



Greek Roasted Cauliflower and Bulgur Pilaf with Tzatziki

Veggie

30 Minutes



Cauliflower, florets



Bulgur Wheat



Vegetable Broth
Concentrate



Mini Cucumber



Dill



Lemon



Garlic



Baby Tomatoes



Mediterranean
Spice Blend



Feta Cheese



Pepitas

HELLO PEPITAS

Also known as pumpkin seeds, they add extra crunch to salads and bowls!

Start here

- Preheat the oven to 450°F.
- Wash and dry all produce.

Bust Out

Baking sheet, medium bowl, microplane/zester, measuring spoons, strainer, box grater, medium pot, small bowl, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Cauliflower, florets	285 g	570 g
Bulgur Wheat	½ cup	1 cup
Vegetable Broth Concentrate	1	2
Mini Cucumber	132 g	264 g
Dill	7 g	14 g
Lemon	1	1
Garlic	6 g	12 g
Baby Tomatoes	113 g	227 g
Mediterranean Spice Blend	½ tbsp	1 tbsp
Feta Cheese	¼ cup	½ cup
Pepitas	28 g	56 g
Oil*		
Salt and Pepper*		

* Pantry items

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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1



Roast cauliflower

Cut **cauliflower** into bite-sized pieces. Add **cauliflower**, **½ tbsp Mediterranean Spice Blend** and **1 tbsp oil** (dbl both for 4 ppl) to a baking sheet. Season with **salt** and **pepper**, then toss to combine. Roast in the middle of the oven, stirring halfway through cooking, until golden-brown, 20-22 min.

2



Cook bulgur

While **cauliflower** roasts, add **½ cup water**, **½ tsp salt** (dbl both for 4 ppl) and **broth concentrate** to a medium pot. Cover and bring to a boil over high heat. Add **bulgur** to the **boiling broth**. Remove pot from heat. Cover and let stand, until **bulgur** is tender and liquid is absorbed, 15-16 min.

3



Prep

While the **bulgur** cooks, grate **one cucumber** (two cucumbers for 4 ppl) directly into a medium bowl. Sprinkle with **salt** and set aside. Cut **remaining cucumber** into ½-inch pieces. Halve **tomatoes**. Roughly chop **dill**. Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut any **remaining lemon** into wedges. Peel, then mince or grate **garlic**.

4



Make tzatziki

Drain **grated cucumber**, then firmly squeeze out excess water. Stir together **yogurt**, **grated cucumber**, **lemon juice**, **half the dill** and **¼ tsp garlic** (dbl for 4 ppl) in a small bowl. Season with **salt** and **pepper**. Set aside.

5



Toast Pepitas

Heat a large non-stick pan over medium heat. When hot, add **pepitas** to the dry pan. Cook, stirring often, until toasted, 4-5 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer to a plate.

6



Finish and serve

Fluff **bulgur** with a fork. Stir in **lemon zest**, **toasted pepitas** and **chopped dill**. Divide **bulgur** between plates. Top with **roasted cauliflower**, **tomatoes** and **remaining cucumber**. Dollop with **tzatziki**. Sprinkle **feta** over top. Squeeze over a **lemon wedge**, if desired.

Dinner Solved!