



Warm Winter Butternut and Spring Green Salad with Bulgur and Feta

17

Calorie Smart 40 Minutes • Under 600 Calories • Little Spice • 2 of your 5 a day • Veggie



Butternut Squash



Ground Coriander



Red Onion



Vegetable Stock Powder



Bulgur Wheat



Garlic Clove



Flat Leaf Parsley



Feta Cheese



Honey



Balsamic Vinegar



Spring Greens



Dukkah

Before you start

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

Cooking tools, you will need:

Baking Tray, Saucepan, Measuring Jug, Wooden Spoon, Garlic Press, Bowl, Frying Pan.

Ingredients

	2P	3P	4P
Butternut Squash**	1	1	2
Ground Coriander	1 small sachet	1 large sachet	2 small sachets
Red Onion**	1	1	2
Water for the Bulgur*	240ml	360ml	480ml
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Bulgur Wheat 13)	120g	180g	240g
Garlic Clove**	1	2	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Feta Cheese 7) **	75g	100g	150g
Honey	1 sachet	2 sachets	2 sachets
Balsamic Vinegar 14)	1 sachet	2 sachets	2 sachets
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Spring Greens**	150g	200g	300g
Dukkah 1) 2) 3) 10)	1 pot	2 pots	2 pots

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	501g	100g
Energy (kJ/kcal)	2441/583	488/116
Fat (g)	19	4
Sat. Fat (g)	8	2
Carbohydrate (g)	80	16
Sugars (g)	24	5
Protein (g)	21	4
Salt (g)	2.82	0.56

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut **2)** Nut **3)** Sesame **7)** Milk **10)** Celery **13)** Gluten **14)** Sulphites

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.

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Get Prepped

Preheat your oven to 220°C. Trim the **butternut squash** then halve lengthways and scoop out the **seeds**. Chop it widthways into 1cm slices, then chop into 1cm chunks (no need to peel). Lay on a baking tray, drizzle with **oil**, sprinkle over the **ground coriander** and season with **salt** and **pepper**. Toss to coat, then spread out evenly and roast on the top shelf of your oven until soft and golden, 25-30 mins, turn halfway.



Finish the Prep

Meanwhile, peel and grate the **garlic** (or use a garlic press). Roughly chop the **flat leaf parsley** (stalks and all). Crumble the **feta** into small chunks. Mix the **honey**, **balsamic vinegar** and **olive oil** (see ingredient list for amount) in a bowl with a pinch of **salt** and **pepper**. Leave to the side.



Prep the Onion

Meanwhile, halve, peel and thinly slice the **red onion**. Heat a drizzle of **oil** in a saucepan on medium-high heat. Add the **onion** along with a pinch of **salt** and **pepper**. Stir together and cook until the **onion** is soft, 3-4 mins.



Fry the Greens

Heat a drizzle of **oil** in a frying pan on medium-high heat. Add the **spring greens** and season with **salt** and **pepper**. Stir-fry until softened, 4-5 mins. Add the **garlic** to the **greens**, stir and cook for 1 minute more, then remove from the heat. Once the **squash** is cooked, stir it through the **greens** either in your baking tray or frying pan - whichever is easiest!



Cook the Bulgur

Pour the **water** for the **bulgur wheat** (see ingredients for amount) and **vegetable stock powder** into the pan with the **onion** and bring to the boil. 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.



Finish and Serve

Fluff up the **bulgur wheat** with a fork, stir in the **flat leaf parsley**, then taste and add **salt** and **pepper** if you feel it needs it. Spoon into bowls and top with the **greens** and **butternut squash** along with the **feta**. Drizzle the **dressing** over the top, sprinkle on the **dukkah**.

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.