



Herby Tabbouleh

Serves 2

Special Sides 20 Minutes • 1 of your 5 a day

Nº 2A



Garlic Clove



Vegetable Stock Paste



Bulgur Wheat



Parsley



Mint



Lemon



Baby Plum Tomatoes



Spring Onion

Before you start

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

Cooking tools, you will need:

Garlic Press, Saucepan with Lid, Measuring Jug, Zester, Bowl.

Ingredients

	Quantity
Garlic Clove	1
Water for the Bulgur*	240ml
Vegetable Stock Paste 10)	10g
Bulgur Wheat 13)	120g
Parsley**	1 bunch
Mint**	1 bunch
Lemon**	1
Baby Plum Tomatoes	125g
Spring Onion**	1

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	206g	100g
Energy (kJ/kcal)	1087 /260	529 /127
Fat (g)	2	1
Sat. Fat (g)	1	1
Carbohydrate (g)	51	24
Sugars (g)	5	2
Protein (g)	10	5
Salt (g)	0.99	0.48

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

10) Celery **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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HelloFresh UK

Packed in the UK

The Fresh Farm

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You can recycle me!



1



2



3



Prep

- Peel and grate the **garlic** (or use a garlic press).
- Heat a drizzle of **oil** in a large saucepan on medium-high heat.
- When hot, add the **garlic** and cook, stirring frequently for 1 minute.
- Pour the **water for the bulgur wheat** (see ingredients for amount) and **veg stock paste** into the saucepan 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 ready to serve.

Chop Chop

- Roughly chop the **parsley** (stalks and all). Pick the **mint leaves** from their stalks and roughly chop (discard the stalks).
- Zest and halve the **lemon**.
- Chop the **baby plum tomatoes** into **quarters** (or eighths if you feel confident).
- Trim and thinly slice the **spring onion**.

Finish Off

- Once the **bulgur** has cooked, pop it into a large bowl with the **chopped tomatoes, herbs** and **lemon zest**.
- Squeeze in **half** of the **lemon juice**, a drizzle of **olive oil** and season to taste with **salt** and **pepper**.
- Serve in a sharing bowl with any remaining **lemon** cut into **wedges** for squeezing over.

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.