



Chermoula Cauliflower & Bulgur Wheat

with Dill & Parsley Mayo & Lemon Hazelnut Topping

Grab your Meal Kit
with this symbol



Bulgur Wheat



Vegetable Stock
Pot



Cauliflower



Carrot



Zucchini



Red Onion



Chermoula Spice
Blend



Roasted Hazelnuts



Baby Spinach
Leaves



Lemon



Currants



Mint



Dill & Parsley
Mayonnaise

Pantry items

Olive Oil

Hands-on: **20-30 mins**
Ready in: **40-50 mins**

Calorie Smart

This nutritionally balanced dish is a celebration of wholesome roasted veggies with bulgur wheat and fresh mint. Add chermoula spices for extra flavour, then top it off with herby mayo and a sprinkle of zesty hazelnuts.

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid • Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
bulgur wheat	1 packet	2 packets
water*	3½ cups	7 cups
vegetable stock pot	1 tub (20g)	1 tub (40g)
cauliflower	1 portion	2 portions
carrot	1	2
zucchini	1	2
red onion	1	2
chermoula spice blend	1 sachet	2 sachets
salt*	¼ tsp	½ tsp
roasted hazelnuts	1 packet	2 packets
baby spinach leaves	1 bag (30g)	1 bag (60g)
lemon	½	1
currants	1 sachet	2 sachets
mint	½ bunch	1 bunch
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1769kJ (422Cal)	270kJ (64Cal)
Protein (g)	10.7g	1.6g
Fat, total (g)	26.4g	4g
- saturated (g)	2.1g	0.3g
Carbohydrate (g)	31.6g	4.8g
- sugars (g)	28.3g	4.3g
Sodium (mg)	1430mg	218mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Cook the bulgur wheat

Preheat the oven to **240°C/220°C fan-forced**. Heat a medium saucepan over a medium-high heat. Add the **water** and **vegetable stock pot**, stir and bring to the boil. Cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered until the **bulgur wheat** is tender and the water is absorbed, **10-12 minutes**.

TIP: The bulgur wheat will finish cooking in its own steam so don't peek!

2



Roast the veggies

While the bulgur wheat is cooking, cut the **cauliflower** into small florets. Cut the **carrot** and **zucchini** into bite-sized chunks. Slice the **red onion** into thick wedges. Place the **veggies**, **chermoula spice blend** and the **salt** on a lined oven tray. Add a drizzle of **olive oil** and season with **pepper**. Toss to coat. Roast until tender, **25-30 minutes**.

3



Get prepped

While the veggies are roasting, roughly chop the **roasted hazelnuts**. Roughly chop the **baby spinach leaves**. Zest the **lemon** to get a generous pinch and slice into wedges.

4



Toast the nuts

Heat a medium frying pan over a medium-high heat. Add the **hazelnuts** and **lemon zest** and toast until fragrant, **1-2 minutes**. Season with a pinch of **salt** and **pepper**. Transfer to a small bowl and set aside.

5



Toss the veggies

Add the roasted **veggies**, **currants** and **spinach** to the **bulgur wheat** and stir to combine.

6



Serve up

Pick and thinly slice the **mint** leaves (see ingredients). Divide the chermoula veggies and bulgur wheat between bowls. Drizzle with the **dill and parsley mayonnaise** and sprinkle with the hazelnut crumb. Garnish with the mint. Serve with remaining lemon wedges.

Enjoy!

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