



Warm Roast Veg Salad Bowl

with pesto-infused bulgur wheat

Veggie 35 – 40 mins • Eat me first

7



Diced Butternut Squash



Bulgur Wheat



Green Pesto



Greek Style Cheese



Baby Carrots



Chickpeas



Paprika



Middle Eastern Style Spice Mix



Almonds



Balsamic Glaze



Vegetable Stock

Pantry Items: Oil, Salt, Pepper, Water



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper, pot with lid, sieve

Ingredients

	2P	4P
Diced Butternut Squash	300 g	600 g
Bulgur Wheat	120 g	240 g
Green Pesto	1 sachet	2 sachets
Greek Style Cheese	100 g	200 g
Baby Carrots	150 g	300 g
Chickpeas	1 pack	2 packs
Paprika	1 sachet	2 sachets
Middle Eastern Style Spice Mix	1 sachet	2 sachets
Almonds	15 g	30 g
Balsamic Glaze	1 sachet	2 sachets
Vegetable Stock	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	576.5 g	100 g
Energy (kJ/kcal)	3426.7 kJ/ 819 kcal	594.4 kJ/ 142.1 kcal
Fat (g)	33.7 g	5.8 g
Sat. Fat (g)	11.6 g	2 g
Carbohydrate (g)	87.5 g	15.2 g
Sugars (g)	17.1 g	3 g
Protein (g)	31.9 g	5.5 g
Salt (g)	4.3 g	0.7 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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.

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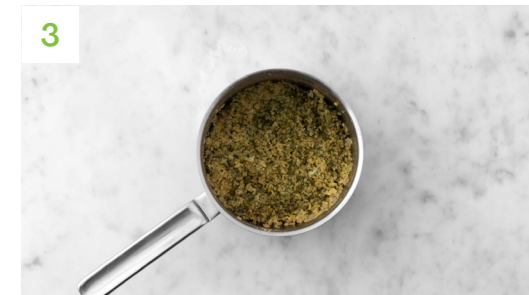
Get Prepped

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Drain and rinse the **chickpeas** in a sieve.



Roast the Veg

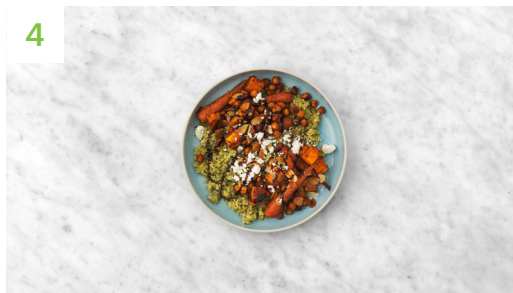
- Add the **butternut squash, carrots** and **chickpeas** to a lined baking tray.
- Toss with **salt, pepper, paprika, Middle Eastern spice** and a good glug of **oil**.
- Toss together and spread out in a single layer.
- Roast until the veg is tender, 30-35 mins.
- When 5 mins of cooking time remain, scatter the **almonds** over the veg then return the tray to the oven to finish roasting.



Cook the Bulgur

- Meanwhile, pour 240ml **water** (double for 4p) into a large pot. Stir in the **stock** and bring to the boil.
- Stir in the **bulgur**, bring back to the boil and simmer for 1 min.
- Pop a lid on the pot and remove from the heat.
- Leave aside for 12-15 mins.
- Just before serving, stir the **pesto** through the **bulgur**, fluffing it up as you go.

TIP: If you're in a hurry you can boil the water in your kettle.



Finish and Serve

- Divide your **pesto bulgur** between bowls.
- Top with the **chickpeas** and tender roast veg.
- Crumble the **Greek style cheese** over the top.
- Finish with a drizzle of **balsamic glaze**.

Enjoy!