



# Honey Chantenay Carrots and Miso Aubergine with Bulgur, Roasted Beetroot and Fresh Pomegranate

Classic 30 Minutes • 2 of your 5 a day • Veggie

19



Aubergine



Beetroot



Tri-Coloured  
Chantenay Carrots



Honey



Miso Paste



Vegetable  
Stock Powder



Bulgur Wheat



Mint



Pomegranate



Greek Yoghurt

## Before you start

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

## Cooking tools, you will need:

Two Baking Trays, Measuring Jug and Saucepan.

## Ingredients

	2P	3P	4P
Aubergine**	1	2	2
Beetroot**	1	1	2
Tri-Coloured Chantenay Carrots**	1 small pack	1 large pack	2 small packs
Honey	1 sachet	2 sachets	2 sachets
Miso Paste (11)	1 small sachet	1 large sachet	2 small sachets
Vegetable Stock Powder (10)	1 sachet	2 sachets	2 sachets
Bulgur Wheat (13)	120g	180g	240g
Water for the Bulgur*	240ml	360ml	480ml
Mint**	1 bunch	1 bunch	1 bunch
Pomegranate**	½	½	1
Greek Yoghurt (7)**	75g	100g	150g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	517g	100g
Energy (kJ/kcal)	1841/440	356/85
Fat (g)	6	1
Sat. Fat (g)	2	1
Carbohydrate (g)	79	15
Sugars (g)	29	6
Protein (g)	15	3
Salt (g)	1.72	0.33

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 10) Celery 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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## Prep the Veg

Preheat your oven to 200°C. Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into roughly 1cm pieces. Chop each **beetroot** into 6 segments. Trim the **carrots**, then halve lengthways (no need to peel).



## Roast the Veg

Pop the **carrots** and **beetroot** on a large baking tray. Drizzle with **oil** and **honey**, then season with **salt** and **pepper**. Toss to coat, then spread out on the tray in a single layer. Pop the **aubergine** on a separate baking tray, drizzle with **oil** and **miso paste**. Season with **salt** and **pepper**. Toss to coat well and spread out in a single layer. Bake the **beetroot** and **carrots** on the top shelf and the **aubergine** on the middle shelf until both trays of **veg** are tender, 20-25 mins. **TIP:** Use more baking trays if necessary, you want the veg nicely spread out.



## Cook the Bulgur

Pour the **water** for the **bulgur wheat** (see ingredients for amount) into a saucepan with the **stock powder** and bring to the boil. Stir in the **bulgur**, bring back up to the boil and simmer for 1 minute. Pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until you're ready to serve.



## Finish the Prep

Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Quarter the **pomegranate** (see ingredients for amount). Holding the **pomegranate pieces** over a bowl of **water**, scoop out the **seeds** into the bowl of **water**. **TIP:** Use a fork to do this, it helps to release the seeds. Scoop out the **seeds** and set aside. Discard the white pith.



## Finish the Bulgur

Once the **bulgur** is cooked, fluff it up with a fork. Stir in **three quarters** of the **mint** (keeping a little for serving), and season with **salt** and **pepper** to taste.



## Finish Up

Divide the **bulgur** among plates and top with the **honeyed carrot** and **beetroot** as well as the **miso aubergine**. Drizzle with **yoghurt** and finish off with **pomegranate seeds** and the remaining **mint leaves**.

Enjoy!

**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.