












Spiced Broccoli Nuggets

with Korma Bulgur Wheat, Mint Yoghurt and Mango Chutney

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



-  Broccoli Florets
-  Mayonnaise
-  Panko Breadcrumbs
-  North Indian Style Spice Mix
-  Garlic Clove
-  Medium Tomato
-  Korma Style Paste
-  Bulgur Wheat
-  Mint
-  Greek Style Natural Yoghurt
-  Mango Chutney

Recipe Update

Due to quality issues with **cauliflower florets**, you'll instead receive **broccoli florets**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

Pantry Items
Oil, Salt, Pepper, Olive Oil

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Bowl, baking tray, baking paper, garlic press, saucepan and lid.

Ingredients

Ingredients	2P	3P	4P
Broccoli Florets**	300g	400g	600g
Mayonnaise 8 9	64g	96g	128g
Panko Breadcrumbs 13	50g	75g	100g
North Indian Style Spice Mix	2 sachets	2 sachets	4 sachets
Garlic Clove**	1	2	2
Medium Tomato	2	3	4
Korma Style Paste 9	50g	75g	100g
Bulgur Wheat 13	120g	180g	240g
Mint**	1 bunch	1 bunch	1 bunch
Greek Style Natural Yoghurt** 7	75g	120g	150g
Mango Chutney	40g	60g	80g
Pantry	2P	3P	4P
Olive Oil for the Crumb*	1 tbsp	1½ tbsp	2 tbsp
Water for the Bulgur*	240ml	360ml	480ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2805 /676	591 /141
Fat (g)	25.0	5.3
Sat. Fat (g)	5.0	1.1
Carbohydrate (g)	93.1	20.2
Sugars (g)	22.4	5.0
Protein (g)	20.2	3.5
Salt (g)	2.46	0.52

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

Allergens

7) Milk **8**) Egg **9**) Mustard **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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



Spice up the Broccoli

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

Halve any large **broccoli florets**, then pop them into a large mixing bowl and season with **salt** and **pepper**. Add the **mayonnaise** and toss to coat.

In another small bowl, combine the **breadcrumbs**, **North Indian style spice mix** and the **olive oil for the crumb** (see pantry for amount).

Add the **spiced crumbs** to the **florets** and toss to coat evenly.



Bring on the Bulgur

Pop a large saucepan (with a tight-fitting lid) on medium-high heat with a drizzle of **oil**.

When hot, add the **garlic** and **korma style paste**. Stir-fry for 1 min. Pour in the **water for the bulgur** (see pantry for amount) 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.



Roast the Nuggets

Pop the **crumbed florets** onto a lined baking tray and spread them out in a single layer. Discard any leftover **crumbs**.

When the oven is hot, roast on the top shelf of your oven until golden, 25-30 mins.



Mix the Mint Yoghurt

While everything cooks, pick the **mint leaves** from their stalks and roughly chop (discard the stalks).

Pop the **yoghurt** into a small bowl with **half** the **chopped mint**. Season with **salt** and **pepper** then mix together. Set the **mint yoghurt** aside.



Finish the Prep

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

Cut the **tomatoes** into 1cm chunks.



Serve

When everything's ready, fluff up the **bulgur** with a fork. Add the **tomatoes**, remaining **mint** and **half** the **mango chutney**. Stir until well combined.

Spoon the **bulgur wheat** into your bowls, then top with the **broccoli nuggets**. Serve with a dollop of **mint yoghurt** and the remaining **mango chutney**.

Enjoy!