



Moroccan-Style Bulgur Salad

with Roasted Squash

Veggie

35 Minutes



Butternut Squash, cubes



Moroccan Spice Blend



Bulgur Wheat



Vegetable Broth Concentrate



Garlic, cloves



Baby Spinach



Feta Cheese, crumbled



Almonds, sliced



Onion, chopped



Sultana Raisins



Harissa Spice Blend

HELLO BULGUR

Bulgur has a deliciously light and nutty flavour and is a staple in Middle Eastern cuisine!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

Baking sheet, measuring spoons, medium pot, small bowl, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Butternut Squash, cubes	340 g	680 g
Moroccan Spice Blend	1 tbsp	1 tbsp
Bulgur Wheat	½ cup	1 cup
Vegetable Broth Concentrate	1	2
Garlic, cloves	2	4
Baby Spinach	113 g	227 g
Feta Cheese, crumbled	¼ cup	½ cup
Almonds, sliced	28 g	56 g
Onion, chopped	56 g	113 g
Sultana Raisins	28 g	56 g
Harissa Spice Blend	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional 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



Cook bulgur

Add **¾ 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. Once boiling, add **bulgur**. Stir to combine, then cover and remove the pot from heat. Let stand until **bulgur** is tender and **liquid** is absorbed, 15-16 min. Fluff with a fork.

2



Roast squash

While **bulgur** cooks, add **squash**, **1 tsp Moroccan Spice Blend** and **1 tbsp oil** (dbl both for 4 ppl) to an unlined 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 and tender, 22-24 min.

3



Prep and toast almonds

While **squash** roasts, peel, then mince or grate **garlic**. Heat a large non-stick pan over medium-high heat. When hot, add **almonds** to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer **almonds** to a plate and set aside.

4



Cook spiced onions

Add **1 tbsp oil** (dbl for 4 ppl), then **onions** to the same pan. Cook, stirring occasionally, until **onions** soften, 2-3 min. Add **garlic** and **Harissa Spice Blend**. Cook, stirring often, until fragrant, 30 sec. Transfer **spiced onions** to a small bowl.

5



Finish bulgur

When **bulgur** is done, add **spiced onions**, **spinach**, **half the raisins** and **half the almonds** to the pot. Season with **salt** and **pepper**. Stir until **spinach** wilts, 1-2 min.

6



Finish and serve

Divide **bulgur** between plates. Top with **roasted squash**. Sprinkle with **feta**, **remaining raisins** and **remaining almonds**.

Dinner Solved!