



Shredded Carrot Satay Salad

with bulgur, spinach and toasted sesame seeds

Veggie Calorie Smart 15-20 mins • Optional spice

10



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!

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 unit

Nutrition

	Per serving	Per 100g
for uncooked ingredients	413.5 g	100 g
Energy (kJ/kcal)	2649.1 kJ/ 633.1 kcal	640.7 kJ/ 153.1 kcal
Fat (g)	31.5 g	7.6 g
Sat. Fat (g)	5.1 g	1.2 g
Carbohydrate (g)	73.1 g	17.7 g
Sugars (g)	13.4 g	3.2 g
Protein (g)	21.6 g	5.2 g
Salt (g)	0.2 g	0 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

- In a pot for the **bulgur** boil 240ml **salted water** (double for 4p).
- Once boiling 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.



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).
- Mix well to make your dressing.
- Add a little **water** to thin it out if necessary.



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**.



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.



Toast the Seeds

- Place a pan over a medium heat (no oil).
- Once hot, add the **sesame seeds** and dry-fry, stirring regularly, until lightly toasted, 2-3 mins.

TIP: Watch the sesame seeds like a hawk as they can burn easily.



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!