



# Roasted Ratatouille and Pesto Bulgur with Greek Style Salad Cheese and Flaked Almonds

23

Calorie Smart 25-30 Minutes • 4 of your 5 a day • Veggie • Under 650 Calories



Aubergine



Bell Pepper



Red Onion



Garlic Clove



Baby Plum Tomatoes



Dried Basil



Vegetable Stock Paste



Bulgur Wheat



Fresh Pesto



Greek Style Salad Cheese



Toasted Flaked Almonds



Diced Chorizo

**Pantry Items**  
Oil, Salt, Pepper

### CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Kettle, saucepan, baking tray and lid.

## Ingredients

Ingredients	2P	3P	4P
Aubergine**	1	1	2
Bell Pepper***	1	2	2
Red Onion**	1	1	2
Garlic Clove**	3	4	6
Baby Plum Tomatoes	190g	250g	380g
Dried Basil	1 sachet	2 sachets	2 sachets
Vegetable Stock Paste <b>10</b>	10g	15g	20g
Bulgur Wheat <b>13</b>	120g	180g	240g
Fresh Pesto** <b>7</b>	50g	64g	100g
Greek Style Salad Cheese** <b>7</b>	50g	100g	100g
Toasted Flaked Almonds <b>2</b>	15g	25g	25g
Diced Chorizo**	90g	120g	180g

Pantry	2P	3P	4P
Water for the Bulgur*	240ml	360ml	480ml

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	517g	100g	562g	100g
Energy (kJ/kcal)	2327 / 556	450 / 108	3156 / 754	561 / 134
Fat (g)	22.6	4.4	38.9	6.9
Sat. Fat (g)	6.6	1.3	12.6	2.2
Carbohydrate (g)	74.4	14.4	75.8	13.5
Sugars (g)	18.6	3.6	18.8	3.4
Protein (g)	16.6	3.2	27.9	5.0
Salt (g)	2.13	0.41	4.72	0.84

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

Point™ values based on low-cal cooking spray oil.

## Allergens

**2)** Nuts **7)** Milk **10)** Celery **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Prep your Veg

Preheat your oven to 240°C/220°C fan/gas mark 9.  
Boil a half-full kettle.

Trim the **aubergine**, then cut into roughly 2cm pieces.

Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.

Halve, peel and thinly slice the **red onion**. Peel the **garlic** (but keep whole).



## Cook the Bulgur

Once the **onion** has softened, pour in the **water for the bulgur** (see pantry for amount), stir in the **veg stock paste** and bring to the boil.

Stir in the **bulgur**, bring back up to the boil and simmer for 1 min.

Pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



## Fry the Onions

Heat a drizzle of **oil** in a medium saucepan on medium-high heat.

Once hot, add the **onion**, season with **salt** and **pepper** and fry until soft and sweet, 10-12 mins, stirring occasionally.

## CUSTOM RECIPE

If you've chosen to add **chorizo** to your meal, fry it before cooking the **onion**. Add it to the pan and fry until it starts to brown, 3-4 mins, then set aside until you're ready to serve. Top the **bulgur** with the **chorizo** when serving.



## Bring on the Ratatouille

When the **veg** is cooked, remove from your oven and lightly crush both the **garlic** and the **tomatoes** with the back of a fork.

Gently stir to combine the **veg** on the tray.

When the **bulgur wheat** is cooked, stir through **two thirds** of the **pesto**. Taste and add **salt** and **pepper** if you feel it needs it.



## Roasting Time

Meanwhile, pop the **aubergine**, **pepper strips**, **tomatoes** and **garlic cloves** onto a baking tray.

Drizzle with **oil**, sprinkle over the **dried basil**, then season with **salt** and **pepper**. Toss to coat.

Spread out in a single layer (use two trays if necessary).

When the oven is hot, roast on the top shelf until the **aubergine** is soft and golden 18-20 mins.



## Serve

Share the **pesto bulgur wheat** between your bowls.

Top with the **roasted ratatouille** and drizzle with the remaining **pesto**.

Crumble over the **Greek style salad cheese**. Sprinkle over the **toasted almonds**.

## Enjoy!