



SPICED WINTER STEW

Roasted Root Veggies and Bulgur Wheat



HELLO PARISIENNE HERBS

Our spice of the month contains White Peppercorns, Nutmeg, Paprika, Cloves, Thyme, Cinnamon, Basil and Bay Leaves.



Carrot



Baby Parsnip



Parisienne Herbs



Courgette



Mint



Chickpeas



Finely Chopped Tomatoes with Garlic and Onion



Vegetable Stock Pot



Water



Bulgur Wheat



Greek Yoghurt



Flaked Almonds

MEAL BAG

35 mins

5 of your 5 a day

Veggie

There is so much going on in this delicious vegetarian dish - earthy herb roasted root veggies, a rich tomatoey stew, nutty bulgur wheat and a minty yoghurt sauce, making every mouthful of this dish a total delight. Packed with good-for-you ingredients, this warming stew is the perfect alternative to a curry and a delicious way to fill up on your veg.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Baking Tray, Baking Paper, Sieve** two **Large Saucepans** (one with a **Lid**) and **Measuring Jug**. Now, let's get cooking!



1 ROAST THE ROOT VEG

Preheat your oven to 200°C. Remove the tops from the **carrots** and **baby parsnips** (no need to peel!) and cut them lengthways into quarters. Pop on a lined baking tray and drizzle over a splash of **oil**. Sprinkle on half of the **Parisienne herbs**. Toss to coat in the **herbs**, then roast on the top shelf of your oven until golden and soft enough to eat, 20-25 mins. Turn halfway through.



4 COOK THE BULGUR

In the meantime, boil the **water** (amount specified in the ingredient list) in another large saucepan over high heat. Add the remaining **stock pot**, stir to dissolve. Then add the **bulgur wheat**. Bring back to the boil then cover with a lid, remove from the heat and leave for 10-15 mins, or until the water has completely soaked into the **bulgur wheat**.



2 DO THE PREP

Remove the top and bottom from the **courgette**, cut lengthways into 1cm strips then chop into chunks. Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Drain and rinse the **chickpeas** in a sieve.



5 MAKE THE YOGHURT DIP

In a small bowl, mix **half** the chopped **mint** into the **Greek yoghurt**. Keep to one side. Check the **stew** and add a splash of **water** if it is getting a bit too thick. When the stew is cooked, taste and add **salt** and **black pepper** if it needs it.



3 START THE STEW

Heat a splash of **oil** in a large saucepan on medium-high heat. Add the **courgette**, and remaining **Parisienne herbs**. Stir and cook until the **courgette** begins to soften, 3-5 mins. Add the **chopped tomatoes** and bring to a simmer. Stir in and dissolve **half** the **vegetable stock pot**, then add the **chickpeas**. Leave to simmer, stirring occasionally until the **courgette** is soft enough to eat and the stew has thickened, 10-12 mins.



6 FINISH AND SERVE

When the **bulgur wheat** is ready, fluff it up with a fork and stir through the remaining **mint**. Taste and add **salt** and **black pepper** if necessary. Share between your bowls. Spoon the **winter stew** alongside the **bulgur wheat** and top with a neat pile of the **roasted root veggies**. Finish with a dollop of **yoghurt** and a sprinkling of **flaked almonds**. **Enjoy!**

2 PEOPLE INGREDIENTS

Carrot, quartered	2
Baby Parsnip, quartered	1 pack
Parisienne Herbs	1½ tsp
Courgette, chopped	1
Mint, chopped	½ bunch
Chickpeas	1 carton
Finely Chopped Tomatoes with Garlic and Onion	1 carton
Vegetable Stock Pot 10)14)	1
Water*	300ml
Bulgur Wheat 13)	150g
Greek Yoghurt 7)	½ pot
Flaked Almonds 2)	25g

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	747	88
(kJ)	3127	368
Fat (g)	17	2
Sat. Fat (g)	4	1
Carbohydrate (g)	114	13
Sugars (g)	36	4
Protein (g)	30	4
Salt (g)	4.81	0.57

ALLERGENS

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

Vegetable Stock Pot: 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.

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