



SPICED BULGUR SALAD

with Chimichurri, Goat's Cheese and Charred Courgettes



HELLO BASIL

This herb takes its name from the ancient Greek word for king, 'basileus'. Many people still call it the 'King of Herbs'.



35 mins

Medium Heat

3.5 of your 5
a day

Veggie

Some foods are almost as much fun to say as they are to eat. Chimichurri is one of them. It's an Argentinian herb sauce but the name comes from a Basque word that means something like 'a bunch of things in no particular order'. You can use whatever herbs you like but Mimi's version today includes basil and oregano. It's gorgeous with nutty bulgur and charred courgettes and a great contrast to creamy goat's cheese. Enjoy!



Echalote Shallot



Basil



Oregano



Courgette



Sweetcorn



Mexican Spice



Bulgur Wheat



Water



Vegetable Stock Pot



Baby Spinach



Lemon



Olive Oil



Goat's Cheese

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Colander**, **Large Saucepan** (with a **Lid**), **Measuring Jug** and **Frying Pan**. Now, let's get cooking!



1 DO THE PREP

Put your kettle on to boil. Meanwhile, halve, peel and chop the **shallot** into roughly ½cm pieces. Chop the **basil** as finely as you can (stalks and all!). Pick the **oregano leaves** from their stalks and finely chop (discard the stalks). Remove the top and bottom from the **courgette** and quarter it lengthways. Chop each quarter in half widthways to make batons. Drain the **sweetcorn** in a colander.



2 COOK THE BULGUR

Put a drizzle of **oil** in a large saucepan on medium heat. Add half the **shallot** and cook until softened, 4 mins. Add three-quarters of the **Mexican spice** (or less if you don't like things too spicy!). Cook for 1 minute before adding the **bulgur wheat**, **boiling water** (amount specified in the ingredient list) and **vegetable stock pot**. Stir to dissolve the **stock pot**.



3 ADD THE SPINACH

Bring to the boil, then add the **baby spinach**. Pop a lid on the pan, remove from the heat and set aside until everything else is ready. The **bulgur** will soak up the **stock** and the **spinach** will wilt slightly.



4 MAKE THE CHIMICHURRI

Put the remaining **shallot** in a small bowl with the **basil**, **oregano** and a pinch of **Mexican spice**. Squeeze in the **lemon juice**. Add the **olive oil** (amount specified in the ingredient list), a pinch of **salt** and a grind of **black pepper**. Mix together and taste. Add more **Mexican spice**, **salt**, **black pepper** and **lemon juice** to your liking. This is your **chimichurri**!



5 CHAR THE COURGETTE

Put a frying pan on medium-high heat (no **oil**). Once your pan is hot, lay in the **courgette** pieces. Cook for 3-4 mins on each side until browned and slightly charred.

6 FINISH AND SERVE

Stir the **sweetcorn** into the **bulgur wheat**. Taste and add **salt** and **black pepper** if you feel it needs it. Serve in bowls with the charred **courgettes** arranged on top. Crumble over the **goat's cheese** and drizzle on some **chimichurri**. **Enjoy!**

2 PEOPLE INGREDIENTS

Echalote Shallot, chopped	1
Basil, chopped	1 bunch
Oregano, chopped	½ bunch
Courgette, chopped	1
Sweetcorn	1 tin
Mexican Spice	1½ tsp
Bulgur Wheat 1)	75g
Water*	150ml
Vegetable Stock Pot 9) 12)	½
Baby Spinach	1 small bag
Lemon	½
Olive Oil*	2½ tbsp
Goat's Cheese, crumbled 7)	½ roll

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	613	121
(kJ)	2566	506
Fat (g)	33	6
Sat. Fat (g)	11	2
Carbohydrate (g)	54	11
Sugars (g)	16	3
Protein (g)	24	5
Salt (g)	3.57	0.71

ALLERGENS

1)Gluten 7)Milk 9)Celery 12)Sulphites

Vegetable Stock Pot Ingredients: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains Sulphites), Stabiliser [Tara Gum], Celery Salt, Celery Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

You made this, now show it off! Share your creations with us:

