



Satay Carrot Salad

with bulgur, spinach and toasted sesame seeds

Veggie Calorie Smart 15-20 mins • Optional spice

14



Peanut Butter



Bulgur Wheat



Bell Pepper



Coriander



Sesame Oil



Yoghurt



Dried Chilli Flakes



Carrot



Sesame Seeds



Baby Spinach



Lime

Pantry Items: Water, Salt, Pepper

Before you start

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

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Grater, lid, pot

Ingredients

	2P	4P
Peanut Butter	2 sachets	4 sachets
Bulgur Wheat	120 g	240 g
Bell Pepper	1 unit	2 units
Coriander	5 g	10 g
Sesame Oil	20 ml	40 ml
Yoghurt	75 g	150 g
Dried Chilli Flakes	1 sachet	2 sachets
Carrot	1 unit	2 units
Sesame Seeds	1 sachet	2 sachets
Baby Spinach	60 g	120 g
Lime	2 units	4 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	413.5 g	100 g
Energy (kJ/kcal)	2686.1 kJ/ 642 kcal	649.6 kJ/ 155.3 kcal
Fat (g)	31.6 g	7.6 g
Sat. Fat (g)	5.1 g	1.2 g
Carbohydrate (g)	75.7 g	18.3 g
Sugars (g)	14.1 g	3.4 g
Protein (g)	21.9 g	5.3 g
Salt (g)	0.2 g	0.1 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

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Cook the Bulgur

- Boil 240ml **salted water** (double for 4p) in a medium pot.
- Once boiling stir in the **bulgur**, bring back to the boil and simmer for 1 min.
- Pop a lid on the pot and remove from the heat.
- Leave aside for 12-15 mins or until ready to serve.

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



Get Prepped

- Pick the **coriander** leaves and roughly chop.
- Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.
- Trim the **carrot**, then coarsely grate (no need to peel).
- Finely chop the **spinach**.
- Halve the **lime**.



Toast the Seeds

- Place a medium pan over medium heat (without oil).
- Once hot, add the **sesame seeds** and dry-fry, stirring regularly, until lightly toasted, 2-3 mins.

TIP: *Watch them like a hawk as they can burn easily.*



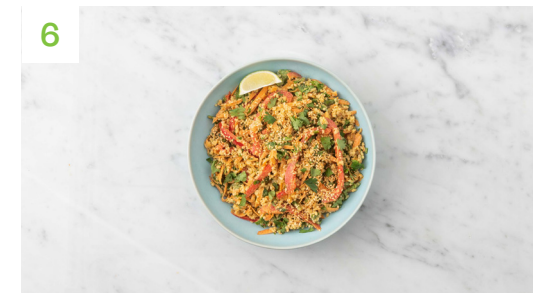
Make the Dressing

- To a large bowl add the **peanut butter**, **sesame oil**, **yoghurt** and dried **chilli flakes** (use less if you don't like spice).
- Season to taste with **salt** and **pepper** and mix well to make your dressing.
- Add a little **water** to thin it out if necessary.



Assemble the Salad

- Toss the **pepper** and **carrot** in the **peanut** dressing.
- Add the chopped **spinach** and **bulgur** to the bowl.
- Mix well to coat everything in the dressing.
- Season to taste with **salt**, **pepper** and a generous squeeze of **lime** juice.



Finish and Serve

- Divide the salad between bowls.
- Scatter over the toasted **sesame seeds** and chopped **coriander**.
- Chop any remaining **lime** into wedges and serve alongside.

Enjoy!