










Roasted Cauliflower and Bulgur Pilaf

with Garlic Yogurt and Spiced Oil

Veggie

30 Minutes



-  Cauliflower, florets
-  Bulgur Wheat
-  Vegetable Broth Concentrate
-  Dill
-  Lemon
-  Paprika-Cumin-Garlic Blend
-  Garlic
-  Greek Yogurt
-  Pepitas
-  Baby Tomatoes
-  Sweet Bell Pepper

HELLO SPICED OIL

This DIY condiment is made by frying spices and adds a touch of Middle Eastern flavour!

Start here

- Before starting, preheat the oven to 400°F.
- Wash and dry all the produce.

Bust Out

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

Ingredients

	2 Person	4 Person
Cauliflower, florets	285 g	570 g
Bulgur Wheat	½ cup	1 cup
Vegetable Broth Concentrate	1	2
Dill	7 g	14 g
Lemon	1	1
Paprika-Cumin-Garlic Blend	1 tbsp	1 tbsp
Garlic	6 g	12 g
Greek Yogurt	100 g	200 g
Pepitas	28 g	56 g
Baby Tomatoes	113 g	227 g
Sweet Bell Pepper	160 g	320 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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Roast veggies

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. While **water** comes to a boil, cut the **cauliflower** into bite-sized pieces. Core, then cut the **pepper** into 1-inch pieces. Toss the **cauliflower** and **peppers** with **1 tbsp oil** (dbl for 4 ppl) on a baking sheet. Season with **salt** and **pepper**. Roast in the **middle** of the oven, stirring halfway through cooking, until golden-brown, 28-30 min.



Make spiced oil

Heat a medium non-stick pan over medium heat. When hot, add **pepitas** to the dry pan. Cook, stirring often, until toasted, 4-5 min. Transfer to a plate. Add **2 tbsp oil** (dbl for 4 ppl) and **remaining garlic** to the same pan. Cook, stirring often, until fragrant, 1 min. Stir in the **half the Paprika-Cumin-Garlic Blend** (use all for 4 ppl). Remove the pan from heat. Set aside.



Cook bulgur

While **veggies** roast, add **bulgur** to the **boiling water**. Remove the pot from heat. Cover and let stand, until **bulgur** is tender and **liquid** is absorbed, 15-16 min.



Finish veggies and bulgur

Fluff **bulgur** with a fork. Stir in the **lemon zest**, **pepitas**, **remaining dill** and **half the spiced oil**. Drizzle the **remaining spiced oil** over the **veggies**. Toss together.



Finish prep

While **bulgur** cooks, 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**. Stir together **yogurt**, **lemon juice**, **half the dill** and **¼ tsp garlic** (dbl for 4 ppl) in a small bowl. Season with **salt** and **pepper**. Set aside.



Finish and serve

Divide **bulgur** between plates. Top with **roasted veggies** and **tomatoes**. Dollop **garlic yogurt** over top. Squeeze a **lemon wedge** over, if desired.

Dinner Solved!