



# CHERMOULA AUBERGINE

with Bulgur Wheat and Salsa



BALANCED RECIPE



## HELLO BULGAR WHEAT

*Bulgur is a great source of magnesium. Magnesium contributes to a reduction of tiredness and fatigue.*



Aubergine



Red Pepper



Honey



Chermoula Spice Blend



Echalion Shallot



Garlic Clove



Flat Leaf Parsley



Lemon



Vegetable Stock Powder



Bulgur Wheat



Cucumber



Mint



Sumac



Feta Cheese

MEAL BAG

40 mins

3.5 of your 5 a day

Medium heat

Balanced

Under 550 calories

Fresh, fast and packed with healthy ingredients, this delicious dish is a great recipe for a light mid-week dinner. We've marinated red peppers and aubergine in a delicious mix of chermoula, honey and olive oil, before roasting until soft and golden. Served with nutty bulgur wheat, creamy feta and a chunky cucumber salsa, and finished off with a good squeeze of fresh lemon juice.

## BEFORE YOU START

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



### 1 START THE PREP

Preheat your oven to 200°C. Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into roughly 3cm pieces. Halve the **pepper** and discard the core and seeds. Chop into 2cm chunks. Pop the **aubergine** and **pepper** into a mixing bowl.



### 2 ROAST THE VEGGIES

Drizzle on a small amount of **olive oil** and sprinkle on the **chermoula spice blend**. Season with a pinch of **salt** and squeeze on the **honey**. Use your hands to rub the flavours all over the **veggies**. Transfer the **veggies** to a baking tray and arrange in a single layer. Roast on the top shelf of the oven until soft and golden, 25 mins. Turning halfway through cooking. Remove from the oven.



### 3 FINISH THE PREP

Halve, peel and chop the **shallot** into small pieces. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **parsley** (stalks and all). Zest, then halve the **lemon**.



### 4 COOK THE BULGUR

Heat a drizzle of **oil** in a large saucepan on medium heat. Add the **shallot** and cook until softened, 3-4 mins. Add the **garlic**, cook for 1 minute more. Pour in the **water** (see ingredients for amount) and **stock powder** and bring to the boil. Stir in the **bulgur**, bring back 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.



### 5 MAKE THE SALSA

Meanwhile, trim the **cucumber** then quarter lengthways, remove the seeds with a teaspoon and discard. Chop widthways into small pieces. Pick the **mint leaves** from their stalks and finely chop (discard the stalks). Pop the **cucumber** into a bowl. Add the **mint**, **sumac** and the **olive oil** (see ingredients for amount). Season with **salt** and **pepper** and mix well.



### 6 FINISH AND SERVE

When the **bulgur wheat** is ready, fluff it up with a fork and stir in the **parsley**, **lemon zest** and **half** the **salsa**. Taste and add **salt**, **pepper** and a squeeze of **lemon juice** if you feel it needs it. Serve the **bulgur wheat** in bowls with the **aubergine** and **pepper** on top. Crumble on the **feta cheese** and finish with a big spoonful of the remaining **salsa**. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Aubergine *	1	1½	2
Red Pepper *	1	2	2
Honey *	1 sachet	2 sachets	2 sachets
Chermoula Spice Blend	1 pot	¾ pot	1 pot
Echalion Shallot *	1	1	2
Garlic Clove *	1	2	2
Flat Leaf Parsley *	1 bunch	1 bunch	1 bunch
Lemon *	½	¾	1
Water*	300ml	450ml	600ml
Vegetable Stock Powder 10)	½ sachet	¾ sachet	1 sachet
Bulgur Wheat 13)	150g	225g	300g
Cucumber 10) *	½	¾	1
Mint *	½ bunch	1 bunch	1 bunch
Sumac	1 pot	1 pot	1 pot
Feta 7)	½ block	¾ block	1 block

\*Not Included \* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 509G	PER 100G
Energy (kJ/kcal)	2084 / 498	409 / 98
Fat (g)	12	2
Sat. Fat (g)	5	1
Carbohydrate (g)	76	15
Sugars (g)	19	4
Protein (g)	18	3
Salt (g)	1.19	0.23

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

7) Milk 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?

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