



Harissa Butternut on Herbed Tabbouleh

with Greek Style Cheese and Yoghurt

Classic 35-40 Minutes • Mild Spice • 5 of your 5 a day

4



Butternut Squash



Harissa Paste



Garlic Clove



Bulgur Wheat



Vegetable Stock Paste



Baby Plum Tomatoes



Mint



Lemon



Greek Style Salad Cheese



Greek Style Natural Yoghurt

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in **red** are hot!

Cooking tools

Baking tray, garlic press, saucepan, lid and fine grater.

Ingredients

Ingredients	2P	3P	4P
Butternut Squash**	1	1	1
Harissa Paste 14)	50g	75g	100g
Garlic Clove**	2	3	4
Bulgur Wheat 13)	120g	180g	240g
Vegetable Stock Paste 10)	10g	15g	20g
Baby Plum Tomatoes	125g	190g	250g
Mint**	1 bunch	1 bunch	1 bunch
Lemon**	½	½	1
Greek Style Salad Cheese** 7)	50g	75g	100g
Greek Style Natural Yoghurt** 7)	75g	120g	150g
Pantry	2P	3P	4P
Oil for Cooking*	½ tbsp	½ tbsp	½ tbsp
Water for the Bulgur*	240ml	360ml	480ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	676g	100g
Energy (kJ/kcal)	2399 /573	355 /85
Fat (g)	20.8	3.1
Sat. Fat (g)	7.1	1.1
Carbohydrate (g)	83.9	12.4
Sugars (g)	22.5	3.3
Protein (g)	17.8	2.6
Salt (g)	2.16	0.32

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

Allergens

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

14) Sulphites

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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Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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Spice up the Butternut

Preheat your oven to 220°C/200°C fan/gas mark 7.

Trim the **butternut squash**, halve lengthways, then scoop out the seeds (peel first if you prefer). Cut into 1cm chunks.

Pop the **butternut** onto a large baking tray. Drizzle with **oil** and **half** the **harissa paste**. Season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden and cooked through, 25-30 mins. Turn halfway through.



Prep the Rest

Meanwhile, halve the **baby plum tomatoes**.

Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Zest and halve the **lemon** (see ingredients for amount).

Crumble the **Greek style salad cheese** into small pieces.



Garlic Time

Meanwhile, peel and grate the **garlic** (or use a garlic press).



Make your Tabbouleh

Once the **bulgur** is cooked, fluff it up with a fork.

Gently stir in the **tomatoes**, **lemon zest**, remaining **harissa paste** (use less if you'd prefer things milder), **half** the **mint** and **half** the **Greek style salad cheese**.

Squeeze in some **lemon juice**, then taste and season with **salt** and **pepper** if needed.



Bring on the Bulgur

Heat the **oil** (see pantry for amount) in a deep saucepan on medium heat. Once hot, add the **garlic** and stir-fry for 30 secs.

Stir in the **bulgur** and cook until coated, 1 min.

Pour in the **water for the bulgur** (see pantry for amount), stir in the **veg stock paste** and bring to the boil. 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.



Assemble and Serve

When everything's ready, share the **tabbouleh** between your bowls and top with the **roasted butternut squash**.

Scatter over the remaining **Greek style salad cheese**, then top with a dollop of **yoghurt**.

Sprinkle with the remaining **mint** to finish.

Enjoy!