



# Honey Harissa Root Vegetable Tray Bake

with Bulgur, Cranberries and Goat's Cheese

20

**Classic** 30-35 Minutes • Mild Spice • 3 of your 5 a day • Veggie



Vegetable Stock Paste



Bulgur Wheat



Dried Cranberries



Carrot



Parsnip



Red Onion



Harissa Paste



Honey



Goat's Cheese



Toasted Flaked Almonds

**Pantry Items**  
Oil, Salt, Pepper, Olive Oil, 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

Saucepan, lid, bowl and baking tray.

## Ingredients

Ingredients	2P	3P	4P
Vegetable Stock Paste <b>10)</b>	10g	15g	20g
Bulgur Wheat <b>13)</b>	120g	180g	240g
Dried Cranberries	30g	45g	60g
Carrot**	2	3	4
Parsnip**	1	2	2
Red Onion**	1	1	2
Harissa Paste	50g	75g	100g
Honey	30g	45g	60g
Goat's Cheese** <b>7)</b>	75g	120g	150g
Toasted Flaked Almonds <b>2)</b>	15g	25g	25g

Pantry	2P	3P	4P
Water for the Bulgur*	240ml	360ml	480ml
Olive Oil for the Dressing*	2 tbsp	3 tbsp	4 tbsp
Butter*	20g	30g	40g

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3249 / 777	829 / 198
Fat (g)	48.8	12.5
Sat. Fat (g)	13.3	3.4
Carbohydrate (g)	93.2	23.8
Sugars (g)	39.0	10.0
Protein (g)	16.9	4.3
Salt (g)	2.14	0.55

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

## Allergens

**2)** Nuts **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, 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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## Get the Bulgur On

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

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

Stir in the **bulgur** and **cranberries**, then 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.



## Hey Honey

When the **veg** has 5 mins remaining, remove the tray from the oven and drizzle over the remaining **honey**.

Return to the oven and bake for the remaining time until caramelised, 5 mins.



## Prep the Veg

Meanwhile, trim the **carrots** and **parsnip**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.

Halve and peel the **onion**, then cut each half into 4-6 wedges.

In a small bowl, stir together the **harissa**, **half the honey** and the **olive oil for the dressing** (see pantry for amount). Season with **salt** and **pepper**, then set aside. **TIP:** *If your honey has hardened, pop it in a bowl of hot water for 1 min.*



## Fluff up the Bulgur

Once the **bulgur** is cooked, stir through the **butter** (see pantry for amount). Fluff it up with a fork to separate the grains.



## Time to Roast

Pop the **carrot**, **parsnip** and **onion** onto a large baking tray.

Drizzle with **olive oil** and 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 tender, 20-25 mins. Turn halfway through.



## Finish and Serve

Share the **cranberry bulgur** between your bowls and pile the **roasted veg** on top. Drizzle over the **honey harissa dressing**.

Crumble the **goat's cheese** over the top and scatter with the **toasted almonds** to finish.

Enjoy!