



Warm Beetroot, Goat's Cheese, and Bulgur Wheat Salad

Salads can have a connotation of being a bit sparse. Hopefully this salad will change your mind. This beautifully balanced bowl utilises complex carbohydrates from the bulgur wheat, protein from the chickpeas, protein and fat from the cheese, and micronutrients from the veggies to create a well-balanced plate!

Ingredients

- Beetroot
- Bulgur Wheat
- Goat's Cheese
- Chickpeas
- Walnuts

- Baby Spinach
- Balsamic Dressing
- Honey
- Vegetable Stock Cube

Your Pantry

- Olive Oil
- Salt
- Pepper

Nutritional Info

Calories: 606 kcal
Carbohydrates: 82.2g
Protein: 20.8g
Fat: 22g

Allergens

Wheat (Bulgur Wheat)
Celery (Stock Cubes - may also contain traces of Egg, Soya & Mustard)
Sulphur Dioxide (Balsamic Dressing)
Milk (Cheese)
Nuts (Walnuts)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) Preheat the oven to 200°C (180°C fan) and boil the kettle

2) Prepare the ingredients

Give the beetroot a good scrub, then cut off the tips and bottoms and discard them. Cut the remaining beetroot into slim wedges, approx 6-8 wedges per beetroot (careful, beetroot can stain your wooden board, fingers and clothes). Drain the chickpeas. Slice the goat's cheese. Make the stock up to 500ml per cube and set aside 100ml per person.

3) Prepare the beetroot

Place the beetroot wedges on a tray and drizzle with a little oil. Roast in the oven for approximately 30 minutes or until the beetroot is tender.

4) Cook the bulgur wheat

Heat a saucepan on high with a drizzle of oil. Once hot, add the bulgur wheat and toast, moving the grains around constantly so they don't burn. Once they begin to smell nutty and popcorn-like, pour in the hot stock and once it starts bubbling, turn off the heat. Cover with a lid and leave to absorb the liquid for 10-15 mins. While the bulgur wheat cooks....

5) Toast the walnuts

Heat a dry frying pan on a high heat. Once hot, add the walnuts and stir continuously to toast, making sure they don't burn. After 1-2 minutes, pour the honey over the nuts and switch off the heat. Stir the nuts around for about a minute or until caramelised.

6) Prepare the salad

Drain the chickpeas and place in a bowl. Add the bulgur wheat, walnuts, and baby spinach and toss together with the balsamic dressing. Season with salt and pepper to taste.

7) Plate the dish

Plate the salad in bowls. Lay the beetroot and slices of goat's cheese on top of the salad. Serve immediately!



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