



Beetroot, Green Bean and Orange Salad

with Bulgur Wheat and Feta Cheese

Nº 8

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



Red Onion



Green Beans



Mint



Orange



Feta Cheese



Cooked Beetroot



Bulgur Wheat



Ground Cumin



Honey



Wholegrain Mustard



Red Wine Vinegar



Peashoots



Flaked Almonds

Before you start

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

Basic cooking tools, you will need:

Frying Pan (with a Lid), Measuring Jug, Saucepan, Sieve and Large Bowl.

2 | 3 | 4 People - Ingredients

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

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	511g	100g
Energy (kJ/kcal)	2640 / 631	517 / 123
Fat (g)	25	5
Sat. Fat (g)	10	2
Carbohydrate (g)	74	14
Sugars (g)	26	5
Protein (g)	23	5
Salt (g)	1.44	0.28

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.

Contact

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1. Caramelize the Onion

Halve, peel and thinly slice the **onion**. Heat a drizzle of **oil** in a frying pan over medium heat. Once hot, add the **onion** and season well 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, fill a saucepan with **water** and bring to the boil. Once boiling, add the **beans** and a pinch 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 lengthways. Slice widthways into 1cm wide half-moons. Crumble the **feta**. Chop each **beetroot** into 6 segments.



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) and season with **salt** and **pepper** to taste.



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**. 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 place the **beetroot salad** on top. Sprinkle the **crumbled feta** and **flaked almonds**.

Enjoy!

BALANCED RECIPE

Under 600 Calories • Low Salt

Featured Ingredient: Beetroot is a great source of folate. 1 cup of beetroot provides 20% of your daily folate requirement. Folate is required for cell division.