stirring, until soft, 5 mins. Add the **bulgur wheat**, **ground cumin** and **garlic**. ★ **TIP:** Add as much or as little cumin as you like!



5 TOAST THE PISTACHIOS

Remove the **pistachios** from their shells and pop in a frying pan on medium-high heat (no oil). Cook until the **pistachios** are slightly toasted (but not burnt!), 3-4 mins. Remove them from the frying pan and keep to one side.



3 COOK THE BULGUR

Stir everything together and cook for 1 minute more before adding the **water** (see ingredients for amount) and the **stock powder**. Bring to the boil, stirring to dissolve the **stock powder**. Once boiling, place the **spinach** on top (don't stir it through), cover with a lid, remove from the heat and leave to the side for 15 mins or until everything else is ready.



6 FINISH AND SERVE

When the **bulgur** is ready, stir through the **spinach**. Season to taste with **salt** and **pepper** if needed and add in the **parsley**. Serve the **bulgur pilaf** in bowls with the **curried parsnips** on top and a spoonful of the **minty yoghurt** on the side. Sprinkle over the **pistachios** and **raisins**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Parsnip	4	5	6
Curry Powder 9)	1 small sachet	¾ large sachet	1 large sachet
Onion	1	1	2
Garlic Clove	1	2	2
Bulgur Wheat 13)	100g	150g	200g
Ground Cumin	1 small pot	¾ large pot	1 large pot
Water*	200ml	300ml	400ml
Vegetable Stock Powder 10)	1 pot	1½ pots	2 pots
Baby Spinach	1 small bag	1 small bag	1 large bag
Flat Leaf Parsley	1 bunch	1 bunch	1 bunch
Mint	1 bunch	1 bunch	1 bunch
Natural Yoghurt 7)	1 pouch	1½ pouches	2 pouches
Pistachios 2)	1 small bag	1 large bag	1 large bag
Raisins	1 bag	1½ bags	2 bags

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 684G	PER 100G
Energy (kcal)	666	97
(kJ)	2784	407
Fat (g)	13	2
Sat. Fat (g)	2	1
Carbohydrate (g)	115	17
Sugars (g)	47	7
Protein (g)	24	4
Salt (g)	1.18	0.17

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

2) Nut 7) Milk 9) Mustard 10) Celery 13) Gluten

🧼 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



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