

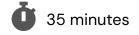


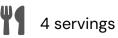


Chèvre Salad

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.







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!).

TOTAL FAT CARBOHYDRATES

72g

FROM YOUR BOX

BEETROOTS	5
BULGUR	150g
GREEN BEANS	150g
WALNUTS	130g
HONEY SHOTS	3
GARLIC CLOVE	1
PEARS	2
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.





1. ROAST THE BEETROOTS

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.



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.



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.



4. TOAST THE NUTS

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



5. MAKE THE DRESSING

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



6. FINISH AND SERVE

Slice pears.

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

