



# Warm Butternut and Cavolo Nero Salad with Bulgur and Greek Style Salad Cheese

**Classic** 40 Minutes • 2 of your 5 a day • Veggie

18



Butternut Squash



Chermoula Spice Mix



Red Onion



Vegetable Stock Paste



Bulgur Wheat



Garlic Clove



Flat Leaf Parsley



Greek Style Salad Cheese



Honey



Balsamic Vinegar



Cavolo Nero



Dukkah Mix

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Baking Tray, Saucepan, Bowl, Garlic Press and Frying Pan.

## Ingredients

	2P	3P	4P
Butternut Squash**	1	1	2
Chermoula Spice Mix	1 sachet	1 sachet	2 sachets
Red Onion**	1	1	2
Water for the Bulgur*	240ml	360ml	480ml
Vegetable Stock Paste <b>10)</b>	10g	15g	20g
Bulgur Wheat <b>13)</b>	120g	180g	240g
Garlic Clove**	1	2	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Greek Style Salad Cheese** <b>7)</b>	75g	100g	150g
Honey	1 sachet	2 sachets	2 sachets
Balsamic Vinegar <b>14)</b>	1 sachet	2 sachets	2 sachets
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Cavolo Nero**	100g	150g	200g
Dukkah Mix <b>1) 2) 3) 10)</b>	1 sachet	2 sachets	2 sachets

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	537g	100g
Energy (kJ/kcal)	2261/540	421/101
Fat (g)	16	3
Sat. Fat (g)	7	1
Carbohydrate (g)	81	15
Sugars (g)	23	4
Protein (g)	20	4
Salt (g)	2.17	0.40

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

1) Peanut 2) Nut 3) Sesame 7) Milk 10) Celery 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



## Get Prepped

Preheat your oven to 200°C. Trim the **butternut squash**, then halve lengthways and scoop out the seeds. Cut it widthways into 1cm slices, then chop into 1cm cubes (no need to peel). Pop onto a large baking tray. Drizzle with **oil**, sprinkle over the **chermoula spice mix** and season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. When the oven is hot, roast on the top shelf until soft and golden, 25-30 mins. Turn halfway.



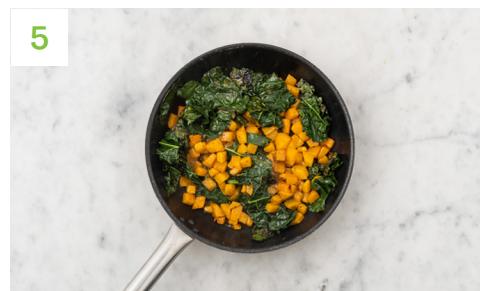
## Finish the Prep

Meanwhile, peel and grate the **garlic** (or use a garlic press). Roughly chop the **flat leaf parsley** (stalks and all). Crumble the **Greek style salad cheese** into small chunks. Mix the **honey**, **balsamic vinegar** and **olive oil** (see ingredient list for amount) in a bowl with a pinch of **salt** and **pepper**. Leave to the side. **TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.**



## Prep the Onion

Meanwhile, halve, peel and thinly slice the **red onion**. Heat a drizzle of **oil** in a saucepan on medium-high heat. Once hot, add the **onion** and cook until softened, 4-5 mins.



## Fry the Cavolo Nero

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Add the **cavolo nero** and season with **salt** and **pepper**. **TIP: Discard any tough stalks from the cavolo nero.** Add a splash of **water** and cover until wilted, 3-4 mins. Remove the lid, add the **garlic** and stir-fry for 1 min more, then remove from the heat. Once the **squash** is cooked, toss with the **cavolo nero**.



## Cook the Bulgur

Pour the **water for the bulgur wheat** (see ingredients for amount) and **vegetable stock paste** into the pan with the **onion** and bring to the boil. Stir in the **bulgur**, 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.



## Finish and Serve

When ready, fluff up the **bulgur wheat** with a fork. Stir in the **parsley**, then taste and season if needed. Spoon into bowls and top with the **cavolo** and **butternut squash**. Scatter over the **crumbled Greek style salad cheese**, then drizzle over the **dressing** and a sprinkle of **dukkah**.

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.