



BAKED HERBY CORN

with Caramelised Onion Bulgur, Roasted Pepper and Feta



HELLO FETA

Feta is one of the world's oldest cheeses, it is mentioned in Homer's Odyssey.



Corn on the Cob



Red Onion



Red Pepper



Coriander



Lime



Garlic Salt



Mild Paprika



Balsamic Vinegar



Bulgur Wheat



Tomato Purée



Vegetable Stock Powder



Rocket



Feta

MEAL BAG

35 mins

Cook within 3 Days of Delivery

3 of your 5 a day

Veggie

7

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got **Fine Grater, Mixing Bowl**, some **Foil**, a **Baking Tray**, **Large Saucepan** (with a **Lid**) and **Measuring Jug**. Now, let's get cooking!



1 PREP TIME!

Run a knife around the middle of each **corn on the cob**, then use your hands to snap in half. Halve, peel and thinly slice the **onion** into half moons. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Finely chop the **coriander** stalks and all. Grate the **lime zest** into a mixing bowl and squeeze in **half the lime juice**.



4 ROAST THE PEPPER

When the **corn** has been roasting for 10-15 mins, remove from your oven and open the foil. Add the **pepper** to the tray with the **corn** (on top of the foil) and drizzle with a little more **oil** and a pinch of **salt** and **black pepper**. Pop back into your oven (keeping the foil open this time) to cook until the **pepper** is soft and the **corn** has finished cooking, another 15 mins.



2 SMOTHER THE CORN

Add the **garlic salt**, **olive oil** (see ingredients for amount), **mild paprika** and **half the coriander** to the bowl and stir to combine. Then add the **corn** and smother in the **marinade**. Lay a laptop sized piece of foil on a baking tray and place the **corn** and all the **marinade** on top. Scrunch the foil to enclose the **corn**. Roast on the top shelf of your oven for 15 mins.



5 MAKE THE DRESSING

Squeeze the remaining **lime juice** into a large bowl and drizzle in a little **oil**. Season with a pinch of **salt** and **pepper** and mix together (this is your dressing for later). Once the **bulgur** has absorbed all the **stock**, fluff it up with a fork and stir through your remaining **coriander**.



3 COOK THE ONION

Heat a glug of **oil** in a large saucepan on medium heat, add the **onion**. Cook until starting to soften, stirring occasionally, 5 mins. Add the **balsamic vinegar**, stir and cook, until soft and caramelised, 5 mins more. Add the **bulgur** and **tomato purée**, stir together. Pour in the **water** (see ingredients for amount) and stir in the **stock powder**, bring back to the boil, pop a lid on and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



6 FINISH AND SERVE

Once everything is ready, add the **rocket** to your **dressing** and toss to coat. Serve the **bulgur** in bowls with the **corn** and **red pepper** on top and a handful of **rocket**. Crumble the **feta** over to finish. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Corn on the Cob	2	3	4
Red Onion	1	1½	2
Red Pepper	1	1½	2
Coriander	1 bunch	1 bunch	1 bunch
Lime	1	1	2
Garlic Salt	1 small pot	1 small pot	2 small pots
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Mild Paprika	1 small pot	1 small pot	1 large pot
Balsamic Vinegar 14)	1 sachet	1 sachet	2 sachets
Bulgur Wheat 13)	150g	225g	300g
Tomato Purée	1 sachet	1½ sachets	2 sachets
Water*	300ml	450ml	600ml
Vegetable Stock Powder 10)	½ pot	¾ pot	1 pot
Rocket	1 bag	1 bag	2 bags
Feta 7)	1 block	1½ blocks	2 blocks

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING: 651G	PER 100G
Energy (kcal)	678	104
(kJ)	2835	435
Fat (g)	24	4
Sat. Fat (g)	10	2
Carbohydrate (g)	86	13
Sugars (g)	19	3
Protein (g)	24	4
Salt (g)	3.53	0.54

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 10) Celery 13) Gluten 14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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