



Beetroot, Green Bean and Orange Salad

with Bulgur Wheat and Feta

N° 8

BALANCED 30 Minutes • Under 600 Calories • 3 of your 5 a day • Veggie



-  Red Onion
-  Green Beans
-  Mint
-  Orange
-  Feta Cheese
-  Cooked Beetroot
-  Ground Cumin
-  Bulgur Wheat
-  Honey
-  Wholegrain Mustard
-  Red Wine Vinegar
-  Pea Shoots
-  Flaked Almonds

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools, you will need:

Two Saucepans, Measuring Jug and Sieve.

Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Green Beans**	1 small pack	1 large pack	1 large pack
Mint**	1 bunch	1 bunch	1 bunch
Orange**	1	1½	2
Feta Cheese 7)**	¾ block	1 block	1½ blocks
Cooked Beetroot**	1 pack	1½ packs	2 packs
Ground Cumin	1 small pot	¾ large pot	1 large pot
Water for the Bulgur*	240ml	360ml	480ml
Bulgur Wheat 13)	120g	180g	240g
Honey	1 sachet	1 sachet	2 sachets
Wholegrain Mustard 9)	1 pot	1 pot	2 pots
Red Wine Vinegar 14)	1 sachet	2 sachets	2 sachets
Olive Oil*	¾ tbsp	1 tbsp	1½ tbsp
Pea Shoots**	1 bag	1 bag	2 bags
Flaked Almonds 2)	1 small pot	1 large pot	1 large pot

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	496g	100g
Energy (kJ/kcal)	2498 /597	504 /120
Fat (g)	22	4
Sat. Fat (g)	8	2
Carbohydrate (g)	76	15
Sugars (g)	27	6
Protein (g)	22	4
Salt (g)	1.20	0.24

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 7) Milk 9) Mustard 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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

You can recycle me!



Packed in the UK



1. Caramelize the Onion

Halve, peel and thinly slice the **red onion**. Heat a drizzle of **oil** in a large saucepan over medium heat. Once hot, add the **onion** and season with **salt** and **pepper**. Cook, stirring occasionally, until the **onion** has softened and is starting to colour, 5-6 mins.



4. Boil the Beans

Meanwhile, once the **water** is boiling, add the **beans** and a ½ tsp of **salt**. Boil until just tender, 3-4 mins. Once cooked, drain in a sieve and run under cold water to cool. Set to one side.



2. Chop Chop!

In the meantime, trim the **green beans**. Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Peel the **orange** and cut in half. Slice widthways into 1cm wide half-moons. Crumble the **feta**. Chop each **beetroot** into 6 segments. Fill a saucepan with **water** and bring to the boil (for the beans later on).



5. Make the Dressing

While the **beans** are cooking, pop the **honey**, **mustard** and **red wine vinegar** into a large salad bowl. Mix to combine then add the **olive oil** for the dressing (see ingredients for amount), season with **salt** and **pepper**.



3. Cook the Bulgur Wheat

Once the **onions** have caramelised, stir in the **cumin** and cook for 1 minute. Pour the **water** for the bulgur (see ingredients for amount) into the pan and bring to the boil. Once boiling, stir in the **bulgur wheat**, bring back up to the boil, pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



6. Serve

Once everything is ready, fluff the **bulgur wheat** up with a fork and stir in **half** the **mint**. Taste and season with **salt** and **pepper** if necessary. Pop the **beetroot**, **orange**, **green beans**, and **peashoots** into the salad bowl and toss to coat in the **dressing**. Divide the **bulgur** between your bowls and pop the **beetroot salad** on top. Sprinkle over the the **crumbled feta** and **flaked almonds**.

Enjoy!

BALANCED RECIPE

Under 600 Calories • Low Salt • Source of Protein

Featured Ingredient: Beetroot is a great source of folate, which is required for healthy cell division. Just one cup of beetroot provides 20% of your daily folate requirement.

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.