



Middle Eastern Style Charred Pepper Bulgur Wheat Salad with Lemon, Rocket and Honey-Harissa Dressing

50

Classic 25-30 Minutes • Mild Spice • 2 of your 5 a day • Veggie



Bell Pepper



Garlic Clove



Bulgur Wheat



Vegetable Stock Paste



Baby Plum Tomatoes



Wild Rocket



Lemon



Harissa Paste



Sun-Dried Tomato Paste



Greek Style Salad Cheese



Pumpkin Seeds

Pantry Items

Oil, Salt, Pepper, Honey, Olive Oil

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

Kettle, baking tray, garlic press, saucepan, lid, fine grater and bowl.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	2	3	4
Garlic Clove**	2	3	4
Bulgur Wheat 13	120g	180g	240g
Vegetable Stock Paste	10g	15g	20g
Baby Plum Tomatoes	125g	190g	250g
Wild Rocket**	40g	60g	80g
Lemon**	1	1½	2
Harissa Paste 14	50g	75g	100g
Sun-Dried Tomato Paste	25g	37g	50g
Greek Style Salad Cheese** 7	100g	150g	200g
Pumpkin Seeds	15g	22g	30g

Pantry	2P	3P	4P
Boiled Water for the Bulgur*	220ml	330ml	440ml
Honey*	1 tbsp	1½ tbsp	2 tbsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*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 for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	557g / 640	100g / 115
Fat (g)	30.3	5.4
Sat. Fat (g)	10.2	1.8
Carbohydrate (g)	76.2	13.7
Sugars (g)	21.2	3.8
Protein (g)	20.6	3.7
Salt (g)	3.08	0.55

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **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, 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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Roast the Pepper

Preheat your oven to 220°C/200°C fan/gas mark 7. Boil a half-full kettle.

Halve the **bell pepper** and discard the core and seeds. Cut lengthways into large wedges.

Lay the **pepper wedges**, cut-side down, onto a baking tray. Drizzle with **oil**, then season with **salt** and **pepper**.

When the oven is hot, roast on the top shelf until soft and slightly charred, 18-20 mins.

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



Make your Dressing

Add the **harissa** and **honey** (see pantry for amount) to the bowl of **lemon juice** and mix to combine.

Set aside your **honey-harissa dressing**.



Bulgur Time

Heat a drizzle of **oil** in a large saucepan on medium-high heat. Stir in the **garlic** and fry until fragrant, 1 min.

Pour the **boiled water for the bulgur** (see pantry for amount) into the saucepan. Stir in the **bulgur** and **vegetable stock paste**, bring back up to the boil on high heat and simmer for 1 min.

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



All Together Now

Stir the **sun-dried tomato paste**, **lemon zest**, **tomatoes**, **rocket** and **olive oil for the dressing** (see pantry for amount) into the **bulgur** to make your **salad**.

Season with **salt** and **pepper**. Crumble over **half** the **Greek style salad cheese** and stir to combine.



Finish the Prep

While the **bulgur** cooks, halve the **baby plum tomatoes**.

Roughly chop the **rocket**.

Zest the **lemon**, then juice one half into a small bowl and cut the other **half** into wedges.



Serve Up

Share the **bulgur salad** between your bowls and top with the **charred pepper**.

Spoon over the **honey-harissa dressing**. Crumble over the remaining **Greek style salad cheese**.

Scatter over the **pumpkin seeds** and garnish with any remaining **lemon wedges** to finish.

Enjoy!