



Central American Style Spiced Butternut Bulgur Bowl with Hot Sauce, Chives and Cheese

4

Classic 35-40 Minutes • Medium Spice • 2 of your 5 a day • Veggie



Butternut Squash



Central American Style Spice Mix



Red Onion



Baby Plum Tomatoes



Vegetable Stock Paste



Bulgur Wheat



Chives



Hot Sauce



Greek Style Salad Cheese



Pumpkin Seeds

Pantry Items

Oil, Salt, Pepper, Butter, Honey

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 paper, baking tray, aluminium foil, saucepan, lid and bowl.

Ingredients

Ingredients	2P	3P	4P
Butternut Squash	1	1	1
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Red Onion	1	1½	2
Baby Plum Tomatoes	125g	190g	250g
Vegetable Stock Paste 10)	15g	25g	30g
Bulgur Wheat 13)	120g	180g	240g
Chives**	1 bunch	1 bunch	2 bunches
Hot Sauce	50g	80g	100g
Greek Style Salad Cheese** 7)	50g	100g	100g
Pumpkin Seeds	15g	30g	30g
Pantry	2P	3P	4P
Butter*	20g	30g	40g
Water for the Bulgur*	220ml	330ml	440ml
Honey*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	699g	100g
Energy (kJ/kcal)	2630 / 629	376 / 90
Fat (g)	20.1	2.9
Sat. Fat (g)	9.9	1.4
Carbohydrate (g)	99.1	14.2
Sugars (g)	36.1	5.2
Protein (g)	18.6	2.7
Salt (g)	3.09	0.44

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

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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

Contact

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The Fresh Farm
60 Worship St, London EC2A 2EZ



Roast 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 widthways into 1cm slices.

Pop the **butternut slices** onto a large lined baking tray. Drizzle with **oil**, sprinkle over the **Central American style spice mix**, 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 the **butternut** on top shelf until golden and cooked through, 25-30 mins. Turn halfway through.



Hey Honey

Meanwhile, finely chop the **chives** (use scissors if easier).

In a small bowl, combine the **hot sauce** and **half** the **honey** (see pantry for amount). Set aside.



Tomato Time

Meanwhile, halve, peel and thinly slice the **red onion**.

Halve the **tomatoes** and pop them onto a piece of foil with a drizzle of **oil**, then season with **salt and pepper**.

Fold the foil, sealing on all sides to create a **parcel**.

Pop onto the **butternut** tray and roast until softened, 15-18 mins.



Finishing Touches

When the **butternut** is ready, remove the tray from the oven and drizzle over the remaining **honey** (see pantry for amount). Toss to coat.

Fluff up the **bulgur** with a fork and stir through the **roasted tomatoes** (discard any leftover juices in the foil) and **half** the **chives**.



Cook the Bulgur

Meanwhile, melt the **butter** (see pantry for amount) in a medium saucepan on medium heat.

Once melted, add the **onion** and stir-fry until softened, 8-10 mins.

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



Serve Up

Share the **bulgur** between your bowls. Top with the **roasted butternut**, then drizzle over the **honey hot sauce**.

Crumble over the **Greek style salad cheese**.

Scatter with the **pumpkin seeds** and remaining **chives** to finish.

Enjoy!