



Cannellini and Roasted Balsamic Tomato Stew with Pesto Bulgur and Greek Style Salad Cheese

17

Rapid 20 Minutes • 3 of your 5 a day • Veggie



Baby Plum Tomatoes



Balsamic Glaze



Cannellini Beans



Bulgur Wheat



Vegetable Stock Paste



Garlic Clove



Tomato Passata



Mixed Herbs



Baby Spinach



Fresh Pesto



Greek Style Salad Cheese

Pantry Items
Oil, Salt, Pepper, Sugar, Butter

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, baking tray, sieve, saucepan, lid, garlic press and frying pan.

Ingredients

Ingredients	2P	3P	4P
Baby Plum Tomatoes	125g	190g	250g
Balsamic Glaze 14	12ml	18ml	24ml
Cannellini Beans	1 carton	1½ cartons	2 cartons
Bulgur Wheat 13	120g	180g	240g
Vegetable Stock Paste 10	20g	30g	40g
Garlic Clove**	1	2	2
Tomato Passata	1 carton	1½ cartons	2 cartons
Mixed Herbs	1 sachet	1 sachet	2 sachets
Baby Spinach**	40g	75g	100g
Fresh Pesto** 7	32g	50g	64g
Greek Style Salad Cheese** 7	50g	75g	100g
Pantry	2P	3P	4P
Boiled Water for the Bulgur*	240ml	360ml	480ml
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml
Butter*	10g	15g	20g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	435g	100g
Energy (kJ/kcal)	2581 /617	593 /142
Fat (g)	19.2	4.4
Sat. Fat (g)	8.1	1.9
Carbohydrate (g)	84.1	19.3
Sugars (g)	13.9	3.2
Protein (g)	23.0	5.3
Salt (g)	3.99	0.92

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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Roast the Tomatoes

- Preheat your oven to 220°C/200°C fan/gas mark 7. Boil a full kettle.
- Halve the **baby plum tomatoes**.
- Pop the **tomatoes** onto a medium baking tray. Drizzle with **oil** and the **balsamic glaze**, then season with **salt** and **pepper**. When the oven is hot, roast on the middle shelf until they're softened and starting to burst, 12-15 mins.
- Meanwhile, drain and rinse the **cannellini beans** in a sieve.



Add the Spinach

- Once the **sauce** has thickened, add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.
- Stir in the **butter** (see pantry for amount) until melted.
- Season with **salt** and **pepper**.



Cook the Bulgur

- Pour the **boiled water for the bulgur** (see pantry for amount) into a medium saucepan on high heat, then stir in the **bulgur wheat** and **half the vegetable stock paste**.
- Bring back to the boil 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.
- Meanwhile, peel and grate the **garlic** (or use a garlic press).



Hey Pesto

- When the **bulgur** is ready, fluff up the **grains** with a fork and stir through the **pesto**.



Sauce Time

- Heat a drizzle of **oil** in a large frying pan. Once hot, add the **garlic** and cook for 1 min.
- Stir in the **passata**, **cannellini beans**, **mixed herbs**, remaining **vegetable stock paste** and the **sugar** and **water for the sauce** (see pantry for both amounts). Bring to a boil, then reduce to a simmer.
- Simmer the **sauce** until thickened, 5-6 mins.



Finish and Serve

- Share your **pesto bulgur** between your bowls.
- Top with the **cannellini bean stew** and spoon over **roasted balsamic tomatoes**, including the juices from the parcel.
- Finish by crumbling over the **Greek style salad cheese**.

Enjoy!