



ORANGE & FENNEL BULGUR SALAD

shallot, dried figs, walnuts, feta, creamy vinaigrette

COOK TIME 25 MIN	SERVINGS 2	CALORIES PER SERVING 720	MENU VEGETARIAN // MEDITERRANEAN
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Texture is the name of the game with this hearty bulgur salad. The lacinato kale at the base gets massaged with a creamy turmeric-spiced ginger vinaigrette until tender. Next, chewy bulgur wheat is mixed with sticky-sweet figs, crunchy walnuts, and soft feta, then piled over the kale. Fresh orange segments add pops of juiciness, and roasted fennel and shallot make for tender bites on top.

INGREDIENTS (11 ITEMS)

½ cup	Bulgur wheat <small>W</small>
1 whole	Vegetable stock concentrate
1¾ oz	Fennel
1 whole	Shallot
1 whole	Orange
4 oz	Lacinato kale
1¼ oz	Dried figs
3½ oz	Turmeric-spiced ginger vinaigrette
1 oz	Sour cream <small>M</small>
½ oz	Walnuts <small>T</small>
2 oz	Feta cheese <small>M</small>

WHAT YOU'LL NEED

small pot with lid
baking sheet
mixing bowls
measuring cup & spoons
whisk
microplane
oven mitt
cooking oil
¼ tsp sweetener
salt & pepper

ALLERGENS

- W WHEAT
- M MILK
- T TREE NUTS (walnuts)

COOKING FOR 4 If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

Wash and dry fresh produce. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 COOK BULGUR

- Preheat oven to 425 degrees.
- Bring **bulgur wheat**, 1 cup water, **vegetable stock concentrate**, and ¼ teaspoon salt to a boil in a small pot. Stir, then reduce heat to medium low and cover pot with lid. Simmer until water has absorbed and bulgur is tender, 12-15 minutes.
- Remove from heat. Let rest, covered, 3 minutes. Fluff with a fork. (You'll finish the bulgur in Step 6.)

COOKING FOR 4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2 START PREP & ROAST VEGGIES

- Remove and discard core from **fennel** with angled downward cuts. Slice into strips, about ¼ inch thick.
- Cut ends off **shallot** and discard peel. Halve lengthwise. Lay flat and cut lengthwise into strips, about ¼ inch thick.
- Place **fennel** and **shallot** on a lightly oiled, foil-lined baking sheet. Drizzle with 2 teaspoons cooking oil. Season with a pinch of salt and pepper. Stir to coat. Spread out in a single layer.
- Roast 10-12 minutes, or until lightly browned, stirring halfway through.

3 FINISH PREP

- Zest half the **orange** with a microplane (or on small holes of a box grater) over a small bowl. Cut off top and bottom of **orange**. Lay flat and remove peel with curved downward cuts, exposing the flesh. Cut **orange** into bite-size pieces and place in a second small bowl. Sprinkle **orange pieces** with ¼ teaspoon of your preferred sweetener. Toss to coat.
- Remove and discard any thick center stems* from **lacinato kale**. Roll leaves into a large "cigar" and slice across into ribbons, about ¼ inch thick.
- Cut stem ends off **dried figs**; discard. Roughly chop **figs**.

*To quickly prep, hold the stem end with one hand; pinch and strip the leaves down and away with your other hand (like pulling a zipper!).

4 MAKE CREAMY VINAIGRETTE

- Place **turmeric-spiced ginger vinaigrette** and **sour cream** in bowl with **orange zest**. Whisk to combine. Season with salt and pepper to taste.

5 MAKE KALE SALAD

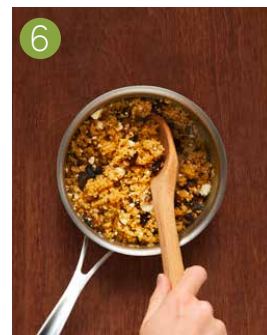
- Place **kale** in a large bowl. Drizzle with about 1 tablespoon **creamy vinaigrette**. Lightly season with salt. Massage until leaves soften. Season with salt and pepper to taste.

6 FINISH BULGUR

- Add **figs**, **walnuts**, and about half the **feta cheese** to pot with **bulgur**. Stir to combine. Season with salt and pepper to taste.

7 PLATE YOUR DISH

- Divide **kale salad** between bowls. Pile **fig and walnut bulgur** over kale. Spoon **orange pieces** and **roasted fennel and shallot** over top. Drizzle with remaining **creamy vinaigrette** to taste. Garnish with remaining **feta cheese**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (364g)

Amount per serving

Calories **720**

	% Daily Value*
Total Fat 37g	47%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 920mg	40%
Total Carbohydrate 83g	30%
Dietary Fiber 15g	54%
Total Sugars 33g	
Includes 6g Added Sugars	12%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 334mg	25%
Iron 3mg	15%
Potassium 940mg	20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Lacinato Kale, **Bulgur Wheat** [bulgur wheat], **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Ginger Turmeric Vinaigrette** (Olive Oil [olive oil], Toasted Sesame Oil [toasted sesame oil], Puréed Ginger [ginger], Garlic, White Wine Vinegar [aged white wine vinegar], Lemon Juice [lemon], Agave [organic agave syrup], Turmeric, Sea Salt, Black Pepper), **Fennel**, **Shallot**, **Orange**, **Dried Figs** [dried figs], **Walnuts** [walnuts], **Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Sour Cream** [cultured cream]

Allergen information:

Contains Milk, Tree Nuts And Wheat

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.