



# Baked Greek Style Cheese with tomatoes, cucumber and bulgur

Veggie 30-35 mins

9



Onion



Garlic



Dried Oregano



Bulgur Wheat



Cherry Tomatoes



Cucumber



Parsley



Greek Style Cheese



Vegetable Stock



Dried Thyme

Pantry Items: Salt, Pepper, Oil, Water



## Before you start

Our fruit, veg and herbs need a wash before you use them!

## Cooking tools you will need

Oven Dish, Large Pot, Lid

## Ingredients

	2P	4P
Onion	1 unit	2 units
Garlic	2 units	4 units
Dried Oregano	½ sachet	1 sachet
Bulgur Wheat	120 g	240 g
Cherry Tomatoes	250 g	500 g
Cucumber	½ unit	1 unit
Parsley	10 g	20 g
Greek Style Cheese	100 g	200 g
Vegetable Stock	1 sachet	2 sachets
Dried Thyme	½ sachet	1 sachet

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	377 g	100 g
Energy (kJ/kcal)	1759.5 kJ/ 420.5 kcal	466.7 kJ/ 111.5 kcal
Fat (g)	14.2 g	3.8 g
Sat. Fat (g)	9.2 g	2.4 g
Carbohydrate (g)	60 g	15.9 g
Sugars (g)	7.5 g	2 g
Protein (g)	18.4 g	4.9 g
Salt (g)	2.1 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

Thumbs up or thumbs down?  
Head online or use the app to  
rate this recipe.

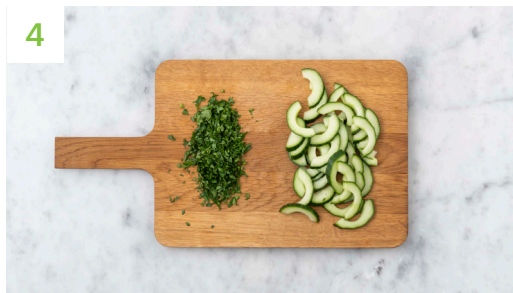


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## Prep Your Veg

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Cut the **tomatoes** in half.
- Halve, peel and thinly slice the **onion**.



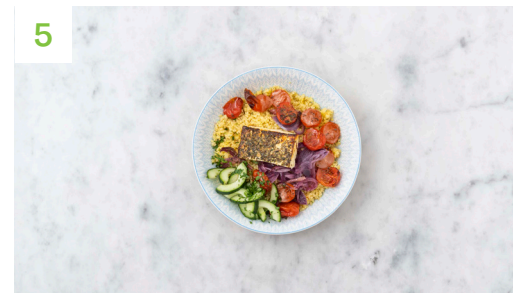
## Cut the Cucumber

- Meanwhile, cut half the **cucumber** (double for 4p) in half lengthways. Remove the seeds with a small spoon, then cut into half rings.
- Pick the **parsley** leaves from the stalks and chop (discard the stalks).



## Bake the Cheese

- Arrange the **onion** in an oven dish. Add the whole **Greek style cheese** on top and scatter the **tomatoes** all around.
- Add the **garlic** cloves (without peeling).
- Drizzle generously with **oil** and sprinkle with half the dried **thyme** and **oregano** (double both for 4p).
- Bake for 20-25 mins until the **tomatoes** are cooked and the **Greek style cheese** is lightly golden around the edges.



## Dish Up

- Divide the **bulgur** between your bowls and carefully place a portion of **Greek style cheese** on top of each.
- Spoon the **tomato** and **onion** mixture all around.
- Carefully squeeze the **garlic** out of its skin once cooled and mix with any juices that have collected in the oven dish. Drizzle the juices over the **cheese**.
- Serve with the **cucumber**, garnish with **parsley** and season to taste with **salt** and **pepper**.

## Enjoy!



## Cook the Bulgur

- Pour 240ml **water** (double for 4p) into a large pot, stir in the **stock** and bring to the boil.
- Stir in the **bulgur**, bring back up to the boil and simmer for 1 min.
- Pop a lid on the pot and remove from the heat.
- Leave to the side for 12-15 mins or until ready to serve.

**TIP:** *If you're in a hurry you can boil the water in your kettle.*