



### Product Spotlight: Bulgur

Bulgur is a pre-cooked grain, meaning it's steamed before being cracked, which makes it not only quick to prepare but also retains more nutrients than many other grains!



## Chèvre Salad

### with Roasted Beets and Bulgur

Fresh and hearty salad with roasted beets, cracked wheat, green beans, and honey toasted walnuts layered with peppery rocket leaves, sweet pears and creamy goat cheese served with a balsamic vinaigrette.



35 minutes



2 servings



Vegetarian

## Goat cheese toasts!

*You can spread the goat cheese on some delicious sourdough or baguette slices, toast in the oven and drizzle with honey to accompany the salad (skip the bulgur if you like!).*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	25g	51g	90g

## FROM YOUR BOX

BETROOTS	3
BULGUR	100g
GREEN BEANS	150g
WALNUTS	60g
HONEY SHOTS	2
GARLIC CLOVE	1
PEAR	1
ROCKET LEAVES	120g
GOAT CHEESE	1 packet

## FROM YOUR PANTRY

olive oil, salt, pepper, balsamic vinegar

## KEY UTENSILS

oven tray, saucepan, frypan

## NOTES

Add some cumin seeds, fennel seeds or thyme to your beets when roasting!

**No gluten option** - bulgur is replaced with **brown rice**. Increase cooking time to 20 minutes, or until tender. Add green beans for the last 3 minutes as per recipe instructions.



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## 1. ROAST THE BETROOTS

Set oven to 220°C.

Trim, scrub and wedge beetroots. Toss on a lined oven tray with **olive oil, salt and pepper** (see notes). Roast for 20 minutes or until tender.



## 4. TOAST THE NUTS

Meanwhile, toast walnuts in a dry frypan for 2-3 minutes. Add 1 honey shot and take off heat. Stir to coat and season with a pinch of **salt**. Allow to cool slightly.



## 2. COOK THE BULGUR

Place bulgur in a saucepan and cover with plenty of water. Bring to a boil and simmer for 10-12 minutes or until tender, see step 3.



## 5. MAKE THE DRESSING

Whisk to combine **3 tbsp olive oil, 1 1/2 tbsp balsamic vinegar, salt, pepper**, the remaining 1 honey shot and crushed garlic.



## 3. ADD THE GREEN BEANS

Trim and halve green beans. Add to bulgur for the last 2-3 minutes of boiling. Drain and rinse under cold water.



## 6. FINISH AND SERVE

Slice pear.

Layer rocket leaves, bulgur, green beans, pear and beetroots on a platter. Top with goat cheese and honey walnuts. Serve at the table with dressing (drizzle to taste).

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

