

# Harissa Butternut on Herbed Tabbouleh















**Butternut Squash** 

Harissa Paste







Tomatoes

Garlic Clove

**Bulgur Wheat** 





Vegetable Stock Baby Plum









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

### Cooking tools

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

#### Ingredients

<b>3</b>			
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**	1/2	1/2	1
Greek Style Salad Cheese** <b>7</b> )	50g	75g	100g
Greek Style Natural Yoghurt** <b>7</b> )	75g	120g	150g
Pantry	2P	3P	4P
Oil for Cooking*	½ tbsp	½ tbsp	½ tbsp
Water fauthe Dularus	240ml	360ml	480ml
Water for the Bulgur*	2401111	3001111	4601111

\*Not Included \*\*Store in the Fridge

#### **Nutrition**

Per serving	Per 100g
676g	100g
2399 /573	355 /85
20.8	3.1
7.1	1.1
83.9	12.4
22.5	3.3
17.8	2.6
2.16	0.32
	676g 2399 /573 20.8 7.1 83.9 22.5 17.8

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.

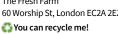
#### Contact

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# 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.



#### **Garlic Time**

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



# 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.



# 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.



# 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.



## 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!