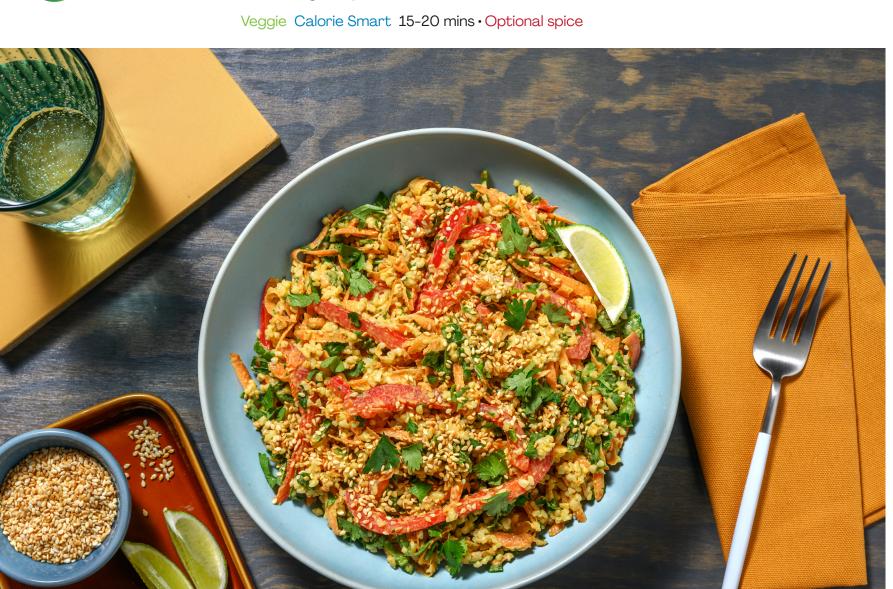


Shredded Carrot Satay Salad

with bulgur, spinach and toasted sesame seeds









Peanut Butter

Bulgur Wheat





Bell Pepper

Coriander





Sesame Oil

Yoghurt





Dried Chilli Flakes

Carrot





Sesame Seeds

eeds Baby Spinach



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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.



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.



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 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.



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.



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!

Contact

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

